

Sauna User Guide

Usage procedure

IDEAL TEMPERATURE:

- **Traditional Sauna:** 80–100°C (optimal temperature for cardiovascular benefits)
- **Humidity:** 5% to 20% (based on comfort and tolerance)
- **Löyly (water on hot stones):** to temporarily increase humidity and intensify sweating

RECOMMENDED TIME:

- **Beginner:** 5 to 10 minutes
- **Intermediate:** 10 to 20 minutes
- **Advanced:** Up to 30 minutes
- **General Health Goal:** Accumulate 60 minutes per week



How to get the best out of your sauna

- **Stay well hydrated** before and after each session
- **Avoid alcohol and heavy meals** in the hours leading up to sauna use
- **Take a lukewarm shower** before entering to prepare your skin for the heat
- **Do not bring metal objects or a phone** inside the sauna
- **Add a few drops of essential oils** (eucalyptus, lavender) to the water for a pleasant aromatic experience
- **Use a wireless speaker** to play relaxing music
- **Finish with a moment of calm**, sitting or lying down, to stabilize body and mind
- **Add a cold plunge session if possible** to fully enjoy the benefits of contrast therapy
- **Keep benches and walls clean, and ensure proper ventilation** by leaving the door open after use to help preserve the interior wood

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Protocol in different cases

CARDIOVASCULAR HEALTH

- **Temperature:** 80–100°C
- **Duration:** 5 to 20 minutes per session
- **Frequency:** 2 to 3 times per week, up to 7 times for maximum benefit
- **Benefits:** Improves heart health, reduces risk of cardiovascular events, releases endorphins to enhance mood

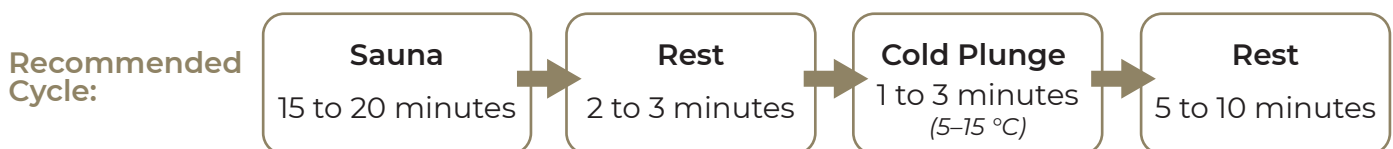
MUSCLE RECOVERY

- **Temperature:** 80–100°C
- **Duration:** 15 to 20 minutes per session
- **Frequency:** Ideally within one hour after training
- **Benefits:** Promotes muscle regeneration, reduces inflammation, decreases post-workout soreness (DOMS), and accelerates return to performance

GENERAL HEALTH AND STRESS MANAGEMENT

- **Goal:** Accumulate about 1 hour of sauna use per week
- **Structure:** Divide into 2 to 3 sessions of 20 to 30 minutes
- **Benefits:** Reduces cortisol, activates heat shock proteins (HSPs), improves stress resilience

CONTRAST THERAPY PROTOCOL (SAUNA + COLD PLUNGE)



- **Repetition:** 2 to 3 cycles depending on tolerance
- **Tip:** Always finish with the cold to maximize metabolic effects and strengthen resilience
- **Benefits:** Improves circulation, reduces inflammation, stimulates dopamine, activates heat shock proteins (HSPs), enhances recovery and stress resilience