

## User's Guide

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### Check-in

**1.** At check-in, you'll be given your keys and you can start to enjoy your stay at the Baños de Fitero spa.

All the hours for the dining room, spa gallery, medical consultations, etc. are posted on a noticeboard at the entrance to the spa, so you can check it out whenever you wish.

*For anything you may require in your room, please call the front desk.*

### Medica area

**2.** Once you have checked-in at the hotel and have left your luggage in your room, you should then go to the medical area.

You'll be met at Medical Admission, where our staff will take your details for your medical record.

These details will then be held for future visits. In this way, information on your state of health will always be on file.

*Should you need any kind of medical consultation during your stay, then go to Medical Admission to request this.*

**3.** When seeing a doctor, it would be helpful if you could bring along any reports or medical tests that you may have, x-rays, analyses, etc.

You'll be able to explain why you've come to the spa and, following a check-up, we'll devise a treatment plan for you.

The doctor will inform you of anything observed during the check -up and make arrangements to start the medical treatment required.

If necessary, simple tests may be conducted, such as an electrocardiogram, analyses or blood pressure control.

**4.** After seeing the doctor, you should return to Medical Admission and show the prescription sheets that you've been given.

Here, you'll be given the times and necessary information for attending the different services available at the spa.

## Treatments

**5.** In general, during the treatment therapies, you should ideally wear underwear or a swimming costume, robe and suitable footwear.

On the first day, you should hand in the medical prescription sheet at the spa gallery and this will be filed by the spa staff, so that it can be referred to whenever necessary.

This sheet contains the instructions on the treatment plan.

*There is an alarm system in all the different hydrothermal treatment areas, so that you can let the gallery staff know whenever you need assistance.*

### Drinking water

The Baños de Fitero spring water is rich in salts and has a high sodium content and, therefore, should only be taken with a medical prescription.

### Massage therapy

At the waiting room, you'll be met by your massage practitioner. Here, you'll need to provide the prescription that you were given in the medical area.

Your massage therapist will be happy to explain anything you need to know.

### Hydrothermal pool

When using the thermal pool, you'll need a swimming hat, swimming costume, robe and suitable footwear.

*You can do the exercises recommended by the spa medical service, under the supervision of the pool staff.*

## Socio-cultural entertainment

If you'd like to join in any of the activities, then get in contact with the socio-cultural entertainment staff to find out the times and places.

Each day, all sports, cultural and leisure activities are posted on the information boards by the front desk.

## Customer service

During your stay at Baños de Fitero, should you have any queries or problems, our customer service will be delighted to help you.