



Welcome to Bawana Spa

Dear Valued Guests,

We are delighted to welcome you to our sanctuary of wellness. To ensure you have the most comfortable and beneficial experience, we kindly ask you to read the following important information:

PURPOSE OF OUR SERVICES

Our massage treatments are designed exclusively to promote general wellness, reduce stress, and alleviate muscular tension.

MEDICAL INFORMATION

To provide you with the best care, please inform your therapist if you have any of the following:

- Recent surgeries
- Injuries
- Diabetes
- Varicose veins
- Arthritis
- High blood pressure
- Pregnancy or nursing
- Allergies to oils or lotions
- Any other health conditions we should be aware of

CUSTOMIZE YOUR TREATMENT

To customize your treatment, please let your therapist know:

- Your preferred pressure level (light, medium, or firm)
- Areas you would like to focus on (e.g., neck, shoulders, back, arms, legs, feet, head)
- Areas you would like to avoid (e.g., chest, stomach, head)

DURING YOUR TREATMENT

If at any point you feel pain or discomfort, please inform your therapist immediately. Adjustments to pressure or techniques will be made to ensure your comfort. Also ask the therapist for Your preferable room temperature.

AFTER YOUR TREATMENT

- We recommend resting for at least one hour after your treatment.
- Stay hydrated by drinking plenty of water.
- Take this time to fully enjoy and embrace the benefits of your session.

Thank you for your cooperation and for choosing Bawana Spa. We wish you a relaxing and enjoyable treatment.

Your well-being is our priority.

Warm regards,
The Bawana Spa Team