



BELSOGGIORNO

homemade & tradition

BEST PRACTICES FOR THE SAUNA

HOW TO MAXIMIZE THE EFFECTS OF THIS RITUAL

The sauna, in addition to being a moment of relaxation, has well-known therapeutic effects. It helps to expel toxins from the body, purifies the skin, improves circulation and speeds up muscle recovery. To enjoy all the benefits, however, you need to know how to do it correctly.

EATING

Never go to the sauna on an empty stomach or, on the contrary, too full: before the session, treat yourself to a light snack, such as yogurt or some fruit.

DRINKING

It is equally important to provide the body with enough liquids. Before entering, sip a hot herbal tea to promote sweating; afterwards, top up with water or other non-alcoholic drink.

PREPARATION

To help your muscles relax, take a hot shower before entering and dry yourself well.

CLOTHING

It is best to enter the sauna without clothing, especially if made of synthetic fibres. Use the appropriate towel to cover yourself without limiting body perspiration and to avoid direct contact with the bench for hygienic reasons.

IN THE SAUNA

Start by sitting or lying on the lowest steps, where it is less hot. Stay for about ten minutes, maximum fifteen. Get up slowly to avoid drops in blood pressure.

AFTER THE SAUNA

It is important to create a cold reaction to bring the organic functions back to a situation of natural balance. Take a cold or lukewarm shower or rub your skin with ice, starting from the right foot, the part furthest from the heart, and gradually moving up.

FINAL REST

Repeat the hot-cold cycle approximately three times; then it is advisable to lie down and relax, covering your body well.