

INSTRUCTIONS FOR USING SAUNA

1. Thoroughly wash your body under the shower before and after using sauna and next dry yourself with a towel.
2. Take a big towel* to sauna on which you will sit or lay down; leave your mules outside.
3. Your stay in sauna should last 8-15 minutes.
4. Cool down your body under the shower with cold water from feet to your head.
5. Rest for a dozen or so minutes drinking small quantities of water.
6. If you feel up to it, repeat the whole cycle twice.
7. If you feel bad, shorten your stay in sauna.

*A towel allows to maintain the appropriate hygiene (the sweat does not dribble onto the bench).

