

Shambala Springs Guidelines

We want you to relax, unwind and enjoy your spa experience to the full, so please read and adhere to the following information. This is in the interest of your health and safety as well as that of other spa users:

Please be aware that this is a relaxed and calm space to unwind in. Spa etiquette and health and safety advice must be followed and respected

People using Shambala Springs and all its facilities do so at their own risk. Please remember to use your discretion when using all the facilities in the area

Take care in the area. Many areas in the spa can be slippery and uneven. Be careful when getting in and out of the hot tubs and sauna. If you need any assistance ask a member of staff

Take care when using the hammocks. They are not pegged down as they are designed to be able to be moved

People under the influence of drugs or excess alcohol are asked not to use the spa and may be asked to leave if this becomes apparent. In this instance your ticket will not be refunded

Any abusive behaviour towards staff or other spa users will not be tolerated and you will be asked to leave. In this instance your ticket will not be refunded

Please do not bring alcohol into the spa area

Please ensure to arrive at least 15 mins early to check in

Please do not bring any valuables to the spa as we cannot take responsibility for any damages or loss of property

Under 16s accompanied by an adult (over 21) are very welcome

Parents are advised that hot tubs and sauna are not suitable for children under the age of 5

Please be advised that we are a nudity friendly sauna

Bathers must take a hot soapy shower before entering the tubs and sauna, washing off any heavy makeup and body lotions

Please wear either bathing costumes or nothing in the hot tubs and sauna, so no underwear or clothes

Please use a towel to sit on in the sauna

Only staff may check and top up the fire in the sauna and hot tubs

Be aware that metal jewellery/watches etc will get hot in the sauna. We recommend removing them before entering the sauna

Sauna users advised that each session should not exceed 8-10 mins without out a cool down break. Try having a cold shower, or cool down slowly with a cold drink of water

Drink lots of water. Free drinking water is provided in the spa

Be aware that heat speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness

Time in the hot tubs is limited to the one hour slot you have booked. Feel free to use the other facilities during this time but you will have to leave the tub once your times up

Using the hot tubs and sauna for too long may result in nausea and dizziness, so take breaks when necessary. Please get out straight away if you experience: nausea, dizziness, faintness, rapid pulse, irregular heartbeat, stomach pain or tingling in the hands or feet

When using the hot tubs do not fully submerge your head in the water or let the water go in your mouth

No food allowed in the hot tubs or sauna

No soaps or oils are allowed in the hot tubs

Please no glass in the spa area, use the cups provided

If you pregnant, we advise you check with your healthcare provider before booking a session

Spa users are advised not to use the hot tubs or sauna without first seeking medical advice if you suffer from: heart disease, circulatory problems, high or low blood pressure, diabetes, seizures or any other serious illness, or if you suffer with migraines or any illness that causes inability to perspire

You should not use the spa if:

- You have a serious illness that may be triggered by heat
- You are taking medication for such a condition
- You have had diarrhea within the last 14 days
- You have a contagious disease, infectious condition, open sores or wounds
- If you are unsure if you should use Shambala Springs, please contact your GP

We hope you enjoy your spa experience!