



INTERNAL REGULATIONS

Article 1: General information

Spa Valmont pour Le Meurice is open to:

- All residents of Le Meurice
- Members who signed up to join Spa Valmont pour Le Meurice
- Everyone making an appointment for treatments or massages

These internal regulations shall apply to all users.

Spa Valmont pour Le Meurice is open from 8am to 9pm, without interruption, every day of the week, including public holidays.

Users will be duly informed in the event of any change in the opening hours.

Article 2: Cancellation policy and lateness

If you wish to take advantage of personal care or courses, not covered by your membership, you must notify the Spa 24 hours before the scheduled appointment of any change or cancellation.

Any appointment not cancelled within this period will be invoiced in full.

It is also necessary to strictly respect appointment times. In the interest of relaxation and for optimal satisfaction, please arrive 15 minutes before the start of the activity or treatment, appropriately dressed for the occasion.

If you wish to combine a treatment with a sauna or steam room, it is recommended that you go to the steam room/sauna before the treatment to relax your body and thus have a more pleasant experience.

If you are late for your appointment, the treatment shall be shortened accordingly so as not to have to move all subsequent appointments. Treatments can in no case be extended beyond the agreed time so as not to delay the subsequent appointments. The price for the treatment, which has been cut short as a result of your being late, will remain unchanged.

Article 3: Dress code – hygiene and locker rooms

Providing comfort and tranquility to users of the Spa are a key concern of ours: no need to bring or wear specific sports gear as the necessary items are provided free of charge: The wellness space provides a changing room and linen (bathrobe, towels and slippers).

A locker cannot be in the name of any individual and management reserves the right to open it at any time for reasons of safety or hygiene.

Underwear is provided for all body treatments and massages.

It is forbidden to walk around naked, including in the steam room or sauna areas.

In accordance with our commitments on cleanliness, safety and hygiene, all equipment pieces at Spa Valmont pour Le Meurice are sterilised and sanitised after each use.

Sportswear suitable for the practice of sports activities and closed sports shoes must be worn at all times in the fitness or workout area. Sports shoes used in the fitness room must be reserved for this sole use and may not be worn in the steam room and sauna areas.

You must place a towel on the workout or fitness devices and on the floor mats during use.

Each station must be cleaned after each use of the workout or fitness equipment; cleaning products are permanently available for this purpose.

The dumbbells, bars, discs and specific fitness equipment (balls, straps) must be used only in the areas reserved for this purpose and the equipment put away after use.

The linen provided must be returned at the end of each training session.

Article 4: Conditions relating to age and separation by gender

The treatments and subscriptions are offered exclusively to people aged 18 years and over.

The steam room areas are separated by gender; however, the sauna and fitness areas are not.

Article 5: Respect for the premises and Users

To preserve the harmony of the Spa, please switch off your mobile and other connected objects and refrain from making phone calls.

It is forbidden to film in, or take pictures of, the Spa.

The Management cannot be held responsible for the loss, theft, mislaying or damage to any items in the Spa.

Access to the Spa may be temporarily suspended for reasons of hygiene, security or due to the organising of events.

Article 6: Physical condition

Before working out for the first time, it is recommended that users furnish a medical certificate that will allow Spa Valmont pour Le Meurice to advise users on how to practise the types of sports proposed by Spa Valmont pour Le Meurice. Failing this, users must vouch that their state of health allows them to practise the sport and, more specifically, to use the services, equipment and facilities of the fitness room or spa; once they have familiarised themselves with the safety, hygiene and usage instructions for each area. Users guarantee that they do not suffer from any heart or respiratory diseases, in particular and/or any injury or physical incapacity that might prevent them from practising the activities and using the services offered by Spa Valmont pour Le Meurice.

The user declares that he/she has been informed and is aware of the risks related to the practice of sport.

When booking a treatment, the user must indicate whether he or she suffers from high-blood pressure or allergies so as to tailor the products (massage oil, etc.) to his or her needs.

Article 7: Usage rules

The management of Spa Valmont pour Le Meurice asks its clients to comply with the following health and safety recommendations within the wellness space or with all those indicated by its staff.

- It is forbidden to undress outside the changing rooms provided for this purpose.
- It is forbidden to move around in street shoes or barefoot (slippers are available in the changing rooms or personal sports shoes for the fitness room).
- Correct and suitable clothing is required for sports practice (it is forbidden to move around or do exercises, while stripped to the waist).
- Towel must be used on workout equipment.
- Wearing a bathing suit and taking a shower are compulsory before entering the sauna and steam room.
- Smoking and/or drinking alcohol is prohibited.
- Pets are not allowed.
- Bicycles and scooters are not allowed in the spa area.

The clientele of Spa Valmont pour Le Meurice and its members are liable to immediate exclusion, without advance or formal notice, for any act contravening criminal laws and those protecting the rights of third parties (including theft, physical or verbal abuse, offences against public decency, hygiene or safety rules, intentional damage to the facilities, coaching of other members in any form whatsoever, introducing third parties into the club, consuming or disseminating doping products).

Article 8: Liability

- Facilities should be used in moderation.
- It is essential to strictly follow the instructions regarding the use of steam rooms and saunas and in particular not to exceed the maximum time allowed.
- It is forbidden to consume any kind of drink inside the saunas and steam rooms.
- All specific instructions posted or issued by the staff of the Spa Valmont pour Le Meurice must be respected.

Clients of Spa Valmont pour Le Meurice, as well as its members acknowledge that they have read the internal regulations and accept the conditions of access and use of the various facilities as well as the risks that may ensue as a result of non-compliance with the displayed safety rules. Safe and secure facilities and users reading this document will contribute to optimal conditions. Consequently, if the present regulations have not been respected, the management shall accept no responsibility in the event of allergic reactions and accidents to users of the wellness area, following treatment or physical exercise.