GRANGE FARM PARK

SAFETY NOTICE

Shower First: Please shower before entering any Wellness Facilities to maintain hygiene.

Behaviour: No running, pushing, diving or horseplay around the Wellness Spa.

Footwear: Use non-slip footwear when moving around the Wellness Spa.

Supervision: Children under 16 must be supervised by an adult at all times. It is advised that children under 7 do not use the Wellness Equipment.

Fake Tan and Hair Dye: Ensure all fake tan, hair dye, and other cosmetic products are fully removed before entering the Wellness Facilities.

Food and Drink: Only to be consumed in the seating area, strictly forbidden in the Wellness Equipment.

In case of an emergency, exit the Wellness Spa immediately and alert staff or call emergency services.

01507 450267 | 999

Alcohol and Drugs: Do not use the Wellness Facilities if you are under the influence of alcohol or drugs.

Time Limits: Limit use to 15 minutes to prevent overheating and dehydration.
5 minutes for the Ice Bath.

Loose Items: Remove all jewellery, loose items, and any items that could break, including glass, before entering the Wellness Facilities to avoid damage or injury.

Soaps and Oils: Do not use soaps, oils, or any other bathing products in the Wellness Facilities to maintain water quality and avoid clogging the filtration system.

Health Conditions: Individuals with heart conditions, high or low blood pressure, respiratory issues, or other serious health conditions should consult a doctor before using the Wellness Equipment.

Pregnancy: Pregnant women should seek medical advice before using the Wellness Equipment.

BY USING THE WELLNESS SPA YOU AGREE TO COVER ANY DAMAGES MADE