



A few thoughts about the sauna

Against popular belief, sauna isn't a Finnish invention. It was used by the Central American Indians first. They cure themselves by sweating. In Europe, it first appeared on the 1936 Olympic Games, when the Finnish athletes believed, the key to their success was sauna. That is why they built sauna at their accommodation. European doctors then started to research the effects of sauna, and they found many positive effects. Since then, the culture of sauna became a big hit in Europe and it's become more and more popular ever since. It is also known as a Finnish bath, where the temperature can reach even 90-100 °C, but the humidity is really low, around 10%.

How to use the sauna, a few handy tip:

1. Forget your worries and let the sauna wile away your stresses;
2. You might question, how much time should spend in it? The optimal time frame is 2 hours, broken into 3 sauna rounds, which consist 12-15 minutes in the sauna, followed by 20 minutes resting time;
3. Don't forget to take off all your jewellery;
4. Are you allow to wear lenses? Yes you are, as the heat doesn't harmful to them;
5. Never use sauna with a full tummy! Leave at least 2 hours after you have eaten. The reason for that is if you go to the sauna just after a meal, our body will have to cope with the heat and the digestion at the same time, which can cause headache and/or dizziness;
6. After you are finished in the sauna, try not to eat too sugary or fatty food but salads or fruits. It can help to get rid of the toxins, and lose weight;

7. Don't drink during sauna, but after it's very important to replace water;
8. The main rule before sauna, is a thorough shower, and a careful dry;
9. Keep your slippers outside the sauna;
10. Without the cooling-down the sauna doesn't work its magic on your body.
The plunge pool is one of the most popular cooling-down, but before that, have a quick hot shower to wash the sweat down, mainly because of hygienic reasons. If you have high blood pressure, then please don't use this way of cooling.

Sauna- Yes or No?

Yes:

- In case of any strain;
- Stress;
- With frequent use of sauna, our concentration could improve;
- Want to be happy? Let's go to the sauna;
- Better circulation;
- Make your heart stronger;
- Reduces the risk of stroke;
- It's good for asthma, as it clears the respiratory system;
- Make our immune system stronger;
- Relieve the allergy symptoms;
- Skin problems.

No:

- Acute infections;
- Fever;
- Influenza;
- Heart conditions;
- Cancer;
- Open wounds;
- Secondary high blood pressure;
- If you suffer from any disease, ask your doctor's opinion first about sauna.

Unlike the Finnish sauna, in the **infrared sauna** the treatment occurs on a much lower temperature (35-55 °C), so it isn't too hard for the body to take it. There is one more major difference between the two. The infrared sauna heats up the body, than the air, so you will be able to start sweating on a lower temperature, which has a deeper effect inside.

Why are we using it?

- Get rid of toxins,
- Painkiller,
- Cellulite
- Stress
- Boost circulation,
- Tiredness,
- Lose weight (combined with diet).

The **steam room** is special, because besides the low temperature (45-50 °C), it has a very high humidity percentage (70-100 %). If you use the steam room regularly, you can maintain good health and natural beauty, whilst enjoying relaxation its relaxation effect. It opens and cleans the pores of the skin, boost blood circulation, relaxes your muscles, and last but not least, cleans the respiratory system.

It also recommended for: asthma, rheumatism, bronchitis, cough, sore throat, raucity, any muscle pain, bad blood circulation and insomnia. Using steam room is especially popular among ladies, because it has a wonderful effect on the skin. It helps to improve the blood circulation and makes even very dry skin nice and soft.