



# WELLNESS

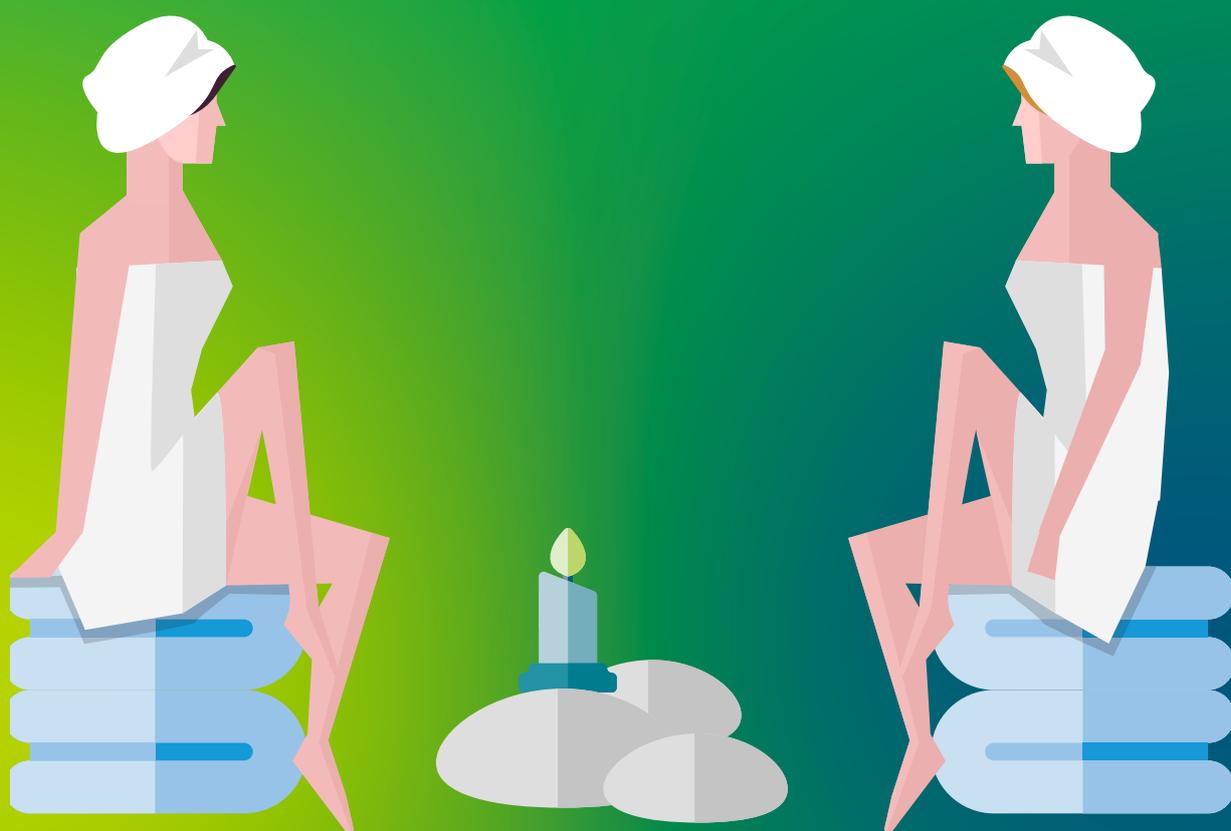
HOLIDAYING SAFELY





## Holidaying safely in Trentino: wellness and personal care services

A holiday in Trentino is, by definition, a holiday with an emphasis on well-being. Nature is the star of the show, but of course you can also enjoy being pampered at super-modern wellness centres, relax in a swimming pool, or have fun at the gym. All personal care services are open and are ready to welcome you into the same atmosphere of relaxation and serenity as always.





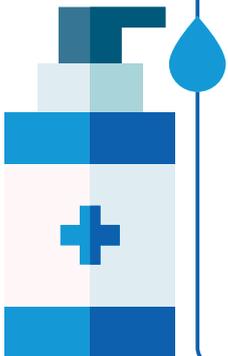
# What we're doing to take care of you



With this short guide, we want to provide you with a summary of all the **precautionary measures** put in place for a **full and satisfying wellness experience**, in total peace and safety. For ease of consultation, we have divided the information based on the type of service: wellness centres, beauty centres and hairdressers, swimming pools, and gyms.

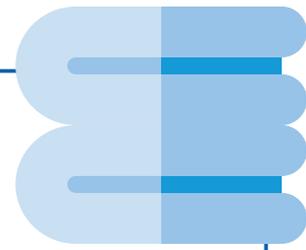
## REMEMBER!

- Do not go out if you have a **fever**. To access these services, you may be asked to consent to a temperature check (**safety threshold 37.5°C**).
- Follow instructions provided by personnel and maintain safe distancing and remember to wear your mask when necessary.
- Use the **hand sanitiser** available inside the facilities.

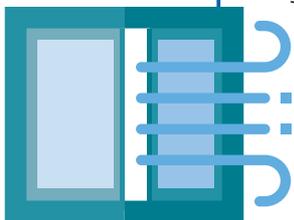




## Wellness centres, beauty centres and hairdressers

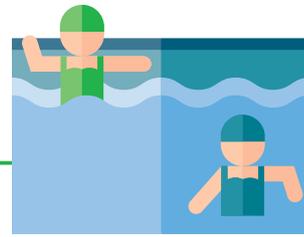


- Admissions will be staggered and booking mandatory to prevent gatherings.
- You must cancel your appointment if you experience symptoms such as a fever of over 37.5°C, a cough, difficulty in breathing, or other symptoms related to COVID.
- Enter the premises and areas such as the reception, changing rooms and toilets alone, in order to allow the minimum safe distance of 1 metre to be observed.
- Minors and customers with a disability may be accompanied on the premises, but this must be specified when making the booking.
- For beauty treatments which require customers to remove their clothes, you will be provided with bags for your personal belongings, or a sanitised space will be provided for you to store them.
- For specific treatments, which may require direct contact, ask for information when making the booking on the provisions made by the facility. In any case, all precautions will be taken to ensure a pleasant and risk-free experience.
- During your treatment, you must maintain a minimum distance of 1 metre and, if that is not possible, you must wear your mask. Specifically, for beauty treatments, the aesthetician will wear a face shield and a mask.
- After every client, all surfaces and the environment will be meticulously sanitised.
- Regular, frequent and preferably natural air recirculation must be encouraged, especially at the change of each client. For this reason, you may find windows open in the premises.
- Access to areas such as steam baths and saunas is allowed only with a booking. Between clients, the area will be sanitised and aired out. If these services are provided in hotels then they can be provided at the same time people who live together or who are lodging together.
- Electronic payment methods are preferred.

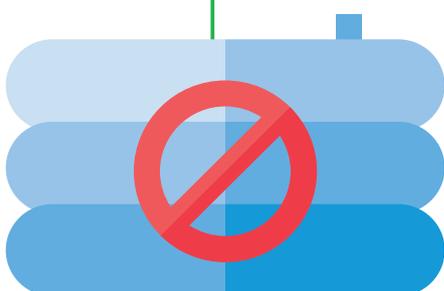




## Swimming pools



- When entering all facilities, you will find special signs detailing the preventative measures to be followed.
- Outside the water, safe physical distancing of 1 metre between people from different households or who are not sharing your accommodation must always be observed. Special attention should be paid to interactions between children.
- Crowd density in pools used for swimming is calculated allowing a water surface area of 7 sqm per person. For this reason, access to the water must be limited.
- For pools used for relaxation and not for swimming this ratio decreases to 4 sqm per person.
- Pools designated for water sports will be used instead as swimming pools and only where it is possible to observe distancing (water surface area of 7 sqm per person) will it be possible to use slides or other play areas.
- It may be necessary to book in advance in order to access the facility.
- To ensure safe distances between groups that are strangers, the surface available in the green areas and solarium must be large and where there are umbrellas or shades.
- If loungers or equipment is used, there is no need to worry. They will be sanitised after each use.
- Follow the signs put in place to manage the flow of people, also in the water.
- You will be provided with bags for your personal effects, or a sanitised space will be provided for you to store them.

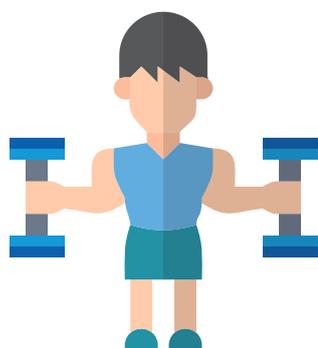
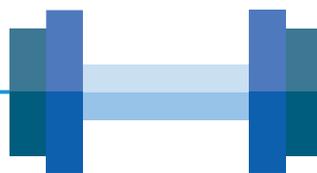


- Hand sanitiser will be made available near the entrance, checkouts, toilets and near the common areas. Remember to use it!
- Inflatable pools cannot be used.
- For the time being, access will not be allowed to bleachers and stands.

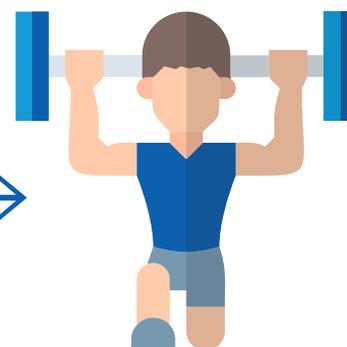


## Gyms

- It may be necessary to book in advance in order to access the facility.
- When entering all facilities, you will find special signs detailing the preventative measures to be followed and adhered to.
- You must maintain a distance of 1 metre from other people when not engaging in physical exercise.
- Maintain a distance of at least 2 metres from other people when engaging in physical exercise.
- You will only be able to use machines that have been sanitised. Contact the staff for information.
- Do not share water bottles, tumblers or other personal effects with other people.
- Suitable footwear must be worn to access the areas.
- The signs put in place to manage the flow of people must be respected.
- You will be provided with bags for your personal effects, or a sanitised space will be provided for you to store them.



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**1500**

National COVID  
emergency number

**800 867388**

Freephone number  
for the Trentino  
Health Department

**112**

Unique number  
for other types  
of emergencies