

ADVICES FOR A CORRECT USE OF THE OFURO & IR SAUNA

The use of mobile phones is forbidden, smoking or eating inside the Ofuro / Sauna area.

Time: to enjoy the benefits of the Ofuro and Sauna IR bath at least two hours are required. the right predisposition! Ofuro / Sauna and haste DO NOT agree.

Needed: large towel and bare feet, it is absolutely forbidden to enter the Ofuro / Sauna area and bathroom with shoes.

Preparation for the Ofuro / Sauna: take a shower at a pre-set temperature of 36 degrees and dry before entering the sauna; the shower has an automatic dosage of about 20-25 seconds necessary for the initial and final shower.

Access the Ofuro and Sauna: enter the Ofuro tub through the appropriate ladder, taking care not to slip and carefully grasping the edges of the tub with two hands, better to sit on the edge of the tub and enter very slowly so as not to slip inside and to avoid thermal shock . In the sauna, avoid direct contact with the wood, sit down and lie down on your towel, go in and out quickly so as not to disperse heat.

Feeding: the interval between the Ofuro / Sauna and the last main meal should be at least 2 hours. Under no circumstances should you enter the hungry sauna. Do not introduce food into the Ofuro / Sauna area. Tea and herbal tea and mineral water will be served.

How to dress: it is recommended to enter the nude Ofuro / Sauna to allow the heat to penetrate freely into the skin and prevent sweat from settling on the body and for greater well-being. You can manage your own nudity with a towel and in any case inside the Ofuro / Sauna room it is possible to have total privacy without being observed by other guests in other areas.

Chatting in Ofuro / Sauna: during the Ofuro / Sauna session and relaxation it would be better not to chat (or speak in a low voice) because on the one hand, the circulation is fatigued and on the other hand the other guests are disturbed.

How to progress in the Ofuro & Sauna session:

Time in minutes	3 HOURS SESSION	2 HOURS SESSION
INITIAL SHOWER	1	1
SAUNA	15-20	8-10
RELAXATION	5-10	5-10
OFURO	12-20	5-8
RELAXATION	5-10	5-10
OFURO	12-20	5-8
RELAXATION	5-10	5-10
SAUNA	15-20	8-10
FINAL SHOWER	SKIP	1
RELAXATION	5-10	
OFURO	5-8	
RELAXATION	5-10	
SAUNA	5	
FINAL SHOWER	1	

IMPORTANT: read and accept the disclaimer document prior using the Ofuro & Sauna

Staff di Villa Sole