



Here's our advice for an effective sauna session:

- Do not take the sauna when too hungry or after having eaten
- Cleanse your body and dry carefully
- If your feet are cold, take a warm footbath
- Each sauna session should last from 8 to 12 minutes, maximum 15. You can be sitting or lying quietly on a towel.
- A jet of steam increases the pleasure of the sauna. The evaporating water is good for the body's airways and stimulates further sweating.
- We recommend cooling off with a shower afterwards.
- Go in the jet shower
- Then you can sit down or walk around slowly
- If necessary repeat the refreshing shower

After the body has cooled down you can, depending on how you feel, choose to take a second and possibly a third session. To compensate for the loss of fluids, drink mineral water or fruit juice after the session. It is healthy and refreshing.