



NATURAL DESTINATION

WARNINGS TO READ CAREFULLY

- Avoid entering the pool just after eating, even if the water is warm.
- Do not remain in the water for more than 20 minutes at a time; it is better to take short and frequent baths.
- Do not stay under the waterfalls for more than 5-10 minutes because of a very high concentration of hydrogen sulfide and carbon dioxide.
- Rest at least 30-45 minutes between one bath and the other.
- If you cannot swim do not bath in the big pool (deep more than 2 m.)
- It is preferable to bath and non to swim.
- Children are not allowed to go under the waterfalls or in the big pools: there are safer pools reserved for them.

ARE YOU AFFECTED BY SPECIFIC HEALTH PROBLEMS OR DO YOU RECOGNIZE YOURSELF IN ANY OF THE FOLLOWING CATEGORIES?

- Cardiopathies and/or post-surgery conditions (by-pass etc.)
- High blood pressure
- Skin problems
- Epilepsy or convulsive fits
- Varicose veins
- Pregnancy

In these cases, please contact our medical Staff for a free medical check-up. Please be informed that if you are affected by any of the above-mentioned health problems the medical check-up is mandatory if you wish to enter the pools. For further information please contact the Spa Reception.

Terme di Saturnia