



Hot Tub Safety Information

For your safety and comfort, please follow the hot tub safety rules during your stay.

- The hot tub must not be used by children under the age of 4.
- If pregnant please seek advice from your doctor / midwife before use
- If you have one of the following conditions, please seek medical advice from your doctor before use:
 - cardiovascular disease (including high blood pressure)
 - epilepsy
 - skin conditions
 - immunosuppression
- Please shower to remove suncream and lotions before use
- Do not use the hot tub if you have had diarrhoea in the previous 14 days
- Use of hot tubs are not recommended immediately after a large meal or alcohol consumption
- Prolonged use (>30mins) may result in dizziness, please take extra care when exiting the tub
- Children must be supervised at all times