

## **Wentworth Woodhouse Preservation Trust – The Garden Sauna**

### **Pre-visit information**

#### **General:**

- Please shower before arriving at Wentworth Woodhouse.
- Please arrive at least 25 minutes before your session is due to start. There is a ~5 minute walk from the car park to the front desk, followed by a ~15 minute walk to the Camellia House where you will need to receive a short briefing and waiver to sign before your session starts. We cannot extend or amend any session times.
- Swimwear must be worn in the Garden Sauna and surrounding area. Please bring a changing towel/robe to use the nearby toilets.
- Wentworth Woodhouse Preservation Trust accepts no responsibility for the loss or damage of any personal belongings.
- Smoking, e-cigarettes and alcohol are not permitted in the Garden Sauna area.
- Wentworth Woodhouse Staff and Volunteers reserve the right to refuse admission to any persons not deemed suitable to take part in the Garden Sauna. Refunds will not be offered to anyone refused admission
- By agreeing to this waiver, you acknowledged and accept the risks inherent in the use of the sauna and cold-water experience. You voluntarily assume the risk of injury, accident or death which may arise from the use of our facility.

#### **What to bring:**

- Swimwear
- Two towels (one for sitting on and one for drying afterwards)
- Drinking water (no metal or glass bottles please)
- Optional - slip on footwear
- A changing robe or similar

#### **Using the Garden Sauna:**

- Please leave footwear outside the sauna.
- Please sit on your towel in the sauna and wear swimwear whilst using the sauna and cold-water experience.
- The operation of the wood burning stove is strictly for staff members at the Garden Sauna. Please do not touch the stove or chimney.
- Visitors must follow all instructions given by the Garden Sauna Attendant.
- Please respect the other sauna users. Any disorderly behaviour is not permitted, and staff reserve the right to ask any customer to leave the premises.
- Take care when moving in or outside of the sauna and cold-water area. Be aware of wet and uneven surfaces, please wear footwear when not inside the sauna.
- Prolonged exposure to the sauna may cause your body to overheat. Limit yourself to a maximum of 15 minutes (depending on experience). We advise beginners to start with three to five minutes.
- Any metal in the sauna such as jewellery and watches will retain heat and therefore is not suggested to bring into the sauna.
- Stay hydrated before, during and after sauna use.

**Tips for getting the most from your Garden Sauna experience:**

- The experience lasts just over one hour – please arrive 25 minutes before your slot so that you can receive the briefing and change.
- You have use of the Sauna for 45 minutes, followed by a 15-minute rest period where you can enjoy a complementary speciality tea in the Camellia House.
- We recommend practicing contrast therapy which involves alternating between the Sauna and cold-water shower, ending with the rest period.
- We recommend spend 10 – 15 minutes in the sauna (or less if you are new to this experience), followed by a cold-water shower for 10 - 30 seconds. Repeat this cycle before finishing with a 10 – 15-minute rest to allow your body to recover.

***This is a recommendation, please listen to your body and do what you feel is comfortable.***

**Why not extend your Garden Sauna experience by booking lunch at the Camellia House?**