

Regulations for use and safety of the Spa Area

(Hours: Monday to Sunday 11:00h-15:00h / 16:00h-20:00h)

- The facilities where the pool, jacuzzi, and sauna are located are considered the Spa Zone.
- All people who use the Spa Area will do so at their own risk and responsibility, and are obliged to follow the established Regulations at all times. In the event that any member of the Hotel Maritim staff detects client behavior that is contrary to our regulations, we reserve the power and right to not allow them to use the Spa Area.
- Minors are not allowed access to the Spa Area.
- It is mandatory to shower before using the pool, jacuzzi and sauna.
- It is prohibited to jump or dive head first into the water, both in the pool and in the jacuzzi, in order to avoid possible injuries.
- Running around the edge of the pool and jacuzzi is not allowed.
- It is strictly prohibited to enter any space in the Spa Area under the influence of alcohol or any medication, stimulant, narcotic or tranquilizer.
- Nor will all those people who have wounds, bandages and/or suffer from infectious diseases that endanger the health of other users (skin problems, flu, etc.) be able to access.
- Entry to spaces with water and the sauna is prohibited if you suffer from diarrhea, vomiting or incontinence.
- It is strictly prohibited to contaminate water in any way.
- It is prohibited to eat or drink in the water or in the sauna, as well as introducing bottles, glasses and other glass objects into all spaces.
- The access of pets to the Spa Area is prohibited.
- The use of the jacuzzi and sauna is prohibited for people who suffer from venous insufficiency, cardiovascular diseases and problems, kidney failure, epilepsy or pregnant women without prior consent from their doctor.
- In the sauna you should place a towel between the bench and your skin to protect yourself from the heat and absorb perspiration.
- Do not insert jewelry or metal objects that could damage your skin with heat.
- It is recommended to carry out the sauna session in 2 or 3 phases, leaving to shower, dry off and drink water.
- At the end of the sauna session, you must take a break before starting another activity.
- In any case, the facilities must be used respecting the maximum time provided for each area.
 - o The maximum recommended time to use the jacuzzi is 10 minutes.
 - o The maximum recommended time to use the sauna is 10-15 minutes.
 - o In case of choking, tiredness or dizziness, leave the sauna and end the session.