



How to use:

Traditional Finnish Dry Sauna

Give yourself plenty of time to enjoy a traditional Finnish Dry sauna. These are the steps they recommend you take:

- Before you enter the sauna, drink one to two glasses of water and rinse off in a shower.
- Warm yourself in a dry sauna for 5 to 7 minutes without adding humidity.
- Exit and rinse off in a second quick shower.
- Allow your body to cool down by drinking something refreshing like water.
- Re-enter the sauna for another 7 to 10 minutes. For this second visit, you can add steam by ladling water onto the sauna rocks.
- Exit, wash your body thoroughly, and cool down again with water.
- Re-enter the sauna for your final visit of approximately 15 minutes.
- Cool down in a pool or a cold shower.
- Lie down and relax for as long as you need to.
- Drink at least one full glass of water with a light snack.
- Once your body feels completely cooled down and has stopped sweating, you can dress and exit the pool.