In the sauna

In winter, when it’s cold and wet outside, a visit to the sauna can do wonders for your well-being. Join ANNA HOCHSIEDER in the sweat room.

““The sauna is the poor man’s pharmacy,” a Finnish proverb says. Regular use of a sauna will boost your immune system, rid your body of toxins, improve your circulation and cleanse your skin. Further health benefits include relaxation and relieving stress.

Tips for first-time sauna users

- Remove all clothes and footwear.
- Remove any jewellery, contact lenses or glasses.
- Always shower before entering the sauna.
- Sit or lie on a towel while using the sauna.
- Do not use the sauna on a full stomach. If in doubt, consult a doctor.
- If you feel faint or unwell, leave the sauna room immediately.
- Keep conversation to a minimum.
- Stay in the sauna for no more than 15 minutes.
- Recover for 20 minutes between sauna sessions.
- After each session, cool off in the fresh air.
- Wash off perspiration with cold water before using the plunge pool.
- Enter the plunge pool gradually. Do not use it if you have high blood pressure.
- Rest and drink plenty of water before beginning the next sauna cycle.
- Enjoy yourself!
PRACTICE

Now try the following exercises to practise talking about the sauna.

Exercise 1

Choose one word or phrase from the lists to answer each question below.

A. What should you take with you when you enter the sauna room?
   \( \text{a bathrobe | contact lenses | a towel} \)

B. What should you not do before entering the sauna room?
   \( \text{drink | eat | shower} \)

C. What should you do while in the sauna room?
   \( \text{chat to other visitors | sit or lie on a towel | clean your glasses} \)

D. What should you do immediately after leaving the sauna room?
   \( \text{cool off gradually | jump into the plunge pool | put on your clothes} \)

Exercise 2

Complete the definitions with words from page 50.

A. \( \text{is drops of liquid that appear on your skin when you are hot.} \)
   - sweat

B. \( \text{consists of the small drops that water produces when it is heated.} \)
   - steam

C. A \( \text{is an instrument used for measuring temperature.} \)
   - thermometer

D. A \( \text{is a shop where medicines are prepared and sold.} \)
   - pharmacy

E. A \( \text{is a piece of equipment used for heating rooms.} \)
   - stove

Exercise 3

Match the phrases on the left to those on the right that have the same meaning.

A. To “boost your immune system” means...
   - to “reduce mental pressure or worry”.

B. To “rid your body of toxins” means...
   - to “help your blood flow through your body”.

C. To “improve your circulation” means...
   - to “strengthen the ability of your body to fight against infections”.

D. To “cleanse your skin” means...
   - to “remove poisonous substances from your body”.

E. To “relieve stress” means...
   - to “wash your body thoroughly”.

In the nude

In Scandinavia, German-speaking countries, the Netherlands and some other European countries, saunas — whether single- or mixed-sex — are used \textit{in the nude}; in other words, \textit{unlothed} or \textit{naked}. In the US, however, \textit{nudity} is \textit{banned} in all public places, including saunas. In the UK, Canada and Australia, removing all your clothes is permitted only in single-sex saunas.

Here are some more words that mean “naked”:

If you are \textit{in a state of undress} (formal) or \textit{in your birthday suit} (humorous), you are not wearing any clothes. If someone is described as \textit{stark naked}, this emphasizes that he or she is wearing no clothes at all. You can also say that a person \textit{does not have a stitch on} or is \textit{not wearing a stitch}. If a part of your body is not covered by clothes, you can say that it is \textit{bare}.