

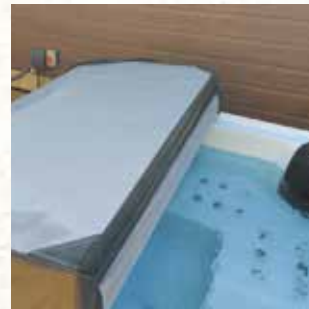
Heron's

LAKE RETREAT

Hot Tub Cup Guide

relax & unwind

We hope you have a fantastic stay with us.



We are a quiet and peaceful site, when using your hot tub please be respectful of your neighbours – no loud music or noise outside at any time, especially so between 9.30pm and midnight.
(tubs should not be used after midnight)

All tubs are serviced twice every day between 7.00am – 4.00pm. We will always aim to get your hot tub ready for you on arrival, however, please allow us up to one hour after your check in time.

GENERAL ENQUIRIES

For any general enquiries during your stay between 9:00am and 8:00pm please call **01352 721 272** or **07484 913 480**

OUT OF HOUR EMERGENCIES

8:00pm until 9:00am please call the following number twice **07483 408 769** if there is no answer initially, please leave a voicemail explaining the issue. (i.e. serious water leak, noise disturbance, total loss of power or heating)

EMERGENCY SERVICES

If your issue requires the Emergency Services call **999** and keep us updated on the emergency number above.

PLEASE FOLLOW THE BELOW ADVICE TO GET THE MOST ENJOYMENT OUT OF YOUR HOT TUB

- Removing the hot tub cover
(*never place the hot tub cover on the floor*)
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- All tubs are serviced twice every day between 7.00am – 4.00pm. We will always aim to get your hot tub ready for you on arrival, however, please allow us up to one hour after your check in time.
- If your hot tub is open for more than an hour, the temperature will drop, and the cover will need to be replaced for at least another 1-2 hours to regain temperature.
- Polycarbonate drinking glasses are provided for outdoor use (*please refrain from taking any glass or bottles outside the lodge area at all*) - any broken glass around the hot tub would lead to a charge as we would then need to drain and flush the hot tub twice to prevent harm.
- Herons Lake Retreat will not accept any liability for failure for guests to adhere to the following guidelines.
- Before use of the hot tub – please only wear swimwear as prolonged exposure can result in fading of the garment, remove all cosmetics and jewellery, and shower in your swimwear before entering the hot tub. Failure to do this will severely affect the filters & chemicals.
- H.S.E. guidelines advise that you do not exceed any more than 20 minutes maximum in the hot tub each bathing session, as this can cause skin irritation and rashes, it can also affect your blood pressure resulting in nausea, dizziness, or fainting.
- Please do not eat or smoke in the hot tub as this will cause damage to the filters you on arrival, however, please allow us up to one hour after your check in time.
- ALL Children must always be supervised in and around the hot tub.
- Your tub is set at an optimum temperature of 38 degrees Celsius – please do not increase the temperature as this influences the chemicals.

ALWAYS SEEK MEDICAL ADVICE BEFORE USING THE HOT TUB IF YOU:

- Are pregnant
- Suffer from an infectious skin disease, sores, or wounds
- Are taking any medication, suffer from heart disease or circulatory problems
- Are feeling unwell and / or suffering from any medical condition
- If you suffer with High Blood Pressure