

# LOVESOME HILL FARM - HOT TUB USE

## **Recommendations for your health and good spa hygiene**

*Guests need to pre – book their use of the hot tub with Mary or John. Unless they are in Lovesome Cottage which have priority.*

*The use of the hot tub is charged at £15 for **one and a half hours**. A maximum of six people are allowed in the hot tub at any one time. Swim wear is required. Please feel free to use the bath robes provided in your rooms. A tray is provided for outdoor shoes.*

It is recommended that the following guests should not use the hot tub:

- anyone who may be pregnant;
- anyone on medication;
- anyone with high blood pressure;
- anyone with a lowered resistance to infection;
- anyone who has been unwell in the last 2-3 days;
- anyone who is under the influence of alcohol or drugs.

Guests **MUST** shower **BEFORE** and **AFTER** using the hot tub, **removing any trace of shampoos, moisturisers or other skin products (e.g. sun tan lotion) before entering the hot tub.**

*\*Please note that all shower and toilet facilities are available for use in the hot tub area.*

Children to be supervised at all times by an adult.

No glass or sharp objects permitted in the hot tub area.( Please use the plastic ones )

Long hair must be tied up;

Please do not use the hot tub if you have any foot problems (including verrucas);

Please take care when entering and departing the hot tub;

Do not have any electrical appliances (e.g. mobile phones, radios) within 3 metres of the hot tub due to risk of electrical shock.

It is recommended that:

- You do not submerge your head;
- Bathers do not exceed 20 minutes in the hot tub at a time;
- If intended users are suffering from diseases of the heart and circulation, skin conditions, subject to fits, or taking drugs affecting the cardiovascular or nervous systems, they should seek medical advice before bathing in the hot tub.

Mary and John will demonstrate full use of the controls. These are set so please do not alter / adjust. Please replace the lid after use.

Please note that all guests using the hot tub and facilities in the hot tub area do so at their own risk. No responsibility will be taken by Lovesome Hill Farm in the event of any accidents / incidents in this area. Any further questions please ask Mary or John.

On booking please read, sign and date below that you are fully aware of the conditions of use of the hot tub.

Signature.....Date.....

Thank you and enjoy!

Lovesome Hill Farm