Hot Horse Sauna - Terms and conditions of use.

Disclaimer:
Use of the sauna is done at your own risk. Contact your GP if at all in doubt about safely using the sauna. Seek GP's advise if any of the below apply to you (this is not a comprehensive list):

- If you are pregnant
- If you have had a heart attack or a stroke
- If you are on any medication
- If you have cardiovascular conditions or problems
- If you have epilepsy
- If you have asthma or breathing problems
- If you have high or low blood pressure
- If you have arterial disease
- If you have joint or muscle injury

The sauna is wood fired and therefore hot. Do not touch any part of the stove, flue or rocks.
Only pour water onto the rocks as instructed.
Children under 16 years are permitted to use the sauna with an adult family member or guardian. They must be supervised at all times. **Your sauna host will ask you to sign a waiver before you enter the sauna with a child under 16.**
Under 16's are not permitted to use the ice baths/plunge pool/cold shower.
Smoking and alcohol are not permitted around the sauna.
We reserve the right to refuse admission to intoxicated persons.
Remove any hanging jewellery before entering the sauna as it may become hot.

Sauna etiquette:
Enter and exit the sauna with care.
Remove shoes before entering.
Stay in the sauna for no longer than 20 mins - re-enter after cool-off/shower/ cold plunge.
Do not use oils in the sauna without permission.
Nudity is not permitted.
Please use a towel to sit on during sauna use.

If you are booking on behalf of a group, it is your responsibility to make users aware of the terms and conditions.
We reserve the right to refuse admission for any reason that may be deemed a health and safety risk.
Refunds will not be given to anyone refused admission.
Wild water swimming can be done at your own risk. This is not covered by our insurance policy.

Name of Hirer/Client: ……..

Date of Hire: ……..

Client Signature: ……