RADISSON COLLECTION
ASTORIJA VILNIUS

Spa, Wellness & Fitness Guidelines – Summary

Arrival & General Conduct
- Arrive 15–20 minutes before your visit
- Use provided robe, slippers, and towels
- Maintain a calm, discreet, and respectful behaviour at all times
- Store belongings securely; remove jewellery before use

Pool & Whirlpool
- Shower before entering the water (mandatory)
- Keep noise low and movements calm
- Whirlpool use: approx. 10–15 minutes when others are waiting
- Respect a peaceful, shared environment

Sauna & Steam Experience
- Always sit or lie on a towel (hygiene requirement)
- Follow spa guidelines for appropriate attire (swimwear or towel)
- Maintain silence or quiet conversation only
- Sauna rituals are performed by trained staff
- Cool down and hydrate between sessions
- Sauna & steam facilities:
    - Generally 16+ access
    - 18+ reserved for independent access (no guardian)

Relaxation Areas
- Silent zones – absolute quiet expected
- No phone calls, media, or audible devices
- No reserving loungers for extended periods
- Use space for rest, reading, or relaxation only

Fitness Room
- Proper sportswear and clean athletic footwear required
- Always use a towel on equipment during training
- Clean equipment after use
- Be mindful of others; limit machine time during peak hours
- Headphones required for personal audio
- Hydration strongly recommended during exercise

Health, Safety & Well-being
- Stay well hydrated throughout your visit
- Hydration especially important during training and sauna use
- Use facilities according to your physical limits
- Follow guidance from spa & fitness staff when needed
- Strong recommendation: consult a doctor if pregnant or with medical conditions (e.g. cardiovascular or mobility issues)

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Age Policy

- 12 years and under: spa access (pool area only) 10:00–16:00
- Under 16: must always be accompanied by an adult in all areas
- Fitness: 16+ only
- Sauna & steam: generally 16+; 18+ for independent access
- Independent access to Spa, Wellness & Fitness: from 16 years
- Continuous parental supervision required for minors

Gentle Reminders

- No loud conversations or disruptive behaviour
- No mobile phones, photography, or video recording in spa areas
- No access under influence of alcohol, drugs, or intoxicating substances
- Respect hygiene rules and guest privacy at all times