Woodland Spa – Etiquette

To make your visit as comfortable and enjoyable as possible, please take a moment to read the below

- Under 18s are not allowed into the spa area alone. Children over 12 may use the facilities by prior arrangement, if accompanied by adults.
- Sharp objects and glass are not allowed in the spa area.
- For hygiene reasons, food is not allowed in the spa area.
- We advise against eating a heavy meal before the use of the facilities.
- The shower should be used prior to entering the hot tub and ice bath.
- Do not wear cosmetic products such as body lotions, creams, and heavy make-up in the hot tub. These products compromise the chemical treatment in the water which can have an impact on your safety.
- Sun protective creams should be applied no less than one hour before using the hot tub. This will also ensure that the protective properties will be more effective.
- Please avoid wearing metal jewellery and watches while using the facilities. Metal can react to the water treatment in the hot tubs and get very hot in the sauna. We advise you to keep valuable items at home. We are sorry but we do not accept responsibility for lost or damaged items.
- Before and during the visit please drink plenty of water (provided).
- No smoking or vaping in the spa or woodland areas.
- We advise against submerging your head in the water.
- Please put any rubbish in the bin provided
- Please do not stand on the sides of the hot tub or ice bath, and use the steps provided
- Regularly alternate the heat of the hot tub and sauna with cold air, cold shower, and the ice bath. Always allow your body to cool down fully before returning to the hot space.
- Do not use the facilities if you have sensitive skin; open sores or wounds; or have had the flu or stomach problems in the last 7 days.
- Contact your GP before using the facilities if you are pregnant, receiving medical treatment, are taking medications or have a long-term illness.
- Please contact us if you any questions/clarification needed on any of these points.