



GUIDE TO PUBLIC BATHING AT ESALEN

The Esalen hot springs are open to the general public by reservation from 1 am–3 am, for a cost of \$20 per person. Reservations are available seven days per week, although the baths may be closed during public holidays and some Esalen events.

How to Make a Reservation

An advance reservation with credit card payment is required for public night bathing. Reservations can be made between 8 am – 8 pm (except Friday and Sunday: lines close at noon) by calling **831-667-3047**. Credit card reservations are non-refundable and non-transferable.

Please note:

- There is a maximum group size of 4 people and no multiple reservations are accepted.
- To preserve the experience of our bathers, we allow a maximum of 20 reservations per night.
- Group rates for educational and nonprofit groups are available upon request.

About the Baths

Swimsuits are optional at the baths and nudity is common in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

When You Arrive...

- Please do not arrive early, as you will not be able to access the Esalen property prior to your reservation.
- Park your vehicle on Highway 1 at the top of our driveway near the sign. At 1:00 am, one of our staff will meet you at the top of the drive to escort you on foot down the hill. Please do not come down the driveway on your own before 1:00 am.
- Upon entering property with your escort, you will be asked to sign in at the gate and escorted down to the baths.
- If you arrive after 1:00 am, park your car on Highway 1 near the sign, walk down the driveway and sign in at the gate so a staff member may escort you to the baths.

Please note:

- Your visit is restricted to the baths only. Please do not visit the lodge, meeting rooms or any other areas on property.
- We ask you to be mindful of residents sleeping in the buildings as you walk to and from the baths by keeping your noise volume low.
- Please assist us in making the experience enjoyable for you and others by staying only during the stated hours and leaving at the appropriate time.
- You will be walking up and down hills in very low light. You are encouraged to wear comfortable footwear and to bring a flashlight.
- Towels are supplied.

Bathing Guidelines

- We reserve the right to refuse entry, or remove anyone from the property at our discretion.
- No drugs or alcohol are allowed at Esalen. Please do not eat, smoke or drink alcohol at the baths. Those who arrive intoxicated will not be admitted.
- Please do not bring breakable glass containers to the baths.
- Please respect other's privacy and be mindful of noise. Please respect the "silent" areas.
- Those with children are asked to be attentive to their safety and mindful of their behavior so as not to disturb other bathers.
- Please use caution at the baths, it is softly lit with many wet surfaces.
- Please drink sufficient water and be mindful when standing up quickly – some experience dizziness.
- For your own protection do not bring valuables with you to the baths. Esalen Institute is not responsible for the loss or damage of any personal property.
- Silver jewelry and some other metals will tarnish in the high-mineral water. This can usually be removed with toothpaste or any metal polish.
- For many, the baths and Esalen are a refuge and a sanctuary, a place of peace. Behavior that violates the harmony of the surroundings or the personal boundaries of others will not be tolerated.

We sincerely appreciate your support and consideration of our guidelines and hope you enjoy your visit!

~ revised April, 2010