



#### PERSONAL DATA

Surname: \_\_\_\_\_

First name: \_\_\_\_\_

Mobile phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

#### HEALTH WARNINGS

To use the thermal baths it is necessary to be in good health condition.

Access to people with infectious diseases, rashes or open wounds is prohibited.

You are asked to promptly report any injuries or illness to the staff. You should consult your doctor if you are in one of the conditions listed below, so that you can assess the risks involved in relation to your specific pathology and your general state of health:

- Neoplasms
- Cardiopathies and / or posthumous cardiac surgery (by-pass, valvular interventions, etc.)
- Hypertension
- Epilepsy or seizures
- Diseases that involve alterations in the balance
- Chronic respiratory diseases (asthma, emphysema, etc.)
- Diabetes
- Varicose diseases and venous thrombosis
- Pregnancy

I DECLARE THAT I HAVE RECEIVED HEALTH WARNINGS AND THE REGULATION

Viterbo on this day of \_\_\_\_\_

SIGNATURE



## REGULATION

Welcome and congratulations for choosing our natural thermal, a true oasis of well-being. Immerse yourself in the beneficial spring waters and get wrapped by its vapours and its heat.

The pools have a maximum depth of 140 cm and are without assistance, pay attention to the uneven ground.

Access is allowed only through the numbered entrances and through the special handrails.

It is forbidden to dive and walk on the rocks.

We recommend a 20-30 minute ablution with a relaxing break lying down for at least 15 minutes to ensure that your body benefits from the mineral salts dissolved in the thermal spring water.

The presence of algae in the water is the demonstration of the therapeutic properties as they produce a high quantity of vitamins, enzymes, antibacterial and nutritional substances.

The exchange of water is assured by the fact that it is spring water under pressure and current, it always flows in and out.

Entrance is not allowed for children under 12 years of age.

It is not allowed to consume food and drinks in the water or on the poolside. Meals can be consumed at the bar or in the designated area.

In the event of a storm, exit immediately from the pools when indicated.

For hygiene reasons, take a shower before entering the thermal baths and wash carefully with creams and various oils.

It is forbidden to smoke in the internal areas or in the outdoor areas reserved for relaxation.

As the sulphurous water tends to oxidise metal and silver objects, it is suggested not to wear them in the thermal baths.

It is not allowed to specifically photograph other guests without their consent.

For a pleasant stay we recommend silence and discretion, please silence the mobile phones.