



The desired temperature can be set at any time and the heating will automatically shut off when it is achieved. At the start of the program, the sauna light is turned on and after the sauna time, with a 30-second delay automatically turned off.

At the end of the sauna, a short beep will alert the Guest that the sauna time has expired. The sauna program can be interrupted at any time by pressing the Stop or Power off button.



Shower



Start watering your body with cold water under low pressure from the periphery to the areas near the heart.

kb. 5-15 °C



Wipe dry



Warm up your feet

**4-5 mins
30-40 °C**



Relax while lying or sitting on the lower bench



At the end of the sauna, lie down with fully covered body on a bench!

8-15 mins



Sit upright during the last 2-3 minutes



Between the sauna sessions it is recommended to wear absorbent and warm fabrics, such as bathrobes.

2-3 mins



Fresh air - keep moving



Replace your body's fluid loss with natural soft drinks.

MAXIMUM 3 SAUNA SESSIONS ARE RECOMMENDED (body heating, then cooling down)!