SAUNA

Booking terms and conditions

Do not use the sauna if you:

- are pregnant or suspect that you could be pregnant.
- suffer from heart disease, circulatory problems, high or low blood pressure, epilepsy or diabetes.
- are prone to fainting spells or dizziness.
- have any condition which may affect your reaction to heat.
- have any condition which makes you unsure whether you should use the sauna.

Users with any of these conditions, or who are unsure, are advised to speak to their doctor.

Before entering the sauna:

- allow your body to return to normal temperature if you have been exercising.
- change into suitable swim wear.
- remove any metal items, for example watches or jewellery.
- remove any contact lenses and/or eyewear.

Whilst using the sauna:

- drink plenty of non-alcoholic fluids.
- take care when adding water to the stove.
- if at any time you start to feel ill or discomfort, leave the sauna immediately and inform a member of staff, or seek medical advice if necessary.