



WELCOME TO OUR SPA





WELCOME TO **VALBONA RESORT & SPA**, YOUR FIVE-
STAR SANCTUARY OF RELAXATION AND
REJUVENATION. INDULGE IN OUR EXQUISITE SPA
FACILITIES DESIGNED TO PROVIDE YOU WITH THE
ULTIMATE RELAXATION EXPERIENCE DURING YOUR
STAY.

POOL

Dive into our crystal-clear pool and let your stress melt away as you float in serenity. Designed for both relaxation and fitness, our pool features a soothing hydromassage, a refreshing waterfall, and a specialized counter-current swimming system.

Practical Information

- **Opening Hours:** Daily from 14:00 to 22:00, complimentary for hotel guests only.
- **Access:** Exclusively for hotel guests aged 8 and above.
- **Private Access:** Available from 08:00 to 12:00 for an additional fee.
- **Maximum Capacity:** 15 guests.

For your well-being, we recommend limiting your time in the indoor pool area to a maximum of 50 minutes.



VALBONA
Resort & SPA



SAUNA

Unwind in our spacious sauna, perfect for a tranquil retreat to detoxify and cleanse your body.

One of the primary benefits of regular sauna use (two to three times per week) is its ability to strengthen the immune system, significantly reducing the likelihood of colds and other minor illnesses. The sauna's positive effects stem from a temporary rise in body temperature, which is then followed by the equally crucial cooling-down phase. If you have any medical conditions, please consult your doctor before using the sauna.

Benefits of Sauna Use

- Alternating between heat and cold exposure boosts immunity and improves circulation. The heat dilates blood vessels, which then constrict during cooling, helping the body better adapt to high summer temperatures.
- Sweating reduces the workload on the kidneys, aiding in purification and detoxification of the body. This process accelerates the elimination of metabolic toxins, promoting faster regeneration.

- Alternating between humid and dry air, such as by adding water to the sauna stones, increases renal blood flow, further supporting detoxification through the kidneys.
- Enhanced blood flow to the skin delivers more oxygen and nutrients, promoting healthier, more vibrant skin.
- Sauna use helps alleviate muscle tension and breaks down stress-related impurities, contributing to relaxation and overall well-being.

Guidelines

Sauna traditions and practices differ across cultures, and we strive to ensure all our guests enjoy a relaxing and stress-free experience. To achieve this, we kindly ask that you adhere to a few key guidelines for everyone's benefit:

- Please refrain from using the sauna if you have an acute infection.

- Sauna is a relaxation area for adults. Speak softly and avoid unnecessary noise, such as using phones or music players.
- Please shower before entering the sauna, steam room, or infrared cabin. Drying your skin beforehand will enhance the experience.
- For hygiene purposes, always sit or lie on a towel in the sauna or infrared cabin. Dispose of used towels in the laundry basket.
- Clean your seat with water both before and after use in the steam room.
- For your well-being, avoid prolonged exposure and follow these time recommendations:

Infrared cabin: 20 - 30 minutes

Steam room: 10 - 15 minutes (maximum 20 minutes)

Sauna: 8 – 12 minutes (maximum 15 minutes)

INTERMEDIATE
SAUNA



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- Please shower after leaving the sauna or cabin and before entering the pool.
- Remember to drink plenty of fluids to replenish your body.

STEAM ROOM

Many people prefer steam baths, finding them less exhausting than saunas, where the air is hot and dry. A steam bath offers a gentler alternative, placing less strain on the cardiovascular system. With a temperature of around 60°C, the heat is relatively mild, but the high humidity levels (80 to 100%) make the steam feel quite intense. If you have a medical condition, please consult your doctor to determine whether a steam bath is suitable for you.

Benefits of Steam Room Use

- The heat from the steam helps dilate blood vessels, which can improve blood flow and circulation, promoting overall cardiovascular health.
- Sweating in the steam room helps eliminate toxins from the body through the skin, aiding in natural detoxification.
- The warm, moist air helps relax tight muscles, reducing tension and discomfort. It is particularly beneficial for those recovering from exercise or dealing with chronic muscle stiffness.

- The high humidity in a steam room opens pores, helping to cleanse the skin, remove impurities, and promote a healthy, glowing complexion.
- Inhaling the steam can help open airways, clear nasal passages, and relieve symptoms of congestion, making it beneficial for those with respiratory issues like asthma or colds.
- The soothing environment of a steam room helps reduce stress and anxiety, promoting relaxation and a sense of well-being.
- Regular use of the steam room can strengthen the immune system by increasing the body's core temperature, which can help fight off infections.
- The heat and moisture can improve flexibility by relaxing the muscles and joints, making movement easier and reducing the risk of injury.

GENERAL REGULATIONS

To ensure relaxation, comfort, and safety for all guests, we kindly ask you to always adhere to the following rules:

- Access to the spa facilities is exclusively for Valbona Resort and Spa guests who have pre-booked their spa usage.
- **Opening Hours:** Daily from 14:00 to 22:00, complimentary for hotel guests.
- **Private Access:** Available from 08:00 to 12:00 for an additional fee.
- The recommended and comfortable capacity of the spa is 15 people.
- The recommended duration of stay in the spa facilities is 50 minutes.
- Book your preferred time slot at least 45 minutes in advance at the reception desk or by calling 800 or 801.
- Entry to the spa facilities is not permitted for children under 8 years of age.

- Minors must be supervised by an adult during their stay in the spa facilities.
- Smoking is strictly prohibited within the spa facilities.
- The use of mobile phones in spa areas is not allowed.
- Privacy laws prohibit taking photographs or recording videos in hotel and spa areas.
- Bringing and consuming food or beverages in the spa during your visit is not permitted.
- Robes and slippers must be worn in shared areas such as hallways and elevators.
- Always take a shower before using the spa facilities.



ENJOY YOUR STAY AT VALBONA RESORT & SPA!