

Enabling Outdoor Cold Plunges and Saunas

Public Hearing

October 21, 2025



Background | Council Motion summary

June 26, 2024

THAT Council direct staff to

- amend the Zoning and Development By-law and Licence By-law to allow for the operation of outdoor cold plunges and saunas, and ensure they meet all necessary health, safety, and environmental standards
- engage with Vancouver Coastal Health to request the health authority develop an appropriate regulatory framework for enabling outdoor cold plunges and saunas to protect the health and safety of users.

Amendments | Overview

Proposed amendments to allow cold plunges and saunas

1 **Zoning and Development By-law**

Update regulations to permit cold plunges and saunas in more district schedules and allow them outdoors

2 **Licence By-law**

Modernize and remove dated categories and create alignment with the Zoning and Development By-law

Overview

Zoning & Development By-law

- Revise “Beauty and Wellness Centre” definition to include thermal therapy.
- Add “Beauty and Wellness Centre”, limited to hydrotherapy and thermal therapy, to 12 district schedules.
 - all commercial and industrial zones would permit the use.
- Allow “Beauty and Wellness Centre” to be permitted outdoors.



Overview

Licence By-law

- Remove current regulations pertaining to the “Steam Bath” licence category.
- Amend existing “Beauty and Wellness Centre” definition to include thermal therapy.



Consultation

1

Industry & business owners / enquirers

1. Online survey
2. Question & Answer Session

2

Vancouver Coastal Health



Conclusion

Recommendation

Council **approve** the Zoning and Development By-law and Licence By-law amendments to enable outdoor cold plunges and saunas

