

Elevate Your Stay: Nordic Sauna & Contrast Therapy Session - Off Season Offer

Terms and conditions:

Eligibility: This offer is available exclusively to guests who book a stay at Woodland Bay Retreat. The offer consists of one 1-hour contrast therapy and breath session per booking.

Availability: The offer is valid for stays between May 1, 2025, and August 31, 2025. The session must be scheduled within the duration of your stay within these dates.

Booking the Session: Guests are required to book their session in advance. Booking is subject to availability and on a first-come, first-served basis. We recommend booking early to secure your preferred time slot.

Cancellation Policy: The normal cancellation policy for your booking applies. This policy varies depending on the booking platform used to reserve your stay at Woodland Bay Retreat. Please refer to your booking confirmation or contact the platform directly for more details on the cancellation policy.

Session Cancellation: If you need to cancel your booked session, please do so at least 24 hours in advance. Failure to cancel within this timeframe may result in the session being counted as redeemed.

No-Shows: Guests who do not show up for their scheduled session without prior notification will also be considered to have redeemed their session.

Liability Waiver: Participants are required to sign a liability waiver before partaking in the contrast therapy and breath session. Woodland Bay Retreat is not liable for any injuries or health complications that may arise as a result of participating in the session.

Alterations to Offer: Woodland Bay Retreat reserves the right to alter or withdraw this offer at any time without prior notice. Any changes will be communicated to affected guests as soon as possible.

Acceptance of Terms: By booking a session, guests agree to these terms and conditions in their entirety. It is the responsibility of the guest to read and understand these terms prior to booking their session.

We look forward to enhancing your stay at Woodland Bay Retreat with this special offering.