



GLEN TANAR

Sauna Terms

All persons using the sauna do so at their own risk.

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:

1. Entering and exiting sauna in a safe manner.
2. Keeping access points clear to allow other users to exit safely and swiftly if needed.
3. Removing shoes/sandals/flipflops prior to entering the sauna.
4. Alcohol, nudity, and smoking are not permitted in the sauna.
5. Jewellery should be removed before entering the sauna, to prevent burning.
6. You must sit on a clean towel.
7. Sauna sessions of no longer than 20 min at a time (operators recommend 5 – 15mins, before going outside to cool down).
8. Not touching any part of the stove / stove cage or rocks.
9. Follow operator instructions on how to pour water onto hot rocks.
10. Only pouring the provided 'sauna water' on hot rocks. Nothing else.
11. We do not recommend using the river as a cold plunge.
12. All persons using the river 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, rising water levels and any other dangers of the river.
13. Children under the age of 16 are not permitted.
14. Anyone between the age of 16 - 18 using the sauna must be accompanied by a responsible adult.
15. Glen Tanar takes no responsibility for the damage or loss of customers property.
16. 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 practice safe sauna use.

Glen Tanar reserves the right to refuse admission to intoxicated persons or for other reasons that may be deemed a health and safety risk. Refunds will not be offered to anyone refused admission.

Glen Tanar Estate, Aboyne, Aberdeenshire, AB34 5EU

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