

Pilates and Breathwork – Sauna and Cold Plunge - Guidance

Guests are not permitted to use the sauna and cold plunge/shower without signing the 'Sauna and Cold Plunge - Health and Waiver' form.

The cold shower is available for use with all booked sauna sessions. The cold plunge can only be used as part of an organised retreat package or by prior agreement.

Guests should avoid the sauna and cold plunge/shower if pregnant or are under medical care or have any cardiovascular or underlying health issues / concerns. This includes any history of dizziness or fainting. If you're unsure if the sauna/cold plunge/shower is suitable for you please check with your doctor before partaking.

Guests should not use the sauna or cold plunge on their own, and always have at least one other person present.

Guests with open wounds should avoid using the sauna and cold plunge/shower unless the wound has been suitably protected.

The sauna contains an exposed wood burner. Guests are not to touch the burner or rocks for any reason as there is a high risk of a serious burn injury. The fire guard also gets very hot. A first aid kit is located outside the shower room.

Prolonged exposure to the sauna may cause your body to overheat. The warmest areas are the upper benches and the areas opposite the stove, lower areas are cooler. We recommend limiting yourself to a maximum of 15 minutes. Exit the sauna immediately if you begin to feel nauseous, uncomfortable, dizzy or sleepy. To cool the sauna open the glass door and/or the vent above the window.

Be aware of the potential for a shock response on exposure to cold temperature in the cold plunge/shower. If guests are concerned this could cause harm they should not use the cold plunge/shower. For those unaccustomed to cold exposure a few seconds will be suitable and for those with more experience 1-2 minutes.

The sauna is provided for the basic purpose of relaxation and relief of muscular tension. If guests experience any pain or discomfort during the session, please exit the sauna immediately.

Any kind of metal such as jewellery, watches, glasses will retain heat and therefore should be taken off before going into the sauna.

Guests should ensure to remain hydrated before, during and after sauna sessions. Drinking water is available in the shower room. Do not drink the water in the cold plunge.

Care should be taken when adding water to the sauna rocks. Only use the bucket and ladle provided.

Essential oils may be provided for use in the sauna. 10 drops per full water bucket should be suitable. Leave the sauna immediately if you have any adverse or allergic reaction, including difficulty breathing or eye, nasal or throat irritation.

Always take care when entering or exiting the sauna and cold plunge/shower as areas may be slippery and uneven. Use of suitable footwear is recommended, but should be removed before entering the sauna or cold plunge.

Never jump into the cold plunge. Entry and exit of the cold plunge should be made carefully using the ladder provided. Be careful around the edges of the cold plunge as some of the edges are rough.

The sauna and cold plunge/shower are cleaned/disinfected with environmentally safe antibacterial cleaner. Please try to keep the sauna and cold plunge/shower as clean as possible during use.

The cold plunge is filled fresh for every session with water from the hills surrounding the house. The water is burn fed and untreated. If guests would rather cool down with treated water, the cold shower water is filtered and treated with a UV system.

In the event of a fire in the sauna exit via the glass door and main entrance door, do not attempt to tackle the fire. A fire blanket and extinguisher are located outside the shower room.

No glass containers or bottles are permitted at any time in the sauna.

No electrical devices should be taken into the sauna or cold plunge/shower.

Do not use the sauna or cold plunge/shower if you have recently consumed alcohol, drugs or medications.

No under 16's are permitted to use the sauna and cold plunge/shower.