

## **GENERAL INFORMATION**

### **THALASSO AND SPA CENTRE**

#### **“LE THERMAE”**

The suggested treatments in our SPA and the Wellness Circuits are exclusively for the kind guests of our Hotel & Resorts.

Access the Wellness Centre is allowed to adults and underage between 14 and 18, only if accompanied by parents and with a written authorization.

All our Pools contain sea water (with the exception of “Le Sabine” SPA Centre within “Le Dune Resort” containing fresh water) warmed up at different temperatures and provided by different typologies and intensities jets, which run by pushing a button on the pool wall.

Access the Pools and Wellness Circuit is only allowed during Centres opening hours.

Wellness Packages (which include half day Wellness Circuit) and single treatments “à la carte” could be chosen and bought in Travel Agency, in conjunction with the hotel reservation (in this case a 10% discount will be applied to treatments “à la carte”) or directly at the Hotel. In the second instance we would advise you to reserve the wished treatment at least one day before.

It is advisable to come to the Centre ten minutes before the beginning of the appointment in order to welcome and prepare you for the treatment.

A delayed arrival would unfortunately mean a shorter treatment, in order to respect the schedule and the following lying in wait Guest.

Our kind Guests are asked to put their personal objects in the changing rooms lockers and keep the key during their stay at the Centre.

We advise you to keep your values in safe in your room.

### **Safety and hygiene**

Diving and running beside Pools is not permitted in order to preserve your safety; please keep from walking on the edge plastic grate and pay attention to the stairs to access the pools which, even though they are indicated, could be not so easily visible during the functioning of the jets.

The use of glass bottles and glasses are not allowed in the Pool Area.

Please use the Turkish Bath and Sauna according to the duration and modalities recommended by our staff during the Wellness Circuit explication; you will find the same information hang on the wall near the Sauna and Turkish Bath.

In the fitness area we suggest you sportswear and training shoes. Please do not use the cardio-fitness machineries wearing slippers in order to preserve your safety.

It is advisable have a shower before using the Pool, Sauna and Turkish Bath or before the massage.

It is required the use of the swimsuit and slippers in the whole area of the Centre, except for the Gym; please use a towel to sit down in the Sauna and leave the slippers outside.

## **Health and Pregnancy**

***Delphina Thalasso and SPA Centres*** require an Authorization about the health Status and the suitability to the treatments; anyway it is suggested a medical visit and it can be possible at the hotel (advance reservation and on payment).

Those Guests, who would like to buy the *“Silhouette Package in Sardinia”* (slimming program with Dukan Diet), will be required a Declaration subscription that excludes the following pathologies: *insulin-dependent diabetes, cardiac failure, kidney failure, serious depression or pregnancy.*

***In Delphina Wellness and SPA Centres*** we suggest specific Programmes and Treatments for the expectant mothers (from the third month afterwards).

## **Delphina Thalasso and SPA Centres Etiquette**

*Delphina Thalasso & SPA Centres are relax and harmony places.*

Please respect the other Guests' privacy and their serenity: do not use mobile phones and electronic devices and speak at toned down.

Please do not smoke and drink alcohol. Food and Drinks are not allowed (water and herbal teas are at your disposal in the Centre).

## **Cancellation Policy**

The cost of the Treatment *“à la carte”*, which has not been cancelled before 24 hours, will be charged. If the treatment is a part of a Wellness Package, it will be cancelled.