SWAA Hygiene Guide for Spas

Every guest, every treatment, every time.

## 1) Hands First

* Wash with soap & water for 20 seconds before and after each guest.
* If no sink: use sanitizer with at least 60% alcohol.
* Place hand gel at reception, lounge, and treatment rooms.

## 2) Tools & Surfaces

* Clean treatment beds, counters, and handles between each guest with disinfectant that kills viruses (look for EN 14476 / hospital-grade claim).
* For tools:
* - Single-use items → throw away.
* - Metal/critical tools → sterilize in an autoclave (record each cycle).
* - Non-critical tools (brushes, bowls, stones) → wash with warm water & detergent, then disinfect (per product instructions).

## 3) Towels & Linen

* Bag used towels immediately — don’t shake.
* Wash hot at 71°C for 25 minutes or use low-temp wash with disinfectant.

## 4) Fresh Air

* Open windows or use air filters when possible.
* Keep air cleaners serviced and filters changed.

## 5) Water & Wet Areas

* Pools/hot tubs: check chlorine/bromine and pH daily.
* Drain, scrub, and refill hot tubs regularly.
* Keep hot water systems hot (≥60°C) to prevent bacteria.

## 6) Cleaning the Spa & Tools (Medical-Grade Routine)

* Floors: mop daily with detergent and weekly with hospital-grade disinfectant.
* Reception & guest areas: wipe high-touch points (door handles, counters, pens, card machines) every 2–3 hours.
* Treatment rooms:
* - Change linen after every guest.
* - Wipe down beds, trolleys, switches, and bottles between treatments.
* Tools routine:
* 1. Wash → warm water + mild detergent.
* 2. Rinse & dry.
* 3. Disinfect → immerse or spray with approved disinfectant (follow contact time).
* 4. Sterilize → autoclave for semi-critical/metal tools.
* 5. Store → clean, sealed pouches or covered containers until use.

## 7) Records & Training

* Keep a simple log:
* - Hand gel refills
* - Linen washes
* - Pool tests
* - Autoclave cycles
* - Daily cleaning checklist
* Train and refresh staff regularly.

## Why this matters

Clean hands, safe tools, fresh air, and clear water = healthy guests and a strong reputation. Hygiene is the foundation of trust.

## Spa & Wellness Association of Africa (SWAA)

Global Standards • African Leadership • Trusted Wellness

This hygiene guide is published by SWAA to support spa owners, therapists, and wellness operators with practical, evidence-based steps to maintain medical-grade hygiene in spa environments. It is not a substitute for local laws or manufacturer instructions. Always follow your country’s health authority requirements in addition to these standards.

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