



# HYGEIA

## BATH HOUSE & SPA

The Hygeia Bath House and Spa  
is located at Capon Springs & Farms.

Spa Office: (304) 874-3004

Spa Email:  
Hygeia@mountain.net

Find out more about the Spa  
on Capon Springs and Farms' website:

[www.caponsprings.net](http://www.caponsprings.net)

### *Preparation*

Please arrive at the Hygeia at least 15 minutes before your appointment to check-in, relax and catch your breath! Private showers are available if you would like to shower before your service, just let the Front Desk know. Allow yourself time, before and after your services, to sit by the fire with a cup of tea, watch the hummingbirds from our porch swing, or relax on the second floor deck among the treetops!

### *Payment*

Payment is handled at the Spa Desk. You may use cash, check or credit card or, place all charges (including gratuities) on your room bill. Gratuities are not automatically added to services.

### *cancellation policy*

Out of courtesy to others, cancellations must be made at least 24 hours prior to your appointment. A 50% cancellation fee may be applied if we are unable to fill the appointment.

### *gift certificates*

Gift certificates for spa services and products are available for purchase. Give us a call, email us or inquire at the Spa Desk.

### *Age Requirements*

The Hygeia Bath House and Spa is an adult facility. Guests must be at least 13 years of age or older. Guests 13 to 16 years of age must be accompanied by an adult while in the Spa and during treatments. For families with children under 13 who wish to enjoy the soaking baths and/or the swimspa, Family Times are scheduled several times a week. Generally these times are scheduled after dinner. Please check with the Spa Desk for availability. We will do our best to accommodate your family.

### *The Wellness Room*

is located on the first floor of the Spa and is available for use by guests 13 and older. Inside are yoga mats, exercise balls, weighted medicine balls, stretch bands, and a TV and DVD player for exercise videos. Yoga and meditation classes are offered at different times through-out the season. Ask at the Spa Desk for class times and if you wish to use the Wellness Room when the Spa is not open.