



**Lido Bristol**  
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Bristol  
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## **Lido Bristol - How to spa:**

### **Arrival**

Please arrive well in advance of your appointment. This will give you time to check in and relax before your spa treatment. If you are not on time, your treatment may be cut short which will reduce the benefits for you. It will also be harder for you to relax into the treatment if you have been in a rush. Please ask reception for advice on parking if you are driving to the Lido.

### **Pre-Treatment**

If you are on a package which includes use of the facilities please take advantage of the sauna, steam room and outdoor spa pool. It will warm your muscles and make it easier for the therapist to achieve results.

You can remain in your underwear, a dry costume or a towel for your treatment. We also provide disposable underwear. Lido therapists will ensure you are modestly covered with towels at all times.

There will be a short consultation with your therapist before treatment, let your therapist know if you have any specific needs or areas of discomfort. During your treatment, if you feel any discomfort from the massage or anything else; room temperature, music volume, lighting please let the therapist know immediately. They will appreciate your feedback.

**Post Treatment**

After your treatment, your therapist will guide you to the tea room where he/she will offer you a range of teas recommended to compliment the treatment just received. Please remember to drink plenty of water and avoid alcohol.

Due to the fact that we aim to maintain low chlorine levels in the water, we ask all our guests to wash before entering the pool. If you are using the pool after a treatment please wash thoroughly to remove the oils before swimming.

**Pregnancy** – We do not offer spa treatments in your first trimester, if you are pregnant please advise our staff as not all treatments are suitable. Post pregnancy treatments are available after your 6 week check.

There is no evidence to suggest that using the sauna, steam room or hot tub during pregnancy is harmful however please ask your midwife if you have any concerns. If you have any signs of early labour we strongly advise you not to use any of the facilities.