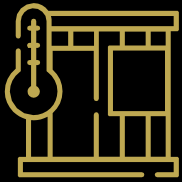


SAUNA

TIPS ON USE

- Set the temperature to a comfortable range, usually between 40°C and 50°C.
- In order to absorb perspiration and keep the sauna clean, place a towel on the bench to sit on and another on the floor of the sauna (You will find the towels on the sauna bench).
- Let the sauna warm up for about 8-12 minutes before you go in.
- Perspiration will begin in about 6-15 minutes after entering the sauna.
- We recommend that your sauna session be no longer than 30 minutes.
- Drink plenty of water before and after the session to restore your body's fluids.
- A warm shower or bath before the sauna session will increase perspiration. However, please dry yourself before going in, as too much water will stain or warp the wood.
- Showering afterwards will feel refreshing.
- Massage any affected areas to alleviate pain and stiff muscles.
- Do not eat at least one hour before the sauna session. It is better to enter the sauna on an empty stomach. Do not use the sauna immediately after intense activities.
- When you are coming down with a cold or flu, longer sauna sessions can be beneficial by strengthening the immune system and protecting you against the attacks of viruses.





SAUNA

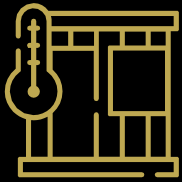
TIPS ON USE

- After the session, do not leave the sauna immediately. Let your body sweat a little longer, and after 3-6 minutes, you can exit at your leisure.
- Next, take a warm shower, and end it with cold water to cool off completely.
- Ask your doctor if a sauna is suitable for you if you have any diseases or chronic conditions for your own well-being.

BENEFITS

- Our infrared sauna uses invisible rays to increase the resonance of cellular tissues, accelerate blood flow and improve your bodily functions.
- Infrared sauna therapy is gaining a great deal of acceptance, both among users and the medical community. There is an increasing number of studies demonstrating its benefits.
- An infrared sauna can alleviate pain and cure injuries, as well as aid in their recovery by increasing blood flow.
- The elevated metabolic rate you experience in an infrared sauna burns more calories as the body sweats. This way, calories are burned, your heart rate improves, your heart is strengthened, toxins are eliminated, and your cellulite improves, along with your general complexion.
- A 30-minute session in an infrared sauna burns as many calories as a 10-kilometre race.
- The high-quality stereo installed in the sauna will help you relax through sound therapy and reduce your stress.





SAUNA

SAFETY PRECAUTIONS

- People with high blood pressure, heart conditions, and clotting or kidney problems should refrain from using the sauna. It is not advisable for women in an advanced state of pregnancy or children (In Spain, the minimum recommended age would be 10-12 years old).
- Do not place towels or any objects near the heating elements to prevent fires.
- Do not spray water on the heater, as it could cause electric discharges. Here at **ART & SUITE APARTMENT CÁCERES**, we care for your health.
- Do not touch the ceiling light bulb when it is on.
- Do not use the sauna if you are under the influence of alcohol or drugs.
- Do not use the sauna if you have open wounds, eye diseases or severe burns.
- Do not stay in the sauna longer than 40 minutes. Excessive exposure to heat could be harmful to your health.
- Elderly people whose health is compromised should refrain from using the sauna, especially if they have temperature-sensitive conditions.

