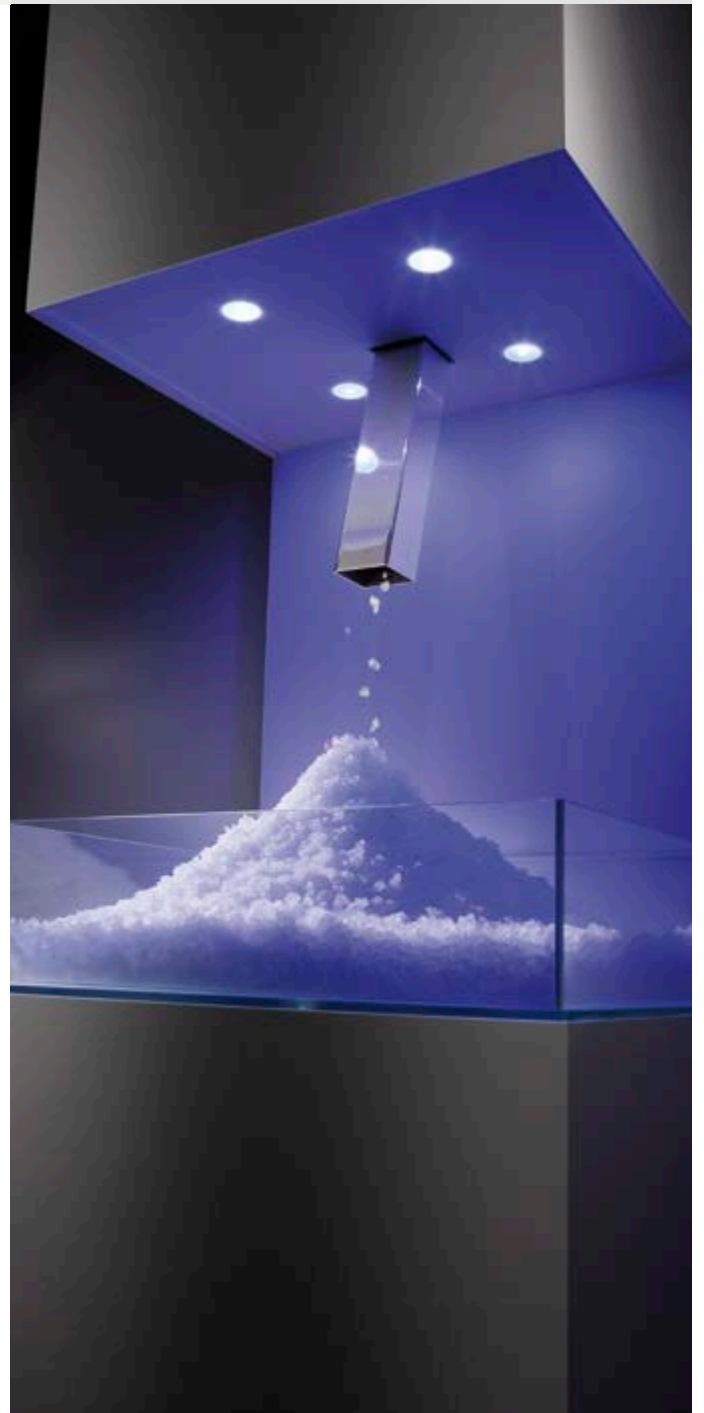


CARMENTA®

founded in 1949

*Purity*  
IC01



COLD CABIN

# COLD CABIN

## The cold that restores

*In heat treatments, cold is as important as heat. And here is the cold cabin combined with the dry heat of the sauna to help even the most bracing moment after the sauna become pleasant, giving the body the chance to gradually return to normal temperature, ending the sweating process.*



A super cold cabin kept between 5 and 10 degrees to ensure even the biggest sauna fans the prospect of diving into the right combination of air and cold typical of the Nordic countries to generate a pleasant overall restoring effect on the body.



## Preparation of the cabin

- Switch on at least 60 minutes before use

## 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.

Notes: There is a common misconception that the cold hurt and it's just heat to be healthy. In the processes of bodily stimulation, such as baths heat, if you do not produce an important stimulus not favor reaction mechanisms for the recovery of health. And therefore essential encourage these stimuli. The neutral water, having a temperature close to the temperature Body (35 ° -37 °) does not produce stimuli! The bigger the difference temperature between the human body and water, the stronger stimulation and reaction to awaken the capacity for self-healing of the body. we recommend to start with stimuli average to arrive at the stronger ones.

## How to do it

1. Once out of the heat cabins, have a refreshing shower as described in the individual treatment instructions.
2. Dry the body quickly.
3. Enter the cold cabin.
4. Take the required quantity of ice with your hands and rub with an energetic massage starting from the right foot and going up to the right leg, then follow with the left foot and leg, the right hand and arm, the left hand and arm and, subsequently, the back, chest, stomach, and lastly the head and face.
5. Do not throw the used ice back into the ice bucket, throw it onto the ground and crush it with your feet to stimulate the reflex points on the soles of the feet.
6. Get out before your body feels cold.
7. Lie down on a Carmenta chaise longue wrapped in a dry bathrobe and wait for the body to become warm again. If desired, replace the final relaxation with physical movement until the body becomes hot again.



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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