

// RECHARGE

Infrared Sauna Policy

CTRL//RECHARGE infrared sauna sessions are designed to support recovery and overall well-being. Please review the following guidelines to ensure a safe and comfortable experience for everyone.

1. Booking and Access

- Sauna sessions must be booked in advance through the CTRL// booking system.
- Sessions are available in 20-, 30-, or 40-minute options.
- Two people are permitted per session only with staff pre-approval.
- Members must be 18 years or older.
- Each booking includes a 10-minute preheat buffer to ensure the sauna reaches the ideal temperature before entry.
- Recommended usage temperatures range from 110°F to 140°F, with ideal benefits typically observed between 130–140°F.
- Saunas are in a private room and are equipped with a privacy lock.

2. During your Session

- Avoid alcohol before sauna use.
- Stay hydrated before and after sauna use.
- Wear comfortable, breathable clothing and use a towel while seated in the sauna.
- No oils, grooming, nudity, or phone use permitted.
- Exit the sauna immediately if you feel dizzy, unwell, or uncomfortable.
- Please respect your body's limits. Shorter sessions are always okay.
- Late arrivals may result in a shortened session to maintain the booking schedule.
- Each sauna is equipped with an automatic shutoff based on session duration.

3. Studio Care

- Staff will manage sauna operations, including preheating and starting each session.
- A 10-minute gap between sessions will be scheduled to allow for cleaning and reheating.
- Clear signage and staff guidance will support a smooth experience for all members.

4. Health and Safety

Infrared sauna use may not be suitable for everyone. Please consult a healthcare professional before use if you:

- are pregnant
- have cardiovascular conditions
- have heat sensitivity
- are taking medications that affect circulation or hydration.

Use of the sauna is voluntary and at your own discretion.

5. Cancellation Policy

All sauna session drop-ins, packs and membership holders must cancel at least 2 hours in advance, or the session will be forfeited.

6. Time-limit Responsibility

Members are responsible for monitoring their session time and exiting promptly when their session ends.

7. Cleanliness Expectation

To maintain a clean and comfortable environment, please sit on a towel at all times, remain in comfortable clothing, and wipe surfaces after use if instructed by staff.

CTRL// is not responsible for lost, stolen, or damaged personal belongings.

Sauna use is at the individual's own risk and comfort level.

CTRL//RECHARGE operates in accordance with applicable health and safety standards for wellness and fitness facilities in Ontario.