

## SPA ETIQUETTE

### GENERAL INFORMATION

- The use of the entire LA MIRA Wellness & Spa area is at your own risk.
- The Wellness & Spa area may not be entered when wearing normal clothing and shoes.
- Due to safety concerns, children under the age of 16 must be accompanied by their parents in the LA MIRA Wellness & Spa.
- LA MIRA Wellness & Spa is not supervised – parents are responsible for their children.
- Out of respect to the other guests, we kindly ask you to refrain from making mobile phone calls or conversing loudly. We would like to point out that the entire concept of the spa area is oriented on guests seeking quiet and relaxation.
- Please try to avoid taking any valuables along to the LA MIRA Wellness & Spa.
- If you feel unwell, please leave the respective area and inform the spa team.
- Pets are not permitted in the LA MIRA Wellness & Spa or in the LA MIRA garden.

### SMOKE FREE

- The entire spa and lounge area and the outdoor rest area in the LA MIRA garden are smoke free.

### CLOAKROOM

- Lockable lockers are available for external guests.
- No liability is assumed for the cloakroom.

### INDOOR POOL

- Swimming guests are grateful to you for showering before swimming and tying back long hair.

### KIDS SPLASH TIME

- The spa area is a recreational area and is dedicated to quiet and relaxed bathing.
- The indoor pool is available for children during kids splash time from 12:00 to 17:00. Kids can take this chance to have fun and splash around.
- Please observe the quiet zone before and after the splash time.

### OUTDOOR SALT WATER POOL

- Please note that the outdoor salt water pool is not suitable for children under 16 years of age. No liability is assumed.
- The outdoor salt water pool is a place of quiet and relaxation. Noise and splashing in the pool is prohibited out of consideration for other salt water pool guests.

### SAUNA

- For safety reasons, the sauna area is only open to adults and young people aged 16 and over.
- The sauna facilities are a clothes-free area.
- Please use your sauna towel during your sauna visits to the steam room, to prevent sweat from dripping onto the benches. You do not need a towel in the steam bath.
- Our guests are expected to shower prior to bathing and after sweating.
- There is a red emergency button next to the entrance in each sauna cabin. When activated, the Spa Reception will be alerted and will come to help immediately.
- The sauna is not recommended during the first three months of pregnancy.

### GYM

- Exercising is only permitted in sportswear and with sneakers without black rubber soles.
- The gym area may not be used while wearing normal clothing. Bathing shoes, slippers or socks are not allowed for safety reasons.
- Please understand that children under the age of 16 may not enter the gym area even when accompanied by parents due to safety concerns.

### APPOINTMENTS FOR WELLNESS & SPA TREATMENTS

- We recommend making a reservation for a treatment with the hotel reservation team.
- Early reservations allow us to take your preferred time into account. Reservations made on site are subject to availability.

### MEETING AREA

- We will gladly welcome you in our LA MIRA Wellness & Spa Reception Area 5 to 10 minutes prior to your appointment, so that you can relax and enjoy your treatment on schedule.

### DELAYS/CANCELLATION

- In the case of a delay, please inform our LA MIRA Wellness & Spa reception staff.
- Please understand that while your treatment time will be shortened due to your delay, the full price will be charged.
- If an appointment is not kept, the entire fee will be charged.
- Services included in a package are considered to have been used in the case that an appointment is not kept.

### PRICES

- All prices are in CHF. Payment in Euro according to the daily exchange rate.

### SOLARIUM

- Access to the solarium is permitted from the age of 16.
- To prevent UV radiation from being harmful, you should remove makeup and perfume. In addition, you should not wear contact lenses.
- We would like to ask you to wear eye protection for your own safety upon each use.
- People with skin type 1 should avoid the sunbed entirely.

### FOOD & BEVERAGES

- The LA MIRA terrace is open for drinks and snacks in the summer from 11:00.
- During this time, the terrace is reserved exclusively for our spa guests in spa clothing.
- However, we would ask you not to take any food into the sauna or pool area.
- Please note that for safety reasons only plastic cups are allowed on the lawn.

### HOTEL GUESTS

- The Soldanella room deal does not include the use of our LA MIRA Wellness & Spa. If you would like to book a day ticket, please ask at the reception.
- In the Adula rooms and suites you will find a spa bag with towels, slippers and a bathrobe.
- Please try to avoid taking any valuables along to the LA MIRA Wellness & Spa.

### LIABILITY

- The use of the SPA area is reserved for persons in good health or without medical restrictions for using certain equipment.
- The hotel declines any responsibility in case of guests with illnesses or health risks who use the Wellness & Spa area at their own risk and under their own responsibility.
- This applies to both knowledge or ignorance of any medical limitation.