

# Sauna-routing/informatiekaart

Een paar uur Saunaplezier. Doe het goed!

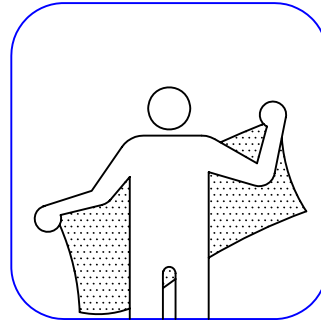
## Voorafgaand



Toilet bezoeken.



Lichaam reinigen.

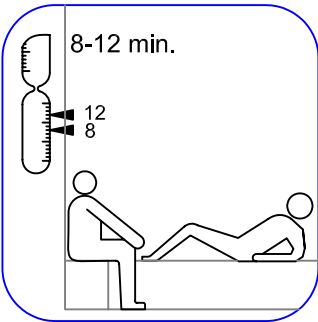


Afdrogen.



Warm voetenbad.

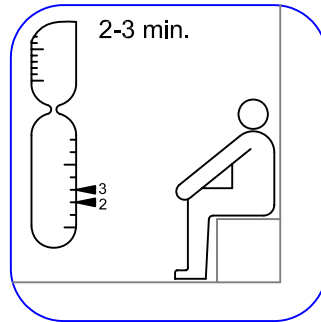
## Saunagang



Naar behoefte gebruiken.



Opgieten naar wens.

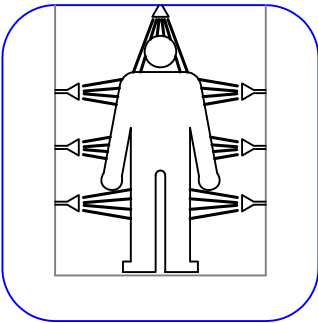


Tot slot: 2-3 min. zitten.

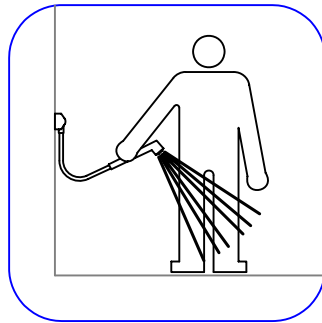


Buitenlucht inademen  
zitten of lopen.

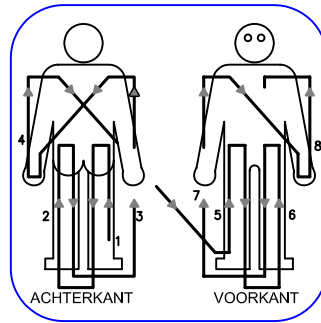
## Afkoelen



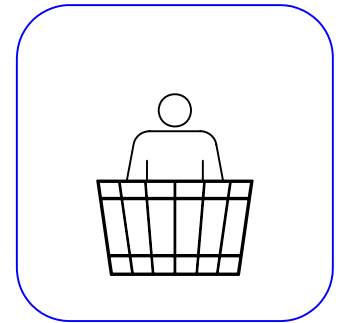
Koude lichaamsdouche  
na sauna 15°C.



Koud afspoelen  
volgens bijgaand schema.



Afspoel schema  
eerst achter, dan voor.

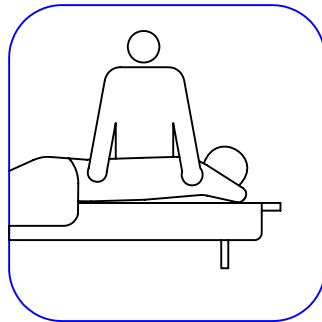


Koud dompelbad  
voor de liefhebber, ijskoud.

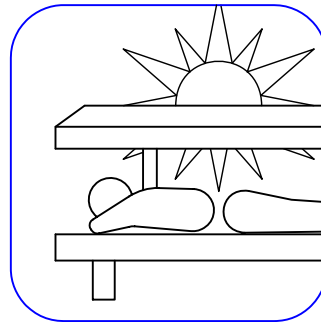
## Ontspannen



Min 15 minuten ontspannen  
en breng uw vochtgehalte op pijl.



Massage  
een goede aanvulling.



Eventueel zonnebank  
voor een zomerse tint.



# Sauna-Ablauf/Info-Karte

Ein paar Stunden Saunagenuss. Machen Sie es richtig.

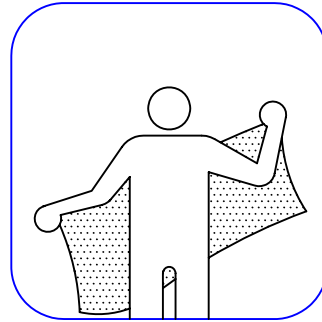
## Vorab



Toilette besuchen.



Körper reinigen.

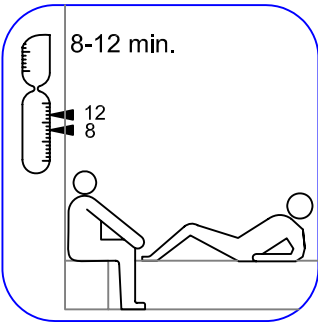


Abtrocknen.



Warmes Fußbad.

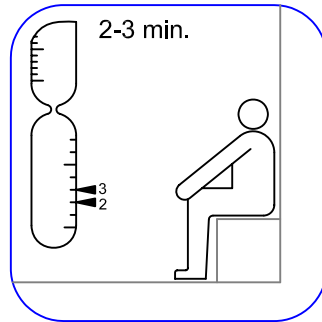
## Saunagang



Bei Bedarf benutzen.



Aufgüsse nach Wunsch.

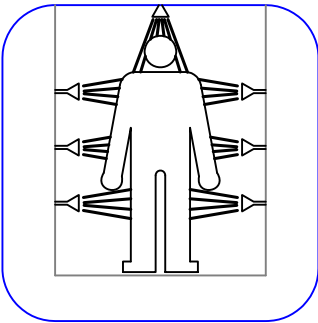


Zum Schluss: 2-3 Minuten sitzen.

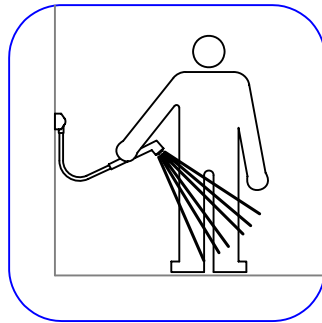


Außenluft atmen.  
sitzen oder laufen.

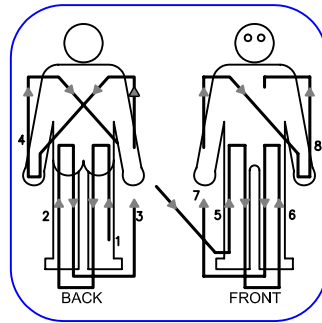
## Abkühlen



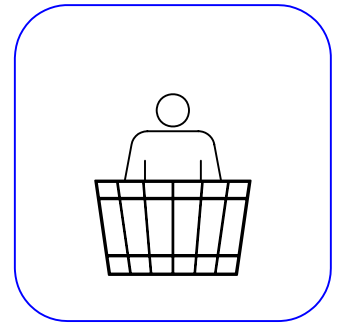
Kalte Dusche  
nach der Sauna 15°C.



Kalt abrausen  
nach angezeigtem Schema.



Abrausen: Schema  
erst hinten, dann vorne.

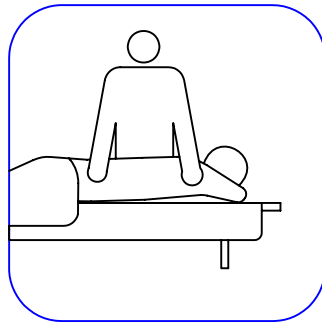


Kaltwasserbad  
für den Liebhaber eiskalt.

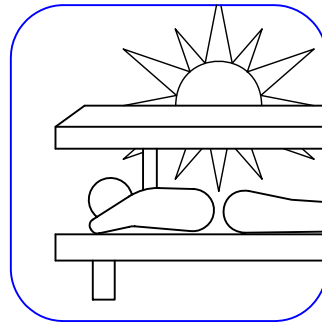
## Entspannen



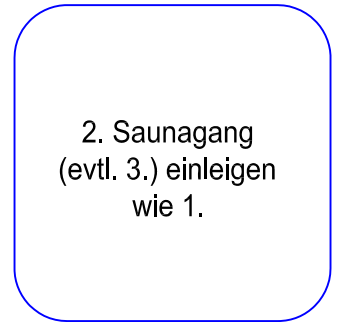
Mind. 15 Minuten entspannen  
und genügend Flüssigkeit zu sich  
nehmen.



Massage  
eine gute Ergänzung.



Eventuell Sonnenbank  
für sommerliche Bräune.



2. Saunagang  
(evtl. 3.) einleigen  
wie 1.

# Your route through the sauna/information sheet

A few hours' enjoyment in the sauna. Get it right!

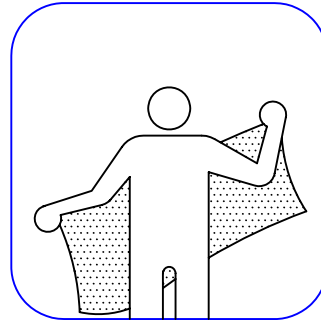
## Beforehand



Visit the toilet.



Take a shower.

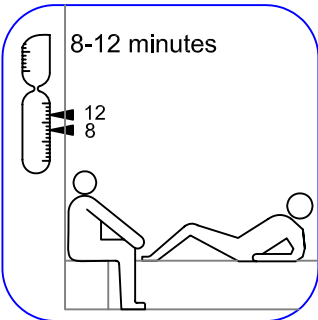


Dry yourself.



Take a warm foot bath.

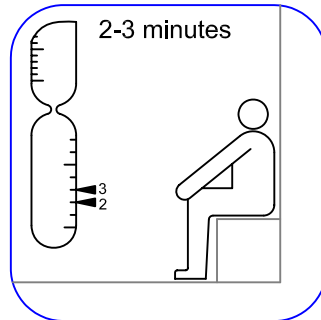
## In the sauna



Use the sauna for whatever period of time you prefer.



Add water as required.

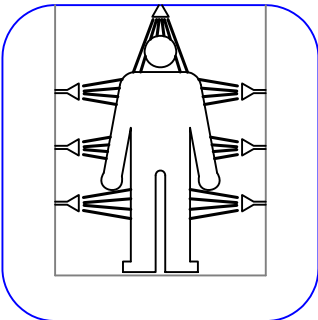


End of session: sit for 2-3 minutes.

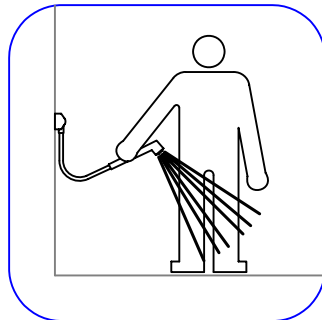


Breathe in some fresh air. *Sitting or walking.*

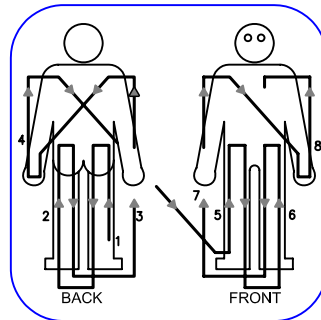
## Cooling down



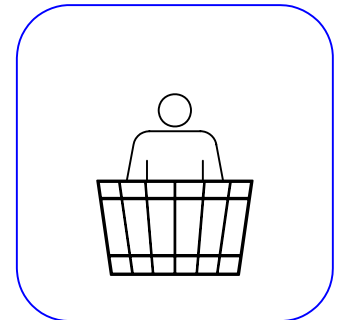
Take a cold shower after sauna, 15°C.



Rinse off with cold water follow the attached diagram.



Rinsing diagram first rinse your back, then your front.

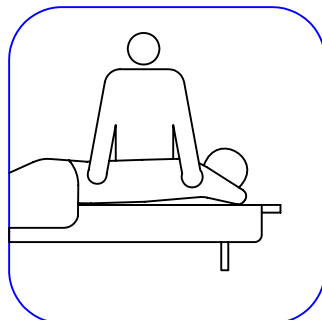


Cold plunge bath ice cold for real enthusiasts.

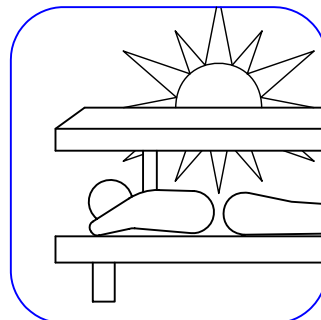
## Relax



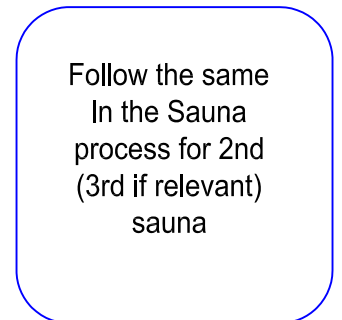
Relax for 15 minutes and replenish your fluids.



Massage a pleasant extra.



Perhaps a sun bed for some summer color.



Follow the same In the Sauna process for 2nd (3rd if relevant) sauna

# Procédure d'utilisation du sauna / carte d'information

Quelques conseils pour mieux apprécier le sauna.

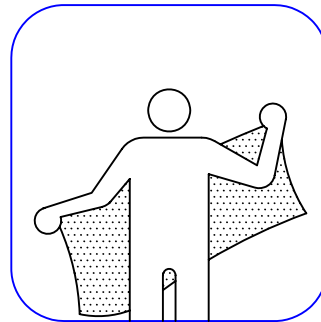
## Au préalable



Aller aux toilettes.



Se nettoyer le corps.

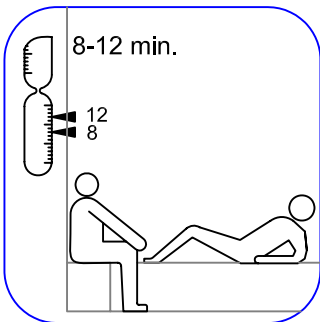


Se sécher.



Bain de pied chaud.

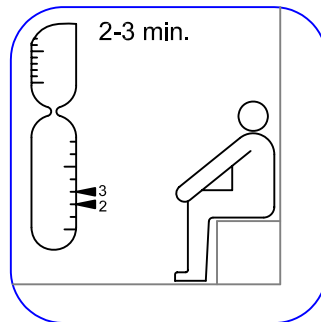
## Séance de sauna



Durée au choix.



Reverser selon les préférences.

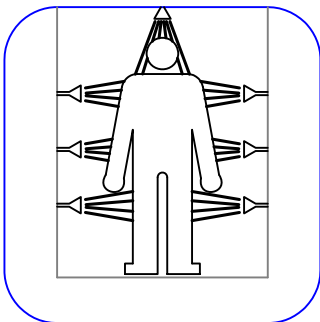


Pour terminer: s'asseoir 2-3 min.

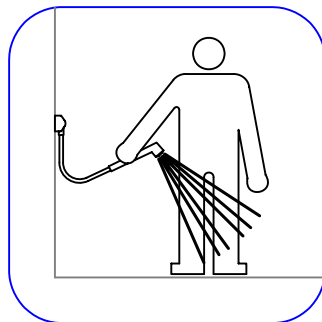


Respirer le grand air. assis ou en marchant.

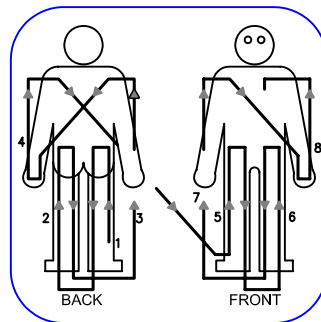
## Refroidissement



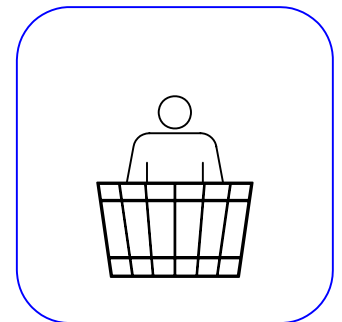
Douche froide du corps après de sauna à 15°C.



Rinçage froid en suivant l'ordre illustré.



Ordre de rinçage d'abord derrière, puis devant.

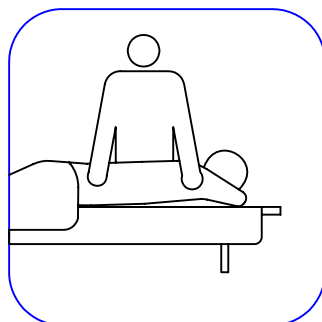


Bain froid rafraîchissant glacé pour les amateurs.

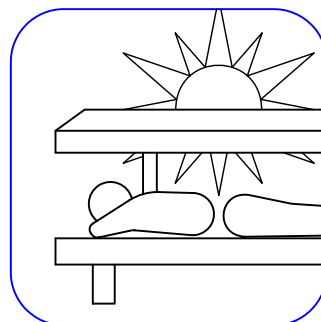
## Détente



Se détendre au moins 15 min. et se réhydrater.



Massage un bon complément.



Éventuellement un banc solaire pour un teint estival.

