



artemís
spa indulgence

Your Pampering Oasis

SPA ETIQUETTE

Agreement Form

Artemís Spa Indulgence's Philosophy

Artemís seeks to offer an environment of tranquility for all to enjoy whilst promoting relaxation and a sense of delicious contentment. In order to derive maximum benefit from this environment, we feel it is important to emphasise our expectations of each other.

How to spa

- It is recommended to carefully cleanse yourself before arrival so your skin may be receptive to your experience here. To enter the spa itself, a quick rinse in the on-site shower will be required.
- Shaving is not recommended before a body treatment. If you choose to shave, please do so at least 24 hours prior to your service. Before a men's facial, it is best to shave at latest 1 hour before.
- A spa kit including bathrobe, flip-flops and a sauna towel will be provided before entering the spa.
- During massage or body treatments, we recommend not wearing any clothing. Disposable undergarments will be provided for your comfort. A sheet will cover you during your appointment and only the part of the body being worked on will be exposed.
- A bathing costume must be worn while using the spa facilities. Artemís prohibits nudity, and should guests opt to not use a bathing costume in the sauna only, then a towel must be worn correctly at all times.
- It is not permitted to bring food or drink into the spa area. An herbal tea corner with a selection of teas and mineral water is provided in the Relaxation Lounge.
- Mobile phones and other electronic equipment must be left in the hotel room or in the locker provided in the changing rooms.
- Speak softly to preserve the tranquility of the spa.
- Avoid wearing contact lenses.
- Do not wear any watches or jewellery.
- A towel must be used on the wooden seats of the sauna.

We remind you that...

- Reservation is required.
- Spa access is forbidden to children below 16 years of age. From ages 16 to 18, adult supervision and accompaniment is required.
- Should you wish to complete your spa experience with a massage or various treatments or rituals, we strongly recommend to book an appointment in advance. Cancellations or modifications must be communicated not less than 12 hours before scheduled service, otherwise a 100% cancellation penalty will apply. For guests at Hotel Artemide, the spa bill will be charged directly to the room.
- Entering the hotel restaurant, the breakfast room, or lounging in common areas whilst wearing a bathrobe and slippers is not permitted.

General warnings for the use of the Spa

The following information is intended to provide our guests with general knowledge and useful advice for the adequate use of every service offered in our spa.





Recommendations for the use of the sauna

the sauna is contraindicated:

- for those who have general acute infections such as fever, colds or flu, and in all cases of respiratory infections, in particular in some cases of asthma and bronchitis;
- for those suffering from any form of joint rheumatism and acute rheumatoid arthritis;
- for those who suffer from neurological diseases such as epilepsy;
- for those who have recently undergone neurosurgical interventions;
- for pregnant women;
- for those suffering from claustrophobic disorders;
- for those suffering from kidney failure;
- for those suffering from acute heart failure or decompensation, pericarditis, myocarditis, pace-maker wearers who are unable to adapt to the required heart rate increase, valvular heart disease, AV block of I-III degree, cardiogenic shock and recent acute myocardial infarction, atrial fibrillation or atrial flutter, ventricular tachycardia (VT), vagal hypotension and chronic hypokalemia with risk of cardio-circulatory arrest.

The sauna is also not recommended:

- for those who suffer from skin diseases and skin redness (rosacea and eczema), venereal diseases, open wounds, since the use of the sauna may result in their aggravation;
- for those suffering from acute neuromuscular inflammations;
- for women who have the menstrual cycle in progress;
- for those who are fasting or have had large meals.

Further indications for the use of the sauna:

the high temperature of the sauna can deform contact lenses and aggravate conjunctival inflammation and glaucoma;

Recommendations for those wishing to enjoy the massage treatments

Undergoing a massage treatment is always contraindicated:

- for those who have had recent trauma and tissue injury (until complete healing of the wounds);
- for those suffering from metastatic cancer or suffering from acute inflammatory conditions in general;
- for those who have a fever;
- for those who have varicose veins and phlebitis;
- for those suffering from heart failure with edema in the lower limbs;
- for those suffering from kidney failure;
- for those who have ongoing dermatitis;
- for those affected by HIV and Hepatitis B and C.

Recommendations for those who wish to benefit the SPA's hydro-massage plunge pool

The use of the hydro-massage plunge pool is always contraindicated in case of vascular fragility and hypotension.