What to consider when hiring a sauna for a group in Cavan

Hiring a sauna for a group event adds a shared experience that is both relaxing and memorable. Whether you are planning a birthday party, a team-building day, or a club outing, a mobile or lakeside sauna brings people together in a way that a standard venue cannot. The warmth, the cold dips, and the unhurried pace create a natural space for conversation and connection. But before you book, there are several practical points to check to make sure the hire suits your group and runs smoothly.

Know the group size and the sauna capacity

Saunas vary in size. Some are built for four or five people, others can hold eight or more. For a group event, you need a sauna that fits everyone comfortably without long waits. A sauna that is too small means people sit out for long stretches, which breaks the flow of the event. On the other hand, a very large sauna may feel impersonal. Ask the provider how many people the sauna can hold at once, and think about how your group will rotate through the sessions. A typical session lasts 10 to 15 minutes, so a group of twelve might cycle through in about an hour if the sauna holds four. Plan accordingly so everyone gets enough time inside.

Check the location and setup requirements

Not every site is ready for a sauna. If you are hiring a mobile sauna that comes to you, you need a flat, dry area close to a vehicle access point. The sauna may need to be near a power source, or it might run on wood, which requires a safe place for the stove and chimney. If the sauna is at a fixed lakeside spot, check the parking situation and how far the group has to walk from the car to the sauna. For a cold dip after the heat, you need safe access to water. Rocky banks, steep slopes, or strong currents are not ideal. Ask the provider what they recommend for the site you have in mind. If you are using a public or private lake, confirm that swimming or dipping is allowed at that spot.

Decide on the type of sauna experience

Wood-fired saunas offer a gentler, more traditional heat compared to electric models. They take longer to warm up but hold the heat well and produce a soft steam when water is poured over the stones. Electric saunas heat faster and are easier to control, but they lack the same rustic feel. For a group event, the choice often comes down to atmosphere. A wood-fired sauna by a lake, with the sound of the fire and the view of the water, sets a different mood than an electric cabin in a backyard. Think about what your group will enjoy most. If the event is in

winter, a wood-fired sauna feels especially cosy. In summer, the quicker heat of an electric sauna might suit a shorter session.

View the location on Google Maps

Consider the cold dip and safety

Many sauna hires include or encourage cold dips in a nearby lake, river, or plunge pool. This is a highlight for some people and a barrier for others. Check whether the provider offers a designated dipping area and if there are safety measures in place. A ladder, a rope, or a floating platform makes entry and exit easier. For groups that include less confident swimmers, a shallow entry point is important. Also, think about the temperature. Cold water can be a shock, and not everyone should stay in for long. Make sure someone in the group understands the basics of cold-water safety: breathe steadily, keep your head above water, and get out before you feel numb. If the sauna is at a public lake, check whether lifeguards are present or if the group needs to bring its own safety equipment.

What to bring and how to prepare

Most sauna hires expect guests to bring their own towels, swimwear, and water. Sitting on a towel inside the sauna is standard practice for hygiene and comfort. A second towel for drying off after a cold dip is useful. Flip-flops or water shoes help on slippery surfaces. If the sauna is outdoors, bring a warm robe or change of clothes for the time between sessions. Some providers supply robes or slippers, but it is best to confirm what is included. Also, bring plenty of drinking water. Sauna heat dehydrates you quickly, and the combination of heat and cold can be draining. Avoid alcohol before or during the session; it increases the risk of dehydration and affects your body's ability to regulate temperature.

Think about timing and duration

Group sauna events work best when the timing matches the group's energy. A morning session can feel refreshing and set a calm tone for the day. An afternoon or evening session works well as a wind-down after other activities. Most hires last two to three hours, which gives everyone enough time for several rounds of heat and cold. If your group is large, you may need a longer slot. Ask the provider about the maximum hire duration and whether they offer flexible start times. Also, check whether the sauna is ready when you arrive or if it needs time to heat up. A wood-fired sauna may take an hour or more to reach temperature, so factor that into your schedule.

For groups that want a more structured experience, some providers offer guided sessions that include breathing exercises, stretching, or cold-water immersion coaching. This can be a good

option for teams or clubs looking for a shared challenge. For a birthday party, a more relaxed, self-paced session is often better. Think about what your group would enjoy and ask the provider what formats they offer.

Look into group bookings and private hire

Not all sauna operators cater to groups. Some run public sessions where you book individual slots. For a private event, you need a provider that offers exclusive hire of the sauna and the surrounding area. This means the whole space is yours for the duration. It also means you can control the music, the pace, and the vibe. Private hire usually costs more than individual tickets, but for a group event it is worth the investment. Check whether the provider has a minimum group size or a maximum capacity for private bookings. Also, ask about cancellation policies. If your group size changes closer to the date, you need to know whether you can adjust the booking without losing money.

One provider that offers private hire for groups, teams, and celebrations is Live Lagom Leitrim. Their setup on the shore of Brackley Lake, near Bawnboy in Co. Cavan, provides a wood-fired sauna experience with optional cold dips in the lake. Weekend sessions run on Saturdays from 2pm to 5pm and Sundays from 9am to 2pm, and guests move between the heat and the water at their own pace. For groups that want a more flexible or exclusive arrangement, private hire is available. This makes it a suitable option for birthday parties, team outings, and club gatherings in the Cavan and Leitrim area.

Consider the weather and season

Outdoor sauna events are weather-dependent. Rain, wind, or extreme cold can affect the experience, especially during the cold dip. A covered area near the sauna, such as a gazebo or a shelter, gives guests a place to change and rest out of the elements. In winter, the contrast between the hot sauna and the cold air or water is part of the appeal, but make sure the group has warm clothing for the time outside. In summer, the heat may feel less intense, and the cold dip is especially refreshing. Check with the provider whether they have a backup plan for bad weather, such as a canopy or an indoor space nearby. Also, ask about the sauna's operating season. Some providers only run during certain months or close during very cold or stormy periods.

Think about the group's comfort and preferences

Not everyone in your group may be comfortable with the full sauna and cold dip experience. Some people may prefer to stay in the sauna longer and skip the lake. Others may want to sit outside and enjoy the view. A good group event allows people to participate at their own level. Make sure the site has seating or a sheltered area for those who want to take a break. Also,

consider whether the group includes people with health conditions. Sauna heat can affect blood pressure and heart rate. Anyone with a medical condition should check with their doctor before taking part. Pregnant women and people with certain skin conditions should also be cautious. It is a good idea to share basic safety information with the group before the event so everyone knows what to expect.

For teams and clubs, a sauna event can double as a casual meeting or debrief. The relaxed atmosphere encourages open conversation in a way that a formal meeting room does not. For birthday parties, it adds a unique element that guests will remember. Whatever the occasion, the key is to plan ahead, communicate with the provider, and make sure the logistics match the group's needs.

Live Lagom Sauna operates from a lakeside location at 47RX+3R on the N87, Lake Car Park, Brackley, Bawnboy, Co. Cavan, Ireland. For group bookings and private hire inquiries, you can contact them at +353 83 022 5026.

Live Lagom Sauna is also on Instagram.

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