

SPADERMA
b o d y . f a c e . s k i n .

nomi
RESORT CLUB



HYDROTHERAPY NORDIC SPA EXPERIENCE

The Ultimate Spa experience at Nomi Resort, includes hydrotherapy access.

Access hours: 9:00AM – 5:00PM

Day Pass: \$60

Twilight Soak: \$70 (5-9 pm)

Arrive at your leisure and stay as long as you need to fully enjoy the benefits of the outdoor pools, saunas, steam rooms and exfoliation.

A clean robe and towels will be provided. Please bring:

- Water Bottle (non-glass)
- Bathing Suit
- Flip Flops
- Sun Protection

Hydrotherapy at Nomi Resort is the cycle of alternating between hot, and cold followed by periods of rest. This traditional Nordic sequence stimulates blood flow, eliminates toxins, reduces stress, allows the mind to unwind, and gently increases the heart rate for an instant feeling of head-to-toe wellbeing.

Our Hydrotherapy consists of:

Heat: Stay in the sauna for 10-15 minutes, or until you can feel beads of perspiration forming on your chest.

You may want to ladle water onto the hot rocks and create a steam to enhance the experience or if the air feels too dry in the sauna.

Cold: Leave the sauna and enter directly into the cooling experience—a cold (or cool) shower making sure to get your head and face under the cold water to heighten the experience and prevent headaches, which can sometimes happen with excessive heat. Be sure to include your hands and feet as well, as these areas have plentiful lymphatic tissue.

Rest for 15-20 minutes; allow your body temperature to equalize, and enjoy the flow of endorphins created by the experience.

Repeat if desired.

Enjoy Gentle Heat – Try our outdoor spa plunge

Hydrate before, during, and after.

Heat: Stay in the hot pool for about 15 minutes. You may want to begin in the warm pool and progress to the hot pool once you are used to the heat. Feel free to float, move your body, and stretch as you luxuriate in the warmth.

Cold: Leave the hot pool and enter directly into the cooling experience—either a cold (or cool) shower, or cold plunge. The cold plunge is for just a few seconds, in and out—but be sure to go underwater.

These three steps can be repeated up to three times, provided you are feeling well and staying hydrated by drinking plenty of water.

- Hot. Cold. Rest. Repeat

- Enjoy our Curated Refreshments

HYDROTHERAPY CONFIRMATION FORM & WAIVER

Treatment robes are available for use in the resort and spa only.

I confirm that I am not sick or ill or have any respiratory issues that would interfere in my health by using the Hydrotherapy space and sauna at Nomi Resort.

I agree to the terms and conditions of wearing a bathing suit and flip flops inside the resort and shower space, and the use of towels and robes are only for hydrotherapy access only. I also understand that glassware is not permitted in the spa or hydrotherapy space. Beverages can be consumed by using plastic ware at the outdoor spas or hydrotherapy space inside the resort.

I understand that this service is booked and not refundable as part of our cancellation policy and agree to pay the missed appointment fee if I my appointment time.

Waiver of Liability: In consideration of being permitted to participate in the Activity, I hereby release, discharge and agree to hold harmless Nomi Resort and Nomi Community Including but not limited to the Activity Organizers), Nomi Resorts trustees, officers, employees, agents, advisors or any one or more of them, or their executors, administrators, heirs or assigns (the “Released Parties”) from any and all claims, demands, damages, costs, expenses, actions and causes of action, present or future, on account of injuries to my person or property caused in whole or in part by the active or passive negligence of the Released Parties, arising out of or in connection with my participation. I intend for this release and indemnity agreement to protect the Released Parties from any and all claims, demands, damages, costs, expenses, actions and causes of action, present or future, on account of injuries to my person or property caused in whole or in part by the active or passive negligence of the Released Parties, arising out of or in connection with my participation. I intend for this release and indemnity agreement to protect the Released Parties from any and all claims, demands, damages, costs, expenses, actions and causes of action, present or future, of my executors, personal representatives, heirs and assigns, or any other person or entity, on account of injuries to my person or property, including injuries resulting in on account of injuries to my person or property caused in whole or in part by the active or passive negligence of the Released Parties, arising out of or in connection with my participation. I intend for this release and indemnity agreement to protect the Released Parties from any and all claims, demands, damages, costs, expenses, actions and causes of action, present or future, of my executors, personal representatives, heirs and assigns, or any other person or entity, on account of injuries to my person or property, including injuries resulting in my

death. I also recognize and agree that the Released Parties assume no responsibility for any liability, damage, or injury that I might sustain due to the intentional or negligent acts or omissions of any other person participating in the Activity of using the Hydrotherapy each of steam room, sauna and spa pools at Nomi Resort.

Name in Full:

Address:

Phone Number/Contact:

Email Address:

Signature: _____ Date: _____

Credit Card Info: _____

Expiry: _____ CV Code: _____