

SAUNA IS A SUPER HEALTH AND WELFARE BOOSTER for those who are worthy ☺

There are hundreds of studies made about the sauna health effects. The scientists have found some new ones too. Just to make sure here is the latest list without boring references and other grounds but they are sure and solid. Of course You all the time talk only about quality saunas (heated with wood and with good ventilation) where You have lots of negative ions in the air (like in the forest after rain) and people who can and will be relaxed and uninhibited in this marvellous relaxing and healthy place.

1. In sauna you balance your body fast after exercise like **fast dance**, sport etc.
2. You relax truly. If you repeat the heat –cooling variation 3 times, even more.
3. You increase the hormone health by ice / cool dipping
4. You relax even more in the Jacuzzi in case it is available
5. You get healthier with the carefully selected and almost in numerous herbal stems and juices you add in the treatment
6. You produce huge amounts of oxytocin and serotonin health hormones when you massage, herbal whip, spread the health coatings or wash each other
7. You can renew and vitalize the body with peat or clay coatings or even sterilize the bottom and genitals clean from fungus or bacteria with super acid peat.
8. Heat also boosts the HGH (human growth hormone) production in the body which is great new news and makes you want sauna even more, if you want to slow down aging.
9. You train our cardiovascular organs
10. You lower our blood pressure
11. You drive out poisons (detox)
12. You get the skin super clean
13. You get increased red cell production
14. Sauna improves sport endurance
15. You get increased efficiency of oxygen transport to muscles (can be used as doping)
16. After sauna the muscle injuries heal much faster
17. You balance our insulin metabolism
18. In sauna you also get more BDNF (brain derived neurotropic factor) for the health of your brain
19. In sauna you surely get better friends with the people that share it with us
20. Sauna is a perfect place for mental/spiritual meditation and searching the eternity
21. Sauna supports equality between all genders, social groups and ranks
22. After sauna you sleep **SOOOOOO** much better
23. Sauna is maybe the strongest means against stress

But remember. If possible and for the best health you need to have sauna with a) wood heated stove b) really good ventilation and surely clean and humid air full with oxygen and negative ions c) nice place to cool down in the lake (preferably hole in the ice), river, pool, snow or at least cosy porch. Also go to sauna only with safe, positive and preferable peaceful people who are not drunk.

How fast can you get the nearest good sauna warm ... ☺ Vessi