



Serenity Shore Spa

WHERE SERENITY MEETS THE SHORE

Wood-Fired Sauna & Cold Plunge Experience

GUIDELINES

- No Shoes
- Hydrate before and during your session
- No alcohol or drug use permitted
- Swimwear required
- Enter sauna and cold plunge slowly
- Control your breathing during cold exposure
- Do not pour water on sauna rocks unless instructed
- Sit on a towel inside the sauna
- Keep doors closed to preserve heat
- Recommended sauna rounds: 8–15 minutes
- Recommended cold immersion: 30 seconds–3 minutes
- Exit immediately if feeling dizzy, lightheaded, or unwell
- Please respect the space and other guests

Do not participate if you are pregnant, under the influence, or have cardiovascular conditions, seizures, or medical concerns without physician approval.

Participation is voluntary and at your own risk.
Please notify staff immediately in case of emergency.