

## TERMS AND CONDITIONS L'EMPREINTE ARDECHOISE

This contract is for the exclusive use of the reservation of stays in our rooms into our bed and breakfast: L'empreinte in Salavas (07150). We engage ourselves to warmly welcome you and to implement everything to let you have a wonderful stay in our guesthouse and in our region.

**Duration of stay :** the customer who signed this actual contract for a determined duration won't be able in any occasion to claim any additional time into the room. The customer must show off the day and at the time mentioned on the contract, in case of any delay, he must warn the owner.

**Conclusion of the contract :** the booking will be effective when the payment is received. Our rates are all inclusives: including charges and tourist tax. Any additional services will be paid at the end of the stay.

### **Cancellation :**

From the customer:

- 30 days before the beginning of the stay, cancellation notified by registered letter with acknowledgment of receipt to our address, 30% of the price remains acquired to the owner.
- Less than 30 days before the beginning of the stay, 70% of the total price remains acquired to the owner.
- If the customer doesn't inform the owner before 7pm the day of his expected arrival, the actual contract becomes null and the owner reserves the right to have at his disposal the room, the payment remains with the owner.
- In case of a shorter stay, the price corresponding to the rate of the full stay will remain with the owner.

From the owner : If the owner cancels the stay before the beginning, he will notify the customer by registered letter with acknowledgment of receipt and will reimburse the full sums paid.

**Use of places :** You must respect the calm aspect of the place and make a use of them accordingly to their destination. You commit to give back the rooms in good conditions and not to smoke inside the guesthouse. You recognize to have been informed that the guesthouse do not allowed pets. If you arrive at the house with a pet, this contract will be cancelled and you should pay all costs for the accommodation booking.

As the house has a swimming pool, a sauna, an electric massage mattress and a bubbling bath, the customer declares to have read the distinctive regulations (rules and regulations, sauna, swimming pool and balneotherapy) enclosed to these terms and conditions, to accept the terms and to commit to respect the mentioned rules and regulations.

**Ability :** This actual contract is established for a certain number of persons. If the number of customers is higher than this number, we will be in a position to decline the entrance to the additional customers. In no case this refusal can be considered as a modification or a termination of contract on our own initiative, so in case of a customer departure, no refund can be considered.

## USE AND SECURITY RULES OF THE SAUNA

Fill the bucket with cold water and eventually add a few drops of scented essences available at the entrance of the cabin.

Never wear jewelry into the sauna. The metal can heat and burn your skin. Never eat into the sauna or drink alcoholic beverages. Avoid the sauna if you suffer from hypertension or heart diseases. Always verify beforehand with your doctor. The sauna is adjusted to an ideal temperature between 80 and 90°C.

Nevertheless you can adjust the temperature turning the orange button toward left to decrease the temperature. **In no case you should increase the temperature already set up !**

Wait until you have digested your meal. Do not eat into the sauna: risks of nausea and vomiting. Drink several glasses of water; you will sweat up to more than one liter of water during the session.

**Take a shower and soap before going into the sauna.** Get dry very well before entering the sauna, the session will be more effective. Each part of your body will sweat. As a measure of hygiene, don't forget to put your towel before you settle. Turn the hourglass as soon as you enter the sauna. Whatever you do be attentive to your body, exit at the slightest sign of discomfort or significant acceleration of the beating of your heart. Pour some ladles of water over the hot stones to generate some steam. Repeat the operation as many times as necessary.

### Your sauna session:

1. Take a lukewarm shower and get dry properly.
2. Enter the cabin, take a place on the lower bench because it is less warm.
3. Pour some water on the burning stones to humidify the atmosphere and repeat as often as you feel the need.
4. Stay 5 to 6 min lying down then 2 min sitting down, exit and take a second lukewarm shower (it activates the blood circulation) starting from the feet (never from the head or the neck).
5. Wait 5 min and go back inside the cabin, if possible on the higher bench.
6. Stay 10 min maximum and finish with a lukewarm or cold shower.
7. Rest completely for 15 min and rehydrate your body drinking fresh water or at room temperature.

### Health advice:

- Ask for the advice of your doctor before deciding to go.
- Take your time, do not stay over your own possibilities (especially during your first sessions). You always need to feel good: it is better to enter several time for a shorter length of time than only once for a very long time.
- Get up slowly to avoid any dizziness.
- Wait 2 hours after a meal and above all don't drink any alcoholic beverages.
- After a session, drink a big glass of fresh juice or mineral water (more if needed) and eat a light meal but salty to compensate the loss of mineral salts.

### Contraindication:

- Hypertension
- Heart diseases and respiratory disorders
- Venous deficiency
- Serious skin disease
- Kidney troubles
- Diabetes
- Epilepsy

## SWIMMING POOL REGULATIONS

As part of the French regulation on the use of family swimming pools open to guests (objective: to avoid accidents where children are victims) and in order to allow a harmonious use, this pool regulations has been established.

1. The owners remember to all guests the lack of monitoring of the swimming pool.
2. The swimming pool was made for families, its use is reserved only to members of the owners' family and to the guests staying into the bed and breakfast.
3. Any children less than 13 years old, non accompanied by an adult (over the age of majority) is not authorized to access the swimming pool. The use of the swimming pool by children is under monitoring and responsibilities of the parents.
4. Any noisy games or any throwing of objects are forbidden into and around the swimming pool, dives and jumps from the edge of the swimming pool are forbidden.
5. The water, the surface, the ground and the surrounding air could be at the origins of microbiological infections (bad maintenance of the place, deficient water treatment, ventilation problems...). The main source of infections come from the bathers. We commit as owners to monitor the quality of water and we kindly ask you to respect the rules of hygiene and cleanliness.
6. Finally we ask you to respect the calm and serenity of everyone.
7. For security reasons, swimming is not allowed after 10pm.

## BALNEOTHERAPY BATHTUB REGULATIONS

1. It is made for 1 to 2 persons during 15 to 20 minutes maximum.
2. The use of it is under your responsibility: in case of materials damaging or use of soap (strict ban), damage repairs will be at the expense of users.
3. Hygiene rules to respect : - preliminary shower with soap and meticulous rinse, long hair tied and swimming cap recommended. - Appropriate swimming outfit required and a proper attitude expected. - For men only swimming trunks are authorized; all other outfits (t-shirts, bower shorts, Bermuda shorts or every other clothes that seem like shorts). - Creams and solar oils are strictly forbidden.
4. It is not recommended to swim with valuable objects. We are not responsible for any physical or material damage, loss, theft or alteration.
5. Cigarettes, gums and food are forbidden. Mobile phones, cameras, camcorder, are highly not recommended and are all under your own responsibility.
6. To go to the wellness area, you will wear the bathrobe that which was handed to you as well as you will wear the specific shoes at your disposal.
7. Be careful for the drowning : the heat reinforce the effects of drugs and alcohol and can lead to lose consciousness. Get out immediately if you feel you are tired or somnolent. The practice of balneotherapy is not without consequences for the health according to the persons. We invite users to be cautious and to get information about this practice with their doctor. During the pregnancy, its use can be harmful for the foetus. If you have health problems (cardiovascular problems, diabetes, obesity...) please ask advice before using it.

The **contraindications** are the followings : wounds, generalized infectious state, inflammatory or dermatological thrust, blood circulation problems...

### Choice of the temperature

- **Water at 32°C** : **fresh** and **bracing** bath. Completed with a program of brawny massages water/air, it gives back vigor and fights the stress.
- **Water at 37°C** : **relaxing** and **stress-relieving** bath. Moment of relaxation with a massage water/air active without being too aggressive. Toxins and contractures will reduce.
- **Water at 38°C**: **calming** bath that brings a sensation of lightness. Hot, it calms and appeases the nervous system. Completed with air bubbling, it brings a sensation of full relaxation and peace.

### Massage mattress

Do not put wet towels on it. Ensure that your skin and your towel are totally dry.

## **RULES AND REGULATIONS**

The bed and breakfast is not an opened place to the public. It is about a family that welcomes you at home. There are maybe also some other guests in the house. That's why we invite you to enjoy all places that are at your disposal with conviviality and respect for the privacy of everyone. For the comfort and the quietness of everyone, we regret not being able to welcome pets.

### **Arrivals :**

In order to welcome you within the best conditions feasible, we'll give you a reception from 4pm the day of your arrival up to 7pm. Late or on the contrary early arrivals, for example, to deposit luggages are subject to prior agreement.

### **Departures :**

The last day, departure should be done as latest by 11am. We are not hospitality professionals, we need to have enough time to offer to the next guests a room as welcoming as possible.

### **Breakfasts :**

Breakfasts are served inside or outside the house depending on the weather between 7:30am and 10am.

### **Table d'hôtes :**

If you wish dinner can be served the day of your arrival. Do not forget to notify us at the moment of your reservation, or to call us at least 48 hours in advance to inform us.

### **Rooms :**

Rooms weren't designed to do the washing or take some meals... A flat screen television with TNT (French channels) is at your disposal in every rooms, from 10pm the sound should be moderate. You can also access to Internet for free. Illegal downloading is forbidden. Valuable objects (jewelry, multimedia devices, several payment methods, etc...) are under your full responsibility, we decline any responsibility in case of losing these objects.

### **General measures :**

Following the decree N°2006-1386 on November 15th 2006, it is forbidden to smoke into places with collective use. The whole house, rooms included is a non-smoking area. As part of minors' protection, the sale of alcohol is prohibited to minors under 18 years old.

We ask our guests to wear a decent outfit for any occasion and to be dressed and wear shoes when moving into the public areas into the house.

Th customer is committed to give back the rooms in perfect condition at the end of his stay and to declare and to assume financially all eventual degradation of which he could be responsible. Children into the bed and breakfast are under the exclusive responsibility of their parents.

The kitchen is not at the disposal of guests.

Theft and accidents: the owners decline any responsibility in case of theft or physical injury occurred into the bed and breakfast.

We thank you in advance for your understanding and your cooperation.