



Haar
Sauna

How to Stay Safe in the Sauna

Sauna Etiquette & Terms and Conditions

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 always be adhered to.

This includes:

- All persons using the sauna do so at their own risk.
- A maximum of 6 people is permitted in the sauna at any one time.
- 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 should be no longer than 15 minutes at a time (Haar Sauna operators recommend 0-8 minutes before going outside to cool down).
- Listen to your body. Drink water.
- Not touching any part of the stove, stove cage, flue, or rocks.
- Alcohol, nudity, and smoking are not permitted in the sauna.
- Following Haar Sauna supervisors' 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 8 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 responsibility to ensure that you are a capable swimmer and can handle exposure to 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 supervisors' reserve the right to refuse admission to intoxicated persons or for other reasons that may be deemed a health and safety risk.