



FOREST BATHING EDINBURGH

FIND YOUR CALM IN NATURE

Weather and Cancellation Policy

Last updated: March 2026

Standard cancellation policy

Standard cancellation policy is that you need to give 4 days notice of cancellation. This allows us to try to fill the space you have freed up. **Cancellations made less than 4 days before the session are non-refundable.**

If you have given 4 days notice of cancellation you can choose

- To **reschedule**, booking a space on another available forest bathing session
- To take a **full credit** to use for any future session
- To receive full refund.

Weather Policy

Forest bathing invites us to meet the natural world as it is, and light rain or cool temperatures can be a beautiful part of the experience. Customer safety and comfort, however, are always the priority.

Sessions will go ahead in most weather, including light rain.

Sessions will be postponed or cancelled if the Met Office issues a yellow, amber or red warning relating to the area of the forest bathing sessions. These warnings take into account disruption due to:

- High winds which may bring down branches
- Snow and ice likely to affect walking in the forest
- Thunderstorms
- Heavy or persistent rain
- Localised flooding
- Cold or heat likely to affect people.



If we need to cancel due to weather

If we cancel a session because of weather:

- You will be offered a **rescheduled date, or**
- A **full credit** to use for any future session

Refunds are not typically offered for weather-related cancellations unless no suitable rescheduling option is available.

We will aim to confirm any weather-related changes **by 8am on the day of the session** (or earlier when possible).

If You Choose to Cancel Due to Weather

If the session is still going ahead and you choose not to attend because of the weather, the **standard cancellation policy** applies. This is outlined at the start of this document.

Preparing for the Elements

To help ensure your comfort, please come dressed for the weather, including:

- Warm layers
- Waterproof clothing
- Footwear with some grip in case it is muddy, and is sturdy enough to cope with the uneven ground of the forest
- A bottle of water or herbal tea to keep you hydrated as well as cool or warm
- Something waterproof to sit on.

Being well-prepared helps us relax into the experience, whatever the day brings.

Please do not hesitate to get in touch if you have any questions about this policy.

Thank you,

Maria Mackenzie, founder of Forest Bathing Edinburgh

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