

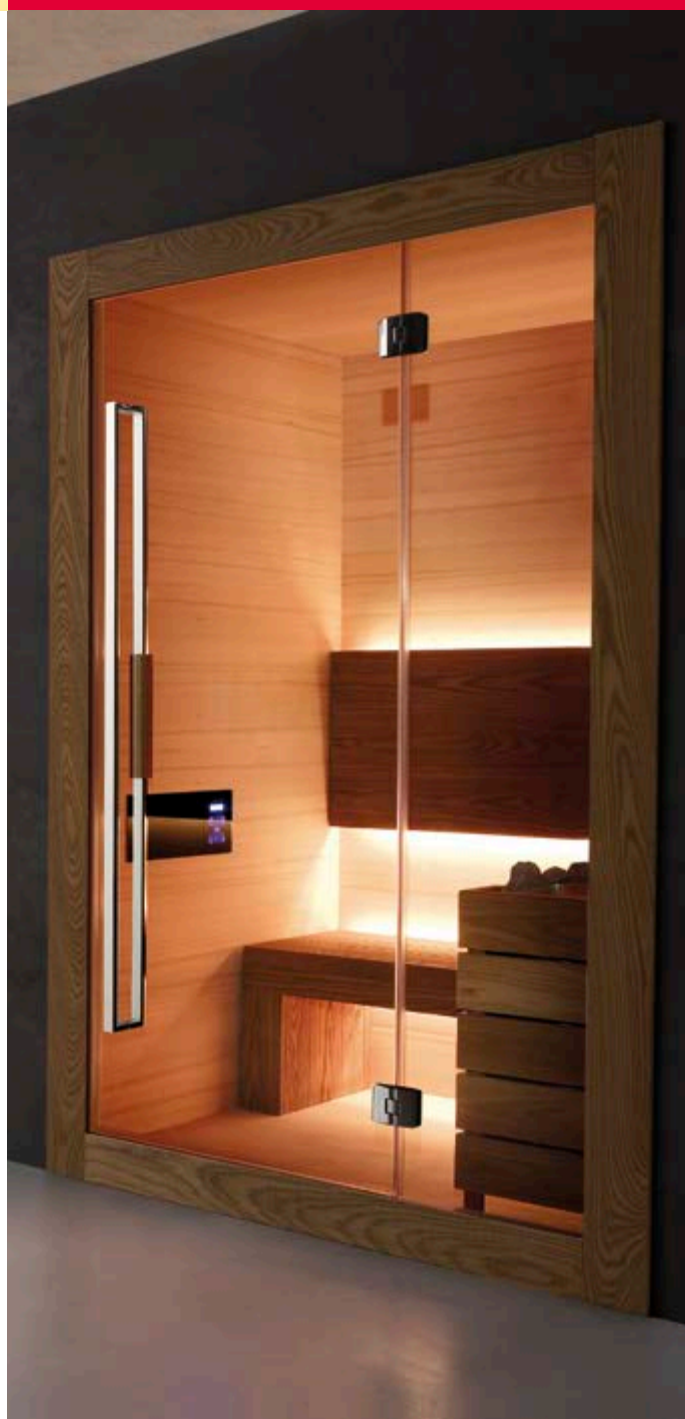


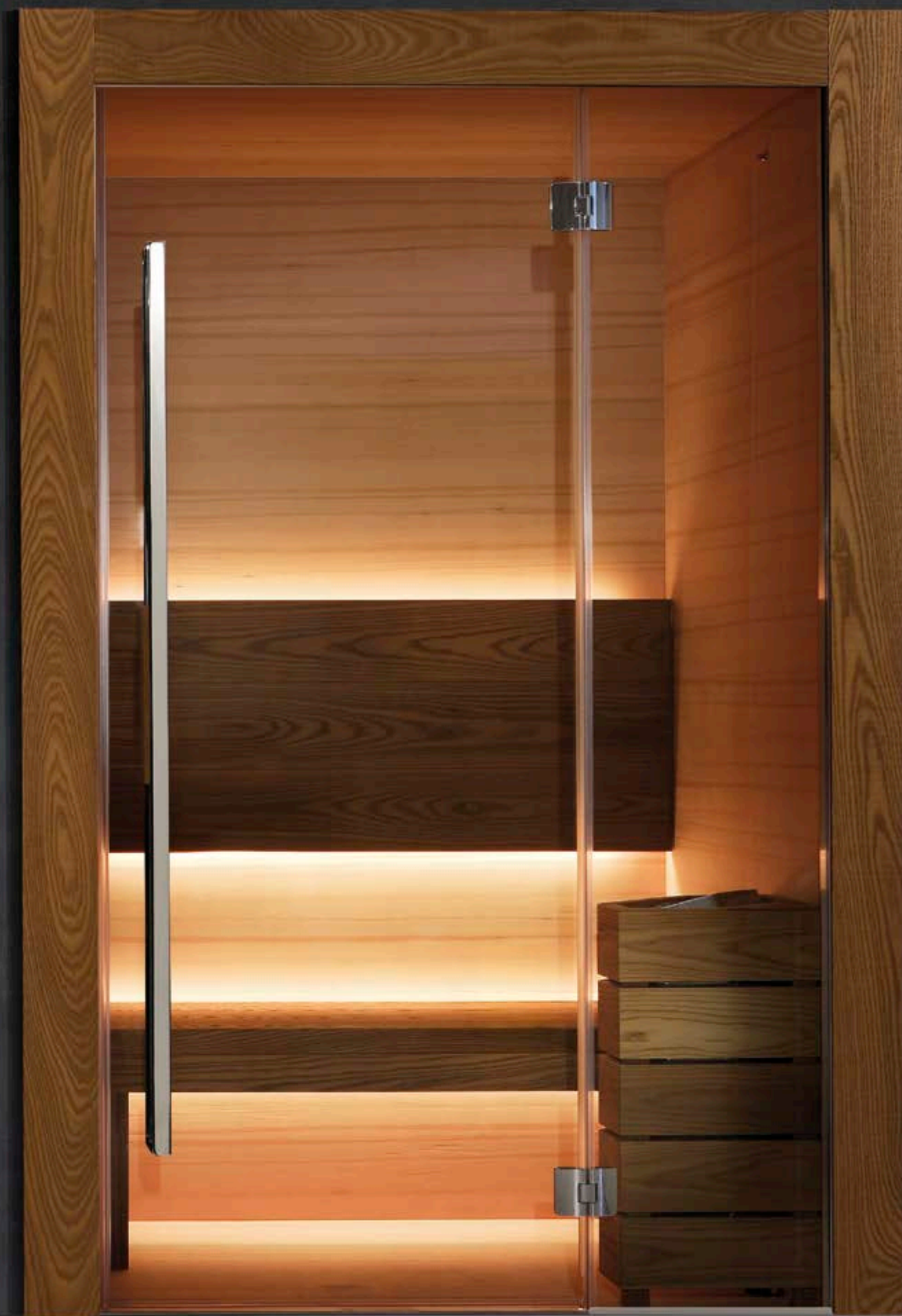
CARMENTA®

founded in 1949

Warmth
SF01

FINNISH
SAUNA

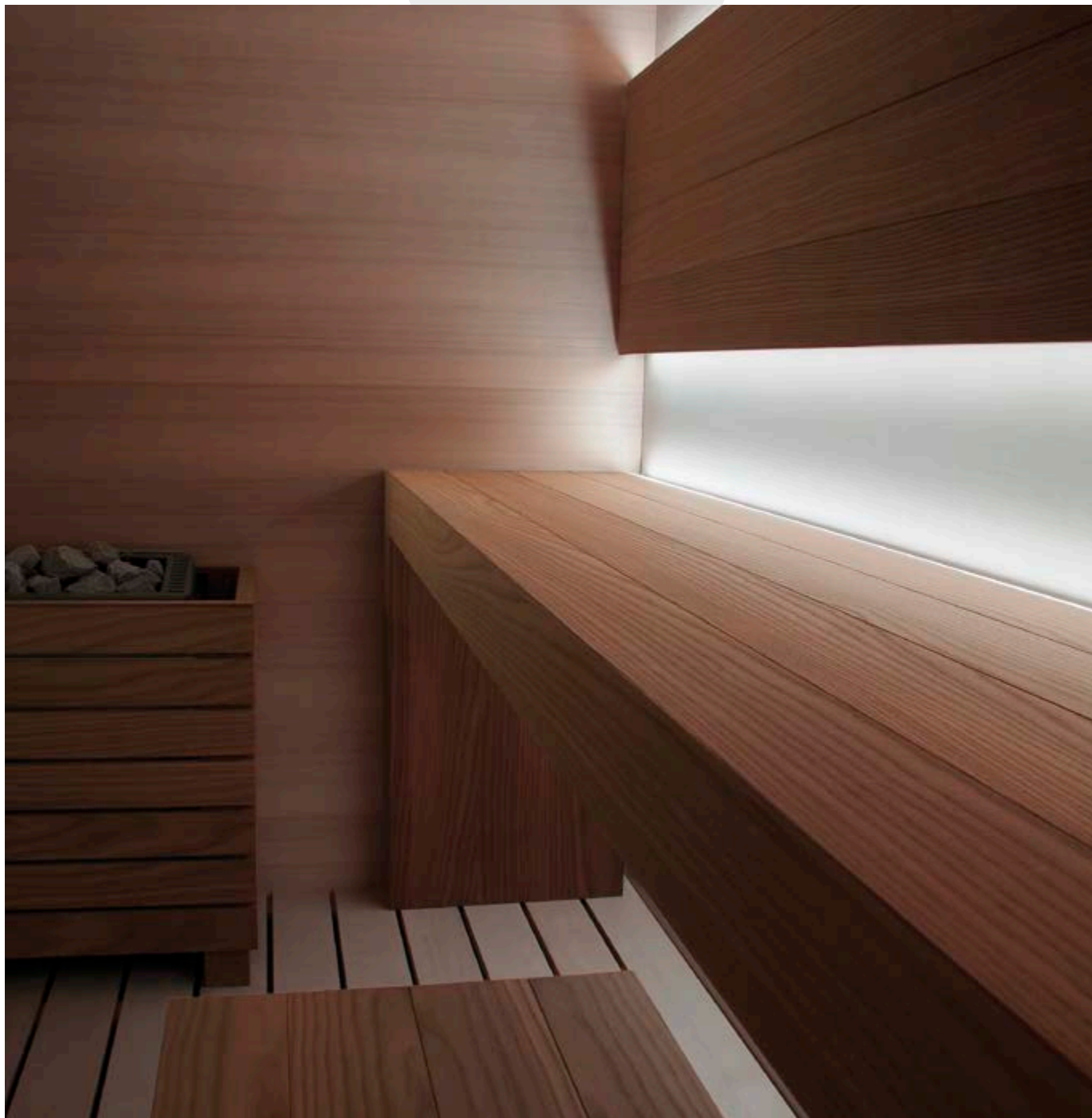




SAUNA

Winding heat

Try the true sauna, dry for excellence, combining high temperature to a moisture almost nil. Perfect to sweat, renew the oxygenation of the body in a space of total and complete relaxation.



Hot bath dry very effective for detoxification organism. After a few minutes in the sauna starts sweating even if one is not immediately perceived as the Dry heat evaporates the sweat first.

Sweat is not only water but also contains electrolytes, salts, long-chain fatty acids, substances contained in the urine, cholesterol, vitamin C, sugars and other substances. The sauna is a great help to improve

blood circulation, especially in the coronary, to lower blood pressure hypertensives and great benefit is obtained on the nervous system since they tend to change favorably body metabolisms and mechanisms hormonal.

Unlike the turkish bath, it is also recommended to those suffering from rheumatism and arthritis, as the dry heat pupil pain.

Settings

- Temperature: 80°-100°
- Humidity: 10% - 20%

Preparation of the cabin

- Ventilate the cabin before ignition
- Switch on at least 15 minutes before treatment
- Prepare the bucket with water and essence preferred choice from the kit essences Carmenta

Preparation of client

- Take off your shoes before entering. You enter to barefoot
- Entering stretching a sheet of natural fiber on bench
- It's always better to take a shower and dry the body well before entering
- You should not go with contact lenses

Curiosity: if we want to give a touch of pleasure our sauna, add half a cup beer bucket of water ... then paid on the hot rocks give off a good scent freshly baked bread!



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.

Warnings

- Metal objects or jewelry that if they are not in full contact with the skin tend to heat up and to burn. We recommend not enter with jewelry, watches, etc...
- Swimsuits traditional not resist high temperature. Get naked or covered only with fabrics that do not melt at high temperatures
- The bucket of the sauna and the ladle, being wood, They are highly flammable. After the sauna, take them out and prop them ever on the brazier.

How to do

1. Take a shower before entering. Dry well Skin.
2. Upon entering, put one / two scoops of water (the amount depends on the level of moisture we want to keep) in the stones. Caution: there will be more moisture in the cabin more It will be perceived temperature. DO NOT overdo it never with water, so as to always remain with a humidity lower than 20%.
3. Before entry: 12-15 minutes at will and, However, stay until you feel throbbing temples. This is the signal that indicates that the body has warmed up sufficiently.
4. Exit and cool immediately and body completely. If it cools with shower, starting with the cold jet with the part of 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 last, the head.
5. Re-hydrate the body with a drink mineralizing (herbal teas, fruit juices and vegetables fresh or, if tolerated, not even a beer too cold).
6. Second entry: 10-12 minutes at will and, However, stay until you feel throbbing temples. This is the signal that indicates that the body has warmed up sufficiently.
7. Exit and cool immediately and body completely. If it cools with shower, starting with the cold jet with the part of 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 last, the head.
8. Lie on a Chaise Longue Carmenta wrapped in a bathrobe dry to encourage the reaction of sweating.



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.

Measures to make a good sauna

Who after the sauna feels a sense of disease is because, in almost all cases does not follow the right directions and face incorrectly the path heat. The most frequent errors can be attributed to the following causes:

- digestive processes in place. Do not enter the sauna just after meals. Avoid heavy meals and lenses to digest when you decide to make a path heat.
- The sauna does not lose weight! Helps activate the metabolic system, but the sauna is not "burning fat". It is to dispel the myth that most I resist the sauna more I get thin. To activate the metabolic system, the right to remain in the sauna time, as shown in "How do you".
- Avoid contrast showers hot / cold before sauna. In principle, the hot shower before the sauna is used only for the cleaning of the body, while just out of the cab, it must be avoided not to cause excessive overhead circulation.
- Avoid an extra sweating once exited the car. The loss of liquid through the sweating is already notable for which the sweating shall be interrupted by the cold just come out sauna. If, on the outside of the sauna is to continue to sweat for a long time, the fact must be attributed to a insufficient ball bearing cooling of the body, which must to be completed.
- It's good to breathe the cold air! The air bathroom open, which contributes to the ball bearing cooling respiratory tract but it must take place at hot body, for where immediately after the exit of the cabin, without wasting time with other activities, exit, a cold shower contrast and go quickly cold air.



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 to

- Reduce stress
- Body tone up
- Enhance sweat
- Re-activating the immune and lymphatic systems and stimulating the normal body processes and functions
- Regulate body general functions
- Positively affecting the nervous system
- Reduce muscle pain and it's suggested to who suffer of rheumatism and arthrosis
- Enhance metabolism speed and help slimming
- Purify and clean skin
- Prevent cellulite
- Enhance body natural defense
- Enhance muscle recovery
- Help blood circulation
- Blood pressure regulation

Contraindications

It is wise to take precautions and consult a doctor before taking a sauna in the case of:

- Severe cardiovascular or arterial diseases
- Severe kidney disease
- Severe circulatory problems
- Inflammation
- Tumours
- Epilepsy
- Pregnancy
- In ongoing febrile states

Children

There are no specific contraindications for children. It is recommended, however, that children use it for 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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Necessary kit

Sauna Basic
Essential Oil

Associate paths

Aufguss - cod. SF02
Herbal Pindas - cod. SF03
Lymph Activating - cod. SF04
Salt Bags - cod. SF05
Russian Banja - cod. SF06

To each treatment correspond a specific kit containing all the appropriate products.