



THE SPA AT MUCKROSS

IMPORTANT SPA USE GUIDELINES

To help us to make your visit as safe and as comfortable as possible, we kindly request that you follow the guidelines below:

- Please complete the online consultation form and self-declaration questionnaire regarding COVID 19 prior to your appointment.
- Please note that our Vitality Suite, Thermal Loungers, Ice Fountain, and Relaxation Room are OPEN to Spa Visitors BUT our Jacuzzis, Outdoor Hot Tub, Sauna, Steam Chamber, Tropical shower, remains CLOSED in accordance with Government Guidelines.
- At present we can only allocate a 2 hour time frame for our guests, this must include the treatment time and facility use. Due to this restriction we do not have any special offers running at this time.
- Please ensure that you pre-book your time in our Vitality Suite to help us manage capacities in accordance with Government Guidelines.
- Please note that the maximum time for any guest to use our Vitality Suite is 60 minutes.
- Please respect our social distancing guidelines throughout the Spa for your safety and those around you. Social Distancing signs are displayed throughout the Spa areas. Sanitizing stations are available for you throughout our SPA, please use these frequently during your visit with us.
- We kindly ask all our Hotel Residents to change in your Hotel Room and come down to our Spa in your bathrobe and slippers as this helps us to manage capacity restrictions in our Spa changing rooms.
- Please note that your therapist will be wearing a face mask during your treatment and we are happy to provide you with a facemask if you wish, although this is not mandatory.
- Please be assured your treatment room and all required equipment have been cleaned and sanitized to the highest standards and every treatment room is fully sanitized and cleaned after each treatment.
- Our vitality suite is strictly over 16s only. Guests aged 16-18 will need to be accompanied by a guardian at all stages in the spa.

We thank you in advance for your understanding and co-operation. Please do not hesitate to contact one of our spa team for any assistance.