

TOP HEALTH & WELLNESS BENEFITS OF SAUNA



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PURE SAUNA

OVERALL WELL-BEING
FITNESS SUPPORT
TOXIN RELEASE

SLEEP IMPROVEMENT
STRESS REDUCTION &
MOOD IMPROVEMENT
SKIN CARE

SOCIAL CONNECTION
RELAXATION &
REJUVENATION

THE MANY BENEFITS OF SAUNA

There's only one you, and your one rare life.

Make the most of it by feeling good and taking care of your well-being with sauna. Physically, nothing is more reinvigorating than a deep, healthy sweat every day. Tension fades. Muscles unwind. And you emerge relaxed, revived, and ready for whatever the day may bring.

A few minutes a day is all it takes to look and feel better.

The body's response to gentle, persistent heat is enjoyed by people all over the world.

⊕ OVERALL WELL-BEING

Heat has the power to heal in so many ways, thanks to the body's ability to respond to it. Sweat production, increased heart rate, and more are all ways the body reacts to heat. And each response, whether physiological or psychological, offers profound health benefits. You'll learn more about these as you continue reading.

The sauna heat combined with your preferred ambiance creates a powerfully relaxing, rejuvenating, healing, and therapeutic space. As you settle in, the heat takes over and nourishes your body and mind.

In short, regular sauna bathing is a wonderful, **feel-good and good-for-you** addition to your overall health and wellness plan.

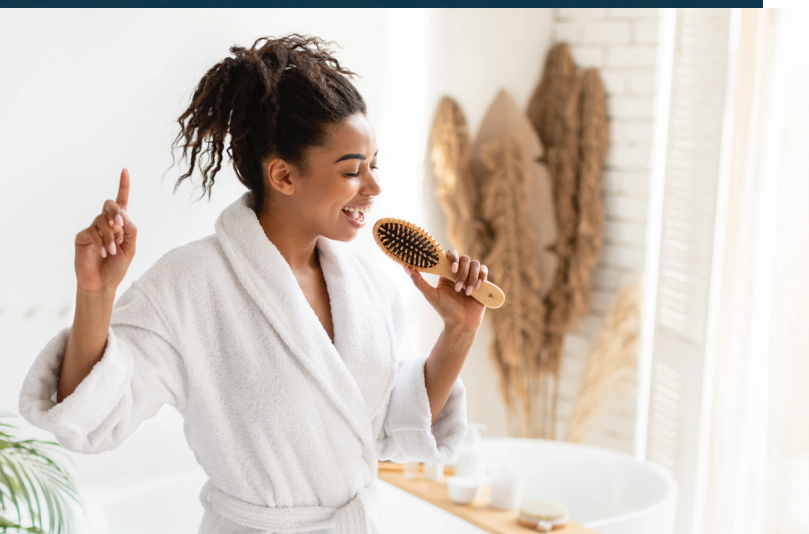


👏 FITNESS SUPPORT

Sauna relaxes muscles and soothes soreness in both muscles and joints. Under the high-heat of a sauna, body temperature rises, and blood vessels dilate allowing for increased blood circulation.

Before physical activity, enjoy a few moments in the sauna to warm your body in preparation for the work it is going to perform. The sauna is a great addition to your pre-workout warm-up.

After physical activity, allow the heat and steam of a sauna to promote muscle relaxation by reducing muscle tension and eliminating lactic acid and other toxins that have built up during your workout.





STRESS REDUCTION & MOOD IMPROVEMENT

The enveloping heat, peaceful ambiance, and restful setting of a sauna promotes relaxation. It's a perfect opportunity to unwind, rest your mind, breathe deeply, and generally slow down in a way that is restorative.

Moments of solitude paired with deep heat and your preferred therapeutic practices (i.e. meditation, breath work, prayer) can work wonders on your physical and physiological well-being.

SKIN CARE

Heat bathing is one of the oldest health and beauty strategies in terms of cleansing one's skin.

The body begins to produce sweat via deep sweating in regular sauna use, which may aid the body's natural process of cleansing the skin. Saunas encourage a sense of detoxification, helping you feel refreshed and rejuvenated.

SLEEP IMPROVEMENT

Research has suggested that a deeper, more relaxed sleep can result from sauna use. The body's temperature rises during a sauna session and then gradually falls afterward — helping signal to the body that it's time to sleep.

Sauna bathers everywhere can enjoy the deep sleep experiences resulting from the calming heat of an evening sauna.

As a result of a good night's sleep, many sauna users have reported a marked increase in their energy levels and overall feeling of well-being the following day.

Certain health issues may not be suitable for sauna use. Always consult your physician prior to any form of heat bathing.

TOXIN RELEASE

In the heat of a sauna, core body temperature rises and sweating begins. Sweat production is primarily designed to cool the body, and is composed of 99% water.

However, deep sweating in a sauna can help promote detoxification, which can assist in the recovery process by eliminating toxins from the body.

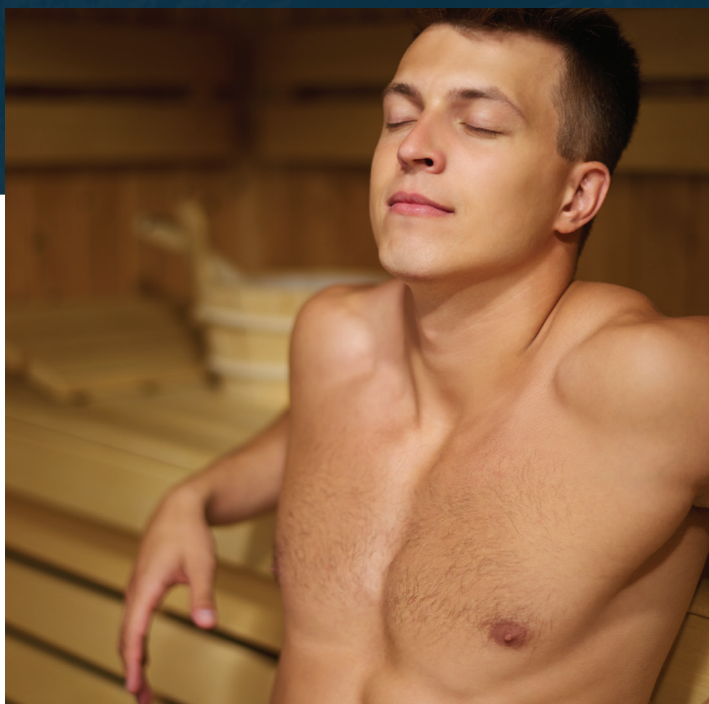
SOCIAL CONNECTION

The important social benefits of sauna are often underrated or dismissed entirely. While the sauna can be a private, personal area of relaxation and solitude, it can just as easily be a perfect environment for socializing with family, friends, and soon-to-be-friends.

The sauna room environment is conducive to open, intimate, and quiet conversation.

RELAXATION & REJUVENATION

Now that you know sauna is good for you, you should also know it just feels good, too. Whether it's the physiological changes that occur during the warmth of a sauna, or simply the time spent in the calming and still retreat, every seasoned sauna bather agrees — it feels wonderful! As we progress through our everyday lives, the sauna provides a pampering retreat — where we can relax and restore body and soul. It's the best addition to your personal self-care routine.





4220-637 revB | 09/2025

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