



# CROMLIX

LUXURIOUS, BY NATURE

WELLNESS · THE ESTATE

## Sauna & Cold Plunge

*Rest, restore, reconnect.*

Welcome to the Cromlix sauna and cold plunge — a quiet corner of the estate designed for recovery, reflection, and a genuine sense of escape. Please take a moment to read the guidance below before you begin.

### BEFORE YOU BEGIN

Please use the facilities at your own pace and within your own comfort level. If you are pregnant, have a heart condition, high or low blood pressure, epilepsy, respiratory issues, or any other medical concerns, we recommend seeking medical advice before using the sauna or cold plunge. Please avoid use if you feel unwell, dizzy, or have consumed alcohol or medication that may affect your response to heat or cold. Guests under 16 are welcome with direct adult supervision.

### THE SAUNA

We recommend sessions of 10–15 minutes at a time. Please sit on a towel and stay well hydrated — feel free to bring a water bottle, though we ask that all drinks containers are plastic or metal rather than glass. We recommend wearing flip flops or sandals to and from the sauna, and going barefoot inside. If at any point you feel faint, overheated or uncomfortable, step out and cool down gradually. A panic button is located inside the sauna should you ever need assistance.

### THE COLD PLUNGE

Enter slowly and carefully, allowing your body to adjust. Stay for as long as feels comfortable — particularly if cold water therapy is new to you. Please avoid jumping in or submerging your head without being fully prepared. Take care when stepping in and out — surfaces may be slippery.

### GENERAL

Floors may be wet — please move carefully throughout. We ask all guests to use the changing facilities with consideration for others. To ensure every guest enjoys their time, we kindly ask that sessions finish promptly so the facilities are ready for those arriving after you. Guests use the sauna and cold plunge at their own risk.

*This space is here to restore you — not to rush you. Listen to your body, take your time, and let the quiet of Cromlix do the rest.*

If you need anything at all, a member of the team will be delighted to help.

CROMLIX · KINBUCK · STIRLINGSHIRE



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SAUNA & COLD PLUNGE

## Guest declaration

I confirm that I have read and understood the guidance overleaf. I acknowledge that I am using the sauna and cold plunge facilities voluntarily and at my own risk. I confirm that I have no medical conditions which would make use of these facilities inadvisable, or that I have sought appropriate medical advice prior to use. I understand that Cromlix accepts no liability for any injury, illness, or loss arising from my use of the facilities.

I have read, understood and agree to the guidance and declaration set out above.

\_\_\_\_\_  
GUEST NAME

\_\_\_\_\_  
ROOM

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE