

## Hidden River Sauna & Plunge Pool – Terms & Conditions

By booking and using the sauna and plunge pool at Hidden River Cabins, you agree to the following terms and conditions:

### 1. General Use

- The sauna and plunge pool are **available for guests staying onsite only**.
- All sessions are **private** and must be **pre-booked through reception**.
- Each booking is £20 for a **1-hour slot**, with a maximum of **8 people** per session.
- One booking per property per day only.
- Guests must be **18 years or older**.

### 2. Health & Safety

- Please **consult your doctor** before using the sauna or plunge pool if you are pregnant, have heart conditions, respiratory issues, or other health concerns.
- Do **not** use the sauna or plunge pool under the influence of alcohol or drugs.
- **Hydrate well** before and after your session – drinking water is provided.
- Shower before using the plunge pool for hygiene and comfort.

### 3. River Use Warning

- **Do not enter the river** – it is **not safe** for swimming or wading due to changing currents, underwater hazards, and wildlife.
- The sauna and plunge pool are positioned safely away from the river's edge for your wellbeing.

### 4. Liability

- Guests use the sauna and plunge pool **at their own risk**.
- Hidden River Cabins accepts **no responsibility for injury, illness, or accidents** arising from misuse or failure to follow these terms.
- Any damage to the facilities caused by improper use may result in a **charge to the guest's booking**.

### 5. Conduct

- Please treat the space with care and leave it as you found it.
- No glassware or food is permitted in the sauna or plunge pool area.
- Noise should be kept to a minimum to respect the peaceful environment and fellow guests.

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**By booking your session, you acknowledge and accept these terms.**

For questions or to reserve your slot, please speak to reception.