

INSTRUCTIONS FOR USE OF SAUNA

It is our responsibility to politely inform all guests, that you are required to comply with the policy detailed below, in the use of the sauna, in order to ensure your own safety and to ensure no damages are caused. By entering the sauna, it is assumed that you have read these instructions and comply with them as described and that you acknowledge that you are entering at your own risk.

1. Use of the sauna is at your own risk.
2. Children under the age of 14 are not permitted in the sauna.
3. Children aged between 14 - 18 may use the sauna with the constant supervision of an adult and at the adult's responsibility.
4. The use of the sauna is not recommended for individuals having any of the following : heart related, cardiovascular and respiration deficiency, any tumour-related illness, incontinence, acute inflammatory illness, tuberculosis, sever varicose-related illness, contagious illnesses, including skin diseases, increased thyroid activity, epilepsy, disturbances of heart rhythm, flu, untreated high blood pressure, pregnancy, symptoms of Covid-19.
5. Do not use the sauna if you have flu, any contagious disease, an open wound or under the influence of alcohol, drugs or narcotic substances.
6. The recommended period for healthy individuals to stay in the sauna for one single session is 10 - 12 minutes.
7. It is forbidden to use slippers or any other footwear in the sauna. Please pay attention to the fact that the planking in the sauna can be wet so the danger of slip is bigger. Please pay attention to the risk of slipping. If you have a verruca you must wear a sock.
8. In case of the extraordinary situation or the case of malfunction, Lower Barns can temporarily discontinue the service with no refund.
9. The use of bathing clothes is compulsory in the sauna and when sitting on the bench, the use of a towel or sauna sheet is also compulsory, in order that body surface is not directly in contact with the sauna bench.
10. It is forbidden to take any breakable objects into the sauna e.g. bottle, glass etc due to the risk of causing accident and injury.
11. It is forbidden to eat or consume alcoholic beverages in the sauna.
12. It is forbidden to use any liquid or chemical substance in the sauna, both onto yourself, others, the sauna parts or stove.
13. Do not wear any jewellery or glasses into the sauna since this can lead to burning injuries.
14. We ask you to report any extraordinary event e.g personal injury, fire, the presence of injury-prone tool or object to a responsible adult at Lower Barns.

1. **The light switch is outside, to the left of the door.**
2. **Turn 'Timer' dial, on (sauna box) to up to 2 hours (max).**
3. **Allow 30 minutes to reach required temperature.**
4. **Fill water bucket and ladle small amount over coals to produce steam as needed.**
5. **Use sauna, taking regular showers to cool down, for a maximum of half an hour.**
6. **Switch off light after use.**
7. **Please leave clean and tidy.**

**Use of the sauna is entirely at your own risk.
Do not stay in too long.**