

Bed and breakfast des Trois Marquets

Wellness and fitness area

Rules of common sense

These are rules that will allow the following users to take as much pleasure as you in clean and pleasant spaces.

Please respect the premises, hygiene and safety.

General rules

These spaces access and use are strictly forbidden to children and under 16 years old

They are strictly reserved for the owners and the tenants of the guest rooms. Any derogation from this rule can only be made with the agreement of the owners.

The owners reserve the right to exclude or prohibit entry to spaces to any person whose behavior would contravene these rules. Any overtime at the wellness area will be charged at the hourly rate.

Wellness room

Presentation and rules of use

The wellness area includes a spa, infrared sauna, shower and toilet.

The wellness area is only accessible on reservation

Flip-flops are necessary to enter the wellness room. Take yours or buy with us.

We Provide :

. Towels, bathrobes, pairs of flip-flops (2 € /pair), hairdryer for the comfort of our guests.

. Health and Safety

• Mandatory shower before and after use spa / sauna

• Tied hair

• Mandatory swimsuit wear

• Creams, bath oils, solar oils are strictly forbidden

• Before using the spa , shower without shower gel please

- **To avoid slipping, flip-flops are at your disposal**
- **It is not advisable to bathe with any valuables**
- **Cameras and phones should be avoided in the wellness room**

The owners of the wellness and fitness areas decline any responsibility in the event of physical damage, material, loss, theft or alteration.

You use this space under your own responsibility.

In case of deterioration of the equipment or use of soap in the spa, repairs of the damage will be the responsibility of the user.

Fitness center

This space consists of ground exercises, a rowing machine, a semi-elongated bicycle, a vibrating bench, a treadmill and an elliptical trainer.

Consider providing you with clean athletic shoes that will only be used for the use of the room.

Caution

The practice of a spa / sauna area and the use of sports equipment are not without consequence for the health according to the individuals.

We urge our guests to be cautious and to learn about these practices from their physicians.

Caution the use of the spa / sauna can be detrimental to the fetus in case of pregnancy, diabetes, obesity

Vasodilatation of the vessels due to heat triggers the rapid acceleration of the heart rate and presents a danger for people with cardiovascular diseases

(Exit from the sauna in case of discomfort)