

WELLNESS CAVE RULES & REGULATIONS

The entrance to the Wellness Cave will be allowed on request in a bathing suit, only with a bathrobe, towels and sponge slippers, provided upon request by the Hotel or directly by the guest.

The rooms are all heated at room temperature of 19 °, by radiators with recirculation of the hot area through fans .

Inside the wellness cave a relaxing massage service is available, it can be performed simultaneously or one after the other by our operators.

The entrance will be allowed only to people in perfect state of health, who will take every responsibility on the psycho-physical suitability for the, signing the appropriate "informed consent".

Admission for children under 16 is not allowed unless accompanied, and in any case all users must guarantee absolute respect for silence.

The time spent inside the cave is set in a maximum of two hours.

THE ENTRANCE TO THE WELLNESS CAVE (WITHOUT MASSAGES) is allowed until 00:00. The last appointment will have to be taken for 23.00.

Massages can be booked in the cave until 6 pm

INFORMED CONSENT

Finnish sauna and Turkish bath at the SPA Wellness Center SAN PIETRO RELAIS & SPA***

The original sauna, in which the temperature can reach 80-100 ° C, while the humidity does not exceeds 10-20% on average (humidity can increase in the case of frequent jets of water on the sauna stones).

The vapors in the turkish bath they can reach the temperature of 40 ° and humidity even of 80%.

I underwritten _____ born in _____ on the _____

I declare that I understand the possible side effects to which I expose myself in case of presence of pathologies or factors that limit the use of the sauna and / or Turkish bath on my part.

So I declare under mine responsibility:

-NOT to be suffering from any cardio vascular disease (including arterial hypertension, arterial hypotension, cardiopathies, venous insufficiency of the lower limbs). I am aware that undergo the sauna and / or turkish bath in these cases it can have sometimes serious consequences (cardiocirculatory arrest, cardiac arrhythmias, thrombosis, etc.).

- NOT to be suffering from respiratory diseases such as chronic obstructive bronchopathy, asthma, emphysema or other diseases inflammatory pathways. I am aware that the heat could reactivate or worsen these conditions.

-NOT to be pregnant. I am aware that excessive heat could seriously harm the fetus.

- NOT to suffer from infectious diseases affecting the skin (such as mycosis). I am aware that the heat could to determine a worsening and a diffusion besides to be able to verify a spread of the infection to the individuals that is find to share with me the environment of the sauna and / or turkish bath.

-NOT to suffer from inflammatory diseases in progress. I am aware that heat could reactivate or worsen these conditions also with serious consequences.

- NOT to have eaten abundant and / or too elaborate food in the 3 hours before entering the sauna and / or Turkish bath. I am aware that in this case digestion would be difficult and this could have consequences even serious.

- NOT to have taken on any excitors and alcohol in the 3 hours prior to the sauna

- NOT to be affected by epilepsy

- NOT to be affected by a feverish state

- NOT to be convalescing from surgery or other general conditions that would require caution like general condition.

I also declare that I have read the behavioral rules to be observed during stay in the sauna and / or turkish bath:

- in the sauna and / or turkish bath it is forbidden to bring food and / or drinks

- it is forbidden to wear clothing outside the bathrobe and towels provided by the management
- it is forbidden to use creams, oils and various ointments
- it is forbidden to bring soaps or other detergents
- It is forbidden to wear metallic materials (watches, bracelets, etc.)

I declare that I have read the correct methods of using the sauna and / or Turkish bath:

- it is good to take a hot shower before entering a sauna and / or Turkish bath.
- the period of stay should not exceed 15 minutes, remaining, in the case of the first uses, in the area low in the sauna and / or turkish bath, where the heat is less intense.
- At the end of the period of stay in the sauna and / or turkish bath take a warm or cold shower replenishing the liquids lost with teas and / or water (not cold) remaining outside the sauna and / or turkish bath for at least 15 minutes covering if necessary with light covers
- carry out the second session with the same procedures described above.

Being aware of the risks to which I expose myself in case of false declaration of the above. I declare that I have read and understood the contents of this form and I relieve the management of the HOTEL RELAIS SAN PIETRO & SPA * from any responsibility.**

Rome, _____

Signature