

## Sauna Policies

### Cancellation & Refunds Policies

Paid sessions cancelled or re-scheduled with less than 24 hours notice will be forfeited

Paid sessions cancelled or re-scheduled with more than 24 hours notice will be credited to your sauna account for future use.

All sales are final

All sessions expire one year after purchase unless otherwise noted.

### Liability & Safety Policies

Please review, sign, and date our sauna policy.

All sauna clients must have a signed sauna release waiver on file before using the sauna

### Before, during, and after your sauna session

Read Sauna Guidelines before getting in the sauna.

Arrive 5 to 10 min early. Sauna will be set to 100 degrees for your arrival.

Drink lots of water. We recommend 2 liters of water to drink before, during, and after your sauna session.

Wear what is comfortable for you in the sauna. Lightweight shorts and tee shirts are ok. Swimsuits are better. Just a towel is fine too. We recommend wearing loose fitting clothing to put on after your session.

Bring a large towel to cover the bench completely.

Bring 2 smaller towels (wash cloth or hand towel) to wipe away sweat.

Bring another towel to wrap yourself in if you prefer to wear just a towel in the sauna.

Sauna sessions are 45 minutes long. This includes time in the sauna and time to dress. Please be mindful that staying longer delays other sauna clients.

No shoes in the sauna. There are small towels in the cabinet to place on the floor for your session. Please place this towel in the laundry basket following your session.

No food in the sauna.

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Signature

Date