

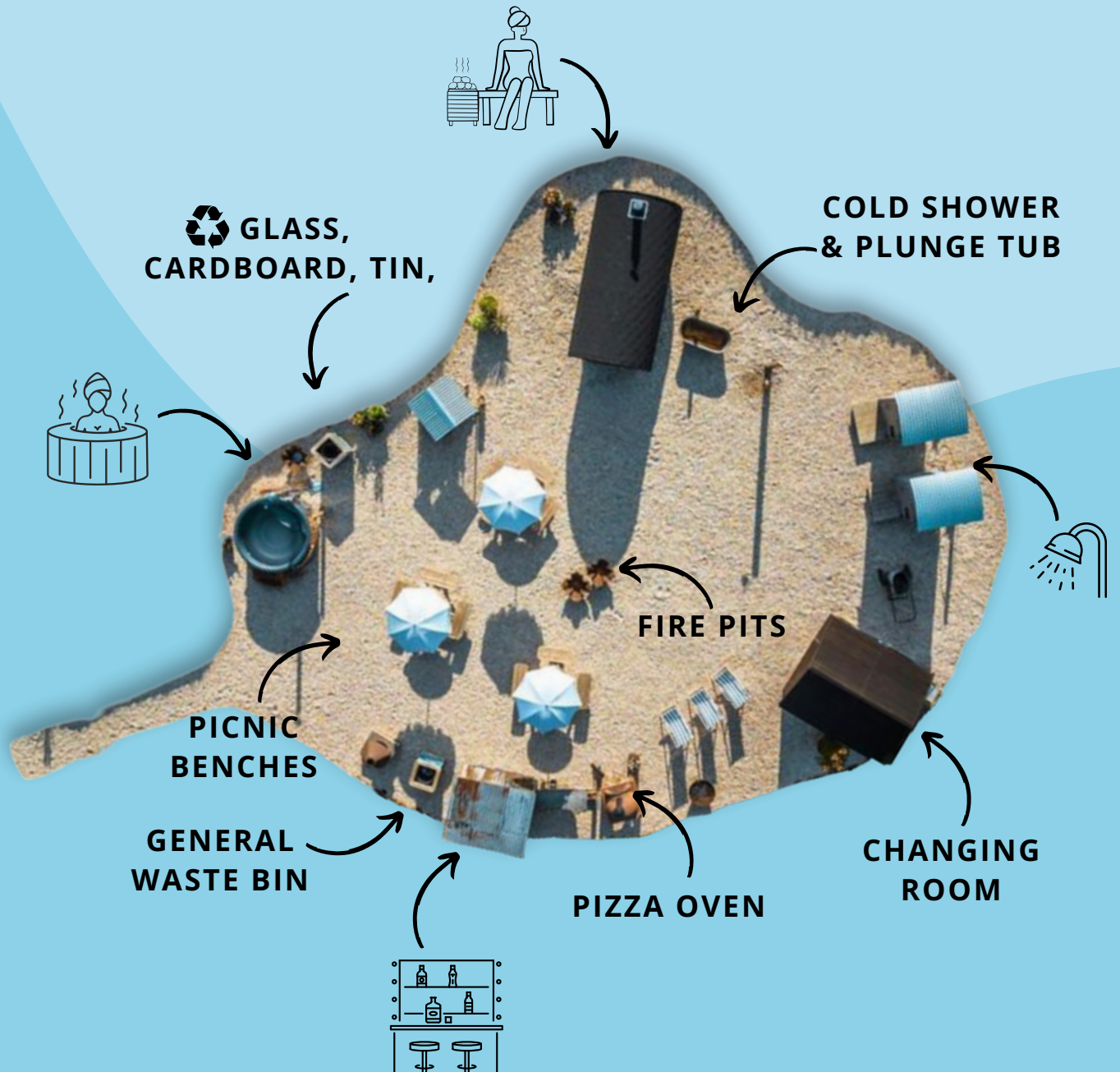


SAUNA CORNER

Welcome to Sauna at the Farm! We're delighted you've chosen us. This package has all the info you need. Share your moments at [@saunaatthefarm](#). Relax, recharge, connect with friends and nature during your visit with us.

Please [click here](#) and ensure all parties complete the Sauna Waiver before arrival.

MAP





SAUNA

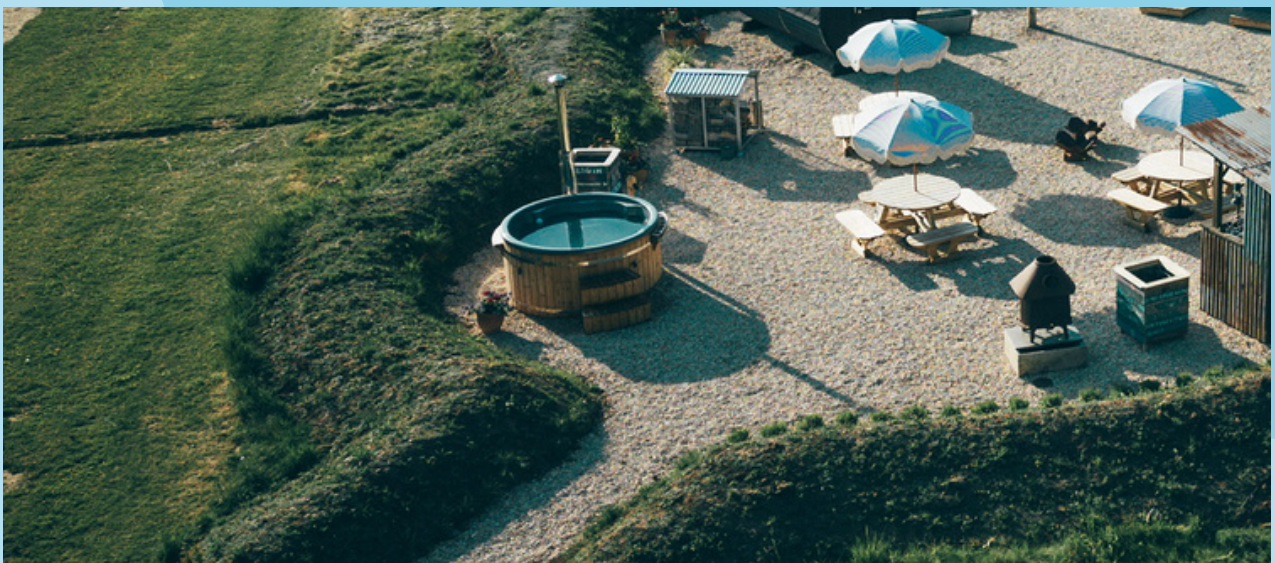
- The sauna will be up to temperature when you arrive: between 70 - 90°C
- There will be logs available so you can keep the fire topped up
- Ash drawer controls fire intensity: pull for hotter, close to maintain or extinguish.
- Control LED lighting with remote controls in the sauna's front half.
- Use the ladle to create steam on hot stones (use sparingly).
- Limit sauna time to 15 minutes to avoid overheating and sickness.
- Max capacity: 6 people in the sauna at once.





HOT TUB

- The hot tub will be up to temperature when you arrive: between 35 - 40°C
- There is a floating thermometer to monitor temperature
- Do not use if the temperature is over 40°C.
- Shower before hot tub use for hygiene.
- Caution near hot water inlet under the highest seat.
- Max capacity: 6 people.





BAR

- The bar lights can be switched on at the plug behind the fridge after dark.
- You can use the bar's speaker to play your music:
 - Turn it on at the plug.
 - Ensure it's switched on.
 - Press the button next to the flashing blue light for a few seconds.
- Pair via Bluetooth under 'WHARFEDALE PRO BT.'
- Caution: Do not exceed volume level 4 to respect noise limits.
- Utilise the fridge to keep items cold.



FACILITIES

- Toilets are located in the car park - the green units next to the glass house.
- Showers: 2 gas-powered hot showers with eco-friendly products and instructions.
- Cold outdoor shower available.
- Changing hut with a power socket; additional sockets behind the bar.
- The plunge bath may be filled with fresh water from the tap if it is not already full when you arrive. Leave the water when you leave as we use it on the plants.
- No Wi-Fi in the sauna corner.



EXTRA INFO

Glassware:

- Please only use the plastic glasses available behind the bar.
- Strictly no glassware permitted in the entire sauna corner.

Waste Disposal:

- Please dispose of waste
- Two bins available:
- One for general waste (by the bar).
- One for recycling (glass, cardboard, tin, and recyclable plastic only; near the hot tub).
- Please leave the area as you found it; no rubbish or debris

What to bring:

- Flip flops (For stones)
- Towel
- Swim wear
- Warm clothes (for when you dry off)

