

# FINNISH SAUNA

*"Give me a fever and I can cure any disease."* – Hippocrates



At So Fit our large sauna can accommodate up to 10 people at a time. The historical benefits of sauna go well beyond modern times, yet they are in use in higher numbers around the world now more than ever. In fact modern studies support historically held beliefs about saunas only adding to the list of benefits.

There are many articles on the net which detail the benefits of sauna use. Sauna originated in Finland and is correctly pronounced sowna, (sow as in how). Those with blood pressure conditions, or elderly, should not use sauna without prior consultation with their physician. If at any time you do not feel comfortable in a sauna leave immediately.

Some benefits of sauna:-

- During a 10-20 minute sauna session, your heart rate increases by 50-75%. This provides the same metabolic result as physical exercise. The increased cardiac load is the equivalent to a brisk walk. There is a nominal effect on blood pressure because the heat also causes blood vessels in skin to expand to accommodate increased blood flow.
- Blood vessels become more flexible and there is increased circulation to the extremities. During a sauna, blood flow to the skin increases to as high as 50-70% of cardiac output (compared to the standard 5-10%). This brings nutrients to subcutaneous and surface tissue resulting in glowing healthy skin.
- Steambaths and saunas induce sweating to provide a comprehensive cleansing of the skin and sweat glands. Skin is the largest organ in the body. 30% of body wastes are passed through the skin. Profuse sweating enhances the detoxifying capacity of the skin by opening pores and flushing impurities from the body.
- When taking a sauna, skin temperature rises to 40°C (104°F) and internal body temperature rises to about 38°C (100.4°F). Exposure to the high heat creates an artificial fever state. Fever is part of the body's natural healing process. Fever stimulates the immune system resulting in

- increased production of disease fighting white blood cells, antibodies and interferon (an anti viral protein with cancer fighting capability).
- Spas and other such therapeutic facilities utilize saunas and steambaths in conjunction with massage to loosen fatty tissue and assist in the battle against cellulite.
  - Many regular steam and sauna users claim that a “good sweat” at the onset helps relieve and ward off the most severe symptoms of cold or flu.

Some of the other benefits associated with saunas and steambaths include:

- Relief from the pain and stiffness of arthritis.
- Steam is an excellent treatment for respiratory problems, such as; chest congestion, bronchitis, laryngitis and sinusitis.
- Revives tired and strained muscles after physical exertion.
- The cleansing effect of profuse perspiration helps provide healthy skin and a clear complexion.

Need further convincing? Take a look at a couple of these excellent sites

<http://www.cyberbohemia.com/Pages/saunahealth.htm>

<http://www.123saunas.com/health/>

or search sauna health benefits - read and be amazed.

Our sauna is an included service in club membership only. Other usage incurs a \$5.00 fee. Session times/shower use is not restricted. We do encourage brief shower times in lieu of current water restriction laws in South Australia. For hygiene reasons a quick rinse in the shower is recommended prior to entering the sauna. Sauna sessions are recommended not to exceed 15 - 20 minutes before taking a break to shower/re-hydrate before re-commencing your sauna. The sauna has a water holding tray at the back which should be kept full when in use. Use of eucalyptus oil or other suitable breathing vapors are permitted. Small portions of these are placed in the water tray. The humidity/vapor caused by the water in the tray is essential for a most effective sauna experience. Small amounts of water, or water mixed with eucalyptus, can be splashed on the rocks for an instant burst of steam/vapor/humidity. Extreme care must be exercised to keep such quantities low as beneath the rocks are electric elements.

Sauna use is on a by demand system. If you want it hot on your arrival, call 85 222 555 we will ensure the sauna is on at least half hour prior to your attendance.