

SPA ETIQUETTE

- Wellness at Alpamare is mobile free.
- Wellness at Alpamare is smoke free.
- Bathrobes are to be worn.
- Suitable swim wear must be worn.
- As courtesy to all our guests treatment times must be adhered to, late arrival will result in your treatment time being reduced as we are unable to honour the appointment.
- Wellness at Alpamare is a place of quiet reflection, we ask you keep disturbance and noise to a minimum for consideration of all our guests.
- Sauna and steam bath users must be in good physical condition and free from any physical limitations. Pregnant women or persons with or having a history of heart problems should not use the saunas and steam baths.
- In sauna and steam bath please only take your towel with you. Please do not take shoes, drinks or food into the saunas or steam baths.