



## Move & Relax SAUNA AREA

True to the motto “Move & Relax”, we devote as much time to regeneration as we do to exercise and, besides our treatments, offer a range of saunas to help with recovery. So that you can “relax properly”, we have prepared a few tips for you about when it is best to use each of our saunas.

In general: use the sauna after sport – not before – and make sure you have neither a full stomach nor an empty one at the time. Take a warm shower beforehand to warm up your body in advance, then dry yourself thoroughly ... it makes the sauna more effective. The general rule of thumb for sauna use

is to stay in the cabin for as long as feels good. Then cool your body back down again in the fresh air, in our natural pool, or under a cold shower.

Allow yourself a short break between rounds in the sauna (three at most) to relax and don't forget to drink plenty of liquids.

## FINNISH SAUNA

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approx. 80-100°C, humidity approx. 6-15%, sauna time approx. 8 to 15 minutes

The sauna is a fundamental part of the culture in Finland. It is used to relax both body and mind, recover after sport, grow mental grit and to detoxify the body. Using the sauna helps to improve performance and improve general wellbeing.

## SANARIUM

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approx. 55-70°C, humidity up to approx. 55%, sauna time approx. 10 to 20 minutes

If you don't cope with the heat so well, then the sanarium is an ideal alternative to the classic hot and dry Finnish sauna. Here there is a particularly gentle and calm atmosphere, at regulated humidity. Perfect for relaxation and wellbeing. The whole metabolism gets into gear, the immune system and circulation are strengthened and the skin is pleasantly detoxified.

## STEAM BATH

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approx. 42-45°C, humidity approx. 100%, sauna time approx. 10 to 20 minutes

Taking a steam bath is great preventative medicine and helps you to switch off, find new strength and generally improves wellbeing. It alleviates muscle pain and joint problems, improves circulation and relaxes the muscles. The damp heat is also very good for your skin.

## INFRARED CABINS

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approx. 35°C, sauna time 30 minutes max.

Bring your mind and body back into balance in the infrared cabin. The even heat distribution will make you feel brand new and you will return to your everyday life stronger and with a spring in your step. It encourages the metabolism, relaxes the muscles, improves circulation and stimulates the vegetative nervous system.