

Sea Breeze Sauna – Customer Waiver & Terms of Use

Effective Date: 30/04/2026

Important – Please Read Carefully

By booking or using Sea Breeze Sauna, you agree to the following terms and acknowledge the risks associated with sauna use.

Health & Safety Acknowledgement

I understand that using a sauna involves exposure to high heat and may carry health risks.

I confirm that:

- I am in good health and physically able to use a sauna
- I do not have any medical conditions that may be affected by heat (including heart conditions, low/high blood pressure, respiratory issues, or pregnancy unless advised by a doctor)
- I will consult a doctor if unsure about sauna use

I accept full responsibility for my health during and after use.

Use at Your Own Risk

I acknowledge that:

- Sauna use is entirely at my own risk
 - Sea Breeze Sauna is not liable for any injury, illness, allergic reaction, or health issue arising from use
 - I will exit the sauna immediately if I feel unwell, dizzy, or uncomfortable
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Alcohol, Drugs & Behaviour

- I will not use the sauna under the influence of alcohol or drugs
 - I will behave responsibly and respectfully at all times
 - Any unsafe behaviour may result in removal without refund
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Personal Responsibility

I agree to:

- Stay hydrated before, during, and after sessions
 - Follow all instructions provided by staff
 - Supervise any children in my care at all times
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Age Restrictions

- Users under 18 must be supervised by a responsible adult
 - Parents/guardians accept full responsibility for minors
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Personal Belongings

- I understand that I bring personal belongings at my own risk
 - Sea Breeze Sauna is not responsible for loss, theft, or damage
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Outdoor & Mobile Sauna Risks

As a mobile sauna, I understand there may be:

- Uneven ground
- Changing weather conditions
- Slippery surfaces

I accept these environmental risks.

Bookings & Cancellations

- Bookings are subject to availability
 - Cancellation policies will be provided at the time of booking
 - Late arrivals may result in reduced session time
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Liability Waiver

To the fullest extent permitted by UK law:

I waive and release Sea Breeze Sauna, its owners, and staff from any liability for injury, loss, or damage arising from sauna use, except where caused by negligence that cannot legally be excluded.

Agreement

By booking or attending a session, I confirm that:

- I have read and understood this waiver
 - I agree to all terms stated above
 - I accept full responsibility for my participation
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Name: _____

Signature: _____

Date: _____
