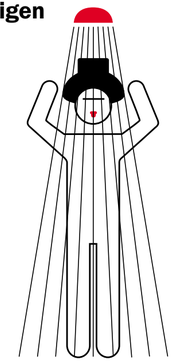
TIPPS FÜR DEN OPTIMALEN SAUNA-GENUSS

LGS, Frankfurt

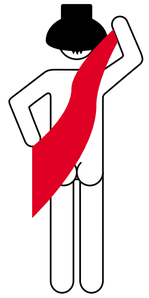
Zeitdauer etwa 2 Stunden

Auskleiden und WC aufsuchen

Vorreinigen

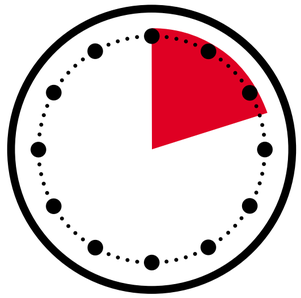


Abtrocknen

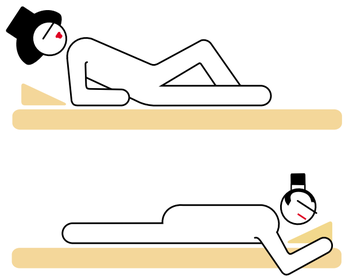


Warmes Fußbad

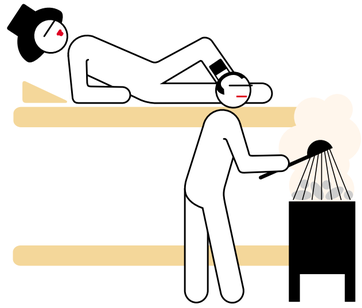
1. Saunagang
Aufheizphase 8 bis 12 Minuten



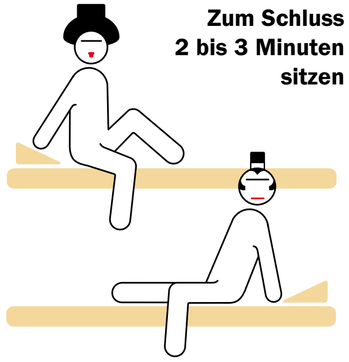
Entspannt liegen oder sitzen



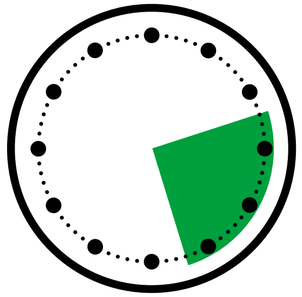
Eventuell Aufguss



Zum Schluss 2 bis 3 Minuten sitzen

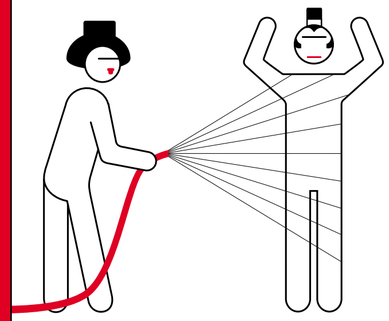


Abkühlphase 10 bis 15 Minuten

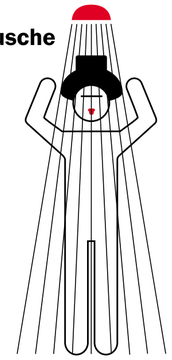


An der frischen Luft bewegen

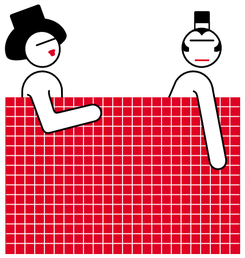
Kalter Kneippguss



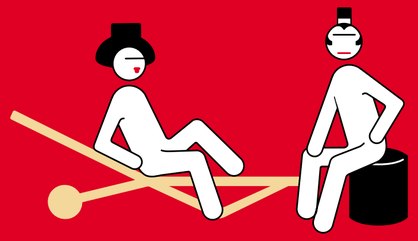
Kalte Körperdusche



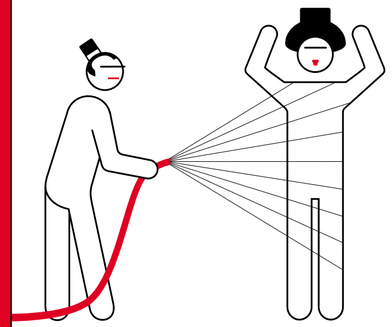
Eventuell kaltes Tauchbad



Verweilen



Eventuell nochmals abkühlen



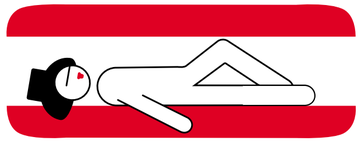
Warmes Fußbad

Gute Ergänzung: Massage

2. Saunagang
2 Phasen wie beim 1. Saunagang

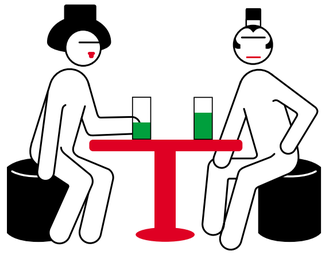
Eventuell 3. Saunagang, jedoch nicht übertreiben!

Eventuell Solarium



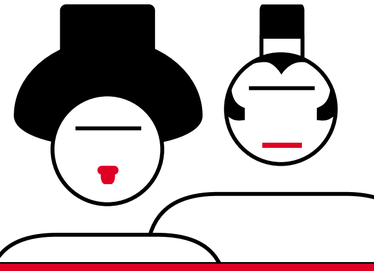
15 Minuten ruhen

Säfte gegen den Durst



Wir wünschen Ihnen einen angenehmen Aufenthalt in unserer Sauna!

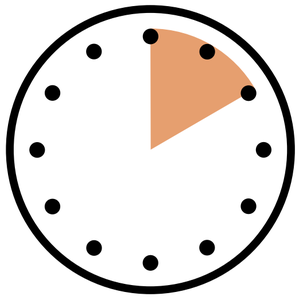
VIELEN DANK!



TIPPS FÜR DEN OPTIMALEN SAUNA-GENUSS

LGS Frankfurt

Zeitdauer etwa 2 Stunden



Auskleiden und WC aufsuchen

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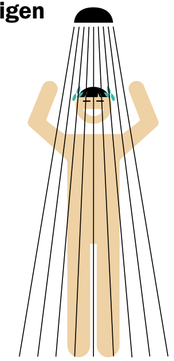

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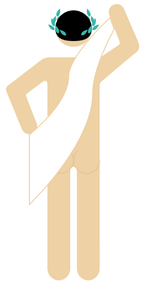

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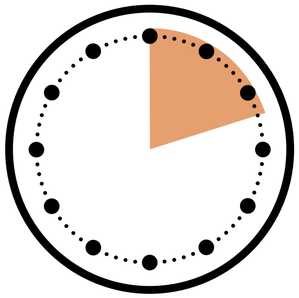

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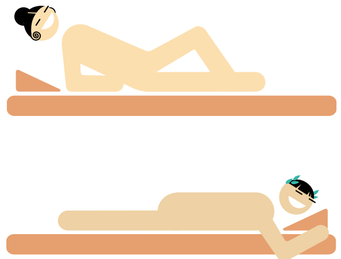

Eventuell Aufguss

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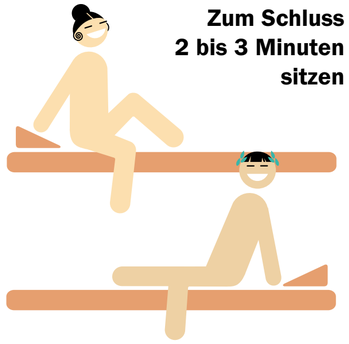

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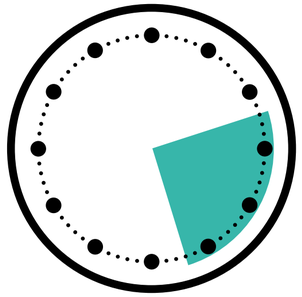

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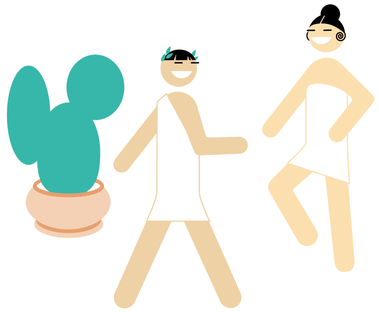

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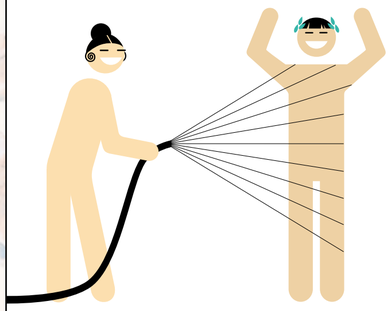

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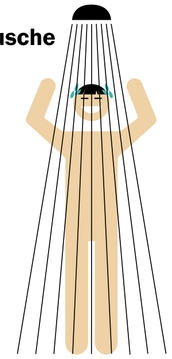
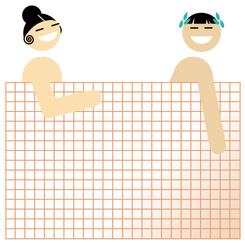
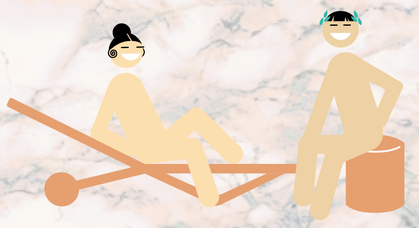


Eventuell kaltes Tauchbad



Verweilen



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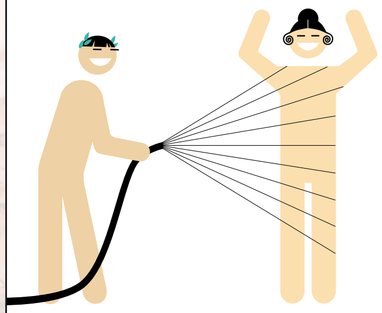

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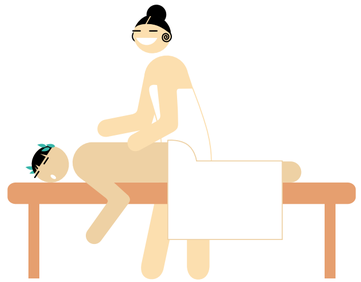
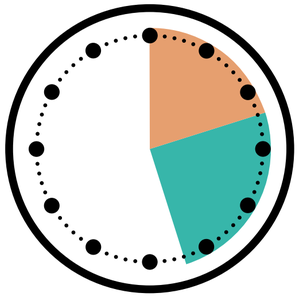


2. Saunagang
Phasen wie beim 1. Saunagang



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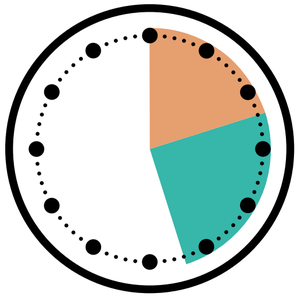

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15 Minuten ruhen

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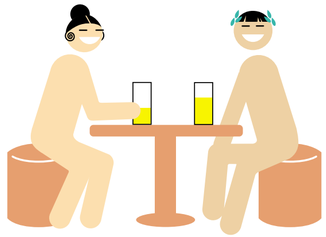

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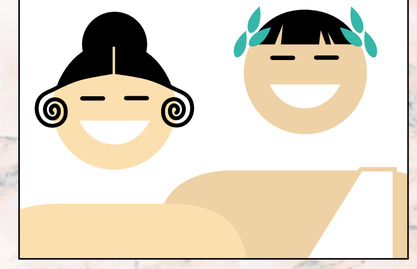
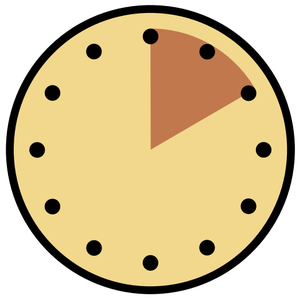
VIELEN DANK!



Tipps für den optimalen Sauna-Genuss

LGS, Frankfurt

Zeitdauer etwa 2 Stunden



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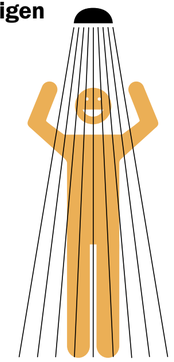

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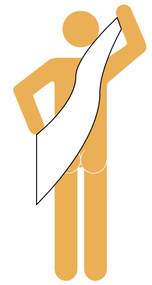

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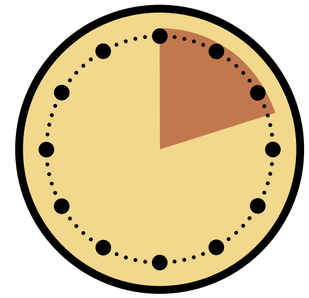

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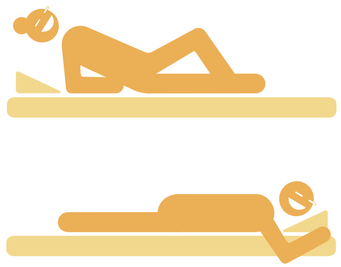

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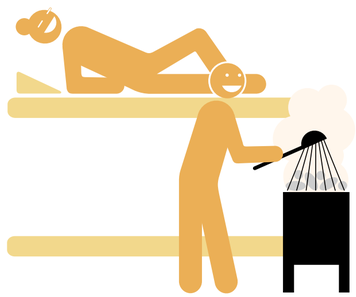

Zum Schluss
2 bis 3 Minuten
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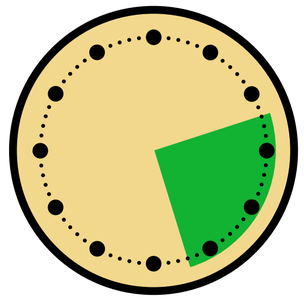

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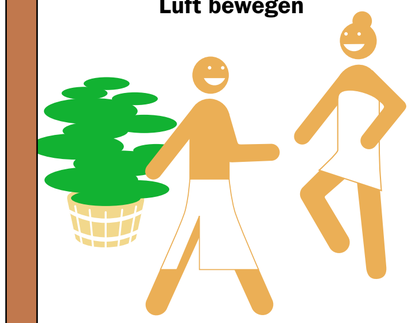

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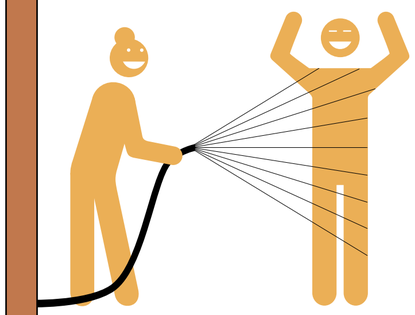

Kalte
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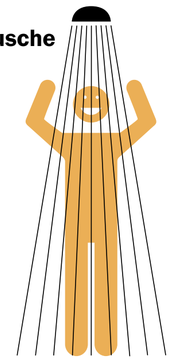

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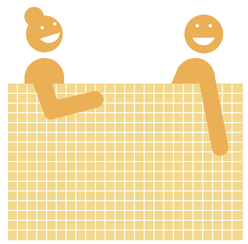
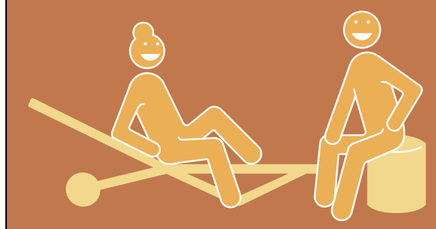


Verweilen



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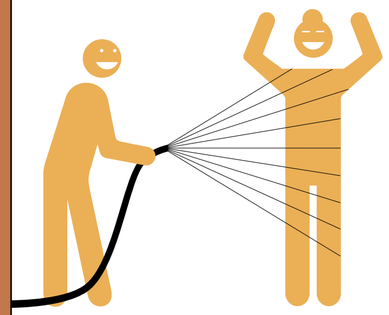

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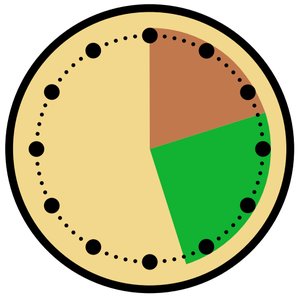

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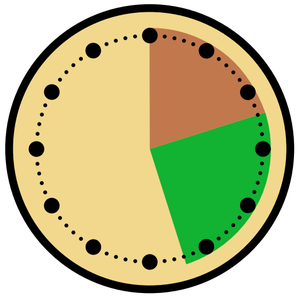

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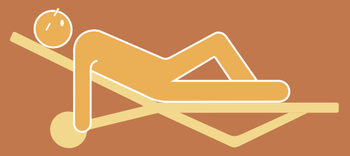

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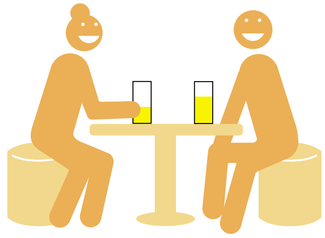

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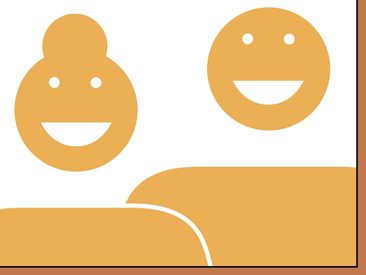
Aufenthalt in unserer Sauna!

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