

## **Applecross Sauna Disclaimer**

Use of the sauna is done so at your own risk. We ask that you contact your GP if at all in doubt about safely using the sauna.

If any of the below apply to you (please note, this is not a comprehensive list) we advise you to seek your GP's advice: -

- If you're pregnant
- If you've had a heart attack or stroke
- If you're taking any medications
- If you have cardiovascular conditions and/or problems
- You have epilepsy
- You have asthma or breathing conditions
- High or low blood pressure
- If you have arterial disease
- If you have joint or muscle injury

The sauna is wood-fired and is extremely hot. Do not touch the stove, stove door, flu chimney, sauna rocks, or surrounding fire guards, and only as instructed to pour water onto the stones.

When pouring water on the rocks, start from the point furthest away from you to prevent scalding

Alcohol and smoking are not permitted in or around the sauna.

We reserve the right to refuse admission to intoxicated persons.

Any hanging jewellery should be removed before entering the sauna to prevent burning.

Sauna etiquette must be adhered to at all times. This includes: -

- Entering and exiting the sauna with care.
- Removing shoes before entering.
- Sitting on a towel at all times.
- Staying in the sauna for no longer than 15 min at a time (we recommend 5-15 min sessions)
- Do not use essential oils in the sauna without permission.
- Only swimwear may be worn in the sauna.
- Nudity is not permitted.

If you are making a booking on behalf of a group, it is your responsibility to make all users aware of the terms and conditions and to practice safe sauna use, as well as making others aware of what to bring and other useful information.

We reserve the right to refuse admission for any reason that may be deemed a health and safety risk. Refunds will not be offered to anyone refused admission.

Wild Water Swimming/Plunge and Dipping is done so completely at your own risk

By signing on the following sheet, I confirm that I have read and understood this disclaimer, that I am aware of the risks associated with sauna use and related activities, and that I accept full responsibility and liability for my participation.