

## **Soulful Sauna at Sladebank Woods**

### **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 ticking the check box on your booking form on the website or emailing Kesty Jakes at [sladebankwoods@yahoo.co.uk](mailto:sladebankwoods@yahoo.co.uk). Please note that you are responsible for your own safety while in the woods and when using the sauna. For group bookings, the person making the booking must ensure that each participant has also read and agrees to these terms of use.

### **About the sauna**

The sauna is a private space in a cosy converted shed, set in a small area of woodland, just beyond our 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.

### **Children**

Because children cannot adjust their body temperature like an adult, they must be constantly supervised by an adult. Children aged 4 to 15 can use the sauna for up to 15 minutes; those aged 3 or under can use it for up to 5 minutes.

### **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 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 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 in the bottom – two medium-size logs generate a good steady heat. Always use the gloves provided when adding more wood. Wood is stacked under the bench, includes kindling.

To avoid smoke building up in the sauna, make sure the lid of the wood burner is replaced after reloading and secured by the bolts to keep it in position.

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 night 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 please leave the stove to burn the last of wood (Kesty will let you know if there's another booking after you). Prop the door open and hang up the floor rugs on the string at back of shed above the stove.

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. Then take the path with the lights, down the slope. Please switch the lights off at bottom of the slope just before the house; you'll find the switch in the little white box with a lid at the end of the light rope. This helps us to know you that 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.

### **Hire charges**

The sauna is bookable from 9am-10pm seven days a week, with the last session starting at 8pm. Each session is for two hours, which includes cooling off time.

1, 2 or 3 people - £30  
4 people - £40  
5 people - £50  
6 people - £60

Additional time: £10 per hour, per session to be requested when you book (it may not be possible to extend your session on the day as there may be other visitors).

Wood burner service: Kesty can be on hand to top up the wood burner during your visit for £20 per session.

### **Payment and cancellation**

Please pay for your session in full when your booking has been confirmed. If you need to cancel, please give 24 hours' notice and we will refund your payment. If you cancel less than 24 hours before the start of your sauna your payment will not be refunded.

Payment can be made in the following ways:

- PayPal, on the Soulful Sauna page of our website
- bank transfer, please make the reference "Sauna + your surname", to  
Sladebank Woods CIC  
Sort code: 08-92-99  
Account: 65837577

### **Contact details**

7 Summer Crescent, Stroud GL5 1PF  
01453 766519  
07854 169961  
sladebankwoods@yahoo.co.uk

We hope you enjoy your Soulful Sauna! I would appreciate any feedback so we can encourage other people to visit the woodland and to help me improve the experience.

With thanks,

Kesty