**How long should you stay in a sauna?**

Since ancient times, from various legends and scriptures, we know that the Egyptians really adored staying in the sauna. They used to go there day and night, spending countless hours of their lives there. They say that every treatment never took place without a sauna ritual. No wonder Egyptian doctors were considered some of the best in the world.

In the scriptures, ablution gives 10 benefits, including clarity of mind, freshness, vigor, health, strength, beauty, youth, purity, a pleasant complexion, and the attention of women. And today no one has forgotten about it.

The love of the hot sauna is only growing, expanding its boundaries within us. Warming has an energizing and beneficial effect on the whole body and its systems.

Sauna positively affects the cardiovascular, respiratory, thermoregulatory, and endocrine systems, restores the nervous system, restores vivacity, helps to rejuvenate after physical and mental exertion (too much stress), and is conducive to weight loss.

**Infrared saunas. Health benefits.**

Many people are wondering - bath or sauna? The difference between a bath and a sauna is the different temperature and humidity levels. The sauna is hot and dry. In the bath, on the contrary, it is warm and very damp. Everything depends on personal preference. But there is an infrared sauna that can surprise even the sophisticated lover!

One of the means of health and beauty care is an infrared sauna or infrared cabin, which has nothing in common with a conventional sauna and bath. The peculiarity of the infrared sauna use is that despite the deep warming of the body, the temperature inside does not exceed 40-60°C.

The infrared sauna is practically a novelty in the world! Tadashi Ishikawa made an incredible discovery 40 years ago, showing the entire universe the possibilities of infrared heaters. They heat the human body to a depth of up to 4 cm and emit heat in a fairly narrow range that is beneficial to human health.

Infrared saunas differ from traditional saunas and baths by the method of direct heating of the human body.

In addition to this, infrared sessions also contribute to a significant cosmetic benefit: they clean the skin, open the pores, and accelerate the removal of dead cells. The skin becomes firm and elastic, it removes blackheads, pimples, eczema.

**Finnish sauna or steam rooms.**

Finnish sauna has a huge number of healing properties. It has a beneficial effect on the respiratory tract, eases the lungs and builds a protective barrier against pathogenic bacteria.

If you are actively involved in sports - the sauna will help to restore muscle tone, relieve tension and feel comfortable. Don't forget to stay hydrated!

This type of dry sauna is a national symbol of Finland. Initially, it was usually built on the shore of water. And the principle of contrasting procedures is the alternating effect of warming steam and cool water. Well, if there is no water body nearby, a cold shower comes to the rescue!

An aromatherapy session in the saunas will complement the positive effect of the procedures and stabilize the overall emotional state. For this purpose it is enough to add a suitable essential oil, or decoction of beneficial plants to the water for the stones.

Interesting fact! Finnish scientists proved that people who use a dry sauna 3 to 6 times a week, reduced the risk of Alzheimer's disease, dementia and various brain diseases.

**Useful features of heating.**

There are many sauna health benefits for average person, namely:

* it cleans your skin, fills the wrinkles, and the face has a radiant, healthy complexion
* excess fluid escapes from the body, reducing risks of kidney disease
* blood circulation, breathing and high blood pressure are improved

Slow metabolism is the first sign to draw your attention. Warming the body in the saunas increases blood circulation, thereby speeding up metabolism and thus returning the body to its former youthfulness.

**How long should you stay in a sauna? Sauna safety rules.**

It is impossible to give a short answer as to how long should you stay. It's all very individual. The general rule is to know the limit.

* Before entering the steam room itself, be sure to take a warm shower without the use of any products.
* It is advisable not to overeat before visiting the sauna. This can have the opposite effect.
* When you enter the steam room, do not rush to occupy the top shelves. If you're new to the practice, start with the lower ones.
* Take a supine position, do not sit. You may feel uncomfortable because of the temperature difference.
* Listen to your condition. It's best to start by not trying too hard and end the sauna session at 5 minutes. Otherwise you may get heat stroke. A little later you can proceed to extended periods.
* Take a cold shower after the session. And if you are not afraid of the cold and feel well - take a dip in a pool of ice-cold water.
* Always make a rest of 10-15 minutes between sessions. During this time you can practice breathing exercises, drink plenty of tea or water. This is done to avoid heat stress.
* It is strictly forbidden to wear jewelry in the sauna. High temperatures heat the jewelry and can leave a burn on the body.

By following these rules, your sauna sessions will be pleasant and useful with all the benefits. The time of the sessions can be increased gradually, but be careful. On average, the whole heat therapy should not last more than 2 hours. The total time should not exceed 40 minutes in sauna post even for experienced users.

**Contraindications.**

We advise you to limit yourself from going to the sauna if have any of the following symptoms or illnesses:

* cold
* fever
* pregnancy
* alcohol intoxication
* infectious diseases
* allergies
* cardiovascular diseases

In case of uncertainty, consult your family physician before the sauna sessions.

**What do you need to take with you to the traditional sauna?**

Take a sheet or towel to sit comfortably. Also, do not forget a change of shoes (flip-flops) and a hair band. It is recommended to use a special cap to protect your head from high temperature, because there is an increased risk of heat stroke.

Don't go into a sauna with a wet head because it affects the blood vessels in your head. This also applies to the home sauna. After the sauna bath it will be useful to attend a massage for relaxation.

**Let's summarize!**

Sauna baths have a large number of positive effects for your immune system. Sports medicine recommends using a sauna 2-4 times a week, with spending time 5-10 minutes per session. Other users can increase the time, but be careful!

The general health-improving effect of sauna lies in the contrasting effect on the body of alternating high and lower temperatures. Sauna is the best way to spend time both in winter and summer!

 Enjoy!