

The ideal order of using the content in the SPA center

While you are still dry, when you arrive at the SPA center, first use the **1. salt room**. According to research, its benefits for the respiratory tract in one stay change 3-4 days spent at sea. Adults can spend up to 40 minutes in it, while for children the recommendation is 20 minutes.

After leaving the salt room, the next is **2. shower**. This will wash away traces of salt from the body, but also perfume, deodorant, sweat and other impurities.

After the salt room and the obligatory shower, you can use the **3. pool**. The water temperature is usually around 28-30 degrees. It is up to you to choose whether you will just splash in the pool or you will "turn" a circle while swimming.

After leaving the pool, the **4. shower** is necessary. Showering will clean your skin of pool chemicals and impurities. It is not desirable for them to evaporate later in the sauna.

Warm benches follow, the so-called **5. tepidariums**. They serve to relax the muscles and warm up the body before entering the sauna. Their temperature is around 36-40 degrees. They should be used for 15-20 minutes.

Once your body is accustomed to the higher temperature, it's time to dry off and enter the **6. sauna** with a towel. You will get rid of harmful substances from the body and excess fluid. About 15 minutes is enough. In the sauna, there is a vessel with water in which the appropriate ethereal overflow is dissolved. Use a ladle to catch the water from the vessel and pour it over the volcanic stones placed around the heater. This will regulate the humidity in the sauna itself, releasing a beneficial and pleasant smell.

After leaving the sauna, spend up to 2 minutes on a bench in front of the sauna. This is immediately followed by the **7. shower** with cold or warm water, for better circulation. It is important to cool down.

For additional cooling, a light swim in the **8. pool** is recommended.

After the sauna, shower and additional cooling in the pool, it is recommended to stay in the **9. jacuzzi**. Underwater massage in warm water will relieve you of tension.

When you have finished the hydromassage in the jacuzzi, use the **10. steam bath**. Stay in it only in a bathing suit for 5 to 20 minutes.

After leaving the steam bath, the **11. shower** follows.

Finally, we recommend the **12. rest on deck chairs** with a good book or meditation.