

Cold Tub & Sauna RULES

The Participant hereby agrees to follow the following rules while using the facilities provided by Cedar and Soak Holdings Limited:

1. Participants must be at least 18 years of age to use the tub and/or sauna facilities.
2. Alcohol, nudity and smoking/vaping are not permitted in the facility.
3. All Participants must remove jewelry before entering the sauna to prevent burning.
4. There are two onsite change rooms. All Participants using the facility must change in one of the marked change rooms and not in any common areas. No cell phone usage allowed in the change rooms.
5. The saunas contain red light therapy which can be turned on and off during sessions. Participants must not have an infrared device closer than 6 inches from their skin. We recommend that all Participants wear protective glasses. The Participants must not look directly at any infrared lights as staring into the light may cause burns to the eye, temporary color distortion or other eye issues if eye protection is not worn.
6. Participants must adhere to the following additional rules:
 - (a) arriving showered and using the onsite shower to rinse off before entering and exiting the tubs and/or saunas;
 - (b) adhering to your booking times and vacating the tubs and sauna area on time.
 - (c) making every attempt to keep the water in the tubs and not unnecessarily splashing water out of the tubs;
 - (d) not pouring water onto the rocks in the sauna;
 - (e) drinking plenty of water before, during, and after sauna and/or cold plunge session;
 - (f) keeping the door to the saunas shut except when entering and exiting the sauna;
 - (g) entering and exiting a sauna in safe manner;
 - (h) not taking any pictures or videos of any other patrons without their expressed permission;
 - (i) keeping access points clear to allow other users to exit safely; and
 - (j) exiting immediately if you feel nausea, dizzy, or uncomfortable.