

SAUNA & STEAM ROOM

The sauna and steam rooms are available to use!

Location: Men's Shower area.

Whether you're looking to relax after a round, unwind after your workout, or simply enjoy some well-deserved time to yourself, our facilities are ready for you to enjoy.

If you'd like to use either the sauna or steam room, please speak to a member of the Golf Services team and they will make sure the facilities are ready for use.

PROCEDURE OF USE

To ensure everyone can enjoy the facilities safely and comfortably, please follow these guidelines:

- Please shower before entering the sauna or steam room.
- Swimwear must always be worn.
- Please do not use oils, creams or lotions inside the sauna or steam room.
- Please use a towel to sit on in the sauna.
- Stay hydrated and drink plenty of water before and after use.
- Limit your session to approximately 10–15 minutes at a time.
- Please leave the door closed when entering or exiting to maintain the temperature.
- Please leave the facilities clean and tidy for the next member.
- No food or glassware is permitted in the sauna or steam room.
- Please leave mobile phones and other electrical devices outside the facilities.
- If you feel unwell, dizzy or uncomfortable, leave immediately and cool down.

PLEASE NOTE

Members with any medical concerns or conditions that may be affected by heat exposure should seek appropriate medical advice before using the facilities.

ENJOY THE FACILITIES

We hope you enjoy making the most of our sauna and steam room and find them the perfect way to relax, recover and recharge after your time at the club.