VALTUR CERVINIA
CRISTALLO SKI RESORT

SPA MIELE REGULATION

The SPA is a place of tranquility and well-being. These regulations apply to all areas of the Miele SPA, including the wet zone, the pool, the gym, the relaxation areas, and the changing rooms. Adhering to these rules will ensure a pleasant and safe experience for all guests.

GENERAL RULES

- The use of mobile phones is not permitted in the entire SPA area to respect the relaxing atmosphere.
- Smoking is not permitted in all areas of the SPA.
- Appropriate clothing is required.
- Hotel guests may access the SPA using the bathrobe and flip-flops provided in the rooms. To preserve an atmosphere of relaxation and discretion, guests are invited to go directly to the SPA without stopping in the lobby.
- Animals are not allowed inside the SPA.
- Persons in a state of intoxication or those who are psychophysically impaired due to alcohol consumption are not permitted to enter.
- To ensure maximum safety, no glasses, glass bottles, food and drinks, as well as objects that could cause harm to third parties, may be brought into the SPA.
- In order to ensure a pleasant and correct use of the SPA, we ask you not to leave waste and to use the appropriate containers to keep the environment clean.
- Users must take care of their valuables. The Management declines all responsibility for lost items.
- The Management disclaims all liability for accidents, damage to themselves or third parties resulting from negligence or non-compliance with the regulations.
- The Management reserves the right to expel anyone who does not comply with these regulations.
- The Management accepts no liability for training programmes not supervised by qualified personnel.
- The Management disclaims any direct or indirect liability arising from the improper use of the premises and equipment.
- Any activity carried out within the SPA is to be considered the complete responsibility of the guests.

WET AREA RULES

- Access to the wet area is not permitted to guests under 16 years of age.
- Access to the SPA wet area is available from 11:00 am to 8:00 pm. From 4:00 pm onwards, entry will be restricted to guarantee all guests a comfortable experience. A reservation must be made to gain access.
- Before entering any pool, sauna or steam bath, please use the shower.
- It is necessary to wear a swimming costume inside the wet area, for both men and women, as the rooms are shared.
- Footwear other than SPA-specific slippers and slippers in the room are not permitted.
- To ensure hygiene and safety, barefoot access is required inside the saunas, leaving slippers and flip-flops outside.
- When using the sauna, always use a towel to sit on the wooden benches.
- The use of saunas and steam baths is not recommended in the presence of the following medical conditions: heart disease, circulatory disorders, hypotension, varicose veins in the lower limbs, pregnancy, renal insufficiency, menstrual cycle in progress, candida infection, febrile states, inflammatory phenomena in general, wounds in an acute phase or in the process of resolution, acute or chronic respiratory insufficiency, alcoholic intoxication.
- Essential oils or other substances not provided as SPA equipment could cause allergies or discomfort to other guests.
- After using the sauna, always close the door quickly and completely to prevent heat loss and disturbance to other guests.

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POOL RULES

- Access to the pool is permitted to guests of all ages. However, children under the age of 16 may only enter if accompanied by an adult, who must supervise them throughout their stay in the pool.
- Access is not permitted to persons suffering from contagious diseases, injuries or open wounds.
- It is recommended not to immerse oneself in water less than three hours after eating a meal
- The exclusive use of flip-flops suitable for the pool area is required.
- For hygiene reasons, it is compulsory to use a towel to place on the mats by the pool.
- Diving is prohibited; the maximum height of the water in the pool is 1.60 m
- To ensure maximum safety, no glasses, glass bottles, food and drinks, as well as objects that could cause harm to third parties, may be brought into the SPA.
- Please do not run or use behaviour that may endanger the safety of other guests. We request respectful behaviour and a moderate tone of voice so as not to disturb other guests.
- The staff and bathing attendants ensure the safety and well-being of all.

GYM RULES

- Access to the gymnasium is not permitted for guests under 16 years of age.
- Using a high tone of voice could disturb the training of other guests.
- Guests are liable for damage to persons or property caused by improper use of the equipment.
- After use, the courtesy of putting all tools back in their places is requested.
- Moving equipment or changing the arrangement of machinery could cause damage to it.
- If you cannot manage the weight, reduce the load used to prevent barbells and dumbbells from falling violently to the ground.
- In order to ensure hygiene and safety, the use of the cloth to be placed on the equipment is required.
- Access is only permitted with suitable sports clothing and trainers with clean soles.
- We urge guests to exercise extreme caution when using the equipment. If you feel unwell or have any symptoms of any kind, please contact the SPA staff immediately.

STAGING ROOM RULES

- The changing room is available to all SPA guests.
- It is equipped with showers, shampoos, hairdryers and personal lockers.
- Outside guests may store their personal belongings in the lockers provided for them. The keys to the lockers can be obtained from the SPA reception.
- Please empty the lockers and leave bathrobes, towels and slippers in the baskets provided.
- It is recommended not to leave jewellery and valuables unattended
- The SPA disclaims all liability for the loss of personal items that are not properly stored and kept.

Thank you for your cooperation.
We wish you a relaxing experience in the SPA Miele.
The Management