

# FREQUENTLY ASKED QUESTIONS

## WHAT SHOULD I WEAR TO MY TREATMENT?

Nidah has Chadsworth & Haig robes and comfortable sandals for all guests so come comfortable and ready to change or come from your room in a robe.

## DO I HAVE TO TALK DURING MY TREATMENT?

Never! Only to let the therapist know how much pressure, temperature, etc. If you don't want to converse, feel free to say so, it's your time.

## AM I SUPPOSED TO BUY THE PRODUCTS USED DURING MY TREATMENT?

Currently, Nidah Spa carries Eminence Skin Care products, Body Bliss Oils and many other products. If you enjoy the products used on you, we would be happy to suggest them but it is always up to you if you wish to purchase.

## ARE ALL SANTA FE SPAS CO-ED? WILL MEMBERS OF THE OPPOSITE SEX BE SHARING FACILITIES?

Nidah has separate bathroom and locker room facilities for men and women. There will be some areas where males and females will be sharing space such as our Relaxation Room where the therapists meet you before your treatment.

## AM I SUPPOSED TO TIP?

Tipping is always at your discretion. There is a 20% service fee added to all services. If you feel you received excellent care and service you are always welcome to add to that gratuity.

## THE PRESSURE ISN'T DEEP ENOUGH, BUT I DON'T WANT TO INSULT THE THERAPIST'S TECHNIQUE. WHAT SHOULD I DO?

Always speak up as this is your time and you should get what you need and want! Therapists will appreciate a little heads up and will accommodate changes effortlessly. Please note, there may be an increased cost for the change in your treatment.

## I'M SELF-CONSCIOUS ABOUT A CERTAIN PART OF MY BODY AND I DON'T WANT THE THERAPIST TO SEE ME. WHAT CAN I DO?

You will always be draped professionally and can always mention specific needs.

## I'D RATHER SEE A FEMALE THERAPIST. SHOULD I REQUEST THIS?

You will be asked if you have a gender preference when booking your appointment.