MOONEE PONDS
WELLNESS CENTRE

SALT ROOM ETIQUETTE

Please refrain from wearing any perfume/cologne.
These smells can cause allergic reactions to our allergy sensitive clients

Please turn your phone on silent and refrain from using.
If you must, use on dim light and head phones

Please respect the session as quiet time, no talking or phone calls.

Please arrive on time as not to disturb the other patrons.

Please refrain from smoking before the session

Focus on your breathing, in for 4, hold for 7, out for 8

Remember hair nets and shoe covers must be worn

Wash hands before and after