

Sauna Testimonials

"This was my second time at the sauna and after the last time, I felt warm inside for days, it seems to increase my circulation so my hands and feet are not as cold! I really enjoyed the second experience! I will be back!"

Helen Parsons

"I enjoyed my experience in the sauna, it was very relaxing and made me feel warm inside and I will be back to see if I can benefit from the long term effects."

Toni Flower

"This was my 6/7th time, great way to end the school day. Thanks mum!"

Cameron Southey

"I had my first experience in the beautiful sauna with my four children - we had so much fun. It was lovely to spend time with them chatting and laughing and knowing that all our cells were getting warmed! I had gone into the sauna with a wrist injury from massaging, when I came out it was the same but I felt very energised. That evening I was very hungry, slept brilliantly - as did all my children (even my little girl who normally finds it difficult to sleep). Then when I woke up in the next morning my wrist didn't hurt anymore. I was AMAZED!"

Leanne Bray, Massage Therapist

"A wonderful set-up! Fantastic smell of the wood and dry heat that really permeates. I was intrigued and found that it was a long time before I broke into a sweat - a half hour session was just right. Many thanks."

Lucy Makin

"Found the sauna really wonderful - had a rib pain when I went in now so much better. Lovely heat and smell. Managed to stay in nearly an hour! Thank you! Felt warmed to the bone!"

Judith Stewart

"I had a F.I.R sauna treatment of half an hour which in itself was very relaxing and comfortable - such a lovely warmth on the skin. My arthritic pelvis was alleviated almost instantly, but it was 24 hours later that I felt incredibly invigorated - quite unlike anything I had felt in a long time."

Colin Reeves

"Very hot and relaxing! Had to come out a few times because it got too HOT! But it was very lovely anyway!"

Lauren Southey

"I really enjoyed my sauna. It felt so lovely to have warmth on my skin and felt just like sitting in the sun. Lovely, clean and comfortable.

Thanks."

Helen Carlile

"My wife bought me to the sauna today for a valentines present. I had Reiki, Foot Massage and head, Neck and Shoulder Massage. The treatment felt amazing and I came out at the end feeling relaxed and recharged."

Malcolm Bray

"Had a lovely warm half hour - very relaxing, nearly fell asleep. Will find out later if I feel better later. Enjoyable and was stiff from an exercise class and feel it may have helped."

Tania Brookes

"After a very stressful day it was lovely to really relax in the lovely sauna with my daughter - great to have some me time. Will definitely be back. (Also great to be so warm)"

Jo Winter

"The experience was nice. Half hour was a good amount of time for me. It was quite relaxing and I can't wait to feel the effects."

Aly

My first time in an infra red sauna and I enjoyed it. It was much more enjoyable than a standard sauna, no prickly heat! I feel very relaxed after my half hour session and intend to come back, all in the name of stress relief!"

Helen

"This has been a great experience, sharing the warmth of the sauna, the colours and clearing the mind and body. Thank you."

Sue Eades

What a wonderful experience, my blood feels cleansed and circulating. First time and not the last!"

Charlotte lauder

Wonderful experience, I feel rejuvenated and revived. Thank you."

Sarah Paul

What a wonderful thing this sauna is. We had a great reading with the Goddess cards and felt energised, refreshed and sweaty!!"

Anna Holmes

Such an amazing experience. So much better than a steam sauna. I was able to breathe properly and enjoy the experience with lovely friends. Wholly recommended!"

Julie Evans

Wonderful! I waited and dreamed of returning since my last session. (I had the best night's sleep that night.) I'm addicted already."

Judith

"Very Hot and a wonderful experience. Very relaxing and calm. Thank you."

Shauna Bray

I lasted for about 40 minutes with a couple of quick breaks (door open) and it felt fantastic. I feel the cold easily, so feeling warm right through is wonderful. Feel lighter and much more relaxed after and focused - more clarity. Thank you."

Pam