

# ISLAY SAUNA

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## How it works

### Book online

Our sauna seats 10, but we only book 6 seats for public sessions to give everyone some space. For private use, book all 6 to have the sauna to yourself for up to 10 people.

### Before You Arrive

- Arrive in your swimwear if you can.
- Bring two towels – one to sit on and one to dry yourself.
- Bring a bottle of water.
- We have one changing area, or you can change under a changing robe.
- We sometimes have a toilet available. If not, the public toilets are just around the corner in Portnahaven.
- Park where it says 'Burnside Lodge - Private Parking' or in the layby just along the road - or car share if you can.

### While You're Here

- Please sit on a towel or borrow one of our seat mats.
- Swimwear is required.
- Feel free to drizzle water onto the stove, but please check with everyone else first.
- If you choose to dip in the sea, take care—the currents are strong. Swim shoes are useful and please rinse before coming back into the sauna.

### During Your Session

Most people enjoy the sauna in cycles of 5–15 minutes, cooling down between rounds. Step outside to cool off, shower or, if you choose, take a dip in the sea. Some people enjoy a chat, while others simply sit quietly and take in the warmth and the view. Both are equally welcome. Listen to your body—it's not an endurance test.