

Useful information

In the interest of comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times:

General

- Diocletian Spa is strictly NO SMOKING area.
- **It is compulsory for children to be accompanied by a parent or guardian at all time of their visit.**
- We respectfully request that mobile phones are turned off or on silent mode and that all noise is kept to a minimum.
- A bathrobe, towels and slippers will be provided at the Spa reception. Towel counter can be found on outdoor pool area during summer period. All guests can use extra towel if needed.
- Please leave all items of value in your room or in your locker. Diocletian spa is not responsible for loss or damage to a guest's personal belongings.
- Food & drink should not be brought into Diocletian Spa for consumption during your visit.
- Refreshments from Laguna bar are available in all relaxation areas.
- Always shower before using pool and between heat rooms.
- Swimwear is compulsory on pool area and Roman Baths with exception to saunas and steam baths.
- Shaving is permitted in the male changing room. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins.
- Please place all used towels in the basket provided at Spa reception upon your departure.

Locker room

- You will be provided with whristband/locker key at Spa reception
- Choose empty locker. Red light is OFF on all empty lockers.
- Close plastic electronic chip on your wristband to black circle on lockers lock.
- After one second the locker will be locked and the red light will be ON.
- To unlocking repeat the same procedure. Close plastic electronic chip on your wristband to black circle on lockers lock.

Sauna area

- Please conduct all conversation at levels consistent with a relaxing Spa environment.
- Mobile phones are not permitted in sauna area.
- Roman Baths facilities are open to persons 16 and over.
- Always shower before and in between using heat rooms.
- Swimwear and slippers are not allowed in saunas and steam baths, but please consider the wishes of fellow guests and wear a towel loosely.
- A towel should always be placed on sauna benches between you and the bench.
- Shaving is strictly permitted in saunas and steam rooms.
- Please do not add oils or other products to the sauna bucket or whirlpool water.
- Ensure you drink plenty of fluid to re-hydrate after use of heat treatments and that alcohol and coffee consumption is kept to a minimum.

When taking a treatment

- Please arrive 15 minutes before your treatment to be able to enjoy the facilities and to begin a treatment on scheduled time. You will be requested to complete a medical evaluation form.
- Keep in mind that if you are late, the time may be deducted from the length of scheduled appointment.
- Please remove all jewelry and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapists.
- If your treatment involves water therapy, you are required to wear swimwear.
- Please make sure that your valuables are left in your locker.

- During treatments, please let your therapist know how you are feeling. Tell the therapist if you are too warm or too cold, or if pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please explain it to the therapist. He or she can suggest appropriate adjustment to the treatment for your comfort and enhancement.
- There is no pressure to talk during a treatment. It is entirely up to you.
- Diocletian spa treatments are available to persons aged 16 and over.
- Please note 6 hours cancellation notice is required for all bookings and services otherwise 50% of total treatment price will be charged.
- Your comments are always welcome.

Fitness studio

- Fitness studio is open for adults aged 16 and over.
- Appropriate Fitness attire is required at all times.
- Outdoor shoes should not be worn in fitness areas.
- In times when trainer is not on site your training is performed at your own risk.
- Please consider your capabilities when training without company and assistance.
- Please place the hand towels provided between you and the fitness equipment and to wipe down after use.