

Sauna guidelines

- Do not go into the sauna with an empty stomach or immediately after having a meal.
- Enter the sauna unclothed.
- Always take a shower before entering the sauna – not only for hygienic reasons, but also to remove the obstructing film of grease from the skin.
- Dry off well before the sauna (dry skin perspires better).
- A warm footbath before going in acclimatizes the body and prepares you for the heat.
- The sauna is for relaxing – therefore stay calm and quiet.
- Place a large bath towel on the bench.
- Important: since hot air rises, it is hotter on the upper benches. For sauna beginners, it is advisable to start with the benches on the lower or middle row.
- To avoid dizziness or even fainting, get up from your lying position in the final 2 minutes and sit upright. Move your legs to ensure that the blood does not collect in the lower part of the body.
- Remember your health! Leave the sauna early if you do not feel comfortable.
- A sauna bath lasts from 8 to 12 minutes, but not more than 15 minutes.
- In some saunas, it is customary to douse the stones. After a phase of prior perspiration (5-10 minutes), the dousing is then done as the «climax» (6-8 minutes), possibly then being followed by a phase of subsequent perspiration lasting 1-2 minutes.
- Do not leave or enter the sauna during the dousing.
- It is customary to go out into the fresh air for about 2 minutes to cool your respiratory passages and increase your oxygen intake.
- Always take a shower after leaving the sauna – and also before using the immersion bath.
- You only benefit from the health-improving effect if the cooling-off period using cold water and fresh air is strong enough.
- It is recommended to also take a warm footbath after cooling off.
- This dissipates the heat remaining in the body and the body cools down. It is also a good preventative against colds. Moreover, the warm footbath stops the body from perspiring further.
- If you would like to relax, you can retire to one of the relaxation rooms.
- Only drink again after the final visit to the sauna.
- No alcohol! Mineral water containing plenty of calcium and magnesium or diluted fruit juices (at least 1 litre) are recommended.