

SOALA LIMITED T/A SOALA SAUNA**Terms and Conditions, Waiver of Liability and Assumption of Risk for Woodfired Sauna, Cold Water Plunge Baths and Cold Water Showers**

Please read the following carefully before booking or attending. In the event that you are booking on behalf of others, it is your responsibility to confirm that they have also read and agreed to the following.

Health Declaration and Medical Waiver

By participating, you confirm and warrant:

- You are in good health and not knowingly affected by any condition that may be aggravated by hot or cold exposure (including but not limited to: heart or respiratory conditions, epilepsy, pregnancy, low or high blood pressure).
 - You have consulted a medical professional if you have any health concerns prior to using the facilities.
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Waiver of Liability & Assumption of Risk

On booking, you acknowledge and accept that:

- Sauna and cold immersion use involves inherent risks, including but not limited to burns, slips, respiratory reactions, cardiac events, shock or injury.
 - Participation is entirely at your own risk. Risks may arise from your own actions, the actions of others or the condition of the facilities.
 - Effects of extreme temperatures can vary significantly from person to person and it is your responsibility to manage your exposure time and exit if uncomfortable.
 - You voluntarily assume all risks and release Soala Ltd, its staff and affiliates from all liability for injury, loss or death, including arising from negligence, to the fullest extent permitted by law.
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Site Rules & Behaviour

- Swimwear must be worn at all times. Nudity is not permitted.
 - Unruly behaviour, offensive conduct or illegal activity will result in immediate removal without refund.
 - No alcohol, recreational drugs, smoking or vaping on site.
 - You are responsible for your own belongings. Soala Ltd is not liable for lost, stolen, or damaged property.
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Contact - sauna@soala.co.uk

www.soala.co.uk

Session Attendance

- Please arrive on time. Late arrivals may not receive a full session.
 - No shows or cancellations within 48 hours of the session start time are non-refundable.
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Age & Access

- Minimum age: 16. Participants under 18 must be accompanied by an adult (21+).
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Hygiene Protocols

- Shower before use of sauna or ice baths.
 - Sit on a towel at all times in the sauna.
 - Pour water gently provided on the sauna stove and as instructed.
 - No jewellery, neoprene or lotions in the sauna.
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Service Rights

Soala Ltd reserves the right to:

- Refuse entry or cancel bookings in cases of health, safety or inappropriate conduct.
 - Modify or cancel sessions due to weather, safety, maintenance or unforeseen circumstances.
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Concerns & Feedback

Please report any issues to a member of staff during your visit. Written concerns can be sent to sauna@soala.co.uk.

Agreement

By booking or attending, you confirm you have read, understood, and accepted these terms.