

How to Stay Safe in the Sauna

Sauna Etiquette & Terms and Conditions

Our Haar Sauna Terms and Conditions 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 always be adhered to. This includes:

- All individuals using the sauna do so at their own risk.
- Remove shoes, sandals, flip-flops, or wet suit boots before entering the sauna.
- Enter and exit the sauna in a safe manner.
- Keep access points clear to facilitate safe and swift exits for other users if needed.
- To prevent burning, remove jewellery before entering the sauna.
- Sit on a clean towel at all times.
- Sauna sessions should not exceed 20 minutes at a time (Haar Sauna operators recommend 5 – 12 minutes, followed by cooling down outside).
- Do not touch any part of the stove, stove cage, flue, or rocks.
- Alcohol, nudity, and smoking are not permitted inside the sauna.
- Follow Haar Sauna operators' instructions on how to pour water onto hot rocks.
- Only use the provided 'sauna water' on hot rocks; nothing else.
- Children under the age of 8 are not permitted.
- Haar Sauna takes no responsibility for the damage or loss of customers' property.
- Individuals using a body of water as a 'cold plunge' do so at their own risk. It is the individual's responsibility to ensure they are a capable swimmer and can handle exposure to the cold temperatures, tides, rip currents, and other dangers of a body of water. Haar Sauna Ltd does not assume responsibility.

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

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