

Wellness by Gudbrandsgard

Spa Etiquette

To ensure you enjoy the best possible experience at Wellness by Gudbrandsgard, we kindly ask that you take a moment to read the following information. Your wellbeing is very important to us, and we appreciate your cooperation.

Before visiting the Wellness Area, please familiarise yourself with its location.

Prior to Your Treatment

1. We recommend booking your treatment well in advance to avoid disappointment.
2. Please check in at the hotel reception to confirm your booking before proceeding to the Wellness Area.
3. Ensure that you arrive on time for your scheduled treatment.
4. All guests are required to complete a Client Record Card. This helps us identify any contraindications, allergies, or medical conditions to ensure treatments are performed safely and professionally.
5. Please note that our massage oils contain aromatic essences.
6. We recommend showering before body massage treatments and wearing loose, comfortable clothing afterward.
7. Please limit personal belongings. All jewellery, including necklaces, bracelets, and watches, should be removed prior to treatment.

After Your Treatment

To achieve the best results from your body massage, we recommend the following:

1. Allow yourself 2–3 hours of relaxation before engaging in any strenuous activities.
2. Drink plenty of water to stay well hydrated.



Important Information – Contraindications

It is very important that we are informed of any medical conditions that may affect your treatment. Please notify us if you have, or have had, any of the following:

- Back injuries
- Recent surgery
- High or low blood pressure
- Pacemaker
- Joint or arthritic conditions
- Muscular problems
- Cancer or chemotherapy treatment
- Medication use
- Allergies
- Skin sensitivity

Booking and Payment – Hotel Guests

- Treatments are best booked online or via the hotel reception.
- Treatments will be charged to your room unless otherwise stated.
- Please visit the hotel reception prior to your treatment to confirm your booking.
- A minimum of 24 hours' notice is required for cancellations.

Booking and Payment – Wellness Visitors

- Treatments can be booked online or at the hotel reception.
- On the day of your treatment, please check in at the hotel reception to confirm your arrival.
- Bring loose, comfortable clothing to change into after your treatment.
- A minimum of 24 hours' notice is required for cancellations.

Age Policy

Please note that the Wellness Area has a minimum age requirement of 16 years.

