

## BRENNER'S SPA ETIQUETTE

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The Brenner's Spa is a place of peace and relaxation. In order to offer a relaxing atmosphere, we would kindly ask all spa visitors to keep noise levels to an absolute minimum.

Use your time at the Brenner's Spa to relax completely. Please turn off all mobile phones and avoid tobacco and alcohol before and directly after your spa treatment. Smoking is not permitted in any part of the spa complex.

### **Prepare yourself ...**

**Drinks:** If you have booked a massage or a body treatment, or if you are using the saunas, please ensure that you drink enough water or fruit juice. A balanced level of water will allow your body to profit from the detoxifying effects of our treatments.

**Food:** Do not begin your treatment when you are hungry or have just eaten. Avoid heavy meals at least one hour before the start of your treatment. We will be happy to serve you with a selection of light spa dishes, healthy snacks and fresh juices after your spa visit.

**Clothing:** Feel comfortable. Easy to clean materials are particularly recommended due to the oils and care products used. Bath robes, bathing shoes and towels are available in the spa. You are perfectly welcome, however, to come to the spa with the bath robe from your room. In this case please use the spa lift on the first floor.

We recommend you start your treatment without make-up. The Brenner's sauna is a naked area. You are more than welcome, however, to use this area wearing a bathing costume.

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### **Enjoy your spa experience ...**

Stress-free: Relax, take deep breathes and leave all your thoughts and problems behind.

Clothing: Most of our body massages are best enjoyed without clothing. For your comfort, the parts of the body not involved in the massage will be covered with a sheet or towel. You are more than welcome, however, to keep your under garments on.

Communication: Speak to your therapists. Not all wishes can be read from your lips. Your therapist will ask you for your particular wishes before and during the treatment. The right music and volume, the best oil or the desired room temperature are just some of the important points that will turn your visit into a perfect spa experience.

### **After the treatment ...**

Don't rush ... enjoy the spa complex and relax a little longer. We will be happy to serve you with a glass of fresh water or a green tea, or you may wish to enjoy the tranquillity of our fitness terrace. Here, light snacks and drinks from our seasonal menu are served.

Be careful ... in most cases you should avoid the sun after your treatment. If you booked a body peeling or oil massage you should wait at least 12 hours before your next sunbathing session.

Extend your spa experience ... in our Beauty Spa you will find a variety of products which will allow you to enjoy a similar relaxing experience at home. The Beauty Spa assistants will be happy to advise you.