



ADVICE FOR THOSE WHO LIKE SAUNAING - HOW TO BRING THE PLEASURE OF SAUNAING TO AN EVEN HIGHER LEVEL

*The purpose of the **Sauna** is to clean the body, relax the muscles and freshen your mind and spirit. It is a place where we can relax after a hardworking day and where the soothing warmness will relax us and make us think. The sizzling of cold water sprinkled over hot stones, followed by hot air that gently massages the skin – the exiting process of saunaing that ends with a relaxing shower and a rest will give you the feeling that you have just been born again.*

- What is sauna?
- What do we need for saunaing?
- How do we use the sauna?
- How long can we stay in the sauna?
- Appropriate conduct in the sauna
- Healing properties of the sauna
- Can sauna be dangerous and for whom is it not recommended?
- Sauna and nudity



• What is sauna?

The word »sauna« is of Finnish origin and for the Finns, it is a holy place. They used to believe that there were ghosts living in the sauna, good that is, but ghosts nevertheless, which cannot be disturbed with inappropriate behaviour. The sauna **symbolises maternal warmth and protection** which is why people would go to it in the case of any difficulties or hard times.

The sauna is a place to **relax and meditate**. In the perfectly natural relationship between one's own naked body and the red-hot naked stone, you will find peace and tranquillity.

The Finnish sauna is a small enclosed indoor room or a separate small hut. The temperature in the Finnish sauna is between 40 °C and 110 °C, most usually around 80 °C. Our body can stand such high temperature of the air in the sauna only by sweating and moistening the surface of the skin with the sweat. After 10 or 20 minutes in the sauna, your heartbeat (pulse) will rise up to 120-150 beats per minute and the body temperature will reach around 40 °C. This is when you start sweating.

A specific feature of the saunaing is the **alternating bath**, which means that the body is first heated in the sauna and then cooled down (gradually, at the cold air in another room and under a cold shower). The warm air relaxes the tension in the muscles and makes you sweat excessively.

Sauna can also be used for **cosmetic treatments**. The blood circulation increases also in the skin layer. Excessive sweating is very important for **the extraction of salts and toxic substances from the body** while it also cleans the pores of the skin. The epidermis regenerates easy and quickly, especially if we remove the horny layer of the dead skin with gentle peeling before saunaing.

• What do we need for saunaing?

It is recommended that you bring the following with you in the sauna: two large towels or a large sheet and two small towels, slippers that you only use in the sauna; fresh underwear, so that you can change after saunaing. Towels or sheets can also be borrowed in the sauna centres.

• How do we use the sauna?

The basic rule of saunaing is: **pleasure, relaxation and sweating**. The aim of the instructions given below is to ensure that everybody gets the best out of saunaing.



- Take enough time, at least one and a half hour.
- Go into the sauna naked and respect the privacy of the people around us.
- Take your clothes off in the changing room, as well as all cosmetic products and jewellery.
- Prepare fresh underwear to be put on after saunaing. Take only the towel to sit on or the sheet into the sauna.



- Shower thoroughly before entering the sauna. This will moisten the skin and remove various smells or fragrances from our body that do not belong in the sauna. Peeling is also recommended to remove the dead parts of the skin.
- Wipe well, since the body must be completely dry when you enter the sauna; this will help it start sweating immediately.



- Shower your cold feet with warm water before entering the sauna.



- When you enter the sauna, use the sheet or the towel to cover the place where you intend to sit or be in contact with the wooden benches. The same goes for feet, legs, arms and head. In the Turkish sauna, the seat should be washed with the water or you should also use the towel. Wipe the sweat off during saunaing.

- It is recommended to first enter a sauna with lower temperatures (around 50-60 °C), such as for example samarium, the Roman bath or the herbal sauna) or sit on a lower bench in the Finnish sauna, where the temperatures are not so high. The air in the Finnish sauna is dry. The sauna attendant can increase humidity by pouring some water on the red-hot stones.

- Be as still as possible in the sauna. Breathe normally.
- Do not stay more than 10 to 12 minutes upon your first entry. There is an hourglass to help you estimate the time. If you visit the Finnish sauna only occasionally, avoid the higher benches. The medium bench is the most appropriate. If you are used to saunaing, select the location freely.
- Once you are warm enough, leave the sauna and cool down slowly: either under a shower or by simply sitting and resting at room temperature or in the open air. It is especially important that the head is cooled slowly.
- When entering the sauna for the second time, the air should be more humid than the first time. The skin has softened in the heat and the blood circulation has been accelerated. Cool down again.
- The alternating bath cycle (warming and cooling) can be repeated as many times as it is suitable for you. Most of the people find two cycles quite enough. In the last cycle, select a sauna with lower temperature.

SOS SWITCH



- Each sauna has an SOS switch on the inner side of the door. Call the sauna attendant should you feel sick or if you are injured.

- At the end, freshen up under the shower and then have a relaxing massage bath in the whirlpool. Dry up and rest. It is recommended that you rest lying down or half-sitting for at least 10 to 15 minutes.
- Have a refreshing drink. It is recommended that you drink water before and after saunaing. You should also eat fruits to normalise the level of calcium. The loss of magnesium will be compensated later by eating green vegetables. You can also eat something salty after saunaing, if you feel you need it.



- Cool down well before putting on fresh underwear or you will continue sweating. Have a swim in the swimming pool or a massage bath, massage or cosmetic treatment. After saunaing, the skin is ideally prepared for the rejuvenating, detoxicating and relaxing treatment. Make sure you are not cold, as the body is extremely sensitive after saunaing.
- Leave the sauna and the changing room tidy.

• How long can we stay in the sauna?

There are no prescribed rules on how long one should stay in the sauna or how many times one should warm up and cool down. The time of warming up depends on the temperature, humidity and each individual. Always listen to your body and sauna so that you feel as good as possible. The beginners should not stay in the sauna longer than it makes them feel comfortable, even if this is only a couple of minutes.

• Appropriate conduct in the sauna



Peace is an important precondition for spending a comfortable time in the sauna. Singing, loud conversation with the people you know, or radio in the cooling room is not considered appropriate. Nevertheless, this does not mean that you cannot socialise in the sauna. Saunaing together with family members, friends or close relatives can be more relaxing. If there are many users of a public sauna, you should respect the rules of privacy and consideration.



Respect the written or non-written rules of the sauna you are about to enter. When entering the sauna for the first time, we are usually informed of the saunaing rules. Ask about the appropriate procedure at the reception desk. Watch out for various signs and read the saunaing rules upon entering.



Enter the sauna quickly! Close the door behind you quickly to prevent cold air coming into the sauna. Find a free seat. If the heater is efficient enough, the temperature will not fall, only the user sitting at the lowest bench or closest to the door will feel a little uncomfortable. Of course, the most important feature of a good sauna is regular and sufficient air inflow. The sauna attendant will take care of regular air ventilation and cleaning; you might be asked to leave the sauna for a few minutes while it is being cleaned.



Always put a towel or a sheet under all parts of the body, including your back and your feet, to absorb your sweat. If there is enough room, spread out your legs. You may also lie on your back. In any case be considerate and lie down only when there is enough space. You may want to occasionally shift to a lower or higher bench. Should you feel uncomfortable because of too low or too high temperature, move to a place where you think you might feel better.



The hot air rises which means that the temperature is the highest under the ceiling. If you are sitting, your head will be exposed the most to the heat and your legs the least. You may not feel comfortable with that and it might be suitable, at least for the beginners, to lie on the back with slightly raised legs; if there is enough room, you may put them on the higher bench.



Be considerate to others! This is especially important once you feel “quite at home” in the sauna and feel like pouring water on the stones. The temperature will not rise if you constantly pour water on the stones; you will only increase relative humidity and change the atmosphere in the sauna. Leave the watering of the stones to the sauna attendant or do it only if all other visitors agree that there could be more humidity in the air.



When you come out of the sauna, your next step should be air bath. Do not rush under the shower. If you decide to sink your body in the massage bath, swim in the pool or re-enter the sauna, always take a shower first.



Rest a lot and intensively in between saunaing sessions. This is particularly important in the rooms intended for resting, as many people will want to rest lying down. Do not talk in the resting rooms or listen to the music without the earphones. Cover yourself in the resting room and wear a robe or wrap yourself in the sheet while you are outside the sauna.

• Healing properties of the sauna

The principal aim of the sauna is relaxation and comfort; but besides that, there is a series of healing properties.

Increased heartbeat improves the circulation of blood; because of such improved circulation, the skin turns pink; kidneys start functioning better since the salts, toxic and other “waste” materials are excreted from our body.

Saunaing is the best way of cleaning the skin. The heat will expand the pores on the skin and by sweating you will get rid of dead skin cells, dust, dirt, make-up remains and excessive tallow. The epidermis will regenerate better. Saunaing is a beneficial cosmetic care for the skin; it will help you heal skin diseases and prevent cellulites.

Saunaing eliminates psychological and physical stress. The pain and tension in your muscles will ease off because the sauna relaxes your entire muscle system and soothes the muscles. For many people, the sauna is a guarantee that they will sleep well at night.

As the aromatherapy sauna has beneficial effects on the respiratory tract and the skin, it is especially recommended if you feel you are about to catch a cold. Upon the first signs of a cold or flu, saunaing will strengthen your body and limit the reproduction of viruses.

• Can sauna be dangerous and for whom is it not recommended?

Sauna is intended for healthy people. You enter the sauna at your own discretion. Saunaing is not recommended for sick people who are sensitive to humidity (hot and humid environment). Furthermore, a visit to the sauna is inadvisable for people with the flu, decompressed heart, tuberculosis, epilepsy, cancer, skin inflammation, acute inflammations, contagious diseases or other diseases accompanied by fever. Do not enter the sauna if you have been drinking alcohol earlier. Only short saunaing intervals are recommended for pregnant women and children at lower temperatures.

Saunaing is completely safe as long as you follow the basic instructions and do not try to compete by showing off how long you can stay or how high temperatures you can bear. If you are concerned or if you have problems with your health, consult your doctor before visiting the sauna.

• Sauna and nudity



Although the Finns are naked in the sauna, they do not connect it with sexuality. There is nothing indecent if a family enters the sauna completely naked. On the contrary, the children perceive nudity and naked bodies as something completely natural and are not embarrassed to talk about it with their parents. The sauna is almost a holy place for the Finns. From early childhood, the children are learning about appropriate behaviour in the sauna and it rarely or never happens that individuals violate the rules of appropriate conduct. Nudity in the sauna has always been considered as something natural and never associated with sexuality.

»Source: Terme Krka and the Internet.«