



gön

HOUSE OF HEALING

THERAPY  
MENU

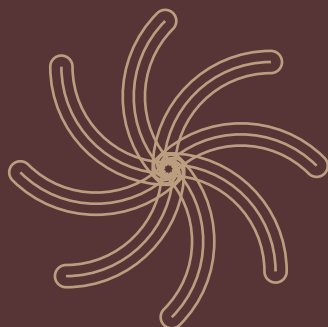
# Welcome Home.

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You have entered a sanctuary where  
ancestral wisdom and  
contemporary healing meet.

Here, the body rests, the mind grows  
quiet, and the spirit remembers.

Return to balance in our refuge of  
water, heat, and silence.



# (01) Spa Treatments

Our treatment menu is designed as a living archive of healing practices.

From hammam body rituals and therapeutic massage to facial treatments, advanced technology, holistic therapies, and medical wellness, each offering responds to the body as an intelligent system capable of repair, balance, and renewal.



## SPA CIRCUIT (HAMMAM • SAUNA • COLD PLUNGE)

Discover our thermal journey designed to restore the body's natural balance through steam, heat, and cold.

### (01) HAMMAM:

A humid steam bath inspired by traditional Eastern bathhouses. It softens the skin, relaxes muscles, and prepares the body for a deeper sense of ease.

### (02) SAUNA:

Dry heat to support circulation and muscle recovery. Simple, grounding, and restorative.

### (03) COLD PLUNGE:

A cold-water immersion to awaken circulation, tone tissues, and leave you feeling clear and revitalized.

*\*Included for hotel guests and members.*

VISITOR ACCESS: €120 (90 MIN).

### ADD-ON:

Red Light  
Therapy Full Body

10 min | €30

Enhance your circuit with a restorative infrared session designed to support deep relaxation, recovery, and overall wellbeing.

## (01) SPA TREATMENTS

### HAMMAM BODY RITUALS

Revitalizing baths, gentle exfoliations, and nourishing oils designed to create a sensorial experience that reminds us the body is home.

#### KESSA GLOVE EXFOLIATION

Immerse yourself in the heritage of Moroccan bathing rituals through our Kessa glove exfoliation. Within the serene atmosphere of our Hammam, your skin is gently stimulated to release impurities and dead cells, activating microcirculation and awakening profound clarity. A tactile and sensorial experience that purifies pores, revitalizes tissue, and leaves the skin velvety smooth and deeply renewed.

30 MIN — €160

#### MADRID AROMATIC HERB EXFOLIATION

Connect with the essence of Madrid through its aromas. Our handcrafted blend of rosemary, thyme, and bay leaf works on the body by stimulating circulation and supporting deep cellular renewal. A purifying experience that frees the skin from impurities, leaving it firm, soft, and enveloped in a unique sensation of freshness and wellbeing.

30 MIN — €160

#### BOTANICAL MASK

A botanical alchemy created to restore the skin. Crafted with a selection of traditional aromatic plants from our region, this mask works deeply to purify, soften, and revitalize the skin tissue. As the active ingredients perform their function, delicate aromas envelop the senses, creating a bridge between physical care and mental calm.

30 MIN — €180

#### MUD WRAP

Discover a ritual of reconnection with the earth, where each mud is meticulously selected according to your skin's unique needs. From mineral-rich ancestral clays to botanical muds infused with natural extracts, each application acts as a living remedy that purifies, remineralizes, and revitalizes the tissue. Deeply rooted in the cultural heritage of ancient healing practices, this experience is designed to absorb impurities while infusing essential nutrients, leaving the body renewed and the spirit grounded.

30 MIN — €180



# (02) Body Therapies

Caring for the body is a sacred ritual.

Each therapy is a thread within a larger fabric of human healing wisdom, where conscious touch releases tension and restores harmony.

## DEEP TISSUE

**Primary Benefit:** Mobility restoration & chronic pain relief.

Designed for those seeking real and profound release, this high-intensity massage focuses on the deepest layers of muscle tissue to undo accumulated tension and chronic pain points. Through precise, personalized techniques, our ritual promotes muscle recovery, restoring strength, range of motion, and lasting wellbeing.

30 MIN — €160 | 50 MIN — €225 |  
80 MIN — €290

## DETOX

**Primary Benefit:** Metabolic detox & systemic lightness

Restore your body's natural flow with a ritual designed for deep purification. Using precise maneuvers and sustained pressure, this massage stimulates the lymphatic and circulatory systems to promote toxin elimination and natural homeostasis. Ideal for releasing physical and metabolic blockages, this restorative experience provides immediate lightness and mental clarity.

30 MIN — €160 | 50 MIN — €225 |  
80 MIN — €290

## THAI MASSAGE

**Primary Benefit:** Structural flexibility & energy unblocking.

We honor the ancestral tradition of Thai massage through a dance of rhythmic stretches, precise pressures, and deep relaxation techniques.

Known as "passive yoga," this ritual is designed to release structural tension, improve flexibility, and unblock the body's energy flow.

30 MIN — €160 | 50 MIN — €225 |  
80 MIN — €290

## CRANIO-SACRAL

**Primary Benefit:** Nervous system regulation & deep mental calm.

A subtle technique working with the cranium, spine, and sacrum to release deep-held tension and support the nervous system. Gentle, quiet, and deeply settling, this treatment releases tissue restrictions, optimizes cerebrospinal fluid circulation, and helps reset the nervous system.

30 MIN — €160 | 50 MIN — €225 |  
80 MIN — €290

## (02) BODY THERAPIES

### LYMPHATIC DRAINAGE

**Primary Benefit:** Systemic de-inflammation & relief from fluid retention.

Restore your body's fluidity and lightness through our manual lymphatic drainage technique. Using rhythmic movements and extremely gentle pressure, this ritual directly stimulates the lymphatic system, promoting the elimination of toxins and accumulated fluids. It is the ultimate restorative treatment to reduce inflammation, improve circulation, and relieve heaviness.

30 MIN — €160 | 50 MIN — €225

### PRENATAL

**Primary Benefit:** Functional relief & maternal-fetal serenity.

A gentle and deeply safe ritual, designed to mindfully accompany the physical and emotional changes during pregnancy. This treatment focuses on relieving high-tension areas, such as lumbar strain, leg heaviness, and fluid retention. Through soft, enveloping maneuvers, we promote total relaxation that benefits both mother and baby. A warm experience that honors the wisdom of the female body and its life-giving capacity, creating a space of peace and emotional heritage.

30 MIN — €160 | 50 MIN — €225

### REFLEXOLOGY

**Primary Benefit:** Systemic balance & immediate relief from heaviness.

A specialized foot massage that stimulates reflex points to ease tension, support circulation, and bring harmony to the whole body. Reconnect with your balance through the foundations of your body by precisely stimulating reflex points.

30 MIN — €160 | 50 MIN — €225

### THERMAL CONTRAST

**Primary Benefit:** Metabolic optimization & accelerated recovery.

Our Thermal Contrast treatment alternates strategic heat and cold stimuli to promote deep vascular training. This technique activates blood circulation, enhances tissue oxygenation, and accelerates muscle recovery. Perfect for relieving chronic tension and strengthening the immune system, this ritual restores vibrant energy and mental clarity, leaving a sensation of lightness and total renewal.

30 MIN — €160 | 50 MIN — €225

### CHI NEI TSANG

**Primary Benefit:** Organic detoxification & visceral emotional release.

Discover an ancient healing art that places the abdomen at the center of our vitality and emotions. Chi Nei Tsang is a deep ritual rooted in Eastern wisdom, working directly on the internal organs to release energy blockages and accumulated tension. By gently massaging the "second brain," this treatment not only improves digestion and strengthens the immune system, but also facilitates the release of emotional burdens, promoting expanded awareness, visceral balance, and absolute inner peace.

30 MIN — €160 | 50 MIN — €225

## (02) BODY THERAPIES

### ACUPUNTURA & BACH FLOWERS

**Primary Benefit:** Nervous system regulation & psychosomatic harmony.

Synchronize your body and emotions through a unique therapeutic synergy. This personalized treatment fuses the millennia-old precision of Traditional Chinese Medicine with the subtle vibrational power of Bach Flowers. While acupuncture works on the meridians to unblock and redirect your vital energy (Qi), the floral essences act on the emotional plane, dissolving internal tension and stress patterns. An integrative approach for those seeking deep healing, restoring inner peace and systemic balance from the root.

FIRST VISIT: 90 MIN — €300

FOLLOW-UP: 60 MIN — €180

### RED LIGHT THERAPY FULL BODY

A deeply restorative light therapy ritual designed to support recovery, relaxation, and overall vitality.

Performed as a full-body treatment with facial inclusion, this immersive experience combines red and near infrared light to promote muscular ease, support the skin's appearance, and encourage a complete sense of renewal.

30 MIN | €110



# (03) Baths (Yin ▪ Yang)

Step into unique scent and sound rituals in our Yin and Yang bathtubs, which have the power to transform our mood, awaken emotions, relax the mind, and elevate the spirit.

## SOUND HARMONY BATH

**Primary Benefit:** Neurological relaxation & vibrational balance.

A multisensory immersion where delicate aromas meet the soft vibrations of tuning forks and Tibetan or quartz bowls, whose waves travel through the water to massage every cell of your body. Accompanied by a subtle alchemy of aromas, this treatment induces deep neurological relaxation, silencing the mind and balancing the spirit. A unique vibrational healing experience that renews your energy and restores total inner harmony.

30 MIN — €160

## BOTANICAL BATH

**Primary Benefit:** Therapeutic immersion & personalized sensory connection.

An immersion in the purest botanicals. This ritual starts with a personalized alchemy, where you select the essences that will guide your renewal process. In the water, a handcrafted selection of medicinal plants and herbs releases their active properties, enveloping your body in a warm, earthy, and deeply healing atmosphere. A tribute to nature as ancestral medicine, transforming the bath into a cultural experience that restores the senses and strengthens your connection to the earth

30 MIN — €160



# (04) Combined Therapy Rituals

Inspired by an atlas of human wisdom. Gathering practices that have accompanied humanity across cultures and time.

## SOUL TEMPLE RITUAL

**Primary Benefit:** Systemic catharsis & nervous system reset.

Our signature hammam journey. Soul Temple is not just a treatment; it is a wellness architecture designed in four acts to guide you from external noise into the deepest silence. An alchemical process that releases every burden, allowing the body to become the sacred temple it was meant to be.

- Settle into the hammam steam and warmth to soften the body and quiet the mind
- A salt exfoliation with Dead Sea salts in the exfoliation room to renew and brighten the skin.
- A lymphatic drainage massage to encourage circulation and bring a sense of lightness.
- Back in the hammam: a rosemary and thyme skin mask, followed by an aromatic immersion bath.

120 MIN — €400 | 150 MIN — €450

## URBAN DETOX RITUAL

**Primary Benefit:** Muscle recovery & anti-inflammatory reinforcement.

The Urban Detox Ritual is an antidote designed to combat inflammation and oxidative stress from modern living. Whether you've been training hard, traveling often, or carrying everyday stress, your body deserves a deep reset.

- Time in the hammam, steam, and sauna to calm the mind, open pores, and soften muscles.
- An active, nourishing body mask with botanical ingredients selected to support recovery.
- A 60 or 90-minute massage with rosemary oil to ease muscle and joint discomfort.

90 MIN — €350 | 120 MIN — €400

## (04) COMBINED THERAPY RITUALS

### BONDING RITUAL

**Primary Benefit:** Relational harmony & synchronized wellbeing.

Designed exclusively to cultivate shared connection and wellbeing. The Bonding Ritual invites you to pause time and rediscover harmony with another person. A shared journey designed to strengthen connection through warmth and presence.

120 MIN — €400 | 150 MIN — €450

- Begin together in the hammam and sauna to relax muscles and open the senses.

- A shared Dead Sea salt exfoliation to purify and awaken the skin.

- A cranio–sacral massage in our couples cabin to release deep tension and settle the nervous system.

- Close with an aromatic immersion bath: an intimate, sensory ending that leaves you both renewed.



# (05) Facials

Every skin is unique. Rooted in tradition and supported by current science, our facials awaken natural radiance from within. Nurture your skin with rituals designed to restore radiance, resilience, and harmony.

Each facial at GÖN combines advanced techniques, potent botanicals, and personalized care to reveal your healthiest, most luminous complexion.

## INDIBA FACIAL

**Primary Benefit:** Biological regeneration & immediate firming.

Elevate your skin health with the most advanced radiofrequency technology in the industry. INDIBA® works deeply by stimulating natural cellular regeneration through its Proionic® system. This non-invasive treatment accelerates collagen and elastin production, improves circulation, and oxygenates tissues from within.

The result is a natural "lifting" effect: visibly firmer, toned skin with vibrant radiance. Beyond aesthetic benefits, INDIBA relieves facial muscle tension, delivering beauty that begins at the cellular level.

### SINGLE SESSIONS

30 MIN — €90

50 MIN — €150

### 10-SESSION PACKS

30 MIN (10X) — €750

50 MIN (10X) — €1,350

## THE CURE

**Primary Benefit:** Total skin renewal & immediate "Glow" effect.

More than a facial cleanse, La Cura is a true youth elixir for your skin. This high-precision protocol combines deep cleansing with therapeutic exfoliation and a state-of-the-art regenerative mask. Designed as a restorative balm, it purifies pores, removes accumulated impurities, and revitalizes the tissue from its deepest layers.

The result is a visible transformation: extraordinarily plump, smooth, and radiant skin, projecting renewed vitality and luminosity: a secret to a face that breathes health and sophistication.

50 MIN — €245

80 MIN — €295



## (05) FACIALS

### VITAMIN C

**Primary Benefit:** Biological photoprotection & instant luminosity.

Awaken your complexion with a treatment designed to combat oxidative stress and enhance natural radiance. Pure Vitamin C acts as a powerful antioxidant elixir, neutralizing free radicals, stimulating collagen synthesis, and evening out skin tone. Each phase revitalizes dull or fatigued skin, providing immediate firmness and a healthy glow.

30 MIN — €160

50 MIN — €225

### AETHER LIFT

**Primary Benefit:** Structural remodeling & facial lift

Elevate your facial beauty to a new dimension with a treatment designed to defy gravity. Lifting Éter is an advanced manual sculpting technique that redefines and lifts the facial contour, stimulating the skin's elastic memory.

Through precise, sophisticated, and rhythmic maneuvers, this ritual achieves a mechanical lift of the tissues, smoothing expression lines and delivering an immediate visible tightening effect. A profound transformative experience that restores facial harmony, leaving the skin visibly firmer, sculpted, and rejuvenated.

50 MIN — €245

80 MIN — €295

### COLLAGEN

**Primary Benefit:** Facial architecture & thermal redensification.

Restore your skin's structure and elasticity affected by time and stress. This exclusive treatment delivers a vitality boost that works on the deep architecture of the face. Using a high concentration of pure collagen and revitalizing actives, the ritual redefines the facial oval, smooths fine lines, and restores skin density.

A fusion of biotechnological innovation and aesthetic wisdom promotes visible regeneration from the first session, leaving the face sculpted, firm, and glowing with rejuvenated radiance.

50 MIN — €245

80 MIN — €295

### RED LIGHT THERAPY FACIAL

A restorative light therapy designed to support skin vitality, radiance, and visible renewal.

Using clinically studied red and near infrared wavelengths, this non-invasive treatment helps improve the appearance of the skin while offering a calming moment of rest and regeneration.

20 MIN — €75





## (05) FACIALS

### **AUGUSTINUS BADER X NÔMADE TEMPLE SIGNATURE TERRAFORMING RITUAL**

Inspired by the idea of terraforming, this Nômade Temple x Augustinus Bader signature facial ritual is designed to transform the landscape of the face, supporting and enhancing its natural beauty externally while also awakening renewal from within. A marriage between our heritage as nomads and our evolution in an era of science and technology, the treatment combines advanced Augustinus Bader formulas with sculpting massage, collagen stimulation, lymphatic activation, and restorative techniques to promote visible lifting, hydration, radiance, and deep renewal.

90 MIN — €580

### **AB LONGEVITY FACIAL**

This exceptionally transformative experience combines The Method Augustinus Bader – a bespoke facial technique that leverages our award-winning cell renewal formulas. Radiofrequency & LED Light for immediately healthier-looking skin and long-lasting benefits.

90 MIN — €550

### **AB GLOW FACIAL**

Our bespoke seasonal treatment is designed to prepare your skin for the demands of the upcoming months, leveraging our award-winning TFC8® cell renewing complex to boost resilience and radiance, boosted by LED light therapy.

Incorporates treatment with the Hydrogel Mask, delivering immediate surge of hydration and radiance within the complexion.

75 MIN — €310

### **AB JET LAG FACIAL**

A revitalizing treatment designed to restore tired, stressed, and travel-affected skin, delivering our signature Augustinus Bader glow.

Leveraging our award-winning TFC8® cell renewing complex, it supports cellular renewal while boosting hydration, radiance, and resilience.

60 MIN — €280



SECTION 6:



# NÔMADE TEMPLE MADRID

## Wellness Private Sessions

Beyond the spaces of Gön House of Healing, Nômade Temple Madrid offers a curated selection of private wellness sessions designed to support restoration, movement, and personal exploration.

Guided by experienced practitioners, these one-on-one experiences take place across different venues within the hotel, including the Gym and selected cultural areas such as Monopol.

[CLICK HERE TO VIEW THE MENU](#)

nômade  
TEMPLE



AMUNA  
ADVANCED VITALITY  
MADRID

EST. 2024

(7)

# Medical Treatments by AMUNA Vitality

A precision-driven approach to wellbeing where science meets holistic care. These protocols harness advanced diagnostics, functional medicine, and personalized interventions to optimize your body, mind, and performance.

## AMUNA STRATEGIC SUPPLEMENTATION EXPERIENCE™

A private medical consultation designed to optimize your biological state during your stay at Nômade Temple Madrid. The experience begins with a personalized clinical evaluation with our Functional Medicine Doctor, who conducts a brief and structured medical screening to ensure maximum safety and therapeutic precision. Based on this assessment, an advanced supplementation strategy is designed according to your metabolic profile, energy levels, and travel context. The protocol may include the specialized administration of micronutrients and essential cofactors under medical supervision, either in the privacy of our wellness suite or in your own room.

### JET RESET EXPERIENCE

#### Cellular Hydration & Circadian Recovery

Designed for long-distance travelers, jet lag, and executive fatigue.

*Clinical objective: Deep rehydration, neurometabolic support, and circadian rhythm regulation.*

Estimated duration: 60 min

€800

### CELLULAR GLOW EXPERIENCE

#### Detox & Aesthetic Regeneration

Focused on systemic inflammation, oxidative stress, and skin revitalization.

*Clinical objective: Optimize antioxidant defense and support hepatic detoxification processes.*

Estimated duration: 60 min

€800

### PERFORMANCE ELITE EXPERIENCE

#### Executive & Mitochondrial Optimization

Protocol designed to enhance cognitive performance, muscle recovery, and mitochondrial optimization.

*Clinical objective: Improve cellular energy efficiency and resilience to physical and mental stress.*

Estimated duration: 60 min

€800

## (07) MEDICAL TREATMENTS BY AMUNA VITALITY

# AMUNA ANNUAL HEALTH CHECK ESSENTIAL

Our entry-level program into advanced preventive medicine. Designed to provide a clear, strategic, and scientifically precise view of the guest's current biological state. Conducted in Amuna's private medical suite inside the Gön House of Healing.

Includes:

### Core Biomarker Intelligence /

- Amuna Health Check: Comprehensive metabolic and inflammatory profile
- Omega-3 Index
- Advanced Thyroid Panel
- Complete Urinalysis
- FRAS 5: Oxidative Stress Analysis
- Epigenetic Study with Telomere Measurement

This protocol enables the evaluation of systemic inflammation, metabolic balance, cellular aging, biological resilience, micronutrient status, and oxidative load with clinical precision. All sample collections are performed by qualified healthcare professionals in an intimate and carefully curated environment.

For studies requiring home testing kits, guests receive personalized guidance.

€4200



## AMUNA ANNUAL HEALTH CHECK SIGNATURE

### DEEP LONGEVITY & BIOMARKER INTELLIGENCE

Our most advanced and comprehensive evaluation. Designed for those seeking a deep and strategic understanding of their biology.

This check-up includes:

#### CORE BIOMARKER INTELLIGENCE

- Amuna Health Check: Comprehensive metabolic and inflammatory profile
- Omega-3 Index
- Advanced Thyroid Panel
- Complete Urinalysis
- FRAS 5: Oxidative stress analysis
- SO Check: Spectrophotometric evaluation of minerals, trace elements, and tissue oxidative balance
- Epigenetic Study with Telomere Measurement

*This protocol enables the evaluation of systemic inflammation, metabolic balance, cellular aging, biological resilience, micronutrient status, and oxidative load with clinical precision.*

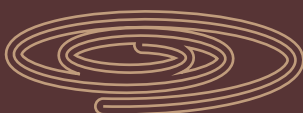
#### BIOMARKER EXPANSION

- Extended Gut Dysbiosis Study
- Organic Acids Test (OAT)
- Mycotoxin Panel
- DUTCH Complete Hormonal Assessment

*This level allows exploration of microbiota balance, mitochondrial function, toxic load, hormonal equilibrium, and cardiovascular capacity through an advanced precision medicine approach.*

€7680

All sample collections are performed by qualified healthcare professionals in an intimate and carefully curated environment. For studies requiring a home testing kit, the guest receives personalized guidance and support.



## (07) MEDICAL TREATMENTS BY AMUNA VITALITY

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# PRIVATE FUNCTIONAL MEDICINE CONSULTATION

### CLINICAL MAPPING & PERSONAL HEALTH BLUEPRINT

Both assessment programs include a private consultation with our Functional Medicine Doctor to build a comprehensive map of the guest's health status.

#### DURING THE SESSION, THE FOLLOWING AREAS ARE EXPLORED:

- Medical history and family background
- Lifestyle habits, sleep, and nutrition
- Subtle or chronic symptoms
- Performance or longevity goals
- Hidden risks and optimization opportunities

#### OUTCOME

- Initial medical recommendations
- Strategic lifestyle adjustments
- Personalized precision supplementation protocol
- Confidential delivery to the guest's suite if desired



## MEDICAL DEBRIEF & LONGEVITY STRATEGY SESSION

### EXECUTIVE HEALTH REVIEW

Approximately 20 days later, once all results have been consolidated, the guest will have a private virtual consultation with Amuna's Medical Director.

### INCLUDES

- In-depth biomarker review
- Advanced clinical interpretation
- Identification of patterns and hidden risks
- Design of a personalized Longevity & Performance Plan
- Optional follow-up strategy

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### ADD-ON ADVANCED DIAGNOSTICS

## EXPANDED CLINICAL INSIGHT

Depending on the clinical profile, both programs may integrate complementary diagnostic studies performed at **Gön House of Healing** or **Amuna Vitality**, as appropriate.

### ADVANCED IMAGING

- Abdominal, renal/pelvic, or thyroid ultrasound
- Carotid Doppler ultrasound
- Breast ultrasound
- Chest X-ray

€630

### CARDIOVASCULAR EVALUATION

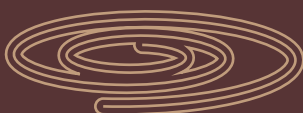
- ECG
- Echocardiogram
- Stress test (ergometry)

€825

### WOMEN'S PREVENTIVE HEALTH

- Specialized consultation
- Gynecological ultrasound
- HPV testing and cytology

€760



# TERMS & CONDITIONS

So your experience feels smooth, calm, and cared for.

## PRACTIVAL INFORMATION

### Opening hours

Daily, 10:00 to 20:00.

### Reservations

For more information or to book, please contact the Spa by dialing 910 370 398, or visit us directly on floor -1. We recommend booking at least 24 hours in advance.

Treatments outside opening hours carry a 30% supplement.

### Punctuality

Out of respect for other guests, we may not be able to extend your treatment if you arrive late.

### Before you arrive

For your comfort, please leave jewelry and personal valuables in your room or locker. GÖN House of Healing is not responsible for items lost during your visit.

### During your experience

Thank you for helping us protect the atmosphere of peace. Please keep voices low and note that mobile phones are not permitted in the Spa.

You are welcome to enjoy the relaxation lounge before and after your treatment, and to close with a warm infusion.

### Payment

Spa treatments will be charged to your room and will be reflected on your final invoice upon check-out. Medical treatments provided by Amuna must be settled directly at the Spa reception by credit card.

Non-hotel guests may pay by credit card, cash, payment link, or by booking through our online system.

## CANCELLATIONS, GIFT VOUCHERS & HAMMAM / SAUNA GUIDELINES

### Cancellations

To cancel or change your booking, please inform us at least 24 hours in advance.

Appointments canceled with less than 24 hours' notice—or no-shows—will be charged at 100%.

### Gift voucher

Offer a return to balance—ancestral practices, beauty, and health. Our team will help you choose the right experience for someone special. Please ask at the Spa reception or via our website.

### Hamмам and sauna

- Advance booking is recommended.
- Maximum time inside the Hammam and Sauna is 45 minutes per session.
- Please shower before entering the Hammam or Sauna.
- Food and alcohol are not permitted in the Spa area.
- Glass objects are not permitted in the Spa area.
- Guests with contagious illness within the past 48 hours should not use the Hammam or Sauna.

### Capacity

- Hammam: 14 guests
- Sauna: 8 guests

