

A man and a woman are standing in a wooden sauna. The woman is on the left, wearing a white strapless towel dress, leaning on a wooden beam. The man is on the right, shirtless and wearing a white towel around his waist, standing near the entrance. The sauna has vertical wooden planks on the walls and a wooden floor. A small basket of green apples is on the floor in the bottom left corner. A cylindrical metal heater is mounted on the wall above the woman.

Tips on how to enjoy the sauna

How can you make your trip
to the sauna even better?



The purpose of a sauna is to cleanse the body, relax the muscles and refresh both the mind and body. This is a place where you can unwind after a long day and where the balmy heat helps you relax and enter a state of contemplation.

The sizzling of the cold water as it touches the hot rocks, the moist hot air that gently massages and permeates the skin – this is all part of the invigorating process you experience in a sauna, which is then followed by a refreshing shower and rest, leaves you feeling reborn.

The word 'sauna' comes from Finnish and the sauna is considered to be a sacred place by many Finnish people. They used to believe that spirits live inside saunas, spirits that are generally good-natured but should not be disturbed by any inappropriate behaviour.

Saunas **also symbolises motherly warmth and protection**, which is why people used them as sanctuaries when facing difficult situations in life.

The sauna is a place to **relax and meditate**. In the completely natural relationship between our own bare body and the raw white-hot stones you can find a tranquility and peace.

WHAT SHOULD YOU TAKE TO A SAUNA?

We ask that you bring the following with you to the sauna: two large towels or one large bath sheet and two small towels; clean flip-flops or slippers, a change of clothes for afterwards. Towels and bath sheets can be rented at the sauna centre.



HOW TO USE A SAUNA?

The basic rules of saunas are: enjoy, relax and sweat.

- Take your time, set aside at least an hour and a half.
- Saunas are to be enjoyed nude while respecting the privacy of the people around you.
- Disrobe in the changing room and remove all cosmetic products and jewellery.
- Take a towel or bath sheet to sit on in the sauna.
- Shower thoroughly before entering the sauna. This moistens the skin and helps remove any scents or odours that do not belong in the sauna. If you have cold feet, shower them with warm water.
- Dry yourself with a towel before entering the sauna as this helps to start the sweating process faster.
- You must cover the area where you will sit in the sauna, or touch the wooden benches, with a towel or bath sheet. Also place a towel under your feet, arms and head. In the Turkish steam bath, you can wash down the seat with water. During the sauna, you can wipe away any sweat.
- It is advised to start with a sauna that has a lower temperature (approx. 50–60°C), such as a sanarium, Roman, IR or herbal sauna, or sit on the lower bench in a Finnish sauna where the temperature is lower.
- When in the sauna, try to relax and stay still as much as possible. Breathe normally.
- For your first sauna, do not stay for longer than 10–12 minutes, depending on how you feel. There is an hourglass on the wall of the sauna to help you measure the time.
- When you get hot enough, leave the sauna and gradually cool down either with a shower or just by sitting and resting at room temperature or outside. Make sure that your head cools down slowly.
- For your second sauna, you can choose between a hotter sauna or a sauna with a higher level of humidity. At this point, your skin has already softened due to the heat and your circulation is stimulated. Then you cool down again.

- You can repeat this cycle of heating up and cooling down as many times as you please. Most people find two cycles to be sufficient. In the last cycle, choose a sauna that offers lower temperatures.
- All saunas are equipped inside with an emergency SOS switch by the door. If you feel unwell or are injured you can immediately alert the pool attendant.
- After you finish your sauna session, refresh yourself with a shower and then enjoy a relaxing massage bath in the whirlpool. Then you can dry off and rest. It is recommended to rest for at least 10–15 minutes on the loungers.
- Enjoy a refreshing drink. It is advised to drink water before and after a sauna session.
- Before you change into fresh clothes, wait to thoroughly cool off so you do not continue to sweat. You can also go for a swim in the pool or treat yourself to a massage bath, massage or cosmetic treatment. After a sauna, the skin is ideally prepared for rejuvenating, detox or relaxing treatments. Make sure that you do not get cold as the body is sensitive right after being in a sauna.
- Get dressed in the changing room before leaving.

HOW LONG CAN YOU STAY IN A SAUNA?

There are no strict rules on how long you can stay in the sauna or how many times you can repeat the heat up, cool down cycle. The time needed to heat up depends on the temperature, humidity and the individual.

Always listen to your body and only stay as long as you feel is good for you. Sauna beginners may even want to only stay for a few minutes.

GOOD ETIQUETTE IN SAUNAS

An important requirement to ensure a pleasant atmosphere in the sauna is **peace**. Singing, loud talking or listening to music in the relaxation area is not appropriate.

Enjoying the sauna with family or friends is a more relaxed affair, as are the themed ritual events that are held by the sauna master. But otherwise, it is good etiquette to be mindful of others, especially when there are larger numbers of people there.

Please respect the rules of the sauna you decide to use. Not to worry, you will find out everything you need to know during your first visit, or others will help you out. If you have any questions, feel free to ask at reception or the sauna reception. Observe the signs and read the rules for each sauna on their entrances.

Enter the sauna quickly! Close the doors quickly behind you when entering the sauna to stop the cold air from entering. Take a seat where there is available space. The most important aspect of a good sauna is the correct and sufficient supply of air. The pool attendant takes care of the air supply and cleaning of the sauna and may ask you to leave the sauna for a few minutes.

Always place a towel or bath sheet under all parts of your body (including your back and feet) to absorb any sweat. If there is enough room in the sauna, you can stretch out your legs. You can also lay on your back. However, take others into consideration and only lay down when there is enough space.

Hot air rises, therefore the highest temperature is near the ceiling. You can occasionally move to another spot, sit on a higher or lower step. If you start to feel uncomfortable due to the higher or lower temperature, immediately move to a place that is more comfortable.

Be considerate of others! This is especially the case when you think you are beginning to master the sauna and decide to pour water on the hot stones by yourself. By constantly pouring water on the stones, you are not increasing the temperature but only the relative humidity level, which in turn changes the conditions inside the sauna. It is best to leave the water pouring to the pool attendant or only attempt to do so yourself if everyone in the sauna agrees to adding steam to the air.

When leaving the sauna, first enjoy a whirlwind air treatment. You shouldn't rush to have a shower, instead take your time. But when you do decide to have a massage bath, take a swim in the pool or enter the sauna again, always have a shower first.

Spend a lot of time and attention on relaxing between sauna sessions. Do not talk in the relaxation area, nor should you listen to music without headphones. Cover yourself while lying on the loungers and wear a bath robe or sheet when walking outside of the sauna area.

SAUNA RITUALS

You can intensify the effect of the sauna by moving the air like a whirlwind and getting a skin treatment. Use a gentle exfoliation scrub to remove any dead or hard skin and to exfoliate the skin, while use a wrap to stimulate its regeneration. The whirlwind movement of the air, performed by the sauna master, stimulates sweating.

For those who enjoy more social events in the saunas, we periodically hold themed events with music.

THE BENEFICIAL EFFECTS OF SAUNAS

The sauna is intended to improve your **relaxation and well-being**, while it also has a range of beneficial effects. **Blood circulation** improves due to your accelerated heart rate, leaving your skin healthy and glowing. Thanks to the sweating, **toxic substances** are released from the body.

Going to the sauna is the best way to **purify your skin**. The heat opens up your pores and the sweating removes dead skin, dust, dirt, makeup residue and excess grease. This means that the upper layer of skin can regenerate more easily.

Using a sauna reduces **physical and mental stress**. Pain and tension in muscles and joints are alleviated as the sauna relaxes the entire muscle system and reduces muscle tension.

Many people enjoy saunas as they guarantee them **a good night's sleep**.





WHO SHOULD AVOID USING A SAUNA FOR SAFETY REASONS?

Saunas are suitable for healthy people. Use the saunas at your own risk. It is not advisable for people suffering from illnesses who are sensitive to humidity (humid heat) to use the saunas. It is not advisable for people with any type acute infectious diseases, contagious diseases or skin infections to use the saunas.

Patients suffering from cardio-vascular diseases, arterial hypertension, diabetes, malignant diseases, chronic lung diseases, dilated veins or epilepsy are advised to consult their physician before using a sauna.

Never enter a sauna under the influence of alcohol.

Pregnant women are advised to only use the saunas for a short period of time, choosing lower temperatures and only after consulting their gynecologist.

Using saunas is completely safe as long as you follow the basic rules and you do not push the limits of temperature and duration of time spent in a sauna. If you have any concerns or medical issues, make sure you consult a physician before using a sauna.

SAUNAS AND NUDITY

Being nude in saunas has always been something completely natural and is never connected to sexuality.

**Welcome to the Terme Krka saunas.
Wishing you a wonderful experience!**

