



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

SAFE SPA

General Safety

- All guests and members will need to make a reservation before arriving at Akasha. This includes treatments, use of spa facilities, gym and classes. Reservations can be made online for members or via phone or email for guests.
- Prior to arrival, all spa guests will be required to complete an online health questionnaire.
- Clear safe distancing signage in the spa is in place for the safety of all. In some cases we have taken equipment out of operation.
- Cashless Payments – Card details are taken upon booking and charged upon departure with receipt emailed to guest.
- The capacity in all areas of the Spa has been lowered to enable a safe environment for our guests and employees. These limits are in line with the government guidelines given.
- There may be times when key areas in the spa (such as changing rooms, gym, and the pool) may reach its capacity, we would appreciate your patience at this time.
- We can only accept a maximum group size of 2 people.
- Screens and barriers have been put in place where safe distancing is not practical and all staff will wear appropriate PPE
- We have increased the frequency of cleaning key touch points and high traffic areas.
- All guests will be asked to sanitise their hands upon entry and sanitiser stations will be available at key points throughout the spa.
- Face masks will be available from reception for those guests who would like to use them during their visit.
- All lockers will be allocated and sanitised after every use.
- All items that are not easily sanitised will be removed, including blankets, magazines and loose amenities. These items are available on request at reception.

Treatments

- Each treatment room will be sanitised thoroughly after use.
- The therapist and all guests will be asked to wash their hands before and after every treatment.
- All therapists will wear appropriate PPE during treatments.
- Use of the spa facilities including the swimming pool and loungers are not included with treatment reservations.
- We advise and encourage guests to shower at home or in their guest room prior to the appointment.
- All guest are asked to arrive no earlier than 10 minutes prior to their reservation.
- Hotel guests will be encouraged to arrive in their robes and avoid use of the changing rooms.
- We have increased the time between our bookings to allow for thorough cleaning and sanitation of treatment rooms.

Spa Facilities

- Reservations will be for 90 minutes plus 15 minutes use of changing rooms.
- Members and external guests will be allocated a locker with robe, towel and flip flops.
- There will be a one way system in place for pool access.
- Due to Government guidelines the steam room and sauna will remain closed until further notice.

Gym

- Reservations are for a time slot of 60 minutes to use the gym facilities plus 15 minutes use of changing rooms.
- If a hotel guest or member would like to combine use of the gym & spa, both must be reserved in advance.
- We advise guests who have booked a time slot for the gym to arrive in their gym clothing to avoid use of the changing rooms.
- Akasha staff will keep track of your timeslot and will inform you when your timeslot is about to end.
- Equipment will be spaced to provide distance as per government guidelines and some equipment maybe out of use.
- We will allow 30 minutes inbetween each booking to clean and sanitise the gym.
- All guests will be given their personal sanitiser and cloth to wipe down equipment after use.

Classes

- Smaller occupancy to adhere to social distancing guidelines.
- All classes must be pre-booked online or via reception.
- We advise guests to arrive in their gym clothes and to shower at home where possible.
- All guests be given personal sanitiser to clean equipment after use.

Changing Rooms

- Every other shower will be out of order in the changing rooms.
- Lockers will be allocated to follow social distancing guidelines and prepared with towel, robe and flip flops before each use.
- Locker room amenities are removed and available upon request.

Food & Beverage

- Our spa menu is available when booked and ordered in advance.
- For health and hygiene reasons, there will be no fruits, nuts or tea presented in the spa.
- Bottled water and juice will be available.
- Hot drinks are available to order.

