

Sauna Terms & Conditions:

Please can you confirm that all guests agree to the T&C using the Sauna at the property.

SAUNA Terms and Conditions

1. **Health Considerations:** Individuals with certain medical conditions, including but not limited to heart disease, low or high blood pressure, circulation problems, or respiratory issues, should consult a doctor before using the sauna. Pregnant individuals are also advised to refrain from using the sauna.
2. **Age Restrictions:** Users must be at least 18 years old to use the sauna without supervision. Minors may only use the sauna when accompanied by an adult.
3. **Hydration:** Drink plenty of water before and after using the sauna to stay hydrated. Avoid alcohol and caffeine, as they can lead to dehydration.
4. **Session Duration:** Limit your sauna sessions to no more than 15-20 minutes at a time. Take breaks in between sessions to allow your body to cool down.
5. **Cleanliness:** Shower with soap and water before entering the sauna to maintain cleanliness. Use a towel to sit on while using the sauna and avoid bringing personal items that could introduce dirt or bacteria.
6. **Proper Attire:** Swimsuits or sauna-specific attire should be worn. Please avoid wearing any jewellery that may cause discomfort or become too hot.
7. **Electronic Devices:** Do not bring any electronic devices, including phones, tablets, or music players, into the sauna. The heat and moisture can damage these items.
8. **No Food or Drink:** Eating or drinking inside the sauna is prohibited to maintain cleanliness and safety.
9. **Behaviour:** Maintain a respectful and quiet atmosphere. Loud conversations, excessive noise, or disruptive behaviour will not be tolerated.
10. **Exit Procedure:** If you feel lightheaded, dizzy, or uncomfortable at any time, exit the sauna immediately and cool down.
11. **Emergency Situations:** In the event of an emergency or if you feel unwell, notify the staff immediately or exit the facility if necessary.
12. **Usage Limitations:** The sauna is intended for relaxation and therapeutic purposes only. Any inappropriate behaviour, including harassment or misconduct, will result in immediate expulsion from the facility.
13. **Personal Items:** We are not responsible for any lost or

stolen personal items. Please secure your belongings before entering the sauna.

14. Rule Enforcement: Failure to adhere to these rules may result in immediate removal from the facility without a refund.

15. Legal Waiver: By using the sauna, you acknowledge that you are aware of the potential risks associated with sauna use and agree to hold the facility harmless from any liability.

Thank you for your cooperation! Enjoy your sauna experience responsibly.

Thank you
Simone and Nigel
Flowerpots Properties Ltd