



Rules for the “Le Grotte del Drago” Relaxation Area

- Please read the following rules carefully.
- They must be signed by all adults declaring that they have read and understood the following.
- The relaxation area is free and can be used as you wish, while the sauna and hot tub can only be used by reservation, at selected times, and are a paid service. Guests are asked to respect the times of their reservation; in the event of a delay, the available time will be reduced to avoid inconveniencing other guests.
- Children under 10 are not permitted to use the hot tub.
- Children under 16 are not permitted to use the sauna.
- Bathrobes, towels, or slippers will not be provided for the relaxation area.
- Swimwear is mandatory in the relaxation area inside the sauna and hot tub.
- Women are required to wear both a bikini top and bottom.
- Showering is mandatory before entering the sauna and hot tub. Dry yourself thoroughly before entering the sauna.
- Sunscreen is prohibited. Do not use shower gel, soap, or shampoo in the shower or hot tub.
- Use a towel in the sauna to avoid direct contact with the wooden benches.
- A maximum of 3 people can access the sauna at a time, and 6 people can access the hot tub.
- The use of cell phones is prohibited in the sauna and hot tub.
- Consumption of food and beverages is prohibited in the sauna and hot tub.
- Slippers are not permitted in the sauna.
- Management declines all responsibility for accidents or damage to persons and/or property that occur in the relaxation area caused by guests' carelessness.
- Management declines all responsibility for items left unattended in the relaxation area.
- Minors in the relaxation area are the responsibility of Parents/guardians.

- It is absolutely forbidden to enter the springs and it is forbidden to drink the water.
- Good manners and respectful behavior are expected; avoid ambiguous approaches and acts of exhibitionism. It is recommended to maintain a decorous attitude.
- It is forbidden to enter or exit the hot tub from any point other than the designated ladder.
- Jumping or diving into the hot tub is prohibited, and submerging your head under the water is prohibited.
- You may access the hot tub without a swimming cap, but it is hygienic and respectful for people with long hair to tie it back and keep it out of the water.
- Due to the high temperatures, it is not recommended to wear metal objects (necklaces, earrings, bracelets, watches) in the sauna.
- Use of the sauna and hot tub is prohibited in the following cases:
 - Pregnant women
 - Diabetes
 - Heart problems, high blood pressure or low blood pressure
 - Blood vessel problems, thrombosis
 - Chronic diseases
 - Epilepsy
 - Tumors
 - Contagious skin diseases
 - Contact with viral or bacterial diseases, fever, influenza
 - Eye conditions
 - Sunburn or sunstroke
 - Open wounds or injuries
 - Elderly people or those with conditions incompatible with use of the facility.
 - If you have any health problems, consult a doctor to determine your suitability for using the sauna and hot tub.
 - Do not use the sauna or hot tub while under the influence of medication or alcohol.
- The interval between using the sauna and hot tub and the last main meal should be at least one hour. Use immediately after a large meal is not recommended.
- Stay properly hydrated by drinking plenty of water.
- Sauna sessions can last a maximum of 15 consecutive minutes.
- Take a 15-minute break after both the sauna and hot tub.

Area Relax “Le grotte del drago”

Opening hours: Monday to Saturday

Morning: 9.00 – 10.30 / 10.45 – 12.15

Afternoon: 15.00 – 16.30 / 16.45 – 18.15

RESERVATIONS REQUIRED

Duration: 90 minutes

The relaxation area is free and available for use at your leisure, while use of the sauna and hot tub is by reservation only, at selected times, and is a paid service. The sauna and hot tub service is available from June to September.