

Taking a sauna is the ideal way to unwind and recharge your batteries. That unique blend of delicious heat followed by a stimulating shower boosts the body's natural defences and promotes the circulation, shifting your entire metabolism up a gear. A sauna also cleanses the skin and tones up the tissue. You emerge revitalized in body and spirit.

# Sauna

The beneficial effects of sweating in specially designed facilities have been known for thousands of years. The ancient Greeks and Romans knew and used the therapeutic effects of perspiration, although the modern practice of savouring a sauna in a log cabin, at high temperatures and low humidity, originated in Finland. And what a delight it is!

Take two hours, two sauna towels and your favourite soap and away you go. Saunas are best taken when you're neither starving nor freshly fed. First take a cleansing shower and dry yourself off thoroughly. If your toes are cold take a warm foot bath before you enter the sauna. 8 - 12 min will normally be long enough in the sauna cabin – 15 min is the limit. In the cabin, sit back and relax or lie down. Should you ever feel ill at ease in the sauna, leave the cabin at once. To enhance the pleasure of a sauna, ladle a little water over the hot stones. As the water evaporates, the vapours will do your respiratory organs good and make you sweat even more intensively. Adding a few droplets of aromatic extracts to the water bucket can make the experience.







more enjoyable still. Spend the last two or three minutes in a sitting position, then leave the cabin and savour the fresh air outside. Now it's time to hose yourself down or cool down under a wide-nozzled shower. Regular sauna-goers will take a dip in the plunge tub. Then simply sit and rest or walk around slowly. If necessary, take another cool shower. Depending on how you feel, once you have cooled down properly you can return to the sauna for a second or even a third session, but before you do so, take a warm foot bath to promote the circulation. To restore the fluid level in your body, enjoy a healthy and refreshing drink of mineral water or fruit juice after a sauna.

**KLAFS**  
MY SAUNA AND SPA

# COLOUR THERAPY

**Colours promote the sauna effect and well-being. Every colour generates a special sensory perception in us. Colours and joy of life go together. They affect our thoughts, feelings and support mental balance. Colours promote relaxation and have a motivating effect on people's general mood. Especially in our fast-paced, modern world, colours can have a positive influence on our life and well-being.**

## Colours and their effect

	<b>RED</b>	Has an invigorating and activating effect against inertia and lack of energy, stimulates the heart, blood flow and breathing, has a positive effect against joint disorders and rheumatism and boosts well-being.
	<b>YELLOW</b>	Motivates and cheers up the mind. The colour helps in case of dejectedness and boosts vitality. It also has a soothing effect on abdominal and intestinal problems.
	<b>GREEN</b>	Has a relaxing, calming and harmonising effect. It can be relied on to help especially when coping with stress and headaches.
	<b>BLUE</b>	Soothes and regenerates. Using blue light is helpful in particular if suffering from insomnia, anxiety and restlessness.
	<b>VIOLET</b>	A blended light of blue & red. Is the colour of the supernatural, the spirit and inspiration. Violet light is helpful when meditating. It has a beneficial effect on the immune system and the lymphatic system and supports fluid balance.
	<b>ORANGE</b>	A blended light of red & yellow. Is the colour of vitality, allowing a shift from dejectedness to cheerfulness. Has a preventative and supporting effect against muscle cramps, depression and muscle tension.

