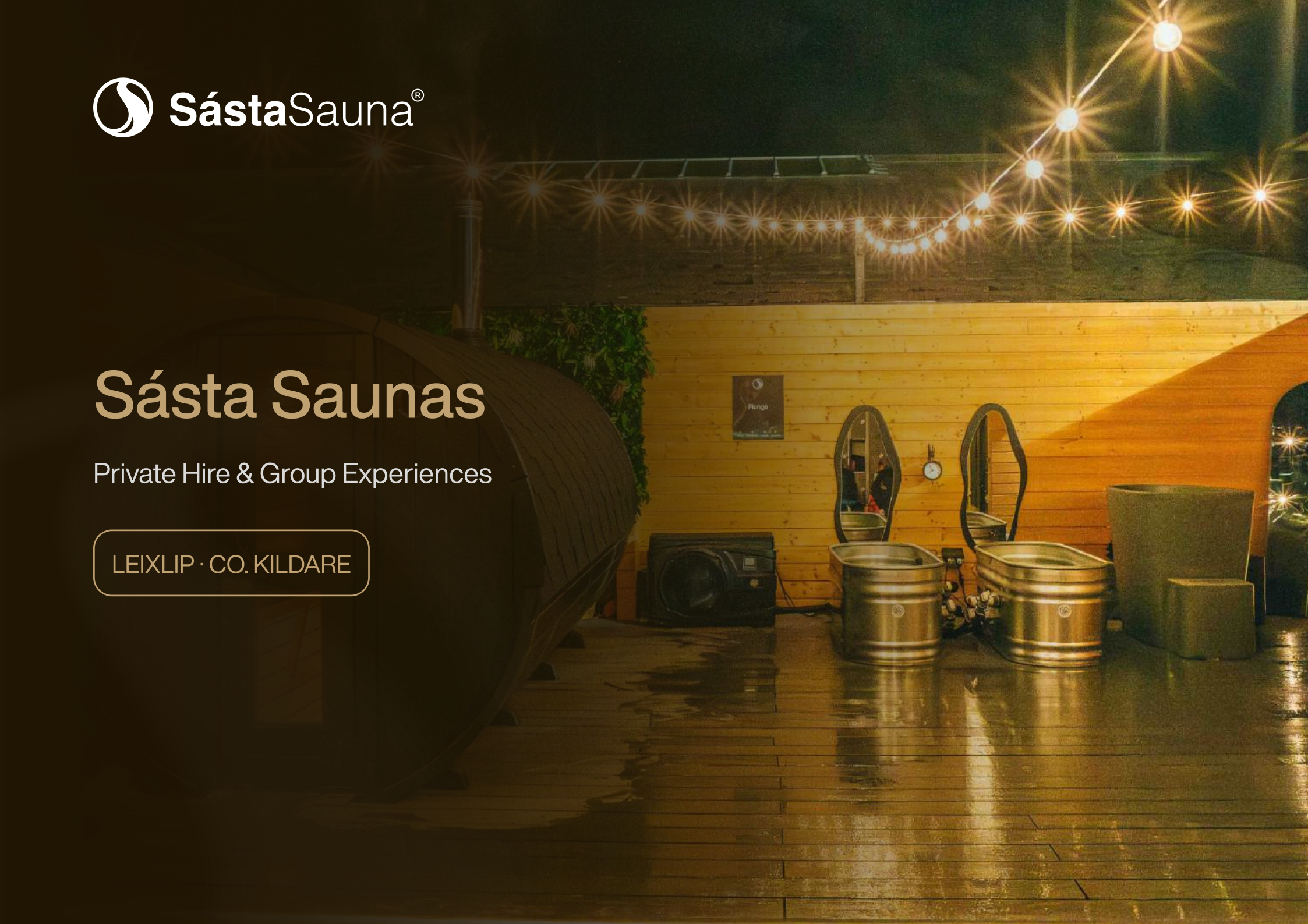




Sásta Saunas

Private Hire & Group Experiences

LEIXLIP · CO. KILDARE





Sásta

The Irish Word For Content, Is An Outdoor Wood-Fired Sauna And Cold Plunge Sanctuary Set Within The Grounds Of Barnhall RFC In Leixlip, Co. Kildare.

We Are Not A Spa. We Are Not A Gym.

A Place To Arrive At The End Of A Long Week, Or The Beginning Of Something Worth Celebrating.

WOOD-FIRED. OUTDOOR. ENTIRELY YOUR OWN.

🕒 25 Minutes From Dublin City.



The Ritual

A Sásta Session Is Simple By Design.

Heat

Step into the wood-fired barrel sauna. The temperature reaches 80 to 100°C. Let it work through your muscles, your mind, and the week behind you.

Cold

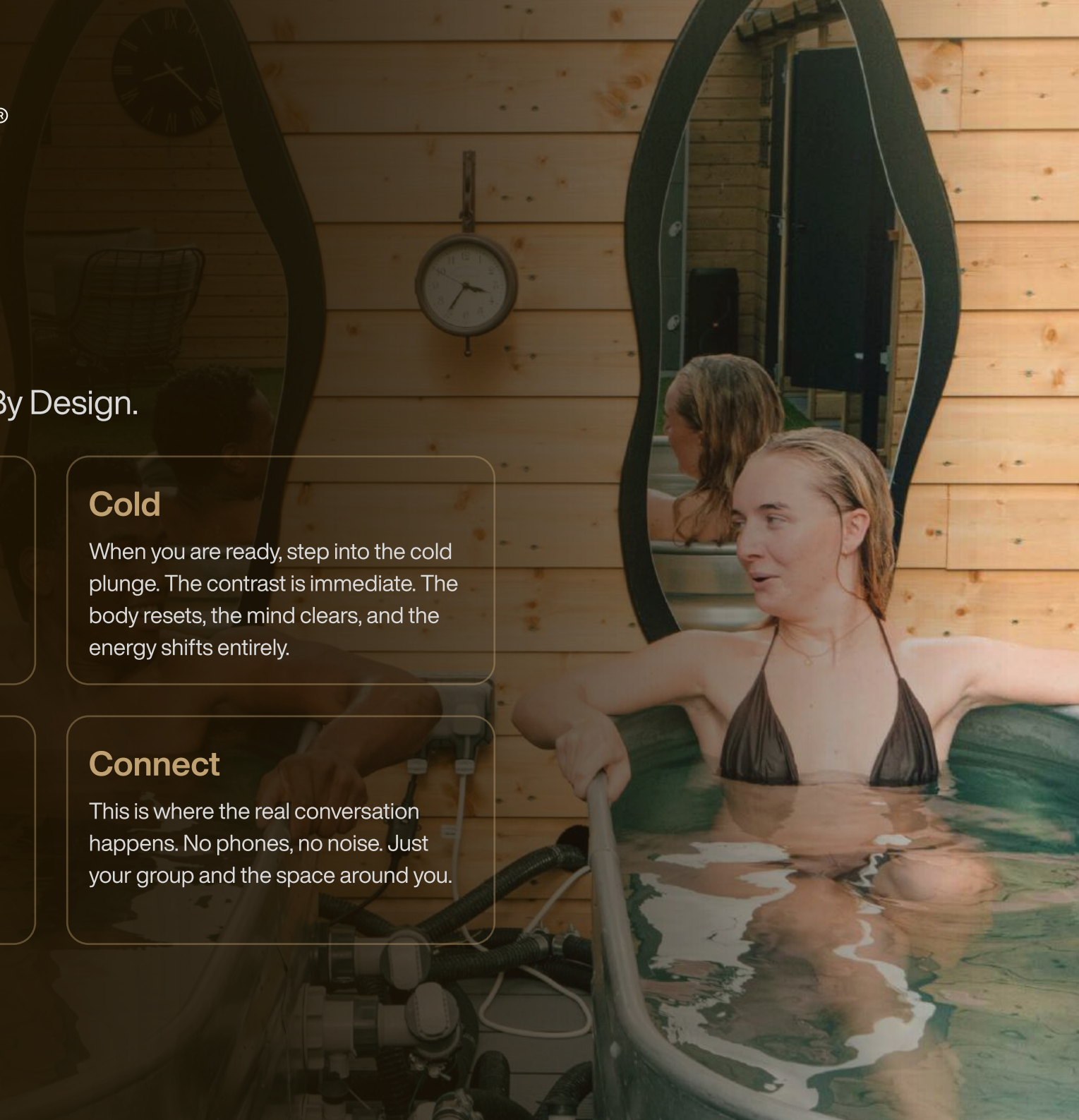
When you are ready, step into the cold plunge. The contrast is immediate. The body resets, the mind clears, and the energy shifts entirely.

Rest

Sit outside. Breathe. Let the rounds repeat at your own pace. Most guests complete two to three cycles within their session.

Connect

This is where the real conversation happens. No phones, no noise. Just your group and the space around you.





Made For Every Occasion

Corporate Wellness

Reward your team with something that actually restores. An experience people will still be talking about long after the session ends. Corporate invoicing available.

Birthdays

Give the people you love something they have never done before, in a setting that feels genuinely special.

Wellness Retreats

Private hire pairs naturally with breathwork and cold water coaching. Build your own half-day retreat around the Sásta experience.

Hen & Stag Parties

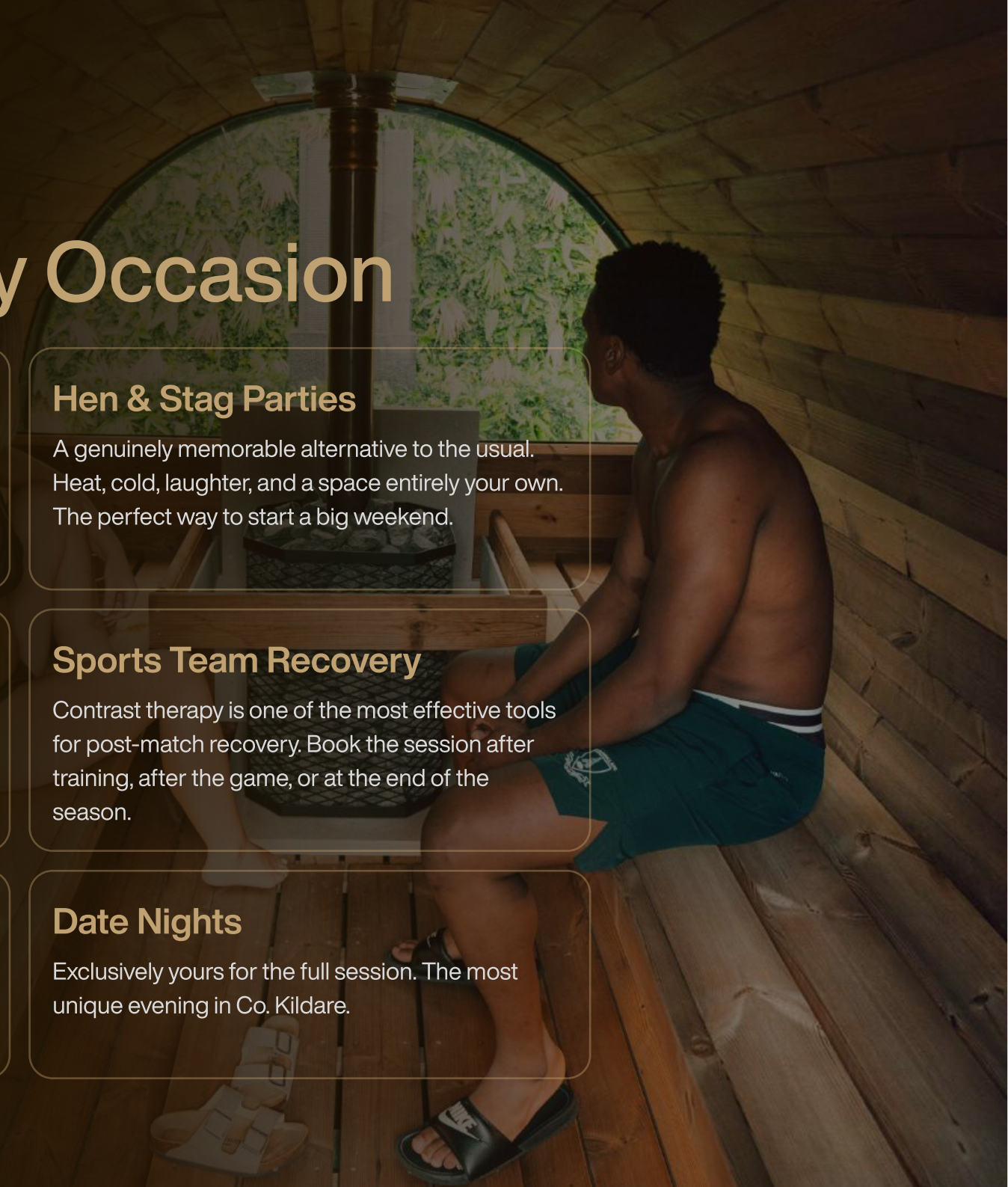
A genuinely memorable alternative to the usual. Heat, cold, laughter, and a space entirely your own. The perfect way to start a big weekend.

Sports Team Recovery

Contrast therapy is one of the most effective tools for post-match recovery. Book the session after training, after the game, or at the end of the season.

Date Nights

Exclusively yours for the full session. The most unique evening in Co. Kildare.





Private Hire Packages

All Packages Include Exclusive Use Of The Full Sásta Facility For Your Group. No Shared Sessions. No Other Guests.

Standard Session

Up To 10 Guests · 55 Minutes

€120

Extended Session

Up To 10 Guests · 1 Hour 55 Minutes

€200

Minimum Booking €120.

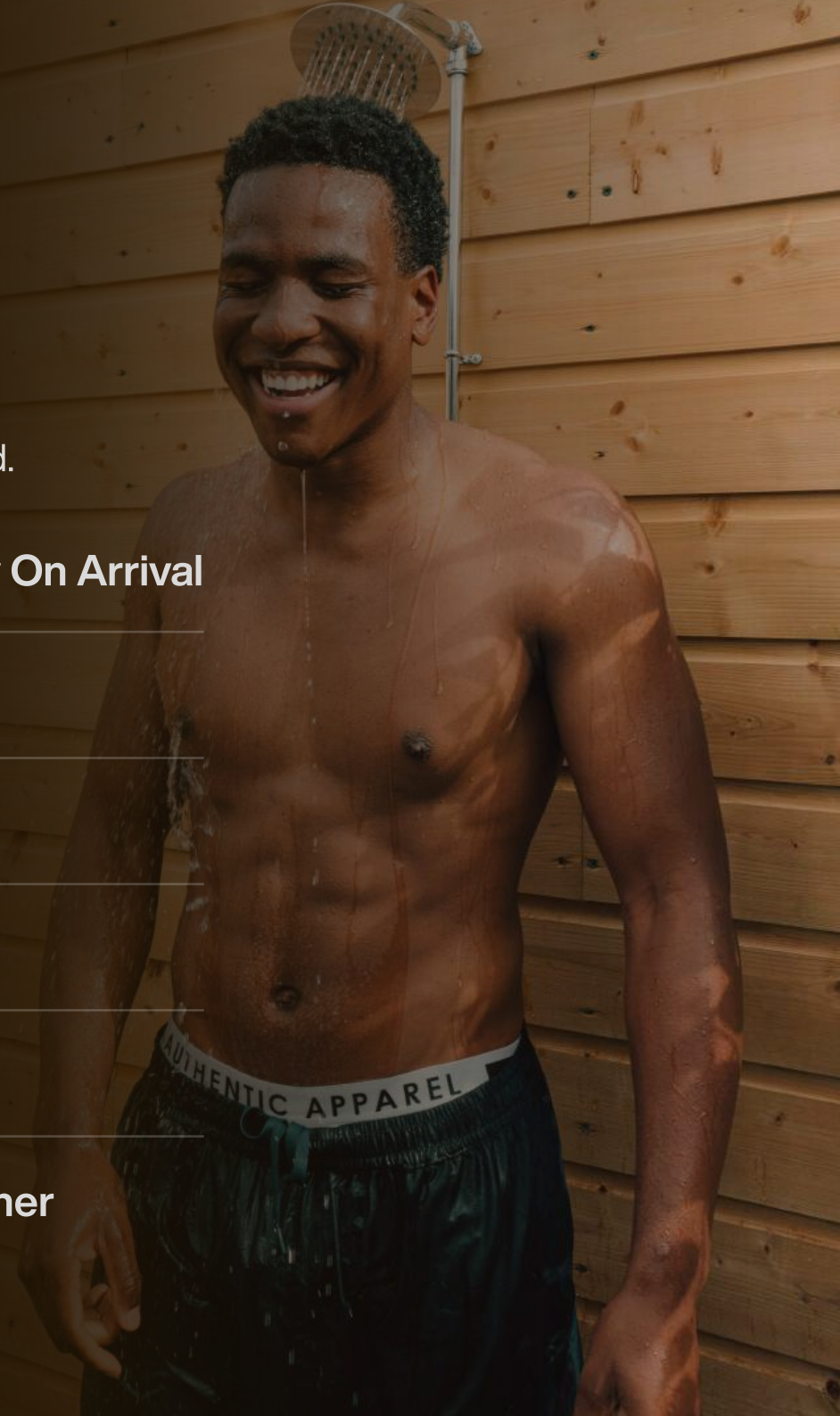
Corporate Invoicing Available On Request.



What's Included

Every Private Hire At Sásta Includes The Following As Standard.

- **Wood-Fired Barrel Sauna, Pre-Heated And Ready On Arrival**
- **Cold Plunge Therapy**
- **Private Showers And Changing Facilities**
- **Exclusive Use Of The Outdoor Seating Area**
- **Free On-Site Parking At Barnhall RFC**
- **Complete Exclusivity, No Shared Sessions, No Other Guests For The Duration Of Your Hire**





Testimonials



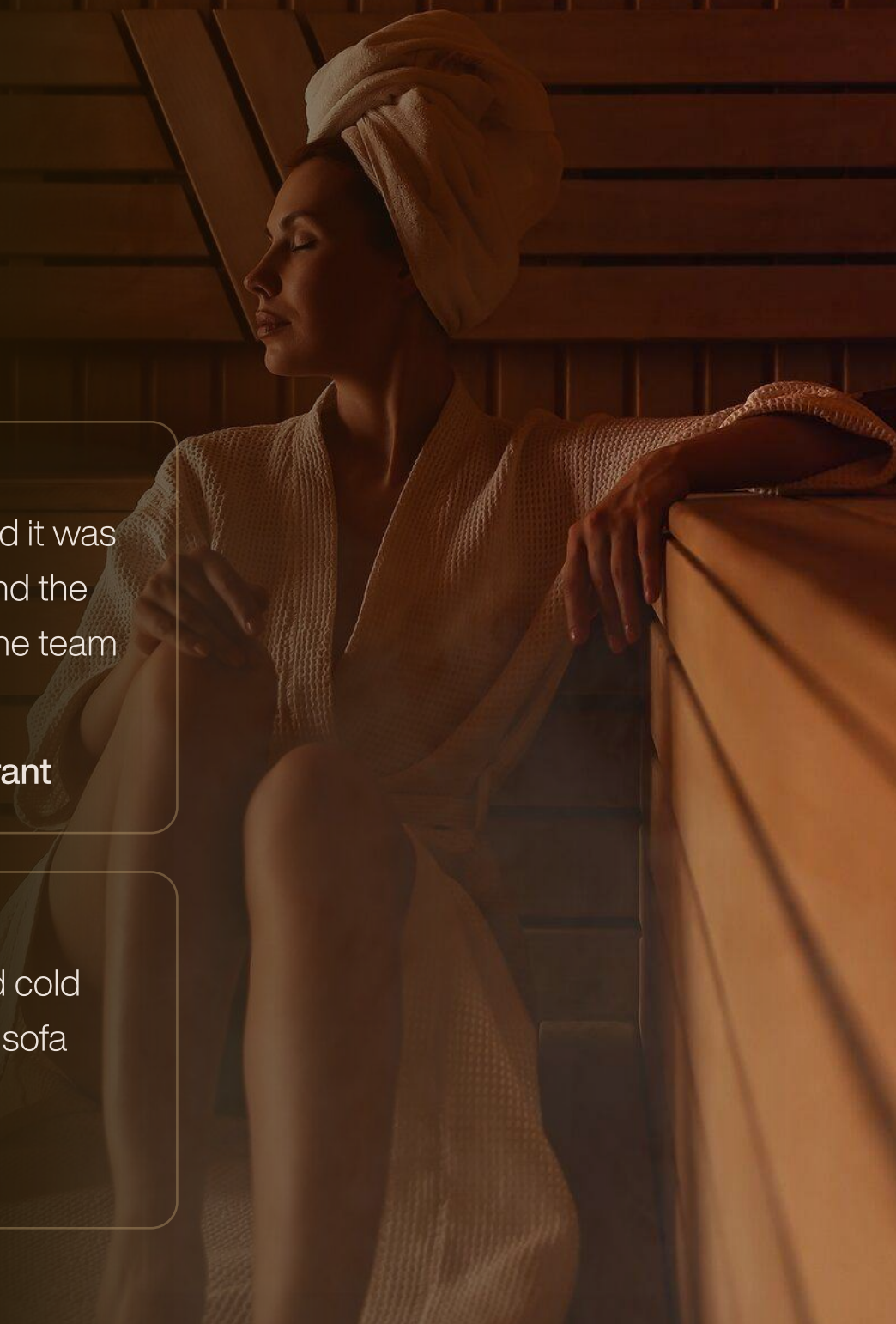
We booked Sásta Saunas for a private team session and it was exactly what we needed. The setup is clean, well-run, and the mix of sauna and cold plunge was the perfect way for the team to unwind and reset.

— Tom McG., Founder, Neighbourhood Naas Restaurant



Staff were welcoming and we all enjoyed the sauna and cold plunges. Great way to spend an evening away from the sofa relaxing and having chats.

— Conrad B., Barnhall RFC





How To Book

Get In Touch

Fill in the enquiry form at sastasaunas.ie/private-hire with your preferred date, group size, and occasion. The team will come back to you shortly.

Choose Your Session

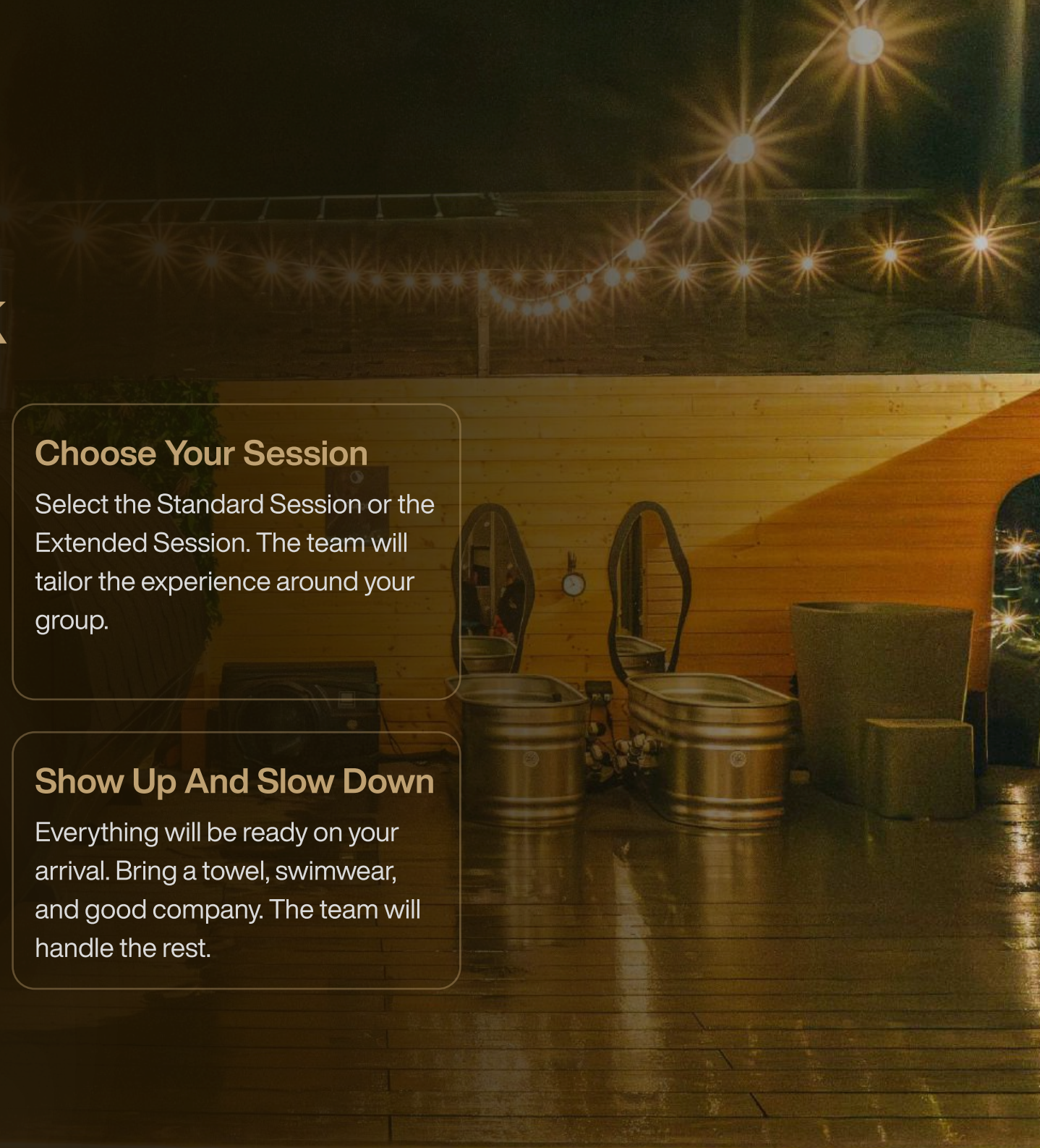
Select the Standard Session or the Extended Session. The team will tailor the experience around your group.

Confirm Your Booking

Once availability is confirmed the team will send through everything you need to secure your date.

Show Up And Slow Down

Everything will be ready on your arrival. Bring a towel, swimwear, and good company. The team will handle the rest.





For Private Hire Enquiries

sastasaunas.ie/private-hirez

+353 85 171 1517

**Barnhall RFC Parsonstown,
Leixlip Co. Kildare, W23 V56N**

Mon To Fri: 5pm to 10pm

Sat To Sun: 9am to 10pm

(Special Opening Available On Request)

