

THE HARMONY



SPA ETIQUETTE

The Harmony Spa is a place of wellness and serenity. Our guests enjoy a perfect setting of harmony and balance. Please help us maintain our tranquil environment.

- ❖ Shorts or bikinis are recommended at all times but you may also cover yourself with a towel while in the steam and sauna.
- ❖ We recommend lowering the temperature of your body with cold water starting at your feet and gradually working towards your head, both before and after using the pool, the steam bath and saunas.
- ❖ Always drink plenty of water to keep well hydrated before exposing yourself to the heat of the steam bath and saunas.
- ❖ We recommend 5-10 minute session in the steam bath and saunas followed by 5-10 minute breaks to replenish your body-water levels.
- ❖ All guests are welcome at Harmony Spa. However guests under the age of 14 years old must be accompanied by the parents or guardians while using the wellness and fitness room facilities.
- ❖ Aria Hotel Budapest will not be liable for any health related issues. Guests may use the facilities at their own risk.
- ❖ The Aria Hotel Budapest is not responsible for any belongings left behind, but we are happy to provide lockers for use while in the Harmony Spa.