



## THE LAZY DUCK SIX PERSON WOOD FIRED HOT TUB & INFRARED SAUNA

### INTRODUCTION TO THE WOOD-FIRED HOT TUB:

Our wood-fired six person hot tub provides an experience of log crackling warmth. Built from Scandinavian larch and positioned as close to the forest as possible for a tranquil setting and incredible star-gazing.

### PRICE & BOOKING DETAILS:

We fire the hot tub up Wednesday/Saturday: 5.30 6.30pm and 7.30pm. £10 per person 45 minutes session. book at reception.

£8.00 per person for groups of 4 or more (up to a maximum of 6 people at one time)

### SAFETY & ESSENTIAL INFORMATION:

- Please shower beforehand and rinse your feet to keep the tub as clean as possible.
- You are welcome to bring drinks to the hot tub and for safety reasons we will provide metal cups.
- We stock & manage the wood fire and lanterns for you.
- It is inadvisable to not use the hot tub if you are pregnant, suffer from high/low blood pressure or heart conditions or are taking any prescription medication.

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## THE LAZY DUCK 2-PERSON SAUNA

### INTRODUCTION TO INFRARED SAUNA:

The infrared sauna system is relatively new in the West but has been used in Chinese health care and by the US for many years. Ceramic elements emit infrared rays, part of the sun's invisible spectrum, that are directly absorbed by the body providing internal warmth rather than heat transferred from the surrounding air. The experience is much more comfortable & sweating can be more therapeutic.

### PRICE & BOOKING DETAILS:

The sauna is available to be booked between the hours of 10:am-10pm

£15 for a 60 minute session for 2 people (includes a 10 minute cool-down period)

£8.50 for a 60 minute session for 1 person (includes a 10 minute cool-down period)

### SAFETY & ESSENTIAL INFORMATION:

- A warm shower beforehand will enhance the detox effect of a sauna.
- Do not drink alcohol before sauna and avoid heavy meals for two hours before a session.
- Drink plenty of water before & after using the sauna.
- Please do not bring aromatherapy oils into the sauna.
- It is inadvisable to use the sauna if you are pregnant, suffer from high/low blood pressure or heart conditions, had any recent surgery or take any prescription medication.