



WELCOME TO OUR *Sauna & Cold Plunge* EXPERIENCE:

Step into our traditional sauna, tucked away among the trees, where the soothing heat helps you unwind and detoxify. Enjoy all the benefits of heat therapy, with the opportunity to finish your wellness experience off in our cold plunge. This offers a refreshing way to rejuvenate your body and mind.

BOOKING DETAILS

1. Visit our website www.inntheorchard.com
2. Navigate the sauna bookings page under the tab “more”
3. Select Sauna and Cold Plunge Experience
4. Complete the health form, agreeing to our terms and conditions
5. Once the health forms are submitted, you are ready to go

the sauna takes 45 minutes to warm up



THE BENEFITS:

- Enhances Immune Functions
- Promotes Faster Muscle Repair
- Improves Skin Health
- Boosts Energy Levels
- Increases Circulation
- Reduces Stress

If you have any questions or encounter any issues during the booking process, feel free to contact us for assistance!

TO BEGIN YOUR SAUNA EXPERIENCE:

1. Walk over to the sauna when you're prepared to start
Takes about 45 minutes to reach optimal temperature, if not used prior
2. Press the black button to initiate the control
3. Turn the bottom the preferred temperature.
(first time user 160 temp. recommendation)
4. Press the button to start the heating process.
5. There should be red flame symbol above the current temperature.
6. While the sauna is heating up, feel free to take a shower and change into the provided robes and your bathing suit.
7. Once the sauna has reached the desired temperature, step inside and enjoy (don't forget your towel).



After your sauna experience, cool off in the cold plunge or relax in the tranquil surroundings of our orchard.



ADDITIONAL INFORMATION:

- Max 4 people at a time
- Bathing suits are required
- Bring provided towels for seating
- Sauna will remain on for 2 hours
- During your stay, you're welcome to use the sauna as many times as you like
- Recommended length of use is 15-20 minutes
- First timers should start with 5-10 minutes



We are excited to offer this unique amenity to enhance your stay with us. Whether you're seeking relaxation or rejuvenation, our sauna and cold plunge are the perfect addition to your getaway.



SAUNA ETIQUETTE:

1. Respect the Dress Code: some saunas are naked saunas, and other aren't...ours is not! Wear appropriate swimwear or clothing.
2. Don't play music: this is a quiet place intended for relaxation.
3. Use a towel: while sitting or laying in the sauna to protect your body from the heated service and for hygienic reasons.
4. Leave your phones: we all lead busy lives and can't imagine a world without constantly being online and connected. However, this is the time to disconnect and it can be dangerous to have your phone inside the sauna.
5. Don't groom yourself: simply sit and relax! For hygienic reasons please do not brush teeth, shave face or legs.
6. Keep the door closed: keep the heat inside and try not to leave the door open for too long when entering or leaving the sauna.
7. Shower before entering the sauna: as mentioned have a quick shower prior to your visit in the sauna, for hygienic reasons.



Safety instructions

Check with doctor before use if pregnant, in poor health or under medical care.

