

## Aikya Club Spa, Sauna & Massage Rules

1. Access to the spa, sauna, and massage facilities is restricted to Members and their registered guests, and is limited to adults above 18 years of age unless otherwise permitted by the Club.
2. Members are strongly advised to consult a physician before using these facilities, particularly if they have any medical conditions such as heart disease, high/low blood pressure, respiratory problems, or skin conditions.
3. Appropriate attire (swimwear, spa clothing, or Club-approved garments) must be worn at all times. Nudity is strictly prohibited.
4. The use of personal oils, creams, lotions, or other external products in the sauna or steam room is not permitted.
5. For safety reasons, use of sauna or steam rooms must be limited to a maximum of 20 minutes per session.
6. Members and guests must maintain proper hygiene and decorum at all times within these facilities.
7. Consumption of food, beverages, alcohol, smoking, or use of tobacco products is strictly prohibited in spa, sauna, or massage areas.
8. Intoxicated persons will not be permitted to use these facilities under any circumstances.
9. Members shall be responsible for the conduct and compliance of their guests.
10. The Club reserves the right to restrict or refuse access to these facilities for safety, maintenance, or disciplinary reasons.