

Welcome to The Spa Barn

TAKE A MOMENT
TO ENJOY WHERE
YOU ARE **NOW**



Fill yourself a glass of water or a cup of Pukkha tea, take a moment to breath and enjoy the space. Enjoy the fresh air on the terrace or make yourself a fire and take a moment to reflect.

2. THE ICE BUCKET

Once the timer of the sauna has reached the end step out and under the splash bucket. Pull on the rope and take a deep breath as the cold water surprises your pores.

THE SCIENCE

The 'hot sauna, cold plunge' triggers your blood vessels to constrict rapidly and as a result, elevate blood pressure. jumping between hot and cold elevates your heart rate, adrenaline and the release of endorphins leaving you in a happier mood with eased pain!



4. THE COLD SHOWER

Be sure to drink a glass of water after the steam room as you would have lost a lot of your own body fluids.

Once again shocking the body into therapy with the vast temperature difference.

Be sure to rinse off all the sweat and antioxidants your body has released during the therapy.



A Guide to Unwind

1. THE SAUNA

Once you have given yourself a moment. Take a step into the sauna upstairs. Spin the sand timer and detoxify for 15 minutes.

HEALTH BENEFITS

- Flushing out bad toxins
- Improve health and wellness
- Aid recovery
- Soothes muscles
- Stress relief
- Improve brain health
- Helps to induce deep sleep
- Cleanses skin
- Burns Calories



3. THE STEAMER

Decide to sit and enjoy the feeling of your skin opening up and take a seat between the two warm ups.

When ready, step into the steam room to proceed. Your session should last between 15 and 20 minutes. Due to the high heat in the steamer it is possible to become dehydrated.

DRY VS WET

A sauna uses dry heat, usually from hot rocks or a closed stove. Steam rooms are heated by a generator filled with boiling water. The key to the steam room's unique health benefits is the humidity.

- Some unique benefits include, clearing congestion, improving circulation and lower joint stiffness



5. THE BATH TUB

Light up a fire, or don't and enjoy the sights and sounds of the nature outside as well as the relaxing sound of a hot bath.

Take your time and enjoy the soothing feel of the warm water on your skin and take some deep breaths.

Baths are great for relaxing your muscles, stimulating your nervous system, and gently exfoliating skin.



ENJOY.