

SAUNA RULES

Sauna, a treat for body and soul. Sweating makes you happy and is a miracle cure for your skin, hair and immune system. Regular sauna sessions help to strengthen the immune and cardiovascular system as well as improve metabolism, muscle regeneration, skin and promote relaxation.

If you are going to sauna, then do it right.

Before the sauna

- **Preparation:** Eat lightly; do not be too full or too hungry. Drink enough beforehand (water).
- **Shower:** Shower thoroughly with soap and dry yourself well; wet skin sweats less effectively.

During the sauna

- **The sauna is a nude area.**
Sweating without clothing has practical reasons: textiles, especially synthetic fabrics, hinder sweating and may release unpleasant odors or even harmful substances at high temperatures. This also applies to swimsuits and bikinis.
Please remove jewelry before entering the sauna, as it can become dangerously hot, and leave your slippers outside the sauna cabin.
- **Never without a towel.** Guests who prefer not to sit uncovered may use a towel to cover themselves. For hygienic reasons, a towel must always be used as a seat or lying surface so that sweat does not drip onto the benches - feet and back must also be fully covered by a towel whenever they come into contact with the wood.
- **Seating:** The higher the bench, the hotter it is. Beginners should sit on the lower benches, experienced guests on the upper ones.
- **Duration:** 8–15 minutes per session, depending on personal comfort. Leave the sauna if it becomes uncomfortable.
- **Infusion (Aufguss):** Only at the end of a session; please do not enter or leave during the infusion.
- **Atmosphere:** The sauna is a place of relaxation. When shared with other guests, please refrain from conversations out of respect.

After the sauna

- **Cooling down:** First cool down in the fresh air, then take a cold shower starting from the feet upwards (head last).
- **Rest period:** Relax for 20–25 minutes on a lounge while wearing a bathrobe.
- **Hydration:** Drink plenty of fluids afterwards to compensate for fluid loss.

Important notes

- **No intimacy:** The sauna is a place of calm and relaxation; intimate behavior should be avoided.
- **Slow start:** Several sauna sessions with adequate breaks in between are ideal.

