

Spa Checklist

By Fae Fisher

☐ Your Needs

- ☐ Decide what type of spa facility will suit your needs (mineral springs, medical, resort or day spa).
- ☐ Decide in what type of spa setting you would be most comfortable.
- ☐ Determine how many days will you be at the facility.
- ☐ Determine what types of spa elements are appropriate for you.
- ☐ Determine your budget.

☐ Spa Facility

- ☐ Visit their website and look at photos.
- ☐ Read about the owners and their philosophy.
- ☐ Check spa's hours of operation.
- ☐ Check how many treatment rooms are available.
- ☐ Check the condition of the treatment rooms.
- ☐ Check if the spa includes whirlpools, saunas, steam rooms and lap pools.
- ☐ Check how many therapists are employed.
- ☐ Check if staff members seem friendly and professional.
- ☐ Check if staff members wear uniforms or adhere to a dress code.
- ☐ Check if staff members are available to instruct guests.
- ☐ Check what types of services are available.
- ☐ Check the duration and price of individual treatments.
- ☐ Check for spa packages.
- ☐ Ask for a tour before you make an appointment.