

Soulful Sauna at Sladebank Woods

Information, health and safety, and terms of use

Thank you for your interest in the Soulful Sauna at Sladebank Woods, a great tonic for the body and a wonderful way to relax in nature.

Please read the following information and confirm that you agree to these terms of use by emailing Kesty Jakes at sladebankwoods@yahoo.co.uk.

Please note that you are responsible for your own safety while in the woods and when using the sauna.

About the sauna

The sauna is a private space in a cosy converted shed, set in a small area of woodland, just beyond the owners' garden. It is fuelled by logs, from our land, in a wood burner. The sauna can be booked by an individual or a group of up to 6 people.

Your health

If you have any of the following conditions, or have any concerns, seek medical advice before booking a sauna:

1. Pregnancy
2. Seizures, epilepsy
3. Heart disease, circulatory problems, high or low blood pressure
4. Inability to perspire
5. Migraines
6. Conditions for which you are taking antihistamines, anticoagulants, vasoconstrictors, vasodilators, stimulants, hypnotic drugs (sleeping pills) or tranquillisers

Do not book the sauna if you have a temperature, infectious disease, flu, heavy cold or cough, skin sores or wounds.

Your safety

We have done our best to make your visit to the sauna as safe as possible. There is a risk assessment in place which is reviewed every six months. The identified risks include slipping, tripping, falling and risk of burning.

Arriving

Make sure you have not had a heavy meal within 1.5 hours of starting your sauna nor have drunk alcohol on the day of the sauna.

Please arrive at the agreed time as there may be other people who have booked the sauna before or after you. Wear footwear with a good grip as the path as you approach the sauna shed is on a slope and can be muddy and very slippery when wet.

The address is 7 Summer Close, Stroud, GL5 1PF. Please park on Summer Street and walk up Summer Close as there is very limited parking on Summer Close. If this is your first visit, come to the house and Kesty will show you the way to the sauna and will show you how to load the burner safely and give you other information.

If you have been before, please head directly to the sauna: there is a path to the left of house, 7 Summer Close. Follow this path (which has a string of lights if dark) to a little sculpture, then bear right up the steps to the sauna shed. If arriving in the dark you'll see another set of globe lights by the sauna shed. There are a few signs to show you the way.

What to bring

Two towels – one to sit on and the other for to wrap up in and dry with after showering.

A torch if you are arriving or leaving after dark.

A bottle of water: this can be refilled using the tap outside the sauna shed.

A mobile phone if you have one so you can call us if you have any problems.

Warm clothes to so you can keep the glow going well afterwards!

Facilities and how to operate the sauna

The wood burner (which has HETAS certification) will have been loaded and generating heat before you arrive.

Check the wood burner every 15 minutes and aim to have a good base of burning logs always – there is a good supply of different size logs and kindling at hand. Always use the gloves provided when adding more wood. Wood is stacked outside the shed.

If the fire goes out it can take a long time to build the heat again, and you lose sauna time! Go in and out as you need but be aware that opening the door loses heat.

The sauna is lit with tea lights. There is danger of hot wax causing skin burns, so take care if you handle them.

There are two benches in the shed to sit on. These, and the walls, are washed down regularly.

There is a covered, private space outside the sauna where you can get changed and hang up your clothes.

You can use the sauna in swimwear or naked.

There is a hose and tap on the outside wall of shed where you can shower. Be aware the step out of the shed can get slippery. Take care.

A compost toilet is located close by: turn right out of the sauna, walk up the steps and you'll find it on the right. Please use the hand sanitiser gel provided.

Taking care of yourself

Take time to acclimatise to the heat, bearing in mind that it is meant to be at a relaxing and pleasurable temperature. Leave the sauna if you are feeling overheated and cool down thoroughly. It is not an endurance test! In the unlikely event of you feeling dizzy, faint or unwell leave the sauna immediately.

Contact Kesty if you need support on 07854 169961 or 01453 766519.

In case of emergency, call 999 and give the address 7 Summer Close, GL5 1PF.

Drink plenty of water to keep hydrated.

Do not drink alcohol.

Safety equipment

In the sauna are: fire gloves, carbon dioxide monitor, smoke detector, fire blanket, Under the bench (to the left just inside the door) first aid kit, burns kit, card with emergency information including post code.

Outside the sauna is: hose and bucket in case of fire.

Leaving

Unless another booking follows (Kesty will let you know if this is the case), please leave the stove to burn the last of wood. Prop the door open and hang rugs up outside.

If you're leaving in the dark, please switch off the lights outside the sauna shed – the switch is on top left of the shed as you face it. Please switch the lights off at the bottom of the slope if they are on, just before the house; you'll find the switch in the little white box with a lid at the end of the rope with lights. This helps us to know that you have finished your sauna and means we don't disturb you!

Our neighbours

Please be mindful that Sladebank Woods is located next to a residential area and show respect for our neighbours by speaking quietly, especially when leaving.

Cost and bookings

The sauna is available for two-hour sessions, which includes cooling off time, at the following costs:

- 1 person - £36
- 2 people - £36
- 3 people - £36
- 4 people - £48
- 5 people - £60

6 people - £72

If you would like to book additional time the cost is £12 per hour, per booking.

Kesty can be on hand to top up the wood burner during your visit. The cost for this service is £24.

A deposit of £20 is due at the time of booking. If you need to cancel, please give 24 hours' notice. The deposit is non-refundable if you cancel less than 24 hours before the start of your sauna. The balance must be paid when or before you arrive.

Deposits and balances can be transferred to:

Sladebank Woods CIC

Co-operative Bank

Sort code: 08-92-99

Account: 65837577

Contact details

7 Summer Close, Stroud GL5 1PF

01453 766519

07854 169961

sladebankwoods@yahoo.co.uk

We hope you enjoy your Soulful Sauna! I would appreciate any feedback to help me improve the experience.

With thanks,

Kesty