

Belvita

LEADING WELLNESSHOTELS
SÜDTIROL



BELVITA SAUNA GUIDE

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GUIDE



The Belvita Leading Wellnesshotels Südtirol rely on the four cornerstone- concepts of Well- feeling, Beauty, Fitness, and Vitale Cuisine to set the golden standard in the areas of beauty treatments, physical and mental exercise, and all-round wellbeing. The Belvita umbrella brand includes South Tyrol's top spa hotels, all sharing the common features of homely charm and personal management. A consistent brand image guarantees guests an experience focusing on peace and quiet, relaxation, enjoyment, and professional treatments.

As an essential element to relaxation and regeneration, the sauna is part and parcel of the Belvita spa areas. Done correctly, it strengthens the cardiovascular system, stimulating the immune system as well as metabolic functions. It is also ideal for the care and deep cleansing of the skin. To increase its beneficial effects, combine the sauna session with a treatment – ask us for advice, we are happy to help!

The Belvita sauna guide contains essential rules and important recommendations to help you manage your sauna session correctly and maximise its benefits.

THE EFFECTS OF THE SAUNA

Sweating in the sauna trains the body's thermoregulatory system. The alternation of heat and cold stimulates the perfusion of the tissues in the respiratory tract and helps the body to adapt to different temperatures, making the immune response more efficient against cold- and flu viruses.

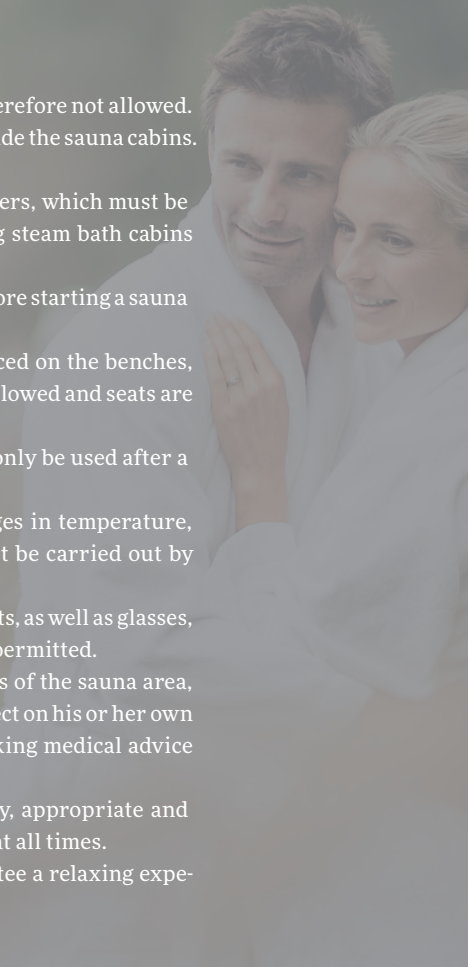
The steam bath.

Steam rooms and cabins with a particular humidity rate are especially effective on the respiratory tract and mucous membranes; their antibacterial- and energising effects are increased by aromatic essences and oils. A steam bath session also has noticeable cosmetic effects; especially if combined with peels and nourishing treatments, it helps rejuvenate the skin's top layers. We recommend to follow up the steam bath session with a lukewarm shower and a long relaxing break.

The Finnish sauna.

The Finnish sauna involves a session in hot, dry air alternated with cooling breaks. If carried out correctly, the Finnish sauna is proven to offer considerable health benefits. The alternation of hot and cold stimuli promotes the perfusion of the skin and mucous membranes, and gently trains the cardiovascular system for better vascularisation and blood pressure regulation. The Finnish sauna also increases the body's defences against infections, cleanses the skin, promotes cell regeneration, and helps relax the mind as well as the muscles.

USE OF THE SPA AREA

- . Access to the sauna area is restricted to adults.
 - . The sauna is a nude area; clothes and bathing suits are therefore not allowed. T-shirts or similar garments are not permitted even outside the sauna cabins. Bath towels, bathrobes, or sauna kilts are allowed.
 - . Access to the whole sauna area requires the use of slippers, which must be removed before entrance to the sauna cabins, including steam bath cabins and dry saunas.
 - . Guests must always shower and towel dry thoroughly before starting a sauna session.
 - . A bath towel of appropriate size to sit on should be placed on the benches, except for wet- and steam saunas, where towels are not allowed and seats are rinsed with water before and after use.
 - . Swimming- and plunge pools as well as whirlpools may only be used after a thorough shower.
 - . It is not permitted to modify the sauna settings. Changes in temperature, infusions, operation of ventilation equipment etc. must be carried out by the hotel staff.
 - . In the sauna area, use of mobile phones, cameras and tablets, as well as glasses, watches, or any other device fitted with a camera is not permitted.
 - . Each guest should be informed of the specific conditions of the sauna area, such as temperature and humidity, and aware of their effect on his or her own body. In case of medical conditions, we recommend seeking medical advice before starting a sauna session.
 - . In view of the sauna policy involving mandatory nudity, appropriate and respectful conduct is essential and must be maintained at all times.
 - . Noise and loud conversation must be avoided to guarantee a relaxing experience for all guests.
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- A soft-focus photograph of a man and a woman in white bathrobes. The man is on the left, smiling slightly, and the woman is on the right, leaning her head against his shoulder. They appear to be in a spa or hotel setting.

TIPS FOR A PERFECT SAUNA SESSION

- . Take your time! It takes at least two hours to fully enjoy a sauna experience.
- . Avoid stress! A sauna session is all about peace and relaxation.
- . Start your sauna session neither hungry nor on a full stomach! Allow for a two-hour gap between the sauna session and your last main meal.
- . Shower and towel dry thoroughly before entering the sauna cabin.
- . Warm up your body before a sauna session! Start with a warm footbath to facilitate the perspiration process.
- . Do not wear any garments during the sauna. This way, the heat will reach your skin unhindered, preventing skin irritation caused by sweat sticking to your body.
- . Avoid any physical effort! Exercise may lead to the unnecessary overload of the circulatory- and respiratory system.
- . We recommend keeping sauna session between ten to 15 minutes, depending on your personal condition. If you no longer feel comfortable, leave the sauna cabin.
- . After each sauna session, cool off! First cool down the airways breathing in some fresh air, then use cold water or ice to work your way from the limbs towards the heart, i.e. from the arms and legs to the back and torso and finally the head. You can use the plunge pool to cool down completely. Always take a refreshing shower before entering the plunge pool!
- . After cooling off, gently warm up your feet with a warm footbath and wear wool socks to maximise the beneficial effects.
- . Take a break and relax! Rest for at least 30 minutes in between sessions.
- . Repeat the sauna sessions up to three times at most. Sauna can improve health even in summer, strengthening the immune system and cooling down the body.
- . For additional information, please contact our competent staff. They will be happy to advise you on the various treatments as well as on the sauna effects and the daily infusion programmes.





This hotel is a member of Belvita Leading Wellnesshotels Südtirol
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