

# ALPENRESORT BELVEDERE

SPA · GOURMET · DOLOMITI

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## SPA- USEFUL INFORMATION

The Bellavita Spa is open every day  
from 3:30 pm to 7:30 pm

- Access to the spa is reserved exclusively for people over 16 years of age.
- The spa is a place of relaxation. For this reason, all guests are asked to maintain the quiet atmosphere.
- The use of a swimsuit is prohibited. Synthetic fibre clothing in contact with high temperatures can cause irritation or eczema and release toxic substances into the air. As an alternative, terry sarongs can be worn.
- In the Finnish sauna and in the bio sauna it is mandatory to spread a cloth so that no part of the body is directly in contact with the wood.
- The use of shampoo and shower gel is not allowed in the experiential showers.
- It is advisable not to wear jewellery, watches or other metal objects that can cause burns on the skin, or glasses or contact lenses. Wearing lenses in high temperatures, have potentially harmful consequences for the eyes.
- Entrance to the sauna is not recommended in case of fever, angina or epilepsy. In addition, maximum caution is required in case of varicose veins and cardio-circulatory disorders.
- Taking photos or recording videos is not allowed.