



## GUIDELINES FOR YOUR FIRST VISIT

### PREPARING FOR YOUR SPA TREATMENT BEFOREHAND

- Make sure to drink lots of water before and after your treatments.
- It is recommended that you do not eat for at least an hour before and after a massage.
- Take a deep breath and relax your mind and body before your treatment.

*\*Although we have the facilities to lock away valuables, you may want to leave them at home.*

### WE PROVIDE YOU WITH:

- *Locker:* to lock away valuables and clothes. You will also be provided with a gown and a pair of slippers to change into for your treatments.
- *Shower facilities:* can be use after your treatments. They are equipped with body wash, an exfoliating cloth, shampoo, conditioner and body lotion. We also provide hairdryers to fix the post-facial hairstyle.

### WHAT TO BRING WITH YOU?

- If your treatments include Jacuzzi and Sauna facilities please make sure to bring your swimwear.
- Please remember to bring your gift vouchers for your treatments as you need to hand these in before your treatments start.

### SPA ETIQUETTE

- Please refrain from speaking and laughing out aloud while in the spa. There are people having treatments all around and our number one priority is the relaxation of all our clients.
- Please ensure that your cell phone will not interrupt your treatments or someone else's.
- If you are using the Jacuzzi change from your wet swimwear into your underwear to maximize your own comfort.
- If you are going directly into treatments, keep your underwear on and remove all jewellery.
- Please inform your therapist if you have any of the following conditions:
  - \* On any medication
  - \* High blood pressure
  - \* Any heart condition
  - \* Recent surgery
  - \* Muscle or joint injuries
  - \* Sinusitis
  - \* Allergy to iodine, sulphur or product allergies
  - \* Pregnancy
  - \* Epilepsy
  - \* Diabetes
  - \* Eczema or psoriasis
  - \* Sunburn
- Your comfort is our main priority while you are having your treatments so feel free to let your therapist know if you are uncomfortable, cold or anything that will improve your experience with us.
- Our therapists will recommend home products for homecare. You are under no obligation to buy these products but the advice is free.

#### **THE COLISSEUM HEALTH HYDRO'S POLICIES:**

- We require a 50% deposit before all spa packages.
- We recommend booking in advance to secure the date you require.
- Please arrive 15 mins prior to your appointment. This is to get the formalities out of the way so your relaxation can start on time.
- We kindly request punctuality.
- All our prices are subject to change without prior notice.
- Products purchased are not refundable.
- Late arrivals will result in the reduction of treatment time.

*\*The Coliseum Health Hydro will not be held responsible for any theft, damage, loss or misfortune that may occur.*