



KLAFS
TECHNICAL
Feel Well

THE HEALTH BENEFITS OF SAUNA, SANARIUM & STEAM

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SAUNA BATHING. ARE YOU SEEING THE BENEFIT?

OK so you have the sauna on site and it's well frequented but are you getting the most of the experience.

Research shows that sauna bathing, when done correctly, can reduce blood pressure improve circulation and increase immune function. But how many of your users actually bathe properly?

A correct cycle of bathing should incorporate short cool off periods between sauna sessions. The client should be advised to bathe for around 10-15 minutes, cool off in the shower or plunge pool and take a relaxation break for a short time before entering the sauna and repeating the process.

This cycle of heating and cooling the body encourages the bodies own natural ability to regulate temperature and immune response. An imposed 'fever' is said to cause the bodies healing processes to kick in and produce more of those necessary white blood cells. More white blood cells, the greater the ability to fight infection. What a lovely way to ward off those winter chills.

Enhancing the experience is also an important factor for body and mind and fragrance is the simplest way to do this. Natural botanical essences not only give the brain that feel good hit but are shown to have marked physiological effects too. Lavender and Eucalyptus are widely used as antiviral, antibacterial essence to soothe and fight infections. A must for hot humid communal bathing areas.

A few drops in the essence cup or raponsing bucket is enough to fragrance the cabin and evaporate those clever little infection fighting particles into the air. OK so it's not

going to cure the common cold but they certainly seem to help diminish the spread and soothe discomfort. Helping you and your clients to breathe easy.

Caring for the sauna is just as important as caring for the client so encouraging proper etiquette is essential. Bathers should be encouraged to enter the sauna dry and should carry personal towels to protect the benches from perspiration and oil.

Showering should be encouraged not only for the noted health benefits but to cleanse the skin. Separate towels should be used during this process to reduce any moisture in the sauna environment. Simple procedures that will help retain the beauty of the sauna for years to come.



SAUNA BENEFITS

- Dry Heat reaching ideal temperatures of 90 degrees
- Heats the body quickly to induce 'fever' kick-starting the immune processes
- The natural immune response means an increase in white cell production an activity leading to a greater ability to fight infection
- Blood flow increases, circulation is improved providing relief from muscular tensions, aches and pains
- Pores open and the skin sweats releasing toxins and congestion enhancing the natural appearance of the skins surfaces

AND THE DOWNSIDE?

- The dry heat can irritate respiratory and circulatory complaints. Anyone with a medical condition should seek advice prior to sauna bathing.



HAVE YOUR CAKE AND EAT IT. EXPERIENCE THE DIFFERENCE WITH KLAFS SANARIUM.

Klafs SANARIUM. Unique and exceptional offering a complete bathing experience.

Choosing SANARIUM is making the decision to experience a whole world of wellness in one cabin where moisture and steam are balanced perfectly to enhance the benefits of both sauna and steam bathing. Cabin humidity and temperature is set to offer mid range heat and low range moisture, the perfect combination.

Much research has shown that such moderate conditions encourage a more gentle increase of the heart rate, lengthening of the muscles mild perspiration.

Moisture encourages the bronchial tubes to widen without adverse affects from harsh dry heat. Oxygenation improves and circulation raises a rosy glow to skins surface.

SANARIUM bathing should be approached in the same way as sauna bathing with recommended 10-15 minute bathing cycles followed by cooling off periods then rest.

The bathing process can then begin again.

Bathing in this form feels a little more laid back, relaxation coming slowly without harsh heat or intense moisture.

It supports the bodies natural processes and encourages a great depth of relaxation with all the associated health benefits including efficient and improved immune function. Enhancements can be provided with natural botanical essence providing a psychological and physiological pick me up.

Caring for the SANARIUM is important in ensuring a healthy environment for the bather.

Use of towels should be encouraged to protect benches while separate towels should used to dry off during cooling.

The cabin should be allowed to air daily after use to release moisture and water should not be left standing in the integrated tanks.

It really is that simple. Take bathing to a different level.



SANARIUM BENEFITS

- Balanced humidity and temperatures offering ideal variance of 70-80 degrees with 40-55% humidity
- Heats the body slowly with additional moisture benefits. Triggers lower grade 'fever' status
- The natural immune response means an increase in white cell production an activity leading to a greater ability to fight infection
- Blood flow increases, circulation is improved providing relief from muscular tensions, aches and pains
- Pores open and the skin perspires helping the release of toxins and congestion enhancing the natural appearance of the skins surfaces

AND THE DOWNSIDE?

- We really can't offer any downsides! As with all bathing environments a sensible approach and GP advice is advised where a medical condition exists. .



STEAM, GLORIOUS STEAM

A Klafs Steam Room is a particularly well controlled steam environment and as such the benefits are consistent and well noted. Getting the most out of the steam room really is child's play.

As with Sauna Bathing, research shows that regular and efficient steam bathing can reduce blood pressure improve circulation and increase immune function. The Physical softening and elongation of muscles aids the quick release of tension soothing aching, tired muscles.

Correct bathing is an important factor and the cycles mimic those of the sauna with recommended 10-15 minute bathing cycles followed by quick cooling off periods then rest.

The bathing process can begin again, this ritualistic approach enhancing the natural rhythms of the bodies own cycles. The induced 'fever' enhances the bodies own ability to ward off infection, really kick starting the immune system back into peak condition.

The temperate heat and moisture combination helps gently open bronchial tubes leading to greater and more efficient oxygenation of bloodstream, aiding breathing and circulation

Enhancing the bathers experience is as important in the Steam room as it is in the sauna and with the added benefit of moisture comes additional body treats.

Salt scrubs are a great treatment, really helping to stimulate circulation and clear away the toxins and lazy old surface cells.

Natural botanical essences can be injected directly to the steam environment providing fragrant and beneficial steam.

Taking a steam bath is walking a path steeped in tradition and ritual but whether choosing steam or sauna, the benefits can certainly be seen and felt.

Looking after the steam bath is simple and encouraging bathers to follow simple procedures with not only enhance the health benefits but will ensure the continued beauty of the steam environment.

Bathers should take a warm shower prior to bathing to remove residues sitting on the skins surface. Towel dry. Shower off in between bathing to cleanse the skin and dry with separate towel.

Easy steps in retaining a healthy steam environment.



STEAM BENEFITS

- Moist heat reaching ideal temperatures of 45 degrees
- Great for the body's circulation and respiratory systems
- Heats the body to induce a low grade 'fever' kick-starting the immune processes
- An increase in white cell production bringing a greater ability to fight infection
- Blood flow increases gently, circulation is improved providing relief from muscular tensions, aches and pains
- Pores open and release toxins and congestion, enhancing the natural appearance of the skins surfaces

- Scrubs, mud and other treatments can be applied within the steam environment to help aid the removal of toxins and improve circulation

AND THE DOWNSIDE?

- The lower heat levels of the steam environment provide a more temperate climate leading to fewer restrictions where existing health conditions are a concern. Medical advice should still be sought prior to steam bathing.



SAUNA, SANARIUM OR STEAM

Whatever your wellness choice we can talk you through the options at our showroom. Here is a place to get up close and personal with the products and actually see and feel the difference for yourself.

You are welcome anytime. Just call one of team and we will make an appointment and come Feel it, Touch it, See it for yourself.

Call us on 0845 833 6381 for more information or visit our website www.sauna-spa.co.uk.

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