

# HYGIENE AND WELLNESS

## Health and prevention



“Eghes Wellness Center” is the wellness area of the Dolaondes aquatic center in Canazei dedicated to lovers of wellness and relax. The sauna, steam bath and hot tubs can only be used without bathing suit, so special attention is given to the hygiene of the rooms, specially for areas of direct contact with the skin:

- *The waters of the tanks are sanitized with a continuous chlorination in the parameters required by law.*
- *The towels for hire that are supplied are washed at high temperatures and sterilized with special disinfectants.*
- *After careful cleaning of all rooms, the most delicate areas are disinfected with specific products.*
- *Daily and total disinfection colonies are available in the access areas for feet and slippers cleaning.*
- *In the areas of entry are willing some disinfectant antimycotics to be used to clean feet and slippers.*

Respect and discretion in this environment are essential, as well as proper behavior by all guests. To safely enjoy the relax that only a spa can give you do not have to do anything but respect some simple rules:



### 1. TO HAVE A SHOWER AND DISINFECT THE FEET

Usually, before entering the structure remember to take a shower and disinfect the feet. The same must be repeated at the exit of each sweating room.

### 2. LEAVE THE SLIPPERS OUT OF THE SAUNA

In the areas of transit between the different spa practices, it's always advisable to wear slippers which, however, must have be left outside before entering the sauna or steam bath.



### 3. ALWAYS COVER THE SEAT WITH THE TOWEL

Usually, in order to avoid transmitting or contracting skin irritations, it's laying a clean cloth in the sitting areas and in contact with the body. In the Turkish bath the sitting should be clean with water.

### 4. AREA WITHOUT SWIMSUIT

The reason of this choice is purely of health care: in fact, wearing synthetic cloths at high temperatures and in sweating rooms, intensifies the presence of bacteria on your skin and inside the sauna, moreover wearing the swimsuit, hinder the correct total sweating, partly reducing the physical benefits given by this practice.

