



Applecross Sauna – Terms and Conditions of Use

1. Acceptance of Terms

By booking, entering, or using Applecross Sauna (“the Sauna”), you agree to be bound by these Terms and Conditions. If you do not agree, you must not use the Sauna. These Terms are intended to protect your health, safety, and the enjoyment of all users.

2. Health and Safety Warning

Using a sauna carries **inherent health risks**. You should consult with your doctor before using the Sauna, especially if you:

- Are pregnant
- Have heart disease or cardiovascular conditions
- Have high or low blood pressure
- Have respiratory problems or asthma
- Are diabetic
- Are under the influence of alcohol, drugs, or medication
- Have a fever or infectious disease
- Have any medical condition that may be aggravated by heat

You assume **full responsibility for your own health and safety** while using the Sauna. Applecross Sauna and its operators accept no liability for any injury, illness, or adverse medical condition arising from Sauna use.

3. Age Restrictions

- The Sauna is only open to persons **18 years and older**, unless accompanied by a responsible adult and by prior arrangement.
 - Children under 12 are **not permitted**.
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4. Booking and Use

- Entry is only permitted during your allocated time slot.
 - Maximum occupancy limits must be respected.
 - You are responsible for your personal belongings; Applecross Sauna accepts no liability for loss, damage, or theft.
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5. User Conduct

All users agree to:

- Sit on a towel when in the sauna
- Remain clothed or wear a towel/swimsuit (no full nudity)
- Avoid excessive noise or disruptive behaviour
- Respect the privacy of other users
- Leave the Sauna promptly at the end of their session

Applecross Sauna reserves the right to remove or refuse access to any person who fails to comply with these terms.

6. Prohibited Behaviour

The following is strictly prohibited:

- Alcohol or drug use before or during sauna use
 - Smoking, vaping, or use of open flames
 - Bringing glass containers or food into the Sauna
 - Pouring water or oils on the heater without permission
 - Engaging in sexual or inappropriate behaviour
 - Staying in the Sauna while feeling unwell or dizzy
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7. Risks and Liability Disclaimer

Use of the Sauna involves **exposure to high heat**, which may lead to:

- Dehydration
- Heat exhaustion or heat stroke
- Fainting or dizziness
- Increased heart rate or blood pressure
- Skin irritation or burns
- Worsening of underlying medical conditions

By using the Sauna, you acknowledge and accept these risks. **Applecross Sauna, its staff, owners, and affiliates shall not be liable** for any accident, injury, illness, death, loss, or damage sustained from Sauna use, unless caused by proven negligence.

8. User Responsibility

Users are responsible for:

- Monitoring their own physical condition
 - Staying hydrated (please bring a water bottle and drink water before, during and after your session)
 - Exiting the Sauna immediately if feeling unwell
 - Informing staff of any hazards or issues
 - Complying with all posted safety signage
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9. Cancellations and Refunds

- Cancellations made more than 48 hours in advance may be eligible for a refund or rescheduling.
 - No-shows or late cancellations are non-refundable.
 - Sessions may be cancelled by Applecross Sauna due to maintenance, safety, or weather conditions. In such cases, a full refund or reschedule will be offered.
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10. Privacy Policy

We collect minimal personal data necessary for booking and communication. Your data is stored securely and never shared without consent. For full details, refer to our Privacy Policy.

11. Changes to Terms

Applecross Sauna reserves the right to modify these Terms at any time. Updated Terms will be posted on our website and will apply to all future bookings.

12. Governing Law

These Terms are governed by the laws of Scotland. Any disputes will be resolved in Scottish courts.

13. Acknowledgement of Risk and Waiver

By using the Sauna, you confirm that:

- You understand the associated health risks
- You are voluntarily participating
- You waive any claims against Applecross Sauna, its owners, and staff for injury, illness, or loss, except where prohibited by law