



Haar Sauna

Haar Sauna Terms

Our Haar Sauna terms set out the standards that apply when you use our sauna in any way.

You must not use the Sauna, if you:

- suffer from high or low blood pressure or any heart or circulatory disorder
- suffer from epilepsy or diabetes
- are pregnant
- are prone to dizziness or fainting

If you have any reservations regarding sauna use, such as medical conditions, underlying health problems, the use of prescription drugs or pregnancy, it is essential that you consult your GP before making a booking.

Sauna etiquette and safe behaviour must be always adhered to. This includes:

- All persons using the sauna, do so at their own risk.
- Removing shoes/sandals/flip flops/wetsuit boots prior to entering the sauna.
- Entering and exiting the sauna in a safe manner.
- Keeping access points clear to allow other users to exit safely and swiftly if needed.
- To prevent burning, jewellery should be removed before entering the sauna.
- You must sit on a clean towel.
- Sauna sessions of no longer than 20 min at a time (Haar Sauna operators' recommend 5 – 12mins, before going outside to cool down).
- Not touching any part of the stove or stove cage or flue or rocks.
- Alcohol, nudity, and smoking are not permitted in the sauna.
- Following Haar Sauna operators' instructions on how to pour water onto hot rocks.
- Only pour the provided 'sauna water' on hot rocks. Nothing else.
- Children under the age of 18 are not permitted.
- Haar Sauna takes no responsibility for the damage or loss of customers' property.
- All persons using a body of water as a 'cold plunge' do so at their own risk. It is your own responsibility to ensure that you are a capable swimmer and can handle being exposed to the cold temperatures, tides, rip currents and other dangers of a body of water.

If you are making this booking on behalf of a group, it is your responsibility to make all users aware of the terms and conditions and to practise safe sauna use.

Haar Sauna operators reserve the right to refuse admission to intoxicated persons or for other reasons that may be deemed a health and safety risk.