

Beautiful skin with KLAFS:

Why sweating is an effective beauty booster



If you want to be beautiful, you have to - sweat! Anyone thinking of a sweat-inducing workout is only partly right. Because a deeply relaxing sauna bath can also do wonders for our skin. Sounds unusual? More and more scientific studies and skin-physiological investigations are showing this: Regular saunas can not only boost your health, but can also visibly and noticeably contribute to healthy skin. KLAFS, the world market leader for saunas, wellness and spas, knows about the numerous positive effects on the skin - and also what the ideal skin care routine for a sauna session looks like.

Study confirms: If you want to be beautiful, you have to sweat!

Our skin is a true all-rounder: it protects us, regulates our temperature, feels for us - and as our largest organ, it immediately shows how we are feeling. So it's no wonder that many external influences, stress or incorrect care quickly become visible. This is exactly where the sauna comes into play. The pleasant warmth in the cabin expands the blood vessels and

stimulates both the metabolism and the circulation. This stimulates blood circulation, promotes the removal of harmful substances from the tissue and at the same time provides the skin with a more intensive supply of oxygen and nutrients. Regular sauna sessions also teach the skin to retain moisture better, which not only counteracts dehydration in the long term, but also has a natural anti-ageing effect. It also reacts more resiliently to external influences.

— 90 °C

This is also confirmed by the results of a highly regarded study by Friedrich Schiller University Jena. The researchers were able to prove that regular sauna sessions promote blood circulation in the skin and strengthen the protective acid mantle, which protects the skin from environmental influences and the penetration of harmful substances. Drying out of the skin is delayed, moisture loss is prevented and the flow of sebum is improved. Wrinkles and unwanted spots have less chance of appearing thanks to the improved skin structure. So beauty literally comes from within.

— 60 °C

Sweating as a care program

Another exciting detail: according to the Jena study, the body adapts wonderfully to regular sauna-goers - the loss of salt through sweat decreases over time and the skin learns to cope better with the heat. Speaking of sweat: it fulfills an important protective function! It cools through evaporation and contains natural lipids and minerals that have a slightly moisturizing effect and care for the skin. That's why when sweating in the sauna: don't keep wiping it off! Unless, of course, it gets too much - but then gently dab away, don't scrub. The pores will be happy.

— 40 °C

Natural, nourishing and moisturizing: KLAFS scrubs & sauna creams are the perfect companions

In addition to warmth, healthy skin also needs care - especially before and after the sauna. Gentle skin preparation is important to get the best out of your skin. A mild exfoliation or a

gentle massage with an exfoliating glove removes dead skin cells, opens the pores and makes the skin particularly receptive to the heat.

The high-quality KLAFS SAUNA CREAM offers ideal care: Apply the cream sparingly to the skin before a sauna session. Nourishing oils such as jojoba, avocado and aloe vera oil form a protective barrier that intensively moisturizes the skin and prevents it from drying out. They soothe, nourish and minimize redness and irritation caused by the heat. Moisturizing glycerin and panthenol also support the regeneration and elasticity of the skin.



The KLAFS BODY PEELINGS made from natural primeval sea salt and valuable oils nourish the skin after a sauna bath. The opened pores allow the skin cells to absorb nutrients better. The minerals in the sea salt revitalize the skin and support the metabolism, while dead skin cells

are effectively removed. Peelings also stimulate cell regeneration, reduce fine lines and refine the skin's appearance. This visibly improves skin texture and complexion for a fresh, radiant appearance and a perfect end to a sauna session.



Important: hydrate before, during and after the sauna session

We lose up to 1.5 liters of fluid during a day in the sauna. In order to balance the water balance and to support the sauna optimally, it is crucial to hydrate. This not only helps to flush away harmful substances, but also contributes to improved skin elasticity. In addition, sufficient fluids help to stabilize the circulation, regulate the body temperature and increase general well-being during and after the sauna session.



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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.