

SAUNA KNIGGE

A simple catalogue for sauna enthusiasts

+ TURN ON/OFF THE SAUNA

with your key card

+ WARMING-UP PERIOD

the warming-up time is approximately 30 minutes – depends on outdoor temperature

+ TEMPERATURE

sauna temperature ranges between 70-75°C

+ TAKE A SHOWER

always take a shower before entering the sauna

It is a truism that everyone sweats a lot in the sauna, but this should be taken into account because otherwise the others will get an unpleasant whiff of your own smell. Consequently, you should only enter the sauna after a good shower.

+ USING TOWELS CORRECTLY

Two towels should be used in the sauna. One towel is used as a seat to prevent sweat from burning into the wood. Everyone uses the other towel to dry themselves off so that the drops of sweat do not make excessive demands on the sauna room. When towel drying, care should be taken not to splash your own sweat. Because no one likes to get something like that off. It is better to use two towels.

+ SAUNA INFUSION

using less water for sauna infusion

+ VENTILATE THE SAUNA

after having enjoyed the sauna ventilate the room

+ RESPONSIBILITY

please do not leave your child's alone in the sauna

We appreciate your considerate handling
of the furnishing in our barrel sauna – THANK YOU!

Great fun!

Good to know

EQUIPMENT

We will be happy to provide you with a sauna bag, which is filled with 2 towels, bathrobe and slippers.

You can choose to buy or lend the sauna bag (rental fee € 50,00)

LENGTH

How long should you sit in a sauna?

How Long Should a Sauna Session Be? 20-30 minutes is the traditional sauna length for Finnish saunas, and most of the studies cited in our previous article had participants sit in the sauna for at least 20 minutes

FREQUENCY

Is it healthy to have a sauna every day?

Improves heart function: A study has shown that regular saunas may improve heart function in people with heart failure. Another study has shown that using a sauna 4-7 times a week can significantly lower the risk of sudden cardiac death and other heart diseases.

HEALTH

What does a sauna do for your body?

Saunas have been around for centuries. But the popularity of saunas has grown over the years thanks to its many science-backed benefits. Some benefits of regular sauna use include improved heart and mental health, relief of chronic pain, and relaxation. Sauna use is safe and low risk for most people.