

HOW TO TAKE A SAUNA PROPERLY?

PREPARATIONS

- Start with a cleansing shower. Enter the sauna cabin with a dry body and carry a towel.
- If inexperienced, please ask the sauna attendant for advice.

IN THE CABIN

- Always cover your place with a sheet.
- It is recommended that everyone adopts the most comfortable posture, which can be changed.
- Should you experience a pounding heartbeat, restlessness or dizziness, leave the cabin.
- In the case of feeling unwell, please use the alarm bell.

LEAVING THE CABIN

- Always shower first after finishing sauna bathing, washing off the sweat. This is followed by a cooling down phase.

METHODS OF COOLING DOWN

1.) *Plunge pool*

- Please use the pool only after having a shower. The pool has an intensive pore- and vasoconstricting effect.
- Its beneficial effects include vascular gym against arteriosclerosis or can act as a prevention. The gym is performed by the blood vessels, which dilate while sauna bathing and contract suddenly under the effect of the cold water.
- Other information: in cold water, do not float motionless, keep your hands and feet moving.
- In the plunge pool, you can cool down quickly, so keep an eye. Before sauna bathing, have a shower again, washing off the chemically treated water.

2.) *Shower*

- It is recommended mainly for people with minor dizziness, for people over 60 or those who are not frequent sauna users but do not suffer from chronic cardiovascular problems.
- In this case, start cooling with lukewarm water at the point furthest from the heart (feet). Gradually work your way up towards your upper body and keep cooling.

3.) *Spontaneous cooling in air*

- After a shower, you can go outside with a dry towelled body or sit in a closed room. This is the most gentle cooling method. It is recommended for those who do not want to exhaust themselves too much but want to stay fit after sauna bathing.
- Cooling down outdoors has a very refreshing and beneficial effect on the mind and body. Psychological blocks are better released.
- It is recommended for people with minor dizziness, for non-regular sauna users, for people over 60 and for those who have a health problem but can take a sauna with a medical approval.

BASIC PHYSIOLOGICAL EFFECTS OF SAUNA BATHING

- ✓ Increased heart rate from the normal 65-75/minute up to 100-150/minute.
- ✓ Increased blood flow to the skin, increased sweating.
- ✓ Increased secretion from the mucous membranes of the respiratory tract.
- ✓ Bronchial dilatation, with possible spasm relief, may improve breathing.
- ✓ The body's immune processes become more vigorous.
- ✓ Metabolism and endocrine gland function are enhanced.
- ✓ Muscles are relaxed.
- ✓ The depth of breathing increases.
- ✓ Toxins are eliminated from the body, metabolic processes are activated, and the body's ability to heal itself is enhanced by the heat.
- ✓ The sauna bathing's heat causes the body to produce endorphins, which reduce the harmful effects of stress and improve well-being.

SAUNA BATHING IS NOT RECOMMENDED FOR THE FOLLOWING DISEASES

- ! Rheumatoid arthritis and/or varicose veins.
- ! Mild respiratory infections, fever, tuberculosis and other lung diseases.
- ! Cardiac and circulatory diseases: immediately after myocardial infarction, in case of fixed hypertension, coronary circulatory disorders, asphyxia at rest or heart failure.
- ! In the case of an inflammatory disease or fever it is strictly forbidden to take a sauna.