

THE WANDERING SPA:

TERMS AND CONDITIONS OF SPA USE

Hot tubs are emptied, cleaned and sanitised every day. We have rigorous maintenance and cleaning procedures in place to maintain a safe and hygienic bathing environment. Please help us to maintain our high standards by always following and respecting the following terms and conditions when in the Spa area.

DO NOT USE THE SPA IF:

- You have a serious illness, heart disease or have a heart condition, high or low blood pressure, respiratory condition, or any other medical condition which may affect your reaction to heat.
- You have had any heart problems or high blood pressure, suffered from a heart attack or a stroke.
- You are taking medication for any of the above conditions.
- You are pregnant or could be pregnant.
- You are susceptible to migraines.
- You have had diarrhoea, sickness or an upset stomach within the last 14 days.
- You have a contagious disease or infectious skin condition.
- You have skin, ear, genital or other body infections or conditions.
- You have any open sores, cuts or wounds.
- You have an illness causing an inability to perspire.
- You have Diabetes. Diabetics are strongly advised to check with their doctor before using the spa facilities.
- You have had a heavy meal within one-and-a-half hours of your spa session.

If you have a medical condition, please speak to your GP before using any of the Spa facilities to make sure it is safe to do so.

1 hour 15 minute sessions are inclusive of the entire period spent in the Spa area, including showers and changing time. Your **first 45 minutes** will be spent in the Hot Tubs and then you have an additional 30 minutes to use the sauna and changing facilities.

Spaces will only be held for 20 minutes after your booked time, at this point tickets will be released for resale and no refunds will be given.

Please arrive at the Spa reception **15 minutes** before your spa session starts so that all members of your group have time to read & sign a copy of our Terms and Conditions and have a compulsory pre-spa shower.

The Hot Tubs hold a maximum of six people only. If your party is larger than this, regardless of whether you all plan on being in the hot tub at the same time or not, you will need to book additional individual spaces in a different tub or extra tubs to accommodate the full party size.

No under 5's allowed in the Hot Tubs. Children must be tall enough to sit on the seats in the Hot Tub with their head remaining above the water line.

No under 12's allowed in the Sauna.

All under 16's must be supervised while in the spa area by an adult (of over 21 years).

Whilst in the Hot Tubs or Cold Plunge do not submerge your head or swallow the water.

We reserve the right to refuse your entry to the Spa if you are under the influence of alcohol or drugs. No refunds will be given.

People under the influence of alcohol or drugs are asked not to use the Spa facilities and may be asked to leave if this becomes apparent. Any guests found in possession of drugs or attempting to consume drugs will be asked to leave the Spa premises immediately. In these instances, no refunds will be given.

All Spa users MUST take a hot soapy shower before using any of the spa equipment (Hot tubs, Sauna, Cold plunge) taking particular care to wash off any heavy make-up, body lotions and oils, tanning product, body glitter etc. (shower gel is provided).

Strictly no underwear or daywear is allowed in the Hot tubs, Sauna & Cold plunge. Bathing suits only please. Swimwear will be available to buy from the spa reception area subject to availability.

Please use your towel to sit on inside the sauna.

Stay hydrated. It's important to stay hydrated while you're using the Spa and Sauna. We recommend bringing a water bottle which you can refill at the spa water refill stations.

Take regular breaks when using the Hot tubs & Sauna. We strongly advise a maximum bathing period of 15 minutes before taking a cool down break. Please listen to your body and get out straight away if you experience: nausea, dizziness, faintness, rapid pulse, irregular heartbeat, stomach pains or tingling in hands or feet.

Please do not bring any valuables with you into the spa. Personal items are left at your own risk and we cannot take responsibility for any damages or loss of property. **Please bring minimal belongings with you** - as we are a pop-up Spa, storage space is limited.

As well as your swimwear and towel, **please bring with you a pair of outdoor slip-on shoes** (e.g., flip-flops/sliders). This is to keep your feet clean whilst walking around the Spa therefore keeping our Hot Tubs & Sauna clean.

Always use the foot baths provided before entering the Hot Tubs and Sauna.

Move around the Spa area slowly and with caution - due to the nature of the area, there may be wet and uneven surfaces. Running, jumping, & climbing is not permitted anywhere in the Spa area.

Do not sit on the top rim/edges of the Hot Tub, if you are feeling too warm, please exit the Hot Tub and take a break on one of the deck chairs provided.

Only members of Spa staff are permitted to check on and top up the fires for the Hot Tubs and Sauna. Please stay well away from the wood burning stoves at all times.

No outside alcohol is permitted in the Spa. You can make use of our Spa Bar and have drinks served to your Hot Tub.

No glass is allowed in the Spa area.

No food is allowed in the Hot tubs or Sauna.

By accepting these terms and conditions, you are granting permission for The Wandering Spa and our affiliates to capture photos and videos for commercial purposes within the Spa area. This implies that you and your group may be photographed or filmed, and these visuals may be utilised online to promote our services.

The Wandering Spa accepts no responsibility for injury or loss caused by misuse of the Spa facilities. The Wandering Spa accepts no responsibility for any medical events that could occur following the use of the Spa to any individuals.

If you are booking on behalf of a group, it is the responsibility of the person making the booking to ensure that these Terms and Conditions are forwarded to, and read by, all the members of their party.

By checking this box, you acknowledge that you have thoroughly reviewed and understand the terms and conditions outlined, committing to adhere to them consistently during your time within the spa premises.