

## GENERAL OVERVIEW:

- \* Duration of sauna: about 10-15 minutes
- \* Temperature: 80-100 °C
- \* Humidity: 10-30%
- \* Frequency: 2-3 sessions

## TOTAL EFFECT:

- \* Skin cleansing, skin-care and stimulation of the formation of new cells
- \* Improvement of the body's defence system
- \* Exercizing of the heart and adjustment of the circulation
- \* Stimulation of the hypophysis and the adrenal cortex system
- \* harmonization of the vegetative nervous system with general well-being



# SAUNA

