

THE PRINCIPE DI PIEMONTE HOTEL SPA

RULES AND REGULATIONS

Privacy and Relaxation

We kindly ask you to keep all noises at a low volume. This ensures comfort for all our clients who are enjoying

their sessions in a peaceful and relaxing environment.

Please turn your mobile phones off while in the spa.

Contraindications, precautions and suggestions:

Our treatments are solely intended to regenerate and energize your mind and body. Please ask your doctor for medical therapies and diagnoses.

The Sauna and Turkish bath revitalize your mind and body but there could be counterindications. We recommend not using them unless you have a health certificate from your doctor.

The sauna and Turkish bath are not suitable in the following cases:

Pregnancy (even if in the very early stages);

Allergies, skin diseases or skin inflammations;

High or low blood pressure;

Cardiac and circulation diseases;

Respiratory problems (such as asthma, bronchitis, etc.);

Neurological diseases;

General acute infections (such as fever, colds, influenza, etc.);

Rheumatism and rheumatic arthritis;

Diabetes;

Menstrual cycle;

Children going through puberty.

In all the above cases, please ask your doctor before reserving a treatment or a sequence of treatments.

Admission to the Spa is only allowed to children under 16 if they are accompanied by an adult who assumes responsibility.

Admission to the sauna and Turkish bath is not allowed to children under 16.

Reservations for the Thermarium and Spa

We recommend booking in advance to ensure that you get a time that is most convenient for you. All our treatments are based on the Spa's availability to guarantee the services and the number of people allowed.

Cancellations

Cancellations are free up to 12 hours before the scheduled appointment.

The total cost of the treatments will be charged if cancellations are made on the same day of the scheduled appointment.

Appointments

Please arrive 10 minutes early to relax and begin your treatments on time.

In case you are late, your session cannot go over the scheduled time as we must accommodate our next client. This may lower the desired effect and the level of satisfaction and enjoyment expected. However, please keep in mind that the entire cost of the session will be charged.

You may ask the staff members to extend your session who will do so if there is availability. You will be charged for the extra time.

What to wear

We suggest coming to the Spa with your bathrobe, towel and the hotel's slippers placed in your rooms.

You must wear your bathing suit or the disposable bathing suit provided by us during your sessions.

How to make the best of your Spa Experience

Our therapists will respect your privacy by treating only the areas of the body requested.

Please inform your therapist if you have any preferences, doubts and expectations and if you have any requests (such as firmer or more gentle pressure applied, the volume of the music and the temperature of the room).

Access to the spa is only by reservation.

Clients must wash their hands before their spa treatments.

SUN SHOWER

NON-IONIZING ULTRAVIOLET RADIATION

Contraindications, precautions and suggestions:

We kindly ask our clients to:

- Avoid too much exposure. Please observe the exposure times recommended for each skin type and don't exceed 4 minutes the first time.
- Just like exposure to natural sunlight, overexposure can cause damage to the eyes and to the skin as well as allergic reactions.

Please ask the staff for information on your skin type (phototyping scale).

- We recommend removing any cosmetics before exposure.
- Use specific protection on your body (with special attention to the most delicate and sensitive parts) and your face.
- We recommend asking your doctor if you are taking medicine or if you have a medical history regarding any skin problems or risks. Please ask your dermatologist if you have any particular skin problems.
- Wear eye protection (personal use) before exposure to avoid burning or damage.
- Please remove your contact lens.

Medicines, perfumes and certain cosmetics can increase skin sensibility to ultraviolet light, leading to skin spots and redness.

SIDE EFFECTS

Your skin and eyes are at risk and damage to them can occur depending on your skin type: the more sensitive

your skin is to the sun, the higher the risk. Damage can include burning, premature ageing, skin cancers and eye diseases (photokeratitis and photochemical cataracts).

EXPOSURE IS NOT RECOMMENDED IN:

The following cases (according to the EN 60335-2-27 Directive and successive modifications):

- People who suffer from sunburns;
- People who suffer or who have suffered from skin tumors or who are subject to them;
- People who have a high number of moles;

- People who are highly sensitive to the sun or who have many moles,
- People who get easily burnt when they are out in the sun;
- People who are subject to freckles.

UV APPLIANCES ARE NOT RECOMMENDED FOR PEOPLE UNDER THE AGE OF 18.

We repeat the importance of asking your doctor before exposure to our tanning shower.

We decline all responsibility for any behavior that does not conform to the rules.