

# Titan Sauna

205 Wadsworth Rd.  
Spartanburg, SC 29301  
(864) 529 - 6925

## Sauna Rental Agreement

### Overview

Titan Sauna Rental offers a luxurious outdoor retreat for a relaxing sauna experience. The spacious sauna house can accommodate approximately up to 10 guests, providing a tranquil environment for friends and family to unwind. The property features an outdoor shower, a pergola adorned with beautiful lights, outdoor furniture, a propane fire pit, and a refreshing cold plunge. Guests can immerse themselves in a rejuvenating experience, making the most of their time to relax and enjoy the serene ambiance.

### Rental Details

Sauna Time Slot: hourly session

Rental Fee: \$75/hr

Minimum time booked 2 hours

Cash App: \$vovaprikhodko

Zelle: (864) 529 - 6925

***Rental fee is due at booking. Cancellation must be 24 hours prior to booking date and time or the rental fee will not be refunded.***

***Once a time slot is booked, it will be honored regardless of guest arrival time. Guests must adhere to the designated departure time.***

## Rules and Regulations

### 1. Car parking:

Renters are required to carpool, with a maximum of 2 cars on location. Additional cars can park in the parking lot, located a minute away from the premises (NewSpring Church in Spartanburg parking lot).

### 2. Prohibited Activities:

- Hanging on the pergola is strictly prohibited.
- Consumption of alcohol, drugs, or smoking on the premises is prohibited, as it may pose a risk of bodily injury or death.
- Leaning on glass and slamming the glass door are not allowed.
- No food is permitted inside the sauna; however, it is allowed in the common area.
- Only water is allowed to be poured on the rocks; any other liquids will result in a \$300 fine and a ban from future rentals.
- Essential oils may be used in moderation; excessive use will result in a \$50 charge.
- Using the restroom in the yard or bushes is prohibited; guests must ask the host for restroom access.
- Loud music is not allowed out of consideration for neighbors.
- Grilling or making s'mores on the fire pit is prohibited; it is for aesthetic purposes only.
- Use the cold plunge responsibly. \*If used irresponsibly, it could cause hyperthermia, black outs (which can result in drowning), cardiac arrest, etc. Read cold plunge safety message below.

- Absolutely no horseplay in the sauna. Horseplay can result in damage, injury, even death.
- Guests are **NOT allowed to touch the stove.**
- Do not prop your feet on the stove/ stove rack that contains rocks. This can result in serious injury.
- Do not lean on glass. Do not touch the glass (the glass gets very hot during the sauna session).

### **3. Responsibilities:**

- Guests are responsible for keeping the common area clean, using the provided trash bin, and taking out the trash to the designated green bin after the session.
- Hydration is vital; guests are urged to drink plenty of water.
- After using sauna whisks, clean all the excess from the sauna house.

### **4. Conclusion of Session:**

- Guests must clean the area, take all possessions with them, and dispose of trash in the designated green bin in front of the house.
- All guests must vacate the premises at the conclusion of the scheduled session; any extension will result in a \$75 up-charge.

### Liability Waiver:

- The host is **not responsible** for any lost items, injuries, or incidents that occur during the rental period.
- Person who books the session is responsible to inform all participants of the rules and regulations of this contract.
- A laminated copy of the rules and regulations will be located on site.

### Agreement:

- By signing below, the renter agrees to abide by the rules and regulations outlined in this contract and accept the terms and conditions of the sauna rental.
- If any damage is done to the sauna/ common area/ outdoor shower during the renters session, the renter will be fined and responsible to pay for any damage. The renter and parties involved may be banned from renting the sauna in the future.

## Cold Plunge safety

There are several precautionary protocols that mitigate the risks of whole body cold water immersion:

- Avoid cold water immersion when contraindicated or contravened by advice of your physician. As I wrote in *Contraindications to Cold Plunge* (<https://www.morozkoforge.com/post/contraindications-to-cold-plunge>), hypertension, heart arrhythmia, anorexia, cold urticaria, anti-depressants, are examples of contraindications.
- Ice bath sober. Never enter the water while intoxicated, inebriated, hyperventilated, feeling faint, or under the influence of drugs.
- Supervise children. Drowning is the leading cause of death among American children aged 1-4, and the second leading cause for children 5-14 (CDC 2022 (<https://www.cdc.gov/drowning/facts/index.html>)). Young children must always be attended by a capable adult when bathing.
- Enter the ice bath feet first to allow yourself to experience the gasp reflex, and to give your body time to structure your breathing and strengthen your parasympathetic response.
- Breathe continuously, in a steady, structured rhythm. Never combine hyperventilation with immersion in the water and do not attempt breath holds in the ice bath. For example, when dunking your head, exhale slowly to maintain your breath.
- Go cold enough to gasp, long enough to shiver. The benefits of the ice bath come in the first few minutes, while the risk of hypothermia increases later. Especially for beginning plungers, there's no reason to immerse any longer than it takes to induce a shiver response.

\*Allow time to rewarm before operating tools, machinery, a vehicle, or any other equipment.