

SAUNA

LIABILITY WAIVER

1. I understand that I am responsible for my own health and well-being when using any of the facilities provided, including but not limited to sauna rooms, cold plunge pools, showers, and changing areas.
2. Children under the age of 18 are not permitted to use the sauna unaccompanied by an adult. Individuals over 16 can join shared sauna sessions. If you're under 16, you must book a private session and be accompanied by an adult (with a 1:1 adult-to-child ratio). Before the session, the guardian must read our "Guidance for attending SAUNA4 with children" and complete a consent form. Children under 16 are not permitted to use the cold showers or cold baths. Groups with children under 16 are limited to a maximum of 6 people, including the children, and only one child aged 7 or under is allowed per booking.
3. Alcohol and nudity are not permitted in the sauna. The SAUNA4 operators reserve the right to refuse admission to intoxicated persons.
4. Any hanging jewellery should be removed before entering the sauna to prevent burning. Any glasses or contact lenses should be removed before entering the sauna to avoid any damage to coatings and to prevent contact lenses from drying out.
5. I understand the risks associated with using the facilities, and agree to consult a medical professional in advance if I have any health concerns.
6. I understand that the cold plunge pools may be treated with chlorine or other approved disinfectants in line with UK health and safety regulations. I accept responsibility for notifying staff of any known sensitivities, allergies, or medical conditions related to these treatments.
7. I understand that all personal belongings brought into or left on the premises are entirely at my own risk.
8. I acknowledge and understand that the facilities and services at Rooftop Saunas involve inherent risks, including but not limited to personal injury, illness, property damage, or death. I voluntarily accept and assume full responsibility for all such risks.

9. I understand that use of the facilities is not permitted during pregnancy.
10. I understand that after using a cold plunge, it is advised to allow the body to warm up naturally. Re-entering the sauna room immediately is not recommended, and if I choose to do so, I accept full responsibility for any associated risks.
11. I understand that I may only bring water into the premises. Please refrain from bringing your own essential oils and other products for the session as these cannot be used in our sauna. Essential oils that haven't been approved for in-sauna use may react to the heat and release toxins, ignite on the stove, or create slippery surfaces inside the sauna.
12. I understand that sauna managers reserve the right to refuse entry or end a session at their discretion for reasons relating to safety, health, or other reasonable grounds.
13. I agree to inform staff or management of any concerns or issues that arise during my visit.
14. I understand that I assume all risks, including but not limited to those arising from failure to follow staff instructions, House Rules, or displayed guidance.
15. Non-Commercial Booking Declaration. By booking this session, I confirm that I am booking for personal or private use only.
16. If you are making this booking on behalf of a group, you confirm that all members of your group have read and agreed to these terms and conditions and understand that sauna and sea use are at their own risk and will practice safe sauna use.
17. Sauna etiquette must be adhered to at all times. This includes;
 - o Please use the shower before entering the ice baths.
 - o Sitting on a towel at all times
 - o Staying in the sauna for no longer than 20 min at a time (we recommend 5-15 min sessions)
 - o Gently pouring water onto the sauna stove; drizzle, don't dump water
 - o Only pouring the provided 'sauna water' on hot rocks and nothing else
 - o Getting changed within your booked time slot, if you'd like to use the changing room.

I confirm that I am over the age of 18 and have the capacity to enter into this agreement. By signing below, I acknowledge that I have read, understood, and agreed to the terms of this Liability Waiver, and that I will adhere to the House Rules.

I am signing voluntarily and without coercion or undue influence. I understand that I am entitled to seek independent legal advice before signing, should I have any concerns about this waiver.