



FORMBY HALL

GOLF RESORT & SPA

## YOUR ESSENTIAL FORMBY HALL SPA GUIDE

We want you to make the most of your me-time and enjoy your visit to the Formby Hall Spa, here you will find our guide with helpful tips and advice on getting the best out of your spa experience

### WHAT TO BRING

Always bring a swimming costume or even two if you would like a dry one to change into. We have plenty of towels and will provide you with a robe and slippers for every day spa and recommend you keeping it dry if you are dining in it. If you are staying in the hotel and would like to use the facilities prior to checking in at 3pm we advise that you bring a bag for the spa along with your overnight bag which we can safely store for you. Don't forget we also have an excellent gym if you want to bring your trainers and many people bring a good book to lose themselves in.

### AGE REQUIREMENTS

The minimum age requirements to have spa treatment is 16. The hydro pool and heat treatment rooms are for the use of those over 16. Children's swim times in the pool are from 9am till 8pm.

### PREGNANCY

It is especially important that you let us know if you are or maybe pregnant so that we can advise on what facilities are safe to use and can recommend the most suitable treatments. We recommend that you do not use the Thermal Heaven, or the Hydrotherapy Pool. Treatments are available after the first three months.

### DOUBLE TREATMENT ROOM

Our double treatment rooms are ideal for couples or friends to share their treatment time together. Please request these rooms on booking.

### SPA TREATMENTS

We would advise you that you arrive at least 30 minutes prior to your first spa treatment to allow sufficient time to check in, change and familiarise yourself with the Spa facilities. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced.

## SPA ETIQUETTE

Our ethos is relaxation and calm. We do not allow use of your phone or other device which may negatively impact on the relaxation of other spa users. It is nice to have a catch up with friends, but we do ask that the heat treatments rooms, treatment corridor and relaxation lounge are treated as "whisper zones" where we may politely ask you to keep your voice to a whisper.

## DIETARY REQUIREMENTS

Please let us know before your arrival if you have any special dietary requirements as we will do everything possible to accommodate your requests.

## ADDITIONAL TREATMENTS

Please book additional treatments prior to arrival at the Spa to avoid disappointment.

## SPA THERAPISTS

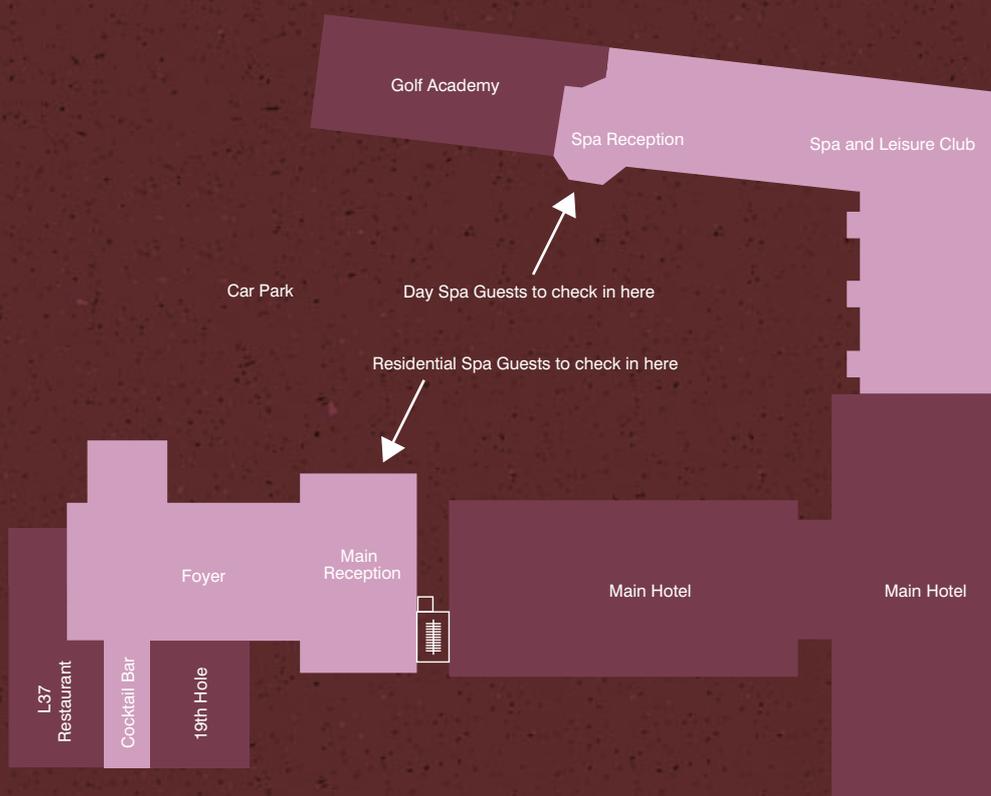
Please note that we only have female therapists

## MEDICAL QUESTIONS

Regular spa use can be extremely beneficial to your health, but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of Spa treatment. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience

## WE LOOK FORWARD TO MEETING YOU!

Upon arrival at Formby Hall Golf Resort and Spa please make your way to either the Spa or Resort Reception (dependant on your package) where one of our friendly team will be there to welcome you.



We want you to have a "WOW" experience at the spa and if there is anything we can do to support this please contact us prior to your visit or speak to a member of the team on the day

See you soon!