

# A guide to the saunas at Boutique Hotel Planlim

Since the Stone Age, great emphasis was placed on the sauna as a purification ritual with spiritual significance, and it was also known all over the world. Whether the first sauna fans in different places had the same good idea independently of each other or whether it spread from Asia all over the world can hardly be determined so precisely in retrospect. However, every culture developed the sauna in its own way, especially for the sauna-enthusiastic Finns, even if they were probably not the inventors of the sauna.

We would like to offer you this little sauna guide in order to ensure that you obtain a maximum of joy and health benefits of your sauna session.

In this spirit, we wish you „Happy Sweating“!

## **Sky Spa**

- Finnish panorama sauna
- Steam bath
- Infrared Loungers

Access to the Sky Spa for children under 14 years of age is only permitted when accompanied by an adult. The nude area is only accessible to adults, where swimwear is not allowed. Please use towels if you wish to cover your body.

## **The benefits of the sauna**

### *Boosting the immune system*

Regular sauna visits strengthen your health. Due to the high temperatures, the muscles relax, the hot air improves the blood circulation of the mucous membrane in the nose, mouth and throat and the metabolism is stimulated as well as the body's immune system: The temperature of the skin increases by about 10° Celsius, the blood flow in it doubles. The body temperature increases by 1 –2° Celsius. This corresponds to a similar temperature increase as with fever. The body reacts to this temperature increase by activating the immune cells. Blood vessels dilate, heart rate increases by about 50 percent and respiratory rate increases as well. Those who go into the sauna regularly protect themselves from colds and flu infections. Especially people with bronchi problems benefit from regular sauna visits. Breathing becomes easier because the capacity of the lungs increases due to the muscle relaxing effect of the sauna.



### *Detoxification*

Sauna has a detoxifying effect. The fluid excreted during sweating is first extracted from the blood. If one continues to sweat, the organism compensates for the loss of fluid in the blood, which thus becomes minimally thicker, by depriving the muscles and the lipid and connective tissue of water. Metabolic slag accumulated in the tissue is also excreted. In order not to interrupt this detox process, you should drink plenty of mineral water and fruit juices only after the sauna but not during the sauna session.

### *The Steam Bath*

Air temperature 40-50° Celsius

Steam saunas and cabins with a high degree of humidity inside have a particularly beneficial effect on the respiratory tract and mucous membranes. In combination with the flavours and essential oils used, it has an antibacterial effect and stimulates the metabolism. In addition, the visit to wet cabins gives you a beautiful skin. In the damp heat, the skin pores open completely and the skin becomes particularly receptive for scrubs. Dead skin cells on the top layers are removed and the result is a silky and rejuvenated skin. After visiting the steam bath, a lukewarm or cool shower and an extensive rest phase are recommended.

### *The Finnish Sauna*

Air temperature 80 – 90° Celsius | Humidity degree ca. 10-30%.

Finnish saunas are dry hot air baths with intermediary cooling phases. The interaction of heat and cooling stimuli promotes blood circulation in the skin and mucous membranes, gently trains the cardiovascular system as well as the capacity of adaptation of blood pressure and blood distribution. It increases the defences against infections, serves skin cleansing and cell recreation and has furthermore a relaxing effect on the psyche and the muscles.

Each of the ascending benches represents a temperature zone:

There is no fixed rule on which level or bench you ideally start at, except that you should always listen to your body carefully. As soon as you are looking forward to cooling off, it's time to leave the sauna and of course this also applies to the very first signs of even the slightest malaise. A sauna session usually lasts 8 to 12 minutes. 15 minutes should not be exceeded by Sauna beginners. If you have laid down in the sauna, you should sit upright for the last 1 to 2 minutes so that your circulation can get used to the upright posture again. After a 20-minute rest period, the 2nd sauna session can last 10 to 12 minutes.



### *The Infrared Loungers*

Air temperature 30 – 40° Celsius | 10 – 15 minutes

Your back is heated evenly and contactless with infrared radiation by specially designed spotlights. In addition to the positive effects on overall wellbeing, detoxification and strengthening of the body's immune system, infrared therapy is particularly heart- and circulatory-friendly and has even more benefits to offer: it promotes healthy sleep, supports the healing of inflammatory processes in rheumatism and muscle pain and offers relief in case of connective tissue disorders as cellulitis

## HOW TO GET THE MOST BENEFIT FROM YOUR SAUNA SESSION

- ✓ Take your time. You'll need at least two hours to fully enjoy your sauna session.
- ✓ Avoid effort, hustle and stress. They might compromise the success of your sauna session which is under the sign of peace and relaxation instead.
- ✓ Don't enter the sauna hungry or with a full stomach. At least two hours should have passed between the sauna session and your last big meal.
- ✓ Taking a shower to cleanse your body before the sauna session is mandatory. Dry yourself thoroughly before entering the cabin. Dry skin sweats faster than wet skin.
- ✓ Enter the sauna only if you are not cold or overheated.
- ✓ The direct contact of naked skin on wood in the sauna is taboo. Always put a towel on top so that there is a towel between every part of your body and the sauna wood panelling. Put a towel under your back when leaning against the upper bench and under your feet as well.
- ✓ Avoid physical exertion. Any activity, such as gymnastics in the sauna, can lead to unnecessary stress on circulation and breathing.
- ✓ We recommend to remain in the sauna between 10 and 15 minutes, depending on your personal well-being. Leave the sauna immediately if you no longer feel comfortable.
- ✓ Every sauna session is followed by a cooling and resting phase. First, go out in the fresh air to provide your lungs with fresh oxygen. After the steam bath, we recommend a lukewarm or cool shower. After the Finnish sauna, we recommend instead a cold water jet in order to fully enjoy the relaxation effect. To protect your circulation and slowly prepare the heart for the cold, you should start the cold water jet from your right ankle, over the legs and arms and towards the heart. During the cooling phase, it is important to cool the head last.

- ✓ Take a break and relax. The resting period between sauna sessions should last at least as long as the sauna session itself, preferably at least 20 minutes. Make sure your body doesn't cool down. A bathrobe, a blanket or wool socks serve well here.
- ✓ After the sauna session, drink plenty of mineral water or diluted fruit juices.
- ✓ You can repeat the sauna session at your pleasure depending on your available time. After 3 sauna sessions, however, the health goal is achieved. Sauna visits are recommended both in summer and winter.
- ✓ Our sauna team will be happy to inform and advise you on all questions relating to your sauna session, our Spa treatment offer and the daily sauna infusions and themes.

What rather **not to do** in the sauna:

- ✗ Refrain from the visit to the sauna if you suffer of acute infections (fever or cold) or acute inflammatory conditions, acute asthma, epilepsy, severe heart and circulatory diseases and high blood pressure, acute migraines, cancers, tuberculosis, hyperthyroidism and varicose veins.
- ✗ No direct contact of bare skin on the wood panelling in the sauna. Always put towels underneath.
- ✗ Children are only allowed to go to the sauna when accompanied by their parents.
- ✗ We are very happy for you if you are in love. We really are. But please do not exchange tenderness in the entire Spa and pools area. These could be easily misunderstood by other visitors and lead to uncomfortable situations that we want to avoid for everyone involved.

Thank you for your kind understanding.

