

Beneficial, relaxing, vitalizing: the benefits of regular
sauna sessions – even in summer



Summer, sun and sunshine are great! If it weren't for the hot temperatures on some summer days. What many people don't know: Summer heat is quite different from the heat we experience in a sauna. But taking a sauna in the summer? What sounds counterintuitive at first makes perfect sense, according to sauna manufacturer KLAFS. Because summer saunas can have a positive effect on well-being, strengthen the immune system and train the organism for the heat. Regular sauna use ensures that the body is less susceptible to temperature fluctuations and can thus make the hot summer days a lot more bearable.

Regular saunas: good for your health even in summer

When it's 30 degrees in the shade outside, the last thing on many people's minds is a trip to the 90-degree sauna. Instead, there's usually refreshing iced tea, cool shade and a hideaway in air-conditioned houses and apartments. Admittedly, saunas in winter have their own special charm – yet

sauna baths have a health-promoting, relaxing and vitalizing effect even in summer: the heat in the sauna is perceived as much more pleasant than the sweltering summer air due to the low humidity. Instead of debilitating heat, saunas exercise the cardiovascular system and stimulate the body's immune cells to produce antibodies. Regular sauna bathing thus also strengthens the immune system and the body's defenses – this prevents illnesses and, in the warm season, protects against a troublesome summer flu in particular.

This is how the interplay of heat and cold stimuli affects our organism

Especially the alternation between warmth and ice-cold cooling increases the health effect. Regular sauna sessions throughout the year train the organism and increase tolerance to the heat. The circulation stabilizes, the blood vessels are dilated and the muscles relax. Another advantage is that we become accustomed to the high temperatures, making it easier to endure the now almost tropical summers in Germany. So anyone who occasionally struggles with circulation problems in sweltering heat should enjoy regular sauna baths.

For milder temperatures and humidity

The SANARIUM with SaunaPUR® is ideal for those who don't like it quite as hot as the summer heat. This allows a sauna from KLAFS to be individually adapted to your own well-being parameters. Sauna lovers can choose between five different climate zones. The SANARIUM with SaunaPUR® automatically adjusts the temperature and humidity according to the bathers' wishes. It is the ideal solution for sauna beginners or people with pre-existing conditions, as the body is gently warmed up by milder temperatures and pleasant humidity. The positive health-promoting effects of sauna bathing are equally present in these alternative forms of bathing.

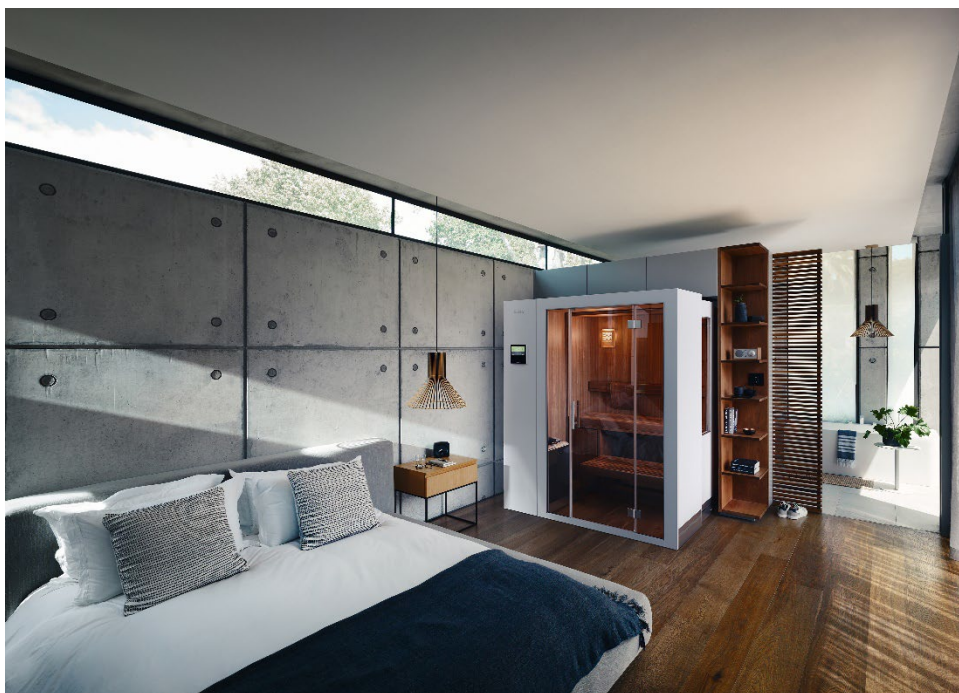
A sauna from KLAFS in every season – and for every room

So taking a sauna has a positive effect on body and mind all year round – and that's why more and more people are opting for a sauna at home. KLAFS – world market leader in the field of sauna, wellness and spa – has created oases of relaxation and well-being for every location. From the spacious design sauna to the compact retractable KLAFS S1, which can be folded down to a cabinet depth of just 60 cm. Whether in a study, hallway or guest room, in a large house or small apartment – the S1 SAUNA unfolds perfect sauna enjoyment even in a small square meter space. In the truest

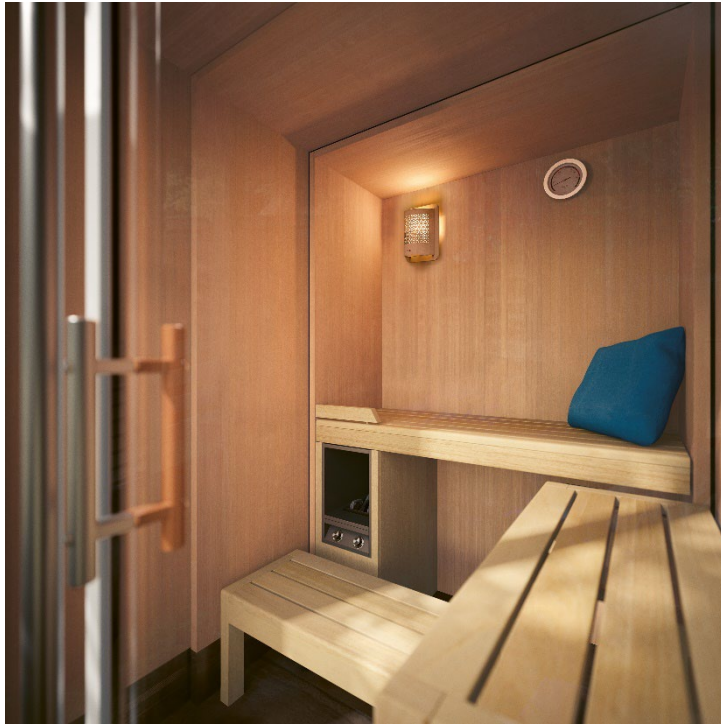
sense of the word: while it measures a slender 60 cm when retracted, it shows its true potential at the push of a button. Thanks to the S1 Zoom principle, the minimalist sauna can be fully extended to a depth of 160 cm in just 20 seconds.

Do not forget to drink!

To support the body optimally, it is advisable to drink plenty before the sauna session – preferably tea or water – as well as during longer breaks between the individual sauna sessions and after the last sauna session. This is important to compensate for water loss. By the way, this is not only a good tip in summer: Before, between and after sauna sessions, you should always drink enough fluids. This way, nothing stands in the way of both your health and your summer sauna pleasure!



Whether bathroom, bedroom or living area: the S1 SAUNA fits in everywhere



Comfortable sauna in any season: S1 SAUNA MANUELL

About KLAFS:

KLAFS has been creating places of relaxation for body and soul since 1928. Time and again, the company manages to surprise with groundbreaking innovations – such as the space-saving sauna KLAFS S1, which transforms from the size of a wall cabinet to a fully functional sauna within 20 seconds at the push of a button. Thanks to this innovative strength, KLAFS advanced from what was once a small family business to a global industry leader. Today, more than 800 employees work to meet - and exceed - the ever-increasing demands of customers. From small private sauna rooms to luxurious hotel spas. And they do this all over the world, with expert advice from carefully trained technical consultants and on-site service from experienced teams. As a trendsetter in the sauna, pool and spa industry, KLAFS continuously invests in research and development, for example to further increase the energy efficiency of its products.