

# USE NORMS SHAMA SPA

## ACCESS IS NOT PERMITTED WITH ...

- Photographic cameras or mobile phones.
- Street clothes or shoes (there are changing rooms and lockers).
- Floats and dangerous or breakable objects.
- Animals
- Food or drinks.
- Plaster, bandages, tape or band aids

## ON SITE

- Access from 18 years.
- Use of swimsuit and slippers.
- It is mandatory to shower before and after the circuit.
- It is not allowed to run or jump into the pool.
- Keep silence and respect the rules and facilities.
- The establishment is not responsible for:
  - o The loss or theft of items in the lockers.
  - o The consequences derived from a misuse of the facilities (hits or slips).
- Personal belongings must be left in the lockers.
- The lockers must be free when leaving the establishment.
- The establishment keeps the right of admission.
- There are security surveillance cameras.
- The establishment provides slippers, towels and a bathrobe.

## COUNTER-INDICATIONS

- Severe cardiac, vascular and respiratory pathology.
- Open wounds or recent sutures.
- Communicable diseases.
- Heart problems or high or low blood pressure.
- It should not be accessed without having respected the digestion time after a meal.
- Pregnant in the first trimester or with the possibility of premature delivery or other complications.

## TERMS

- Booking in advance is recommended. The entrance to the center is at every sharp hour.
- The establishment recommends to arrive 10 minutes before the scheduled time. In case of delay, the circuit or treatment time will be reduced.
- To postpone or cancel your appointment, you must communicate it at least 24 hours in advance to avoid being charged.
- You can make the payment in cash or card. Hotel guests can add the charge to guest's final bill.
- The center is open as long as it is the hotel.
- Gift packages or bonuses can be cashed until the end of the season.