

How to use sauna

1



Wash: Clean your body thoroughly in the bath or shower, and dry yourself completely with a towel.

2



Sauna: Start from about 5 minutes, depending on your condition, and enjoy at your own pace.

Loyly: After getting used to the heat, add loyly to increase temperature (enjoy with Kabosu scent).

3



Cold Bath: After the sauna, rinse off your sweat thoroughly, and then slowly enter the cold bath (Take a cold shower if you prefer).

4



Open-Air Bathing: Relax at outdoor beak space to cool down

5



Repeat: Cycle through the steps 2-3 times to feel the full effects!

Sauna: 8–12 minutes (Beginners should start with 5 minutes, as previously advised. Do not push yourself.)

Cold bath: 30 seconds – 1 minute (Take your time until your pulse calms down.)

Rest (open-air bathing/ Cool Down): 5–10 minutes

(Until your mind and body are fully relaxed and your body has cooled down.)