

## ALPINE WELLNESS – IMPORTANT INFORMATION

Until the evening, you are welcome to arrive at our ALPINE WELLNESS from 11 a.m. to 8 p.m. to switch off, warm up, sweat, heal, enjoy, linger and relax!

**Admission is permitted from the age of 16.** The following facilities are available for your well-being:

- Bio sauna
- Aroma steam bath
- Cold tub
- Experience shower
- Relaxation room
- Gym
- Massage offer (advance booking possible and required at the lobby/front desk)

We kindly ask you to respect this place of relaxation and to observe the following instructions:

- Please enter the wellness area in a bathrobe. Access in everyday clothing and shoes is prohibited.
- The fitness area is an exception.
- Bath slippers are mandatory. These must be left outside the sauna and steam bath.
- Use of the sauna and steam bath area is at your own risk.
- We kindly ask you to shower before and after using the facilities. The sauna showers provided are available for this purpose. For optimal health and skin benefits, this should be done without shampoo.
- For hygienic reasons, we recommend that you use the cold tub, sauna and steam bath without clothing. However, you are welcome to do so according to your own comfort.
- Please place a sauna towel under your entire body, including your feet.
- We kindly ask you to close the doors carefully.
- Conversations, telephone calls and loud mobile phone use are not permitted anywhere in the ALPINE WELLNESS.
- Cold drinks are available for you to use free of charge. Food and other drinks brought from outside are not permitted.
- No liability is accepted for items left behind or stolen.

## GYM – IMPORTANT INFORMATION

**Admission is permitted from the age of 16.**

- During training, please pay attention to your own safety and the safety of others.
- Only clean fitness shoes are permitted.
- Training equipment must be returned to its place after use. Please do not leave it lying around.
- Please leave the equipment tidy after use and clean it with the disinfectant spray provided.
- Separate towels are provided in the fitness area to ensure hygiene.