

## **Campwell Sauna Frequently Asked Questions**

### **What should I bring ?**

Swimwear, 2 towels (one to sit on and one to dry off with) a full water bottle (not metal), a pair of flip flops to use in the outdoor shower might be useful but not essential.

### **Do you have parking ?**

Please park in the gravel area behind the barn. We do have a shared car park with other facilities at the Farm and usually it's easy to find a space in the evening but maybe busier in the afternoons please bear that in mind although there is plenty of street parking in the village of Winsley a few minutes walk away.

### **Do you have changing facilities ?**

We have a designated communal area with benches and hooks but space is limited so suggest you bring as little as possible and come with your swimwear under your clothes so you can quickly change and be sauna ready. In the winter months, we suggest you bring some warm layers of clothing to change into post sauna.

### **Do you have any storage for valuables ?**

No so suggest you leave these at home or in your car, we also suggest that you remove jewellery if possible before entering the sauna as some metals can get very hot.

### **Can I bring alcohol?**

We have a no alcohol policy and reserve the right to refuse entry (without a refund) if anyone seems inebriated or intoxicated.

Please do not drink alcohol or consume drugs before coming to your sauna session, you will not be offered a refund.

### **How hot does the sauna get?**

The sauna is typically 60 to 80 degrees Celsius.

**I have never had a sauna, what should I expect?**

Arrive 5 minutes early so we can fill you in on everything you need to know about your sauna experience.

We recommend arriving with your swimwear on, so you don't lose valuable sauna time!

The most important thing is to relax and listen to your own body, everyone is different we recommend to maximise the benefits of the sauna you sit in the sauna for 10-15 minutes, followed by a cold shower or a plunge in the cold water bath or just simply stand outside, do what feels right for you.

Customers are not allowed to operate the stove (it is extremely hot!). You are allowed to ladle water onto the stones, using the equipment provided, you will be given instructions on how to do this.

**Can I bring children ?**

We are only offering sessions to those over the age of 18.

**How can I contact you ?**

Please email us at [sauna@campwell.co.uk](mailto:sauna@campwell.co.uk)