



ΑΓΛΙΟΣ ΧΟΡΟΣ

## SAUNA

### WHAT'S SAUNA?

*A sauna is a habitation vertebrated by a wooden structure with insulating material in its interior and covered by a dovetail covering. It's equipped with interior beds or benches. The essential element of the sauna is the electrical equipment which generates heat, heating the air to cause a very high temperature in its interior at the same time as a very low humidity level is obtained due to the wood absorption effect.*

SAUNA SPECIFIC CLIMATE: Temperature: 80-110°C. Humidity: 5 – 25 % RH (Relative Humidity)

### BENEFITS:

*Nervous stretching.*

*Relaxation.*

*Respiratory ramifications dilation.*

*Oxygenation.*

*Peripheral vasodilating.*

*Stimulation of the blood circulation in extremities.*

*Rise of the heart frequency.*

*Stimulates the circulatory system.*

*Pore toxins cleaning.*

*Sweating glands.*

*Improvement of the muscular tissue and bone articulations elasticity.*

### HOW TO TAKE A SAUNA BATH:

*The beneficial therapeutic effect of the sauna is not immediate, due to it the sessions must be done regularly.*

*Warm water shower.*

*Start of the pore opening process.*

*Wipe away correctly the whole body.*

*Entrance into the cabin. It is not right going out before feeling the necessity but neither staying in feeling such necessity.*

*Leaving the sauna.*

*Cold water shower, starting to wash down by the extremities.*

*Begin phase 3. Repetition phase.*

*Repose phase: this phase is important as it complements the relaxation process.*

*Moderate water shower again to eliminate all the sweating.*

*If you want you can take water.*