



HEALTH CLUB - HOTEL LOS YÁMANAS

Policies and massages

LOS YAMANAS HEALTH CLOMPLIANCE

GENERAL REGULATIONS

- Gym hours: 7:00 a.m. to 10:00 a.m. (prior notice to Reception is required) and 2:00 p.m. to 9:00 p.m.
- Hydrotherapy circuit (jacuzzi and sauna) and swimming pool hours: 2:00 p.m. to 9:00 p.m.
- For hygiene and comfort, the use of footwear intended exclusively for the spa, pool and gym areas is recommended.
- SHOWERING BEFORE ENTERING THE SWIMMING POOL OR JACUZZI IS MANDATORY.
- The jacuzzi accommodates a maximum of four (4) people. Please consult the Spa Reception before use
- Access to the pool area is permitted only while wearing swimwear, flip-flops and a swim cap.
- Food and beverages are not permitted.
- For comfort and space reasons, suitcases, carry-on luggage and strollers are not permitted inside the facilities. Only one medium-sized handbag may be brought in and stored in the spa lockers. A luggage storage service is also available.
- Please behave respectfully and keep your voice low.
- Help keep the facilities clean and orderly.
- Hotel Los Yámanas is not responsible for lost or misplaced personal belongings.
- Children aged 5 years and older may access the facilities only when accompanied by their parents.
- Persons under 18 years of age must be accompanied by an adult.
- Entry is prohibited under the influence of alcohol or psychoactive substances.
- Do not use the sauna, Scottish shower or swimming pool if you have open wounds, infections or contagious diseases.
- For safety and comfort reasons, entry to the gym with a wet body or wearing swimwear is not permitted.
- Running and playing inside the facilities is prohibited.
- Smoking is prohibited.
- Obscene or inappropriate behavior that disturbs other guests is not permitted.
- Aggressive behavior towards spa staff or reception personnel will not be tolerated.
- The use or connection of electronic devices within the facilities is not permitted.
- Visitors may access the facilities upon payment of the applicable Spa Day fee.
- Users must be familiar with and comply with these regulations and follow all staff instructions.
- The Spa Reception reserves the right to deny access to any person who fails to comply with these regulations or whose use of the facilities may be considered unsafe.

Acknowledgment and Assumption of Risk:

These activities involve inherent risks. Guests and clients expressly release Hotel Los Yámanas from any liability for injuries or damages that may affect their health or physical integrity arising from the use of these facilities.

The use of the swimming pool and all other facilities is entirely at the user's own risk and responsibility.

Parents or legal guardians are responsible for supervising minors and assume full responsibility for any risks arising from their participation.

Only persons whose health condition is compatible with these activities may use the swimming pool.

Guests expressly release Hotel Los Yámanas from any liability for material or moral damages that may occur during participation in these activities.

Users must comply with all instructions provided by Hotel Los Yámanas. Any conduct that endangers their own safety or that of other guests, including reckless or negligent behavior, is strictly prohibited.

SPA TREATMENTS

DECONTRACTING MASSAGE:

It relaxes muscles and dissolves contractures that occur due to excessive exercise, poor postures, lack of rest or stress. It activates blood circulation, relieves pain, improves elasticity, regains muscle elasticity and mobility and helps relieve migraines.

Duration: 50' \$60.000,00

RELAXING MASSAGE:

Relieves tension, reduces stress, anxiety and improves overall well-being. Promotes a deep and repairing rest.

Duration: 50' \$60.000,00

TIRED LEGS:

Special to reduce heaviness in the legs, caused by physical effort, circulatory deficiency or sedentary lifestyle. It aids venous return, relieving edema and achieving a sense of well-being.

Duration: 25' \$45.000,00

BACK, NECK AND SHOULDERS:

Comforting relief for the muscle group that accumulates the most tensions, back, neck and shoulders.

Duration: 25' \$45.000,00

MORE INFORMATION > <https://hotelyamanas.com.ar/health-club/>