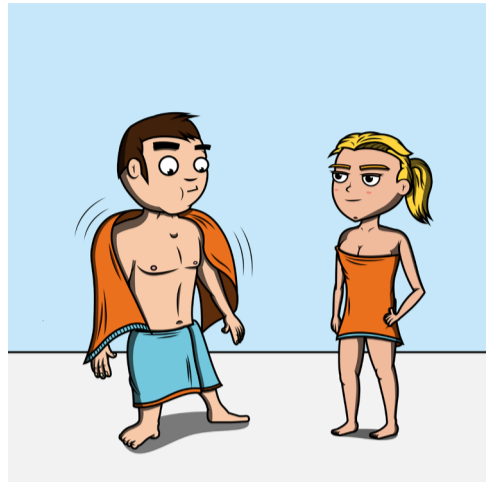


# SAUNA RULES



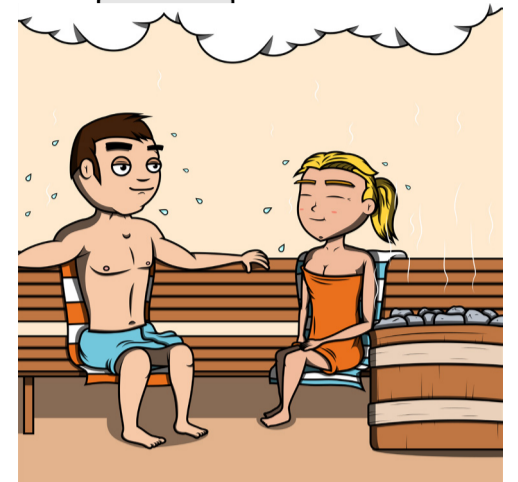
**1.** WASH YOURSELF CLEAN



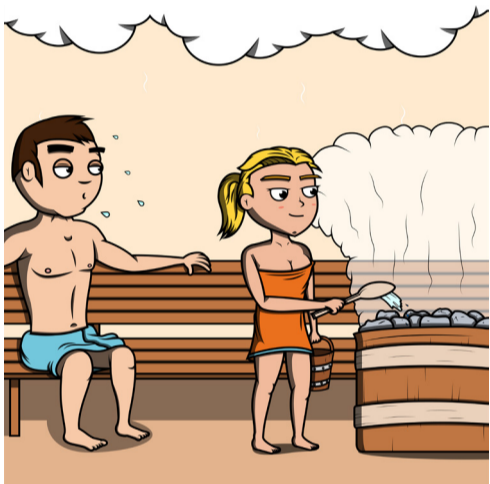
**2.** DRY YOURSELF THOROUGHLY



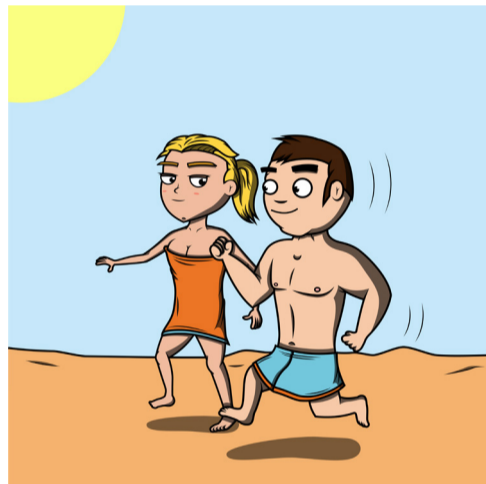
**3.** HAVE A WARM FOOT BATH



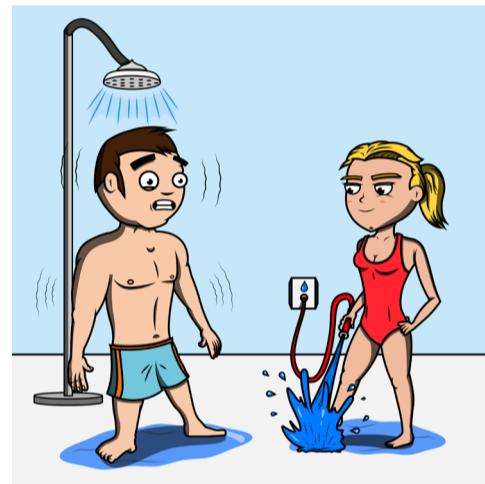
**4.** SAUNA 8–12 MINUTES



**5.** PERHAPS ADD AN INFUSION



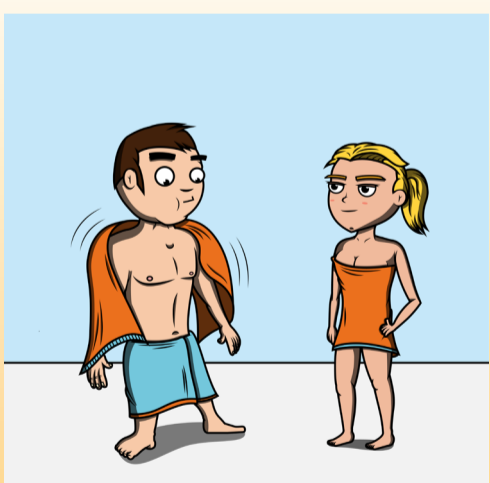
**6.** MOVE AROUND AND GET SOME FRESH AIR



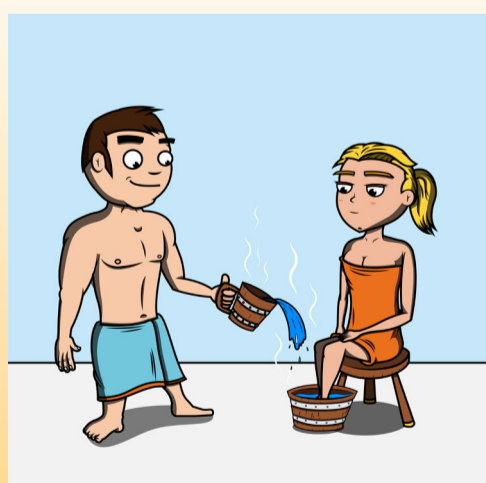
**7.** HAVE A COLD SHOWER



**8.** PERHAPS IMMERSE YOURSELF IN COLD WATER



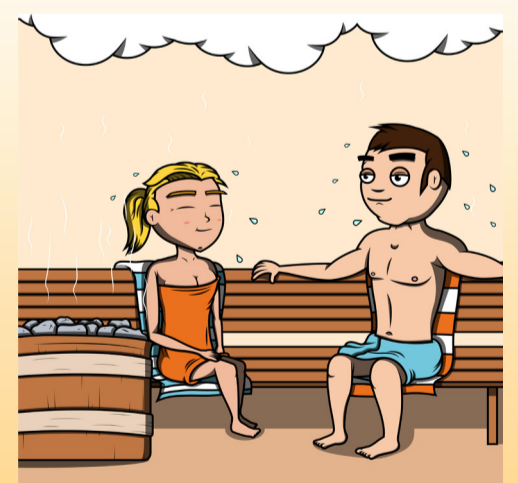
**9.** DRY YOURSELF THOROUGHLY



**10.** HAVE A WARM FOOT BATH



**11.** RELAX 15 MINUTES



**12.** SAUNA 1–3 TIMES



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