

SPA ETIQUETTE

TERMS AND CONDITIONS

- You understand that the massage you receive is provided for the basic purpose of relaxation, stress reduction and relief of muscular tension. If you experience any pain or discomfort during this session, you must immediately inform the practitioner so that the treatment may be adjusted to your level of comfort.
- You further understand that massage/ bodywork should not be seen as a substitute for medical examination, diagnosis, or treatment and that you should see a physician, chiropractor, or other qualified medical specialist for any physical ailment that you are aware of.
- Because massage/ bodyworks are contra-indicated, you are required to provide us with accurate and true information about your health.
- You will be required to fill in a customer consent form as well as signing of term and conditions.
- The Therapist will discuss the draping procedure and technique that will be used during the treatment.
- It is also understood that illicit or sexually suggestive remarks or advances made by you will result in immediate termination of session, and you will be liable for the “full” scheduled appointment.

CONSIDERATIONS

- We require about 15 minutes set up time before a treatment can start, be aware of this in your time planning
- We will be coming to your venue with the necessary equipment, please make sure you have enough space for us to set up.

BEFORE YOUR TREATMENT

- When going for a Treatment make sure you start off clean. Cleaned skin will really absorb the beneficial properties in the different treatments you may be getting.
- Ask questions about your spa treatment.
- What should I wear? I will provide you with disposable underwear or you could wear your own underwear. (Your therapists will ensure that your genitals and breasts are properly covered by a sheet or towel throughout the treatment and that only the area currently massaged should be exposed)
- Take of all your jewellery
- Please switched off your mobile phone

DURING YOUR TREATMENT

- Relax; this is your time and time for your body and mind to release the worries and stresses of the day. Deep breathing and closing of your eyes will assist in your complete relaxation.
- Let your therapist know if your are comfortable or uncomfortable, to warm or too cold or if the massage pressure is to light or too intense.
- Trust your therapist to move your limbs in whatever position is necessary for and during the massage.
- Enjoy the treatment and know that you are doing something very good for your body and mind. You deserve this healthy interlude.

AFTER YOUR TREATMENT

- Relax and drink water.

HOURS OF OPERATION

- 7 Days a week
- Time to Spa are available from 07h00 – 22h00 (last treatment 21h00)