



WELLNESS

FINNISH SAUNA

1. SWITCHING ON

- 🍁 Press the button outside the sauna to switch it on.
- 🍁 The heating-up time is approximately 20 minutes.

2. INSIDE THE SAUNA

- 🍁 Left button: pour water over the stones for extra steam.
- 🍁 Right button: pour water mixed with eucalyptus over the stones.

3. AFTER USE

- 🍁 The sauna will switch off automatically after the set time.

TIP!

- 🍁 Alternate between warm and cold for the best circulation.
- 🍁 Use a towel on the benches and rinse your body after use.