

## Regeneration after exercise: the beneficial power of saunas



Regeneration is an important factor in sports to maintain and increase performance and to avoid injuries. In order to effectively promote recovery after training, regular saunas can also have a positive influence, in addition to sufficient sleep, a healthy diet and carefully chosen resting periods. KLAFS - world market leader for sauna, wellness and spa - provides insights into what effective post-workout recovery can look like.

Athletes are always looking for ways to optimise their performance and regenerate their bodies in the best possible way after training. The soothing warmth of regular sauna visits offers a number of health benefits for athletes in this regard. It promotes physical and mental recovery, improves blood circulation and helps lower stress hormones. The heat dilates blood vessels and improves blood flow throughout the body. This effect ensures that more oxygen and nutrients are transported to the

muscles, which in turn can relieve muscle tension. With the right approach, taking a sauna after exercise therefore helps to increase performance and support healing processes for muscle tension or injuries. Recovery after competition is accelerated as a result. According to a study published in the International Journal of Environmental Research and Public Health in 2021, a sauna session is also said to have a targeted positive influence on both muscle growth after training and the mineral content in the bones.

### **Regular saunas to reduce stress**

Taking a sauna puts the body in a state of relaxation - as a result, stress levels also decrease. Sauna bathing reduces the release of the stress hormone cortisol and at the same time promotes the release of endorphins, i.e. happy hormones, so that sauna bathers feel relaxed, refreshed and more detached after the sauna session. Mental well-being is strengthened. And so is the immune system. Regular sauna bathing is also good for your health because of the balanced hormone levels.

### **Taking a sauna as a regeneration measure - but in the right way**

Those who use saunas as an integral part of their regeneration programme will quickly experience what an effective double exercise and regular sauna baths make. But how often should you visit the sauna? Two to three times a week is ideal for many sauna bathers. In order to create this regularity and to be able to integrate sauna bathing even more consciously into everyday life, a sauna in your own four walls is ideal. KLAFS offers wellness for every living situation. For example, the space-saving and extendable S1 SAUNA finds its place very well in the guest room, study or bathroom. With its elegant and stylish design, it fits perfectly into a homely environment and contributes to the cosy ambience.

In addition to regularity, choosing the right time to visit the sauna in combination with exercise is particularly important: the sauna should be visited afterwards and not before exercise - when the body is still warm but the pulse rate has already dropped to less than 100 beats per minute (BPM), or better still into the normal range (60 to 80 BPM). This

can take about half an hour. Many athletes report that it is even more pleasant to go to the sauna one to two hours after training. This gives the body enough time to recover a little and loosen up the muscles.

What must not be forgotten (and this applies not only to athletes, but to everyone taking a sauna bath), - it is important to cool the body down sufficiently afterwards, by taking cold showers or cold water baths, and to compensate for the loss of fluids by drinking enough water to return the circulation to normal. Then the sauna bath can become a real health booster.

### **Sauna for a strong mindset**

The sauna offers the perfect environment to switch off after exercise and find inner peace. Particularly for competitive athletes, regular saunas can help them cope with high pressure and expectations. After all, the body and mind are put under a lot of strain during training and competition. Taking a sauna is not only good for the body, it is also very beneficial mentally. It is far more than a relaxing ritual: the sauna bath is a time-out that everyone should consciously take just for themselves. Simply switch off and leave the world outside. In the long run, you will be stronger and more balanced through training phases, competitions and, ultimately, everyday life.

**Study:** Toro V, Siquier-Coll J, Bartolomé I. et al. *Effects of Twelve Sessions of High-Temperature Sauna Baths on Body Composition in Healthy Young Men.* International Journal of Environmental Research and Public Health (2021)



— 90 °C

— 60 °C

Regular sauna after sports for Nadine Fährndrich: With her new S1 BLACK sauna, the Swiss professional cross-country skier can now simply take a sauna at the touch of a button.

The high quality and numerous health benefits of saunas also come into play in the space-saving S1: muscles relax, the immune system is strengthened and stress levels decrease in the long term.

— 40 °C

### 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.

— 90 °C

— 60 °C

— 40 °C