



Your first visit to a spa

Your very **first visit** to a spa should be memorable and relaxing. Therefore, here are a few tips that will help you benefit completely from the experience.

Be ahead!

It is suggested that you arrive approximately fifteen minutes before your appointment in order for you to relax and not be stressed should there be a delay. You should experiment relaxation from the moment you set foot in a Relais santé®.

Health record

The members of Spas Relais santé® focus on the quality level of the treatments, therefore before delivering any type of treatment, they will ask you to complete a health record. This is mandatory and will help us offer you treatments adapted to your needs and physical condition.

Let's relax!

Each package includes a period of relaxation, an herbal tea and water break, and the use of a bathrobe during your stay at the spa.

Bathing suit

When you visit a spa, remember to bring a bathing suit and sandals, that way you will be able to experiment all the amenities.

Be casual!

Your stay is meant to be relaxing and we will make every effort necessary to do so, but you must also be in a relaxing state of mind. Leave the glitters and glamour at home. Come as you are, be casual, your well-being is what is most important.

Receipts

If needed, our massage therapists will be pleased to give you a receipt for insurance claim purposes. Simply mention it when completing your health record.

Just relax

And keep in mind that the key objective of your visit is to relax. Respect is a very important value. For those who think they would not be at ease, please do not worry. Your privacy will be respected at all times. During your treatments, only the parts of your body being treated will be uncovered, the rest of the body will be covered with a sheet or a towel, during a massage or a body wrap. At all times, your intimacy will be protected.

Individual rooms

Unless otherwise indicated, as in treatments for couples in a same room offered by some properties, all treatments are given in individual rooms allowing complete relaxation.

For your own comfort

When receiving a massage, you may specify your preferences and the degree of pressure you are personally able to tolerate. Also keep in mind that being comfortable is essential; therefore do not hesitate to communicate your needs and expectations to the therapists.

But most of all, allow yourself to relax. It will only benefit you more.