

How to use a sauna

1. In general, you need 2 hours time, 2 large towels (1 to dry yourself, 1 to lie down on), bathing shoes and soap.
2. Always take a shower before using the sauna - for hygienic reasons and to remove the greasy film on your skin, which delays the sweating process.
3. You have to be dry when going into the sauna (wet skin prevents sweating).
4. It's recommended to prepare yourself for the heat with a warming foot bath (3-5 minutes).
5. Please be quiet inside the sauna.
6. Please always sit or lie on a large enough towel (so that there is enough room for your feet).
Good to know: warmth rises, therefore it's hotter on the upper benches. The higher you sit in the sauna, the hotter is the air. Beginners should sit down on the lower or middle benches.
7. In case you lie down in the sauna, you should sit up straight for the last 2 minutes and play with your legs to enhance your blood circulation so that the blood doesn't drop down in the lower body and cause vertigo.
8. Don't force yourself to stay. As soon as you feel unwell, leave the sauna immediately. Your health is always the most important thing. A sauna bath takes between 8 and 12 minutes, 15 minutes maximum. After that time you should leave the sauna.
9. At fixed times in certain saunas, our sauna-master pours different essential oils onto the sauna oven, which then evaporate into the atmosphere. You should "pre-sweat" in the sauna for app. 5-10 minutes before that event, experience it for app. 4-5 minutes as a real highlight and wait afterwards for app. 1-2 minutes before leaving the sauna. Don't enter the sauna during that session.
10. After the sauna, go into the fresh air for app. 2 minutes to fill up on oxygen and to cool your lungs.
11. Always take a shower after a sauna round and before using the cold water bath.
12. To achieve an effect for your health, the cooling process through fresh air and cold water should be strong enough.
13. After cooling down, it would be good to take a warming foot bath. At the same time, the rest of the warmth inside the body is dissipated and therefore causes the body to cool down. Additionally, this prevents a cold. A warming foot bath in ankle-high water keeps the body from sweating afterwards.
14. You can use the different relaxing areas for a rest.
15. Altogether, you should not take more than 3 sauna baths.

