

# Old Oaks Hot Tub Information

## Cedar Lodge 1 and Shepherd Hut 1 only

If you've booked either of the above, good move!

### Temperature

The temperature can be changed with a simple button on the front. The range is set at 37 to 40 degrees and cannot be altered higher or lower.

### Lights

There are several single colours to choose from or go for the colour changing option. Or to make the most of the beautiful night sky, simply switch it off at the touch of a button.

### Jets

There are 2 settings - low and high. **We request that the low setting is used after 10pm.** The jets are of varying intensity, dependent on where you sit in the tub. Great for relaxing those tight muscles.

### The boring but essential rules

- Please **do not use your tub before 9am or after 10.30pm** so as not to disturb your fellow guests.
- **ALWAYS** cover the tub when not in use to avoid possible water contamination
- It is not recommended to use a hot tub for longer than **half an hour at a time** to avoid overheating, nausea or dizziness. Prolonged sessions also reduce the quality of the } water and increase the chance of potential skin irritation. Also, we may need to sanitise and add additional chemicals which may create periods of time where you will not be able to use the tub safely.
- **Your hot tub is for your sole use and other guests are NOT permitted.**
- Please shower, preferably in your swimwear, **before and after use.** Beauty products, make up, sun cream, tanning lotions and detergents within your swimwear, reduce the quality of the water massively and may result in prolonged cleaning or hot tub down-times.
- If you have a heart condition or high blood pressure, it is not advisable to use a hot tub. Please check with your doctor. Pregnant ladies should NOT use a hot tub.
- **Water quality and filters will be checked by a member of staff, at around 9.30am and 5.30pm (not on arrival day) every day. Cleaning will also be carried out at this time.**
- Please be aware that there may be times when the hot tub cannot be used if the water quality is found to be below standard. If additional chemicals or sanitisers are required, the downtime could be up to several hours, dependent on the issue. Your safety is paramount.
- **Never** use bubble bath or any other similar products. This will damage the tub.
- No glass items may be used in or near the hot tub.