

Nine golden rules for healthy sauna bathing

How long should I stay in the sauna? How many sessions are recommended? Sauna newcomers have many questions. The German Sauna Association from Bielefeld has established „golden rules“ for the right sauna bathing.

- 1 Enjoy yourself:** You do not run a specific program in the sauna. The sauna-goer should feel comfortable and avoid stress.
- 2 Take your time.** It takes at least two hours to make sauna bathing a real pleasure. If you don't want to enjoy the relaxing atmosphere in a sauna alone, you will quickly find a new friend there. Sauna bathing is a very special experience.
- 3 Showers first:** Before the visit of the sauna you always take a shower. Dry yourself thoroughly afterwards! Dry skin sweats faster in the sauna room. A warm footbath before the sauna promotes sweating.
- 4 Sweating by feeling:** In the sauna you place your towel under the whole body because no sweat should drip on the sauna benches. 8 to 15 minutes in the sauna heat is completely sufficient. But more important than the time is the body feeling. The most relaxing part is lying down. You should sit up for the last two minutes to get the circulation back into an upright position.
- 5 Cooling down systematically:** To cool down go out into the fresh air first. The body enjoys the extra portion of oxygen and the breathing passages are also cooled. Afterwards showers and water hoses refresh. If you prefer the plunge pool please shower first.
- 6 Comfortable feeling of warmth:** After cooling down a warm footbath creates a comforting feeling of warmth and brings the body to a complete temperature balance. Further cold water applications train the blood vessels in the skin and increase the body's resistance.
- 7 Relaxing is part of it:** A sauna session is not physically demanding but a break is very relaxing. Snuggle up in a bathrobe, read or relax outdoors in good weather.
- 8 Three sauna sessions are sufficient:** Three sauna sessions are optimal for your health. Further sauna sessions no longer increase the effects of the sauna.
- 9 Massage:** In the sauna body and soul can relax perfectly. A massage between sauna sessions or after the sauna can intensify the relaxing effect.

Source: German Sauna Association, Bielefeld