

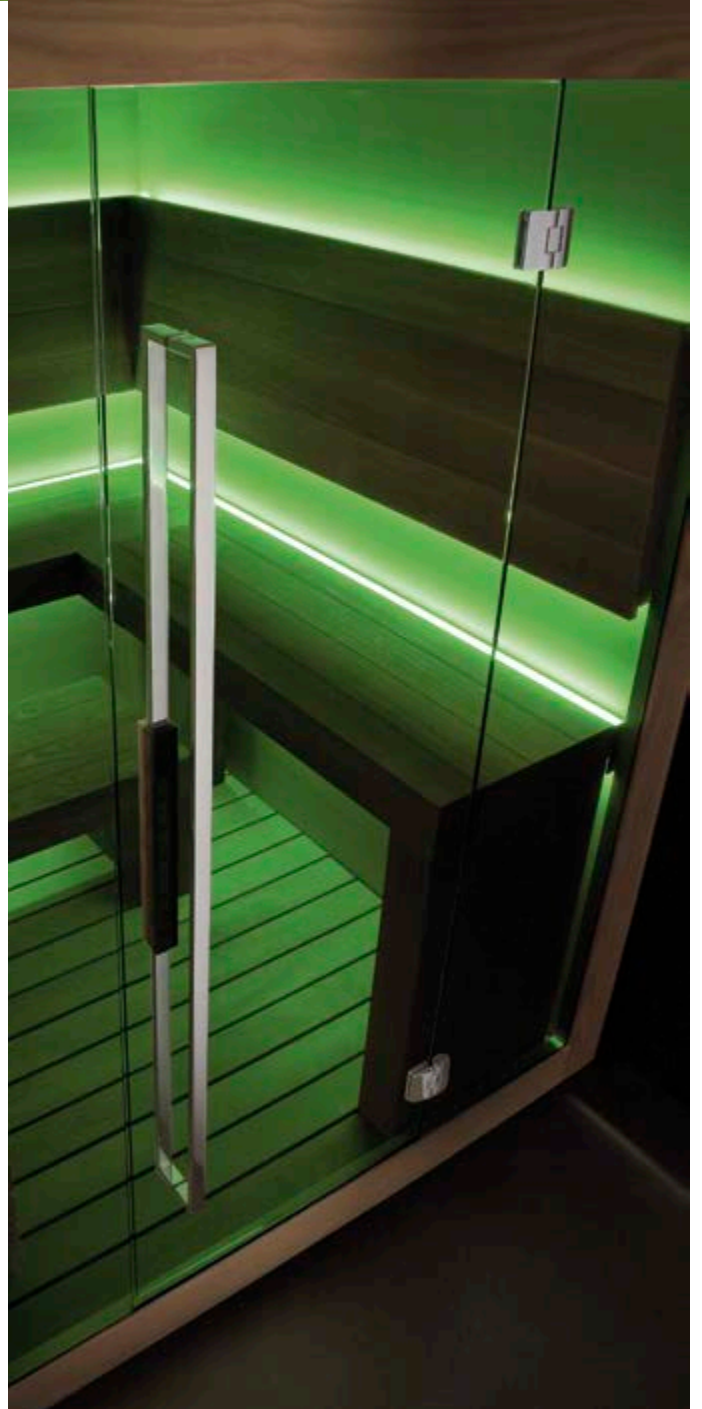


CARMENTA®

founded in 1949

Renew
HE01

BIOSAUNA



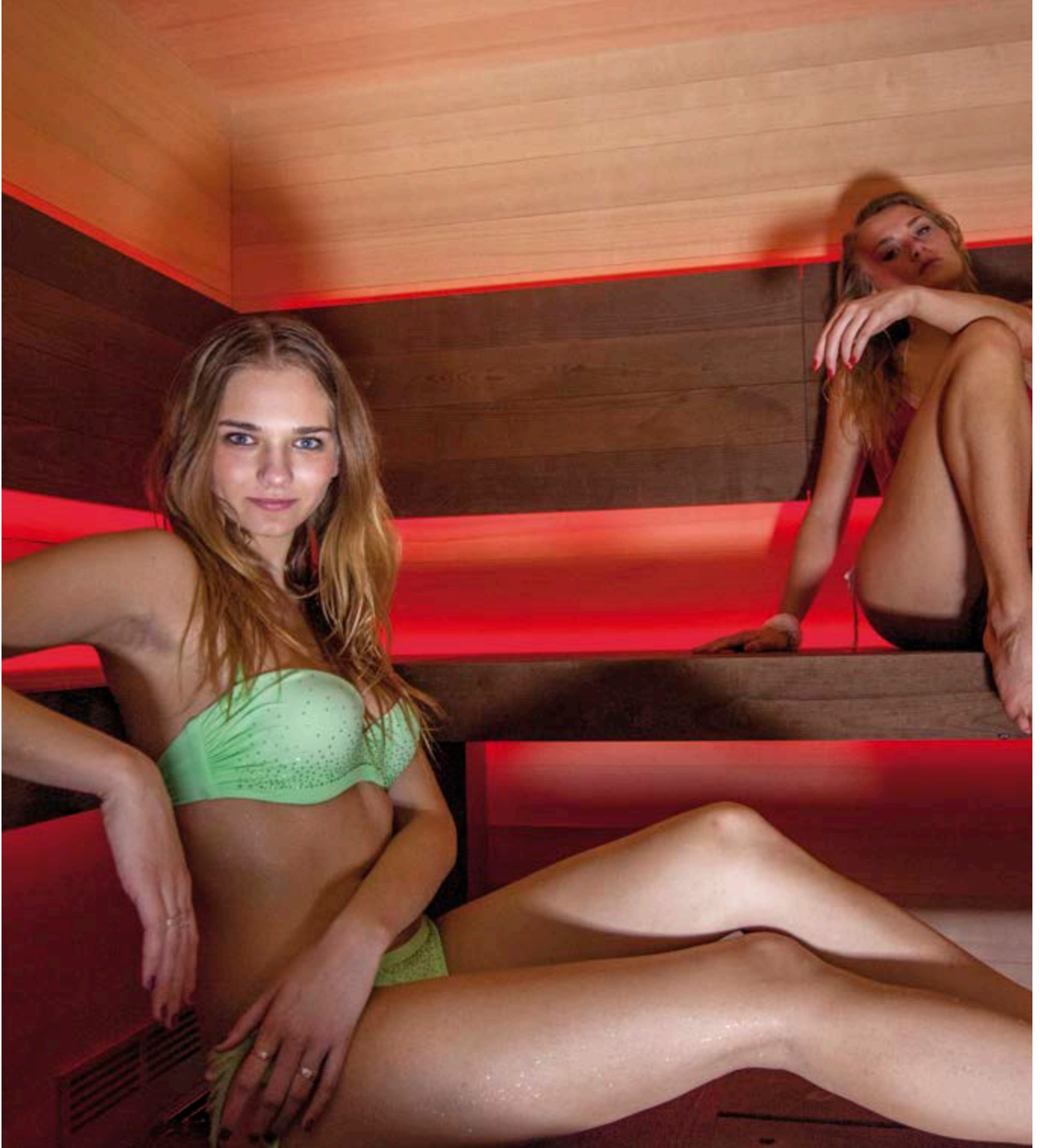


BIOSAUNA

The heat that pampers

Enjoy a moment of genuine wellbeing in the soothing gentleness of a delicate sauna at a pleasant temperature and low humidity.

To learn how to discover the magical effects of a sauna with regenerating power.



A medium hot sauna that allows the body to gradually adapt to more intense saunas. This is a smart and healthy way to understand and become familiar with your body's reactions.

Medium humidity and medium temperature to relax the body and familiarise yourself with the world of heat.

Settings

- Temperature: 50° as desired
- Humidity: 50% as desired

Preparation of the cabin

- Air the cabin before switching it on
- Switch on about 10 minutes before treatment
- Prepare the water bucket and the desired essence (see Aromatherapy tables)

Preparation of the client

- Take off your shoes before entering. Enter barefoot
- Enter and lay a natural fibre sheet on the bench
- It is always better to have a shower and dry the body well before entering
- As soon as you enter, put one/two ladles of water (the amount depends on the desired degree of humidity) in the stones. Please note: the more humidity in the cabin, the higher the perceived temperature.



Diet

- Drink a hot herbal tea (avoid cold drinks) before entering. Do not enter on a totally empty stomach or at the start of the digestive process. Avoid ingestion of animal proteins which take longer to digest; raw fruits and vegetables are preferable.
- At the end of the treatment, rehydrate the body with a remineralizing drink (herbal tea, fruit or vegetable juice or a not-too-cold beer to avoid congestion) and eat one/two wedges of raw apple to restore the proper balance of sugars, mineral salts and vitamins.

Precautions

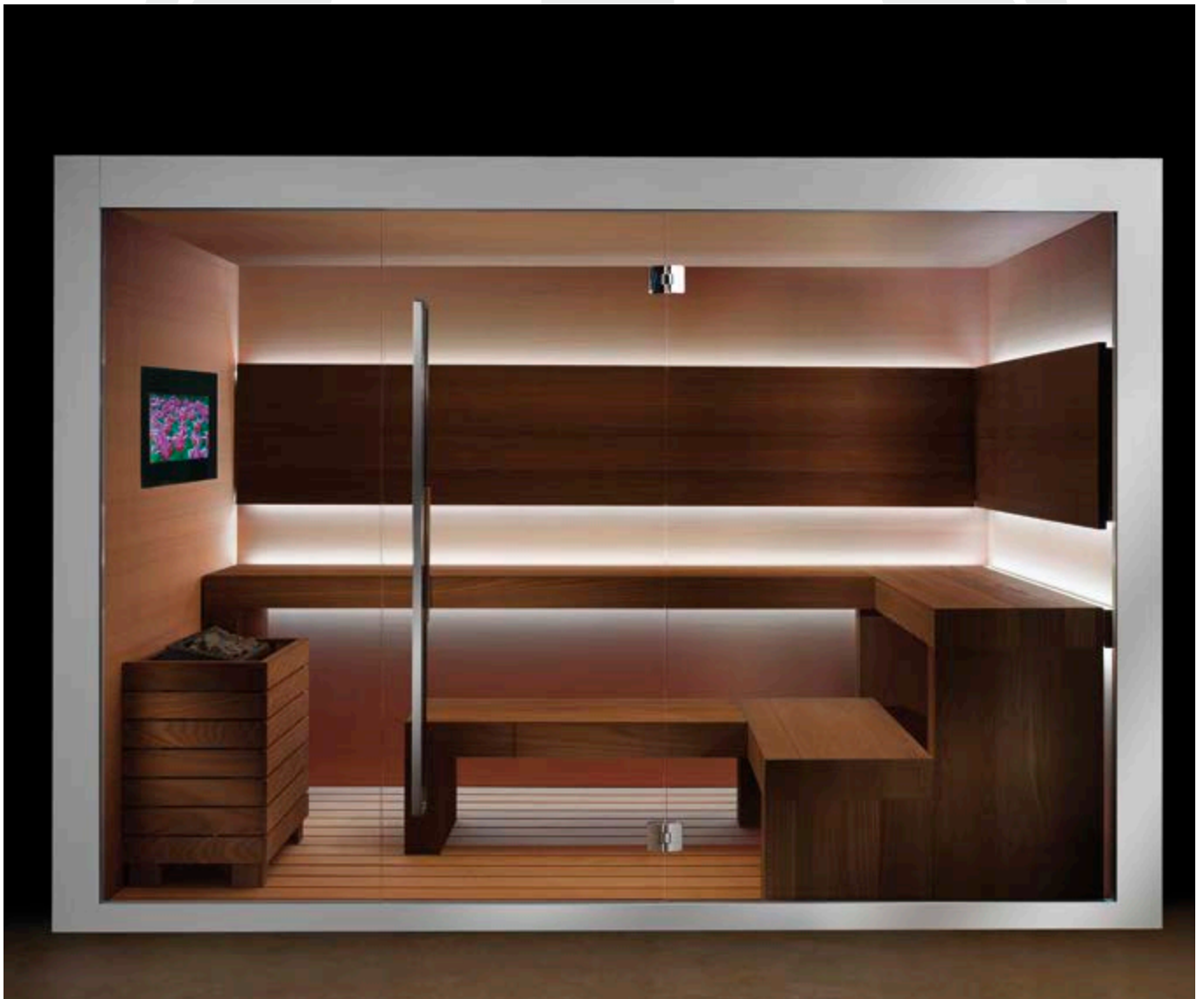
- Metal objects or jewelry, if not in complete contact with the skin, tend to heat up and burn. It is advised not to enter with jewelry, watches, etc...
- Traditional swimming costumes cannot withstand the high temperatures. Enter naked or covered only with fabrics that do not melt at high temperatures.
- The sauna bucket and ladle, being made of wood, are highly flammable. After the sauna, take them out and never place them on the stove.

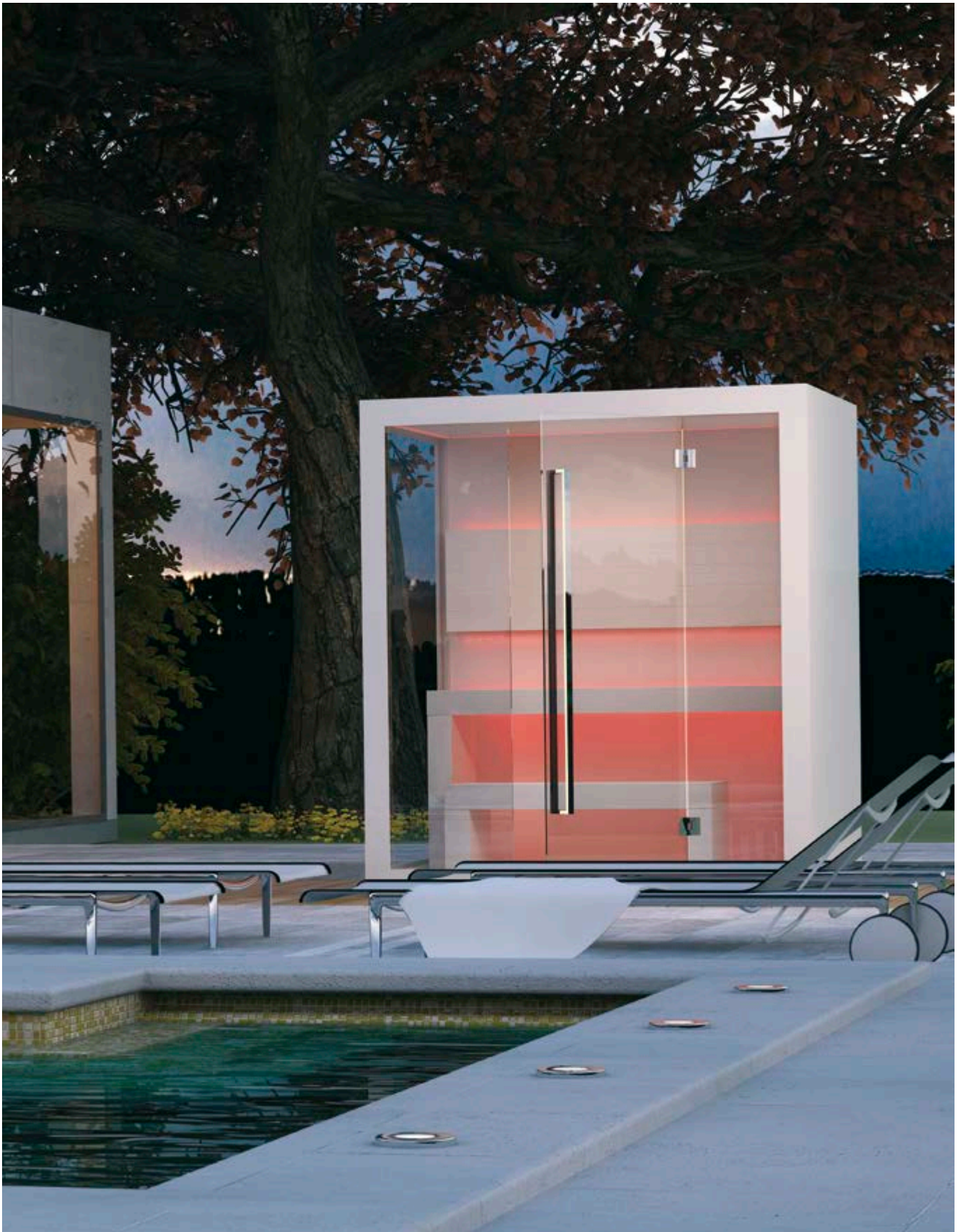
How to do it

1. 10 - 15 minutes as desired and in any case stay as long as the heat feels pleasant. Once you feel the slightest discomfort, get out and cool the body with a shower or some cool air.
2. Get out and cool the body immediately and completely. If using a shower to cool down, start with the cold jet on the part of the body farthest from the heart in this sequence: right foot, left foot, right leg, left leg, right arm, left arm, chest and abdomen, back and, lastly, the head.
3. Lie down on a Carmenta chaise longue wrapped in a dry bathrobe to facilitate the sweating reaction, wrapped in a blanket.



Notes: There is a common misconception that the cold is harmful and only the heat is beneficial. During body stimulation processes like saunas, unless a strong stimulus is produced, the reaction mechanisms for the restoration of health will not be facilitated. It is therefore essential to facilitate these stimuli. Neutral water, with a temperature close to body temperature (35°-37°), does not produce stimuli! The greater the difference in temperature between the human body and the water, the greater the stimulation and reaction to awaken the body's self-healing capacity. We recommend starting with medium stimuli and increasing to stronger ones.





To finish

- Switch off the sauna and leave the door open.
- Once the sauna is cool, clean the surfaces and benches with a suitable cleaning product.
- For saunas with traditional wooden benches, clean the space under the benches thoroughly, making sure that there is no dust, even in the most hidden corners (fire risk).

It is effective for

- Stimulating the responsiveness of the immune and lymphatic systems and the normal bodily processes and functions.
- Reducing stress and toning the body
- Positively affecting the nervous system
- Improving sleep quality, promoting deep relaxation
- Improving the restoration of the peripheral circulatory functions
- Purifying and cleansing the skin
- Decongesting the mucous membranes, facilitating the expulsion of mucus
- Stimulating the body's natural defenses
- Speeding up muscle recovery

Contraindications

Being a very delicate sauna, it is indicated for all. It is always advisable to seek medical advice in the case of particularly serious health problems.

Children

- There are no specific contraindications for children. It is recommended, however, that children spend less time than adults, because their physical responses are much faster. Children should never be left alone in the cabin and should always be under the supervision of a responsible adult. In saunas with tiered seating levels, children should lie at the lowest level and away from the stove.



In accordance with Italian regulation, you cannot promote medical activities in beauty centers. So what we propose is to accord with field of expertise. As a company, our indications are purely indicative for the uses relevance. Carmenta srl declines any civil and penal liability in the event of improper use of the above information.



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