

Sauna properly – Bathing instructions

Basics

In the case of chronic diseases (e.g. heart, lungs, kidneys, thyroid gland etc.) a doctor should be consulted. If you feel unwell, you should generally refrain from sauna bathing or stop immediately.

Alcohol and Nicotine should be avoided during the entire sauna bath.

To take to the sauna, 2 bath towels (1 large one for the sauna and one to dry off), bathing slippers, Shower accessories and possibly a bathrobe and non-alcoholic drinks are recommended.

You should take your time for the sauna – approx. 2 hours – it serves to relax and rest and so should be your behaviour.

Sauna – Bathing instructions

A sauna-gait includes a warm-up phase and a cool-down phase with a relax break.

The cooling phase should last at least as long as the warm-up phase.

After the first sauna-gait, there are usually 1 - 2 further sauna-gaits.

- 1) Do not go to the sauna on an empty stomach or immediately after a meal.
- 2) Normally you enter the sauna undressed. – If necessary going on toilet.
- 3) Always shower before entering the sauna cabin – not only for hygiene reasons – but also to remove the annoying grease film on the skin.
- 4) Dry well after showering. – Dry skin sweats better.
- 5) If needed, take a warm foot bath before. – Prepares the body for warmth.
- 6) When entering the sauna cabin, you choose your desired place and sit or lie down completely on the bath towel.
Notice: Warm air rises, so it is warmer on the upper benches.
Sauna beginners should prefer the lower and middle rows of seats first.
- 7) A sauna-gait lasts between 8 - 12 minutes, but not longer than 15 minutes.
If you feel not longer comfortable, leave the sauna early.
If necessary adjust the sauna hourglass. A sauna infusion is carried out if desired.
Avoid leaving or entering the sauna cabin during an infusion.
The last 2 minutes of the sauna-gait should be spent seated to stabilize the circulation.
- 8) After the sauna-gait, the body's cooling phase begins with cold water applications for the skin (e. g. cold water shower, Kneipp-hose and, if applicable, plunge pool) and the respiratory tract, if possible go to the fresh air for around 2 minutes to refuel oxygen.
- 9) After cooling, a warm foot bath may be recommended, as the dilation of blood vessels and increases blood circulation further cool the body and prevent after-sweating.
For further relaxation, you can retreat to a relaxation-room if necessary.
- 10) After the last sauna-gait, provide the body with sufficient fluids, mineral water rich in calcium and magnesium, diluted fruit juices or isotonic drinks are recommended.
- 11) If necessary, use further applications such as massage, radiation equipment etc..