



**ALLOW 2
HOURS**

Cape St Albans Sauna Experience

Welcome to a traditional Cape St Albans CABN X sauna experience. Saunas have been used for centuries to promote relaxation, detoxification, and overall well-being. The CABN X features and location also allow for a hot and cold immersion experience. Please note that the following recommendations are a general guideline, and it's essential to listen to your body's signals and adjust the duration and intensity of your sauna session accordingly.

Your private *Tylo* sauna is fully automated, simply tap the control panel located just outside the sauna door. Set the temperature to between 70 to 90 degrees Celsius, depending on your preference, and wait for the sauna to heat up. In the meantime, fill your outdoor bath with cold water for a traditional hot and cold sauna experience. Drink a glass of water and make sure you are well-hydrated before the heat exposure. Bring a towel to sit on and another small towel for wiping your sweat.

Find a comfortable seating position and enjoy your traditional sauna experience. Start on the lower bench, breathe deeply, and allow the heat to penetrate your body. The Bose speaker found in your CABN X is water resistant and can therefore be used in the sauna for soothing tunes or meditations. Your first session may only be 5-10 minutes so your body can acclimate to the heat.

When you come out, relax for a moment, drink some water or herbal tea, cool down, stretch your body and if you are daring, hop into the cold bath on the outside deck. The contrast in temperatures invigorates your body and provides a stimulating sensation.

After the initial session, it's time to experience the ritual of adding water to the heated stones. *Tylo* stones are placed deep inside the centre of the heater with a stainless-steel shrouded rock compartment. All water splashed on the stones will vaporise, spike humidity, make the sauna feel hotter and create a more intense sensation. Use the ladle to pour water on the stones to create steam. Use only one ladle of water at a time, at three minute intervals (if you see water running out of the bottom that means the sauna is full). After adding water to the rocks, remain in the sauna for 10-15 minutes. Feel the heat enveloping your body and allow yourself to sweat. This sweating helps cleanse your pores and release toxins from your body.

Step out of the sauna, dip into the cold bath or find a cool area to rest and hydrate. After each session, it's essential to cool down and allow your body to return to its normal temperature. You may want to walk to the beach for a dip in the ocean as the final cooling immersion experience.

As you enter the sauna again focus on deep, slow breaths and enjoy the sensation of your muscles relaxing and the gentle perspiration as your body detoxifies.

You can repeat the sauna sessions for a few more times based on your comfort level and overall health. Some people may find two to three sessions to be sufficient, while others enjoy more. Listen to your body and adjust the number of sessions accordingly. Please note that the sauna is set to run for two hours and then it will switch off automatically; it can easily be turned on again however please don't adjust the timer.

It is crucial to stay aware of your body's signals throughout the sauna experience. If at any point you feel lightheaded, dizzy, or uncomfortable, it is advisable to exit the sauna and cool down immediately. The sauna experience should be enjoyable and beneficial, not overwhelming or harmful. Consult with a healthcare professional if you have any concerns or underlying health conditions before participating in a sauna experience.

We hope your Cape St Albans experience has brought you relaxation, detoxification and a sense of wellbeing.



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