

SPA RECOMMENDATIONS

Pregnant women and people that suffer heart diseases should make moderate use of the spa area. Please consult your doctor in case you have any doubts. The spa is not accessible for people younger than 12 years.

The main health risks when spending too much time inside the spa are:

- **Dizziness:** This can even occur in the bathtub at home. After having spent a long time inside the water, we can feel dizzy when leaving. This loss of orientation can lead to sickness, slips or falls.
- **Skin burn:** the temperature doesn't have to be necessarily high. If we simply spend too much time inside the spa, our skin may become red and even suffer minor sunburn-like burns.
- **Heatstroke:** the water of the spa may be higher than our normal body temperature. If we submerge ourselves up to our neck for a longer time, or if the body is not able to maintain its normal temperature, then we can suffer from heat stroke and fainting, and in the worst case one could even drown. If nothing of this happens, and the outside temperature is very low, we could suffer hypothermia when leaving the spa due to the temperature difference.
- **Drop in blood pressure:** the water temperature is the cause again of the dilation of blood vessels. This lowers the blood pressure and forces the heart to work harder in order to maintain an adequate blood pressure. If you have heart problems, please consult your doctor.

Enjoying the warm water and the bubbles is marvelous, but we must be aware that an excessive use is not good. We can set up for example a maximum limit of half an hour, and even spend up to an hour depending on the outside temperature. We should avoid to submerge ourselves up

to our neck the whole time. It's better to submerge ourselves up to our chest in order to help the body to regulate its temperature.

How to enjoy our spa circuit COVID-19

Duration: The recommended maximum time to enjoy a spa circuit is up to 60 minutes. Please kindly take into account that seen the new COVID-19 situation our steam room, Roman bath, sauna and relaxation room will remain closed until further notice is issued by the Spanish Ministry of Health. The recommended circuit goes as follows:

During the whole experience it's very important to respect the recommendations of the spa staff and not to skip any of the steps as this could lead for example to poor blood pressure regulation and to symptoms of low blood pressure or headache. Before starting the circuit we must make use of the showers.

Whirlpool area: We first submerge ourselves into the whirlpool area where we pass through the whirlpool loungers, the different points or seats equipped with jets for the lower legs, the feet soles, the thighs, the back, the belly and the cervical jet for the head and upper back. The objective is to assure that the whole body gets a massage of the whirlpool jets. We can spend around 20 minutes inside the whirlpool area.

The cold water tunnel (body toning): According to the steps in the whirlpool area, each new body position will be followed by a quick dive inside the body toning pool. In this pool you stay only for a few seconds, just long enough to submerge your body and head. Although this might not seem to be pleasant because of its low temperature, the use of this pool provides many health benefits. The purpose is that the whole body experiences this temperature contrast in order to improve the toning for the entire body: from the feet up to the head.

The relaxation pool: Now we pass to the relaxation pool (jacuzzi). Here we can stay during 10 minutes.

Let's tone our body again: After the relaxation we must tone our body again. We will only need a few seconds, just enough to submerge the entire body so that we can experience the contrast of temperatures again from the feet up to the head, in order to stimulate the body toning. As an alternative, we can access the ice cabin or frigidarium during the same duration and with the same purpose of stimulating the body toning.

The footbath: The circuit continues with the footbath. This involves walking two or three times through a pebble walkway for as long as the water sprinklers are functioning.

The shower circuit: From the footbath to the shower circuit. In the shower section we will find the Scottish shower and the aromatic oil shower. These showers are programmed to indicate the perfect duration of use.

Let's take a rest(FLOTARIUM): We finish with a moment of pure rest. They should not exceed 20 minutes. The flotarium is a small pool with sensorial isolation, whose water has a high concentration of salt, to facilitate the sensation of weightlessness when floating in water. It is not advisable to shave or shave a few hours before floating, as salts added to water can cause burning or irritation of shaved or shaved skin.

It is advisable to drink a juice or a mineral water at the end of the circuit.