

# 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.