elevate etiquette

Welcome to Elevate— Lake Chelan's premiere social wellness space. To keep it elevated, we ask that you help ensure a clean, safe + optimal experience for all by following our elevate etiquette.

Accessing Elevate
Elevate is reserved for registered guests + members. You can grab a day pass in person Monday through Friday from 8 AM to 4 PM or online—just make sure to complete the liability waiver. If an unregistered guest slips in with you, we'll charge a day pass fee to your card on file, so we'd appreciate it if you could help us keep access exclusive.

Before Your Session
We ask that you take a quick shower before hopping into the sauna or cold plunge. It's a great chance to rinse off makeup, lotions, or anything else, and we suggest leaving jewelry behind—it'll stay safe and make your experience more comfortable.

Sauna
When you step into the sauna, grab a towel to sit on—it keeps things clean and comfortable. Aim for 10-15 minutes per session, but always tune into how you're feeling. If it gets too warm, step out slowly, cool down, sip some water and honor your body. You can always come back for more after a breather.

Cold Plunge
After the sauna, the cold plunge is a refreshing next step. Try staying in for 1-3 minutes—ease in with shorter dips if you're new—and move carefully to keep the water where it belongs. **For a full experience, consider circuiting between the sauna (10-15 min) and plunge (1-3 min) about 2-4 times, with little breaks in between. If you start feeling too chilly, just hop out and take it easy.*

Linens
You're welcome to one large towel, one small towel, a hat, and a robe per visit. Always use a towel to sit on in the sauna, and when you're done, toss your used linens in the hampers. If there's water on the floor, don't sweat it—our staff will take care of it, so no need to use your towel.

Safety + Cleanliness
Take your time walking around—floors can get slippery even though we do our best to keep them dry. Toss any trash in the wastebaskets and leave used mugs on top of the mini-fridge, where we keep cold towels handy for you.

Member Experience
To keep the space peaceful, please silence your phone, take calls in the lobby and chat quietly with others in mind. If you're adding steam in the sauna, one ladle of water at a time is sufficient.

Questions or Assistance
Our staff is here to help with anything you need. Feel free to chat with us in person or reach us at **509-970-6974** after regular hours.