

YOUR GUIDE THROUGH THE WORLD OF SAUNA

For a more enjoyable experience and a better health

FINNISH SAUNA

Temperature:	80-100 °C
Humidity:	8-15 %
Time of stay:	5-15 min.
Number of cycles:	3 cycles

Sauna is most beneficial for your health when visited on a regular basis at least once a week - optimally 3 times a week. It is an effective prevention against cold, flu and upper respiratory tract infections. Sauna positively affects physical as well as mental health. The longer you stay in the sauna, the greater the effect on your health (max. 15 minutes per cycle).

TEN COMMANDMENTS FOR SAUNA GOERS:

- 1) Before the first round, shower with water and soap and dry properly.
- 2) Please enter only when wearing a towel or a designated cloth. Make sure to pad the entire body part which touches the wooden bench. Swimwear is not allowed.
- 3) Wipe water off your body prior to each round.
- 4) We do not recommend sitting the way you sit on a chair (this can lead to dizziness or headaches). It is recommended to lie down or to adopt a seated yoga position.
- 5) In saunas, we recommend breathing mainly through the nose. When feeling a burning sensation while breathing, you can cover your nose and mouth with your palms. Breathe in your usual, calm frequency, as you are used to, and respect the personal space of others.
- 6) In the process, you can gently stroke and wipe the surface of your body, which helps to open the skin pores and better wash out impurities from the skin.
- 7) Come out after the recommended time span of one cycle, or even earlier should you feel a burning sensation in the earlobes, tip of nose or nipples.
- 8) At the end of the cycle, shower and cool in the cooling pool - by slow immersion, not by jumping! Ideally immerse your head under water, or at least at the nape of the neck. Minimum 2-5 minutes after the cooling procedure, it is possible to return inside for the next round (it is necessary to feel a bit cold) or to supplement it with resting relaxation (15-20 min.).
- 9) After the last cooling, rinse with lukewarm water, no longer use soap and wrap yourself in a towel/bathrobe. Upon finishing your last round, dry properly and have some more rest at the relaxation zone or the bar. At this stage, be sure to replenish fluids properly. Chilled tea or mineral water may be the right fit.
- 10) If you have done the sauna properly, you will feel pleasantly relaxed and tired. The beneficial effects are diminished or reduced by alcohol consumption and or smoking.

OTHER TIPS TO KEEP IN MIND:

We do not recommend visiting saunas when experiencing physical or mental fatigue and illness. You should wait at least two weeks to visit the sauna after illness. Go to the sauna optimally nurtured and definitely not hungry. Skip the sauna if you have problems with your heart and blood vessels, or during menstruation ...

INFRA SAUNA

Temperature:	45-60 °C
Time of stay:	25-45 min.
Repetition:	3 times a week

The infrared sauna produces the so-called dry heat, which has a positive effect on our musculoskeletal system and joints. In the infrasauna, the whole body warms up first and you start sweating only later. Energy penetrates directly into the tissues of the body. Thanks to the gentle heating process at lower temperatures, infrared saunas are also suitable for the elderly. They also strengthen the immune system, helping to improve insomnia, acne, eczema and ear diseases.

- 1) Before the first round, shower with water and soap and dry properly.
- 2) The Infrared sauna may be a more pleasant substitute for the Finnish sauna.
- 3) Compared to the Finnish sauna, the infrared sauna operates at a much lower temperature even though you end up sweating twice as much and hence eliminating a larger amount of undesirable substances from the body.
- 4) The body is not heated by warm air but by thermal infrared radiation.
- 5) It is highly recommended to sit down when in the infrasauna, the radiation travels horizontally, it works best with an even distribution of rays in all directions from the panels in the wall.
- 6) After the sauna, take a lukewarm shower, dry the whole body, wrap yourself in a dry towel or the designated cloth and relax in the relaxation room.

It is not suitable for beginners who have no experience with sauna to stay in the infrared sauna.

STEAM SAUNA

Temperature:	35-50°C
Humidity:	100 %
Time of stay:	10-15 min.
Number of cycles:	2-3 cycles

Similarly to the traditional sauna, the steam bath will help you alleviate or get rid of respiratory diseases and help you relax. Due to its milder temperature and pleasant humidity, it might be preferable for elderly and younger visitors.

- 1) Before the first round, shower with water and soap and dry properly.
- 2) If you have cold feet, we recommend warming them up in the shower.
- 3) You can enter the steam sauna in a swimsuit, sheets or towels.
- 4) We recommend sitting in the steam sauna and breathing calmly through your nose and mouth.
- 5) After warming up the body approx. 5-8 min., peeling salt can be used because As pores open in the steam. This will remove dead skin cells which you are to wash off later on.
- 6) After completing the third cycle, wash again with cold or lukewarm water, dry and get some fresh air.
- 7) Do not forget to replenish fluids as after each sauna round.

SAUNA AND PREGNANCY:

A woman who wishes to continue to visit the sauna during pregnancy must be completely healthy and without complications. We highly recommend consulting with your doctor before the first visit. In the first trimester, sauna is not recommended. With the second and third trimesters, the risks are significantly reduced. Nevertheless, we recommend that the length of stay in saunas be rather shorter. Prolong more rest after each round and pay close attention to fluid replenishment.

SAUNA WITH CHILDREN:

Similarly to adults, sauna significantly strengthens the immune system in children so they are more resistant to various diseases. Before visiting the sauna for the first time, ask your pediatrician for guidance.

It is advisable to go to the saunas with children regularly, ideally once a week for six weeks to boost immunity. Restless children can also get more mental and physical well-being and calm down. The appetite will improve and the quality of sleep will increase, they will get used to the transition between winter and warmth, etc.

RULES FOR SAUNA WITH CHILDREN:

The same rules apply to children from 3 years of age

- 1) Before the first round, shower them with soap and water and dry them properly.
- 2) It is completely safe to stay in the sauna for children older than 3 years. At this age, children are able to express their feelings and also cope better with a hot environment. The duration of the sauna should not exceed 5-8 min.
- 3) Children go to the sauna only in a sheet or towel, without a swimsuit.
- 4) The temperature in the sauna is usually 70-85 ° C. Children should stay at the bottom benches of the sauna where the temperature usually does not exceed 65 ° C. The child's body is warming up much faster
- 5) Cool children (except for the head) by showering them with lukewarm water, not ice water. It is recommended to shower and then spend a short time in the fresh air.
- 6) For children, sauna contributes to a calmer sleeping routine and overall better mental well-being.
- 7) You should allow small children inside for only one round (up to 6).
- 8) It is also important to relax after a sauna in the relaxation room.
- 9) Do not forget to replenish fluids as after each sauna round.

WHEN TO KEEP AWAY FROM THE SAUNA WITH CHILDREN:

- When children have a cold, flu or are otherwise sick.
- After the illness, wait at least two weeks before returning to the sauna.
- Avoid completely when complications and problems with blood circulation occur.

MOMENTS FULL OF RELAXATION, REST AND CAL, WHETHER WITH LOVED ONES, A FRIEND OR JUST YOU AND YOURSELF.

STRENGTHEN YOUR HEALTH
AS WELL AS YOUR RELATIONSHIPS.