

# Sauna: yes – but the right way

step by step: preparation → heat phase → cooling down → relaxation

## Take your time

To truly enjoy the sauna experience, it's important to give yourself enough time. Ideally, allow around three hours for the full wellness journey.

## Before your sauna session

Start your sauna visit without rushing. Avoid intense physical activity or stressful situations beforehand so both body and mind can begin to relax in advance.

## Food and drinks

It's best to leave around an hour between a large meal and your sauna session. At the same time, going to the sauna on a completely empty stomach is not ideal either. A light, easy-to-digest snack can be a good alternative.

## No swimwear in the sauna

Saunas are enjoyed without swimwear. This allows the heat to circulate evenly and lets the skin breathe freely. It is more comfortable, more hygienic, and more beneficial for the body.

## Inside the sauna

Less is more. Avoid physical activity and enjoy the peace and quiet. Keep conversations low or simply switch off and relax.

## Length of a sauna session

The ideal duration is highly individual. Listen to your body and how you feel. A sauna session can last just a few minutes or up to 15–20 minutes.

## The right way to sauna – step by step

### 1. Shower first

Take a thorough shower before entering the sauna for the first time.

### 2. Dry off well

Dry yourself carefully. Entering the sauna with wet skin makes it harder for your body to sweat properly.

### 3. Relax in the sauna

At the beginning, lie down or sit comfortably and take a few moments to fully relax.

### 4. Sit up before leaving

During the last few minutes, sit upright briefly so your body can gradually adjust to the change in position.

### 5. Fresh air

After the sauna, fresh air helps your body cool down naturally and supports your breathing.

### 6. Kneipp cooling

The Kneipp circuit allows you to cool your arms and legs gradually. Start with your extremities and slowly work your way toward the center of the body.

### 7. Cold shower

For hygiene reasons and to support the cooling process, take a cold shower afterwards – including your head, depending on your comfort level.

### 8. Intense cooling

The plunge pool, snow room and snow shower are ideal for a more intense cooling experience. Use them according to your personal preference. For hygiene reasons, showering beforehand is mandatory.

### 9. Whirlpool

Please shower before entering the whirlpool. However, it is recommended to avoid using it immediately after a sauna session.

### 10. Relax and recover

Allow yourself enough rest between sauna sessions and after your final round. Don't focus on the clock – listen to your body. Return to the sauna only once you feel balanced, comfortably warm, and fully relaxed again. And don't forget to drink plenty of water.

