

# Old Rectory House

## Sauna, Hot Tub & Ice Bath User Guide

Heat & cold therapy has many proven physical and mental health benefits including : lower blood pressure, increased metabolism, reduced inflammation, raised insulin sensitivity and reduced levels of stress and anxiety. However, like most activities, it isn't without risks. If you have any pre-existing conditions, especially any cardiovascular issues, circulation problems, high blood pressure or if you're pregnant, do not use these facilities. If you are in any doubt please check with a medical professional first. Do not use any of these facilities alone, if you are unwell or while under the influence of alcohol.

If you are new to heat & cold therapy please start slowly. It is not a competition.

It is absolutely crucial to stay hydrated while using these facilities so please use the water bottles/cups/jugs/tap provided.

When moving from the ice bath to sauna/hot tub and vice versa do not get straight in. Give your body a few minutes to adjust to the ambient outside temperature first before moving onto the next activity.

### Ice Bath

Studies show that to get most of the benefits of cold water immersion, 11 minutes a week spread over multiple sessions is the magic number. So 2 or 3 minutes at a time is more than enough. The cold shock of the first 30 seconds is the toughest so once you are through that, you've completed the hardest part. Focus on slow, deep breathing and try and embrace the power of the cold and remind yourself you are doing something amazing!

### Sauna

Our sauna is set to 75/80 degrees Celsius. The top shelf seat is considerably hotter than the middle shelf so choose the level where you feel most comfortable. If at any time you start to feel uncomfortable please exit the sauna. First timers should try for 5-10 minutes at a time and more experienced sauna goers can aim for 15-20 mins. 30 mins is the absolute maximum time anyone should stay in the sauna at any one time. Please sit/lie on your towel in the sauna.