

Herb House

Little Nippers Policy

- The Herb House spa is predominantly an adult only spa. However, as residents, we do welcome children under 18 to swim in the Herb House Lap Pool at the following times only:
Monday- Friday 8.30am-10am
Saturday-Sunday & Bank Holidays 8.30am-11am
Sunday Evening 5.30pm-7pm
- All other spa facilities, including the Hydro Pool, whirlpool, gym, sauna & steam rooms are for over 18s only. We do not permit under 18s to attend any classes. However, children are allowed in Raw & Cured at any time.
- For health & safety reasons, we need to restrict the number of people in the Lap Pool at any one time, so children must be signed in and out at the Reception desk by you on arrival. Admission will be on a first come first served basis and each adult can accompany a maximum of 2 children.
- All children must be teamed up with you at all times & it is your responsibility to keep them under control.
- Please ensure your children wear the supplied flip flops or their own non-slip footwear around the spa at all times.
- Children will be allowed in the changing rooms 15 minutes before swimming times and up to half an hour afterwards. We would ask that you keep the area as tidy as possible and ask your children to be respectful of their surroundings.
- Please do not bring toys including balls or noodles into the Pool. Armbands and toddler floating aids are permitted and the Herb House will provide a selection of noodles for your children to use in the Lap Pool.
- Please ask your children not to jump or dive in the Pool and please be aware of other people using the area. After your swim, please ensure your children dry off thoroughly before walking to the changing rooms.
- Children under 8 must change with you – we would recommend you make use of one of our larger changing rooms so you can change privately together.
- Children over 8 must change in the correct gendered changing room, even if that means changing on their own. Always remember to get your children to wait in the waiting area outside the changing rooms so you can go up to the pools together.
- Under 3s must wear special Neoprene nappies in addition to their swimming nappies when swimming in the Lap Pool to avoid leakage and the closure of the Pool. These are available to purchase at reception if you do not have your own.
- We do offer manicures and pedicures for over 16s, with a signed parental consent form. We regret that we cannot offer any treatments for under 16s.
- We reserve the right to amend this policy at any time and to ask anyone that does not respect this to vacate the pool or changing rooms.