



Inspired living for abundant women who love the life they live.

Soul Sister Sauna & Sea – Health & Safety Declaration

This document outlines the health & safety information, liability waiver, house rules, what to bring checklist, photography policy and acceptance clause for Soul Sister Sauna & Sea sessions. Please read carefully before attending.

Health & Safety Declaration

- Sauna use and cold-water dipping may carry health risks.
- Not recommended if pregnant, or with high blood pressure, heart conditions or other concerns.
- Consult your GP if you are unsure of your suitability.
- Participants take full responsibility for their own health and wellbeing.

Liability Waiver

- Participation is entirely at your own risk.
- Wild Ways & Lazy Days, Studland Sauna Hut, and Studland Watersports accept no liability for injury, illness, accident, or loss.
- Participants must follow all safety instructions provided.
- Failure to follow safety rules may result in refusal of entry or removal from the session without refund.





House Rules

- Women only. Minimum age 16.
- No alcohol, smoking, vaping, nudity, or glassware.
- No outdoor or wet shoes inside the sauna.
- Sit on towels while using benches.
- Maximum 20 minutes per sauna session.
- Enter and exit carefully, one at a time, using the handrail.
- Keep doorways clear for safe entry/exit.
- Avoid contact with stove and hot surfaces.
- Jewellery, glasses, and contact lenses may be affected by the heat.
- Respectful behaviour is expected at all times.

What to Bring

- Swimwear
- Two towels (one to sit on, one to dry with)
- Plenty of drinking water
- Flip-flops or beach shoes
- Warm clothing for afterwards
- Torch or headlamp if attending after dark

Photography Policy

We occasionally take photos or short videoclips during Soul Sister Sauna& Sea sessions for promotional use. By attending, you consent to being photographed or filmed. If you prefer not to be included, please inform us before the session begins.

Acceptance Clause

By booking and attending, you confirm that you have read, understood, and accept the health & safety declaration, liability waiver, house rules, what to bring checklist, and photography policy as outlined above.

SIGNED:

NAME:

DATED:



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