



Client Booking Information

Thank you for your interest in booking with us. We offer the most bespoke authentic sauna experience in the Southwest in a beautiful Maybrook Forest or at a location of your choice.

Sauna in Maybrook Forest:

Our mobile steam sauna is in Maybrook Forest 1.5km from Dunsborough. We ask that you use our off-road parking spots behind the large shed. The thermal spruce sauna has high ceilings and aspen benches with a panoramic, tinted glass rear window with optional blackout screen. It seats 6-8 people and is heated by a Harvia M3 wood burner creating soft heat and perfect Loyly (steam) experience. This is the essence of sauna enhanced by our locally sourced Kochii eucalyptus oil.

Ice Bath:

Enclosed behind screens and a roof our 1000L UV filtered ice bath is large enough for two people. It has 50 & 20 MN Puretec filters to remove particulates and a UV light which kills bacteria. The ice bath is chemical free using only rainwater. There is a deluge/bucket shower which we ask all clients to use before entering the ice bath.

Outdoor Loungers These are next to the sauna to cool off and enjoy fresh air in between rounds of hot and cold.

Homeostatic Recovery / Waon Therapy:

Relaxation and recuperation are essential yet overlooked aspects of sauna, we highly recommend that you try our Homeostatic Recovery / Japanese Waon Therapy. Take a cool shower or brief plunge post sauna, dry off and lay down wrapped in blankets on padded beds. You may use breathing techniques such as "Yoga Nidra" enjoy aromatherapy with Kochii eucalyptus as you drift off. This is deeply relaxing and a proven treatment for chronic pain and fatigue.

Changing & Toilet Facilities: We have indoor changing/toilet and shower facilities next to the sauna area. Indoor showers are reserved for Waon therapy.

Mobile Sauna: We can set up our sauna at local beaches, holiday homes and rentals by arrangement for private use. We can also deliver a portable ice bath with bulk ice. The cost is \$300.00 for 2 hours within 25km of Dunsborough and requires clearance for a 10x5 trailer and 3.5m high chimney.

Inclusions: We provide floor and bench towels, flannels, plenty of chilled/filtered drinking water, Kochii eucalyptus oil, and a waterproof Bluetooth speaker. For Waon therapy we provide indoor shower, additional towels, blankets and sheets. We recommend you bring thongs, bathers, a drink bottle and ensure that you drink 1L of water.

Public Liability Insurance & Waiver: Elders insurance require all clients to sign a waiver before using our facilities.

Booking, Pricing and Payment:

Sauna in the forest with ice bath is based on **90 minutes** and is **\$50 per person**, homeostatic recovery 30-60 minutes is \$25 per head. Mobile sauna is \$300.00 for 2-hour hire. We require a **50% deposit** at the time of booking to guarantee your preferred booking date and time.

Account Details:

Name: Vitality Steam Sauna

BSB: **036 645**

Account Number: **037761**

See our rave reviews on google and follow us on Instagram [@vitalitysteamsauna](https://www.instagram.com/vitalitysteamsauna)

YouTube Video: Check out this short video: <https://www.youtube.com/watch?v=ryU0bcglVw>