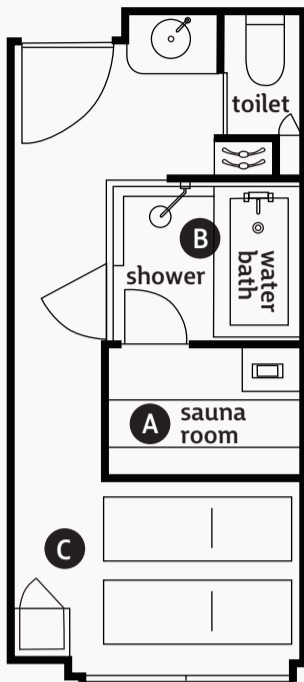


Private Sauna Usage Guide

To maximize relaxation and health benefits, please enjoy our private sauna safely and correctly.

Sauna Temperature: 90-100°C

SAUNA ROOM



1. Preparation

- **Lighting Adjustment:** To create a relaxing atmosphere, the room is set to dim lighting. Adjust the lighting to your preference using the switches next to the sink and mirror, the ones next to the sauna booth door, and the blinds. When opening the window, please ensure the blinds are closed to maintain privacy.
- **Cold Plunge Preparation:** Fill the bathtub with water to your desired temperature (may take approximately 20 minutes to fill). If you wish to cool the water further, please call the front desk at "555" using the phone next to the sink to request ice.
- **Bluetooth Connection:** Select "AVWAR501" to enjoy your sauna with your favorite music.
- **Hydration:** Please drink plenty of water before entering the sauna. Staying hydrated is crucial to prevent dehydration. Water is available in the refrigerator below the air circulator.
- **Cleanse Your Body:** Before entering the sauna, take a shower to remove sweat and dirt. Dry yourself thoroughly with a towel."

2. Enter the Sauna

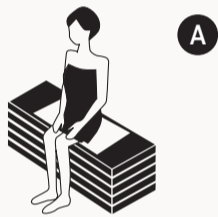
- **First Sauna Session (5-10 minutes):** For first-time users, start with a short session.

If you're new to saunas, it's recommended to sit on the lower bench to acclimate your body to the temperature.

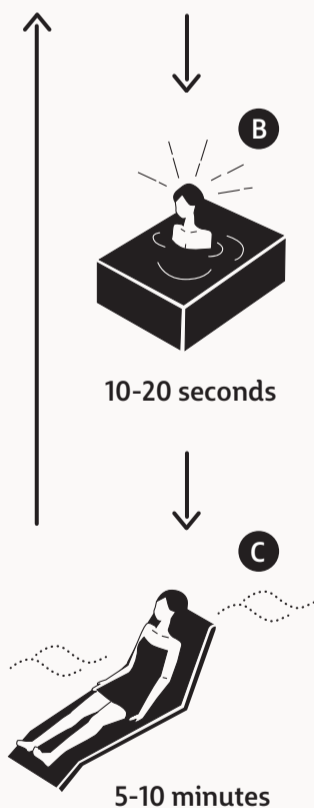
Breathe deeply and slowly to relax.

- **Löyly (try if feeling comfortable):** Löyly is the act of pouring water on hot stones to create steam.

We have prepared aromatic water (not for drinking) in a bucket at the sauna entrance. This will promote sweating and refresh your mind.



5-10 minutes



3. Enter the Cold Plunge

- After exiting the sauna, it is important to rinse off the sweat in the shower.
- Stay in the cold plunge for 10-20 seconds (1 minute for experienced users).
- When entering, slowly immerse your body in the water. Sudden immersion can strain your heart.

4. Take a Rest

- After the cold plunge, dry your body with a towel, put on a bathrobe, and relax on the chaise longue.
- Experience the feeling of "Totonou". Totonou is a unique Japanese term that encapsulates the feeling of deep relaxation and rejuvenation often experienced after a sauna session. It's a combination of physical and mental restoration, where your body and mind feel aligned and balanced.
- Rest for about 5-10 minutes.

5. Repeat

- Repeat the cycle of sauna, cold plunge, and rest, 2-3 times.
- Adjust the number of cycles based on your physical condition.

Precautions

Health Management: If you feel dizzy or unwell, rest immediately. In case of an emergency, press the emergency call button at the bottom of the sauna room or call the front desk at "555" using the phone next to the sink.

Avoid Alcohol: Alcohol can lead to dehydration and accidents, so please refrain from using the sauna after drinking alcohol.

Proper Hydration: Don't forget to rehydrate after using the sauna.

By following these steps, you can fully enjoy the relaxing effects of the sauna.

Guests who have booked a private sauna can use it as many times as they like until 10 AM the next day.

Additionally, you can enjoy one complimentary drink at the 1st-floor lounge after your sauna session (1 drink per person per stay). Please use the sauna in moderation and have a wonderful time.