

## FOEL ORTHO SPA SUITE

(It's important we show you around first).

**HOT TUB:** Normally available between 10am and 10pm except when we need to check the water condition.

Showers – to keep the Hot Tub water clean and fresh, showers must be taken before entry or re-entry into the Hot Tub or Sauna.

It takes two people to take the Hot Tub Cover off and to put it back on again.

It takes two people to lower the gable end wooden panel that opens up the view fully.

Please push the windows on the support blocks on the walls and close the windows when not in use or windy. The wind will break them.

**THE SAUNA:** Must be pre-booked. Please do not operate without permission. Please turn the Sauna off afterwards.

For safety's sake, do not remain in the Spa unaccompanied.

Under 116's must be accompanied by an adult, and under 6's reminded that there is a toilet very near at hand.

Dress – best to arrive with towel, dressing gown, and costume that's fully rinsed and free of soap suds.

Footwear – only flip flops, soft indoor shoes or slippers allowed.

Hair – to avoid contamination by conditioner, hair oils etc., please do not dunk your head under the water. Long hair should be tied up.

Health – the spa is not recommended for the pregnant, ill or intoxicated.

Food – not to be taken into the Spa Suite.

Drink – use the polycarbonate glasses provided – alcohol to be avoided.

Sound systems / electrical equipment NOT allowed. Discover the joys of quiet conversation!" (Noise funnels down the valley and disturbs our farming neighbours – especially in the evening).

If the Hot Tub is nearly overflowing, there are too many of you in it. Practice restraint!

Please use the mop and bucket (in cupboard by Sauna) to keep floor as dry as possible to avoid slipping, and preventing floor paint from bubbling up.

Wet towels – collect in plastic trugs, bring down to the Buttery, with its airer, spinner, tumble dryer and washing machine, to deal with as you see fit.

**IN SPITE OF ALL THIS – ENJOY YOURSELVES!** Eddie and Jenny, July 2019