

Interesting facts from the wellness world or what you may not have known...

Whirlpool

It will provide you with a high-quality and full-fledged water massage. You can enjoy undisturbed relaxation alone, with friends, family or colleagues. Not only will you relax and unwind, the hot tub is also a good helper in terms of healthcare. By staying in a whirlpool bath, you can effectively fight stress, exhaustion and prevent many diseases.

During autumn and winter, our body suffers from a lack of light and year-round stress. A regular bath in the whirlpool brings a number of beneficial effects - it dilates blood vessels, increases the amount of endorphin and oxygen in the blood, thus improving blood circulation. Thanks to the hydrostatic buoyancy, the water massage can relieve muscle tension, which will be appreciated by both athletes and people with sedentary jobs. Overall, the whirlpool helps to reduce stress, suppress fatigue and strengthen the body condition and immunity.

Let's take a closer look at the positive effects of staying in a hot tub:

- Accelerates the healing process

The hot bath stimulates blood flow and thus the circulation of white blood cells, which are part of the immune system. While suffering from respiratory infections, the effects of the hot bath can be strengthened by inhalation, such as menthol. The bath also increases the amount of endorphins in the body. These happiness hormones help heal faster and relieve pain.

- Relieves pain

Everyone can imagine the relief that a hot bath provides to sore or injured muscles and other soft tissues, but hydrotherapy helps to prevent headaches as well. These are often caused by high pressure, which decreases with the stay in hot water. It also has positive effects on pain caused by stress.

- Relieves stress and improves sleep quality

As we have already mentioned, staying in a whirlpool increases the level of endorphins, lowers blood pressure and relaxes muscles. All of these factors help the overall relaxation of the body and better sleep quality.

- It mildens the symptoms of some diseases

In addition to classic muscle pain, hot baths also have a positive effect on, for example, joint pain caused by arthritis and rheumatism. Staying in the water reduces the pressure exerted on the joints and faster blood circulation allows better healing of the local inflammation. A positive effect was also observed in the case of various muscular and nervous diseases.

- It improves blood circulation

We have already mentioned the positive effect on a circulatory system — staying in a whirlpool lowers blood pressure and stimulates blood flow. As a result, it also has positive effects on people who have poor blood circulation in their limbs, and have, for example, constantly cold hands and feet.

Potential adverse health effects

Of course, each coin has two sides and the use of a whirlpool also has its risks, which are more of a momentary

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

discomfort than a long-term problem. There are two major risk factors:

- Consumption of alcohol or other addictive substances
- Heart problems

Dehydration, some types of medication and staying in hot water for too long are potentially threatening as well. There is also a risk of drowning, especially in case of younger children. Please pay attention to the safety of yourself and your children, thank you.

Principles of safe use of the whirlpool

In order to enjoy the relaxation bath to the fullest, without any risk, it is advisable to follow several principles:

- Do not use the hot tub if you are under the influence of alcohol or other addictive substances.
- If you take any medication regularly (especially heart or blood pressure), talk to your doctor before using the hot tub.
- Consultation with a doctor is also advisable if you want to use the whirlpool during pregnancy.
- Do not stay in hot water for too long - the recommended time is about 10 minutes, the border time is about 30 minutes. After half an hour in a whirlpool with water at 40 ° C, the body temperature can climb up to 38.9 ° C.
- Elevated temperature can cause, for example, malaise, palpitations, tingling in the hands or abdomen pain. If these or other discomforts occur, leave the whirlpool immediately.
- It is suitable to follow the drinking regime (especially for children).
- Children should not be left in the hot tub without supervision - there is a risk of overheating or drowning.

Saunas

Why is a stay in a sauna so beneficial?

Sauna as immunity support

Due to the fact that the body temperature rises during the sauna stay, the natural healing process starts at the same time. The circulation is accelerated, the cells distribute more oxygen and the immune system starts the production of white blood cells, which are responsible for fighting infections, viruses and ensuring the elimination of pathogens. By visiting the sauna regularly, you can maintain a high concentration of white blood cells for a longer period of time, and thus benefit from this advantage. During the sauna stay, there is also an improvement in lung function and its capacity, which is suitable for people suffering from respiratory diseases such as asthma or chronic rhinitis.

Sauna as a cure for depression

Elevated temperature results in flushing out the endorphin dose, which is known as the hormone of happiness and good mood. It is a natural analgesic sedative that calms the mind, soothes pain and brings a relaxed feeling of the body and mind. It is stated that the level of endorphins can increase 2-3 times during a sauna visit. Saunas are dark, quiet places, which creates an ideal space for inducing mental balance, relaxation and stress release.

Sauna as a helper in fighting acne, cellulite and other skin ailments

The cleanness of the environment in which we live also affects the appearance and health of the skin. E numbers in food, toxins in the urban air, as well as alcohol, cigarette smoking and hectic lifestyles contribute to various skin

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

ALAHOTEL . CZ



problems. During the sauna, the skin “detoxifies” - it gets rid of impurities, dead cells and becomes more perfused. At high temperatures, the activity of the endocrine glands increases and toxins are washed out of the body together with sweat. At the same time, the sauna can improve lymph flow. This process is very beneficial for the skin appearance and makes it look cleaner, more elastic and more vital.

Sauna as a support for the regeneration of damaged and tired muscles and sore joints

Physical training can cause minor muscle damage. It is advisable to regenerate the body to prevent permanent harm or injury. That being said, rest is as important as the training itself, maybe even more. Muscles get strengthened while exercising, but the crucial role in their growth plays what happens afterwards. Scientific studies show that just 10 minutes of sauna after doing sports significantly contributes to muscle regeneration and body preparation for another demanding training, specifically by eliminating metabolic waste. Thanks to the relaxed blood flow, all nutrients are distributed to the last capillary of the loaded, tired and strained muscle. A sauna visit can also be beneficial in relieving the symptoms of joint pain.

Increased growth hormone levels

Most people have no idea about this benefit. During sauna and subsequent cooling, the body is exposed to stress, which increases the levels of endogenous detoxifying enzymes, especially growth hormone. Growth hormone is a pesticide substance that is responsible for the growth and production of new cells and, as you know, is essential for muscle growth. Studies conducted on top athletes measured a 40% increase in growth hormone after a visit to the sauna. However, it is necessary to visit the sauna regularly to take full advantage of this benefit.

Sauna as a helper with high blood pressure

Especially for people suffering from high blood pressure, a regular visit to the sauna is a very suitable tool to lower blood pressure levels. Studies have shown that already after three months of regular sauna, the pressure in patients with hypertension has significantly decreased. The reduction was even more intense in the case of longer visits. However, it is important to follow certain rules, especially to emphasize the gradual cooling down. People suffering from high blood pressure should not enter the ice pool immediately. Instead, it is advisable to start with a lukewarm (subsequently cold) shower. As the body cools down, the blood vessels narrow, which in itself causes the blood pressure to rise. The individual temperature changes should therefore be gradual and a sufficiently long time for relaxation should be included between each stage of the sauna.

Sauna types you can visit in our hotel

Finnish sauna

This type of sauna is the most common and well-known. It can be easily recognized by its typical wood paneling and benches. The same applies to the Finnish sauna in our hotel, thermo-alders have been used for the sidewalls and the benches are made of special abachi wood. The temperature varies between 85-95 ° C and the humidity fluctuates between 10 and 20%. The Finnish sauna is the first type of sauna ever, and it will undoubtedly help you to flush toxins out of your body, hydrate your organs and skin, strengthen your immunity and get rid of stress. Our sauna is equipped with stones that are poured with water, which can be scented for a better experience.

Overall, a Finnish sauna brings more health benefits than an infrared cabin. Your body will first start sweating at a high temperature, which will gradually intensify. However, since even intense sweating does not cool the body enough, your temperature will rise by one degree to about 38 ° C, which will signal your brain to start releasing specific antibodies and hormones that are normally activated only when you are ill. Thus, healing processes begin in your body.

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

It is also confirmed that sauna benefits the heart. On the other hand, the Finnish sauna is not recommended for people with more serious heart disease or infected with a virus.

Infra sauna

Infra sauna is a slightly different type of sauna. It is often used to warm up muscles, for example before a massage or training. The infrared sauna is also a cabin lined with wood, as is the case with a Finnish sauna, however, it also contains a device that emits infrared radiation (this has nothing to do with UV radiation, which causes, for example, sunburn during sunbathing). Infrared energy gets absorbed deep into our body - up to 4 cm. In cabins, radiation is optimized so that our body absorbs up to 93% of the energy that reaches the body surface. This heat penetration causes warming deep in the muscles and organs of the body. Your organism will respond to this stimulus by increasing its heart rate, which has a strengthening effect that improves physical condition. The infrared radiators can be comfortably supported, while the lower ones then warm up the calf muscles.

Due to the fact that the surrounding air is almost unheated, a stay in the infrared sauna is tolerable even for people who have difficulty breathing in classic saunas or have various cardiovascular problems. Therefore, infrared saunas are popular for various treatments. The temperature in the infrared cabin does not exceed 60 ° C. As a consequence, your body does not warm up to 38 ° C and it does not start healing processes and the formation of specific healing substances. It has, however, other advantages.

Infrared radiation penetrates into the depths of the epidermis - the skin. The heat is then distributed to the inner parts of the body, helping to warm up and relax the muscles. The remaining energy, reflected from the skin, heats the air, which has a relatively low temperature in this type of sauna - around 30-60 °C. Thanks to this, it is possible to stay for about 30-45 minutes without a break. If our goal is to warm up the muscles, it is possible to use the cabin with the door open, which will significantly reduce sweat production. This is suitable, for example, before muscle stretching, strengthening, running, etc.

Steam sauna

The steam sauna is the most suitable one for people suffering from respiratory and skin diseases. This type of sauna with a temperature of 40 to 45 ° C and humidity between 90 and 100% can effectively help with coughing up and relaxing the airways. At the same time, it is suitable for beauty treatments as it helps remove dead skin cells, cleanse pores, rejuvenate the skin and is therefore very useful in the treatment of acne.

In the case of a steam sauna, sometimes called Turkish Baths or Hammam, the steam generator takes care of the beneficial heat and humidity. The steam cabin must be perfectly isolated and moisture-resistant, consists of various building materials and is lined with mosaic tiles. As the nozzle, located at the bottom, only lets steam into the cabin (which means 100% humidity), the steam temperature does not exceed 50 ° C to avoid scalding.

Salt is discharged into the sauna area at regular intervals, the intensity can be increased by adding extra salt after pressing the marked button (located next to the emergency alarm).

Bio sauna

This is basically a classic Finnish sauna with a wooden structure and sauna heater. However, the temperature is lower, around 60-70 ° C, whereas the humidity is higher, usually 60-80%. A significant difference is also the air scented with fragrant essential oils from sauna aromas, aroma oils or herbs, the choice of which depends on the wishes of clients.

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

ALAHOTEL . CZ



This enriched air ensures a very beneficial combination of pleasant heat and healing moisture, which is ideal for your skin and lungs.

Special heaters have been developed for these needs, including a front water tank and aroma cups to provide sufficient moisture.

Thanks to a special control unit, the humidity and temperature are even and stable. In addition, the unit ensures that the sauna visitor does not get scalded, as it will not allow the sauna to create an environment of extreme temperature and humidity, which would exceed 140 points in total (for example, 80 ° C and 60% humidity or 45 ° C and 95% humidity).

Cooling

Sauna, originating from Finland, has become a global phenomenon. To take full advantage of the sauna visit, you must not forget to cool down afterwards. Omitting this part, you will use only about 50% of the health benefits, which would be a pity. Why cool down, then?

If you indulge in a sauna regularly, you will get a number of health benefits. As the body warms up, the blood vessels react to the high temperature, dilate, and the blood circulation in the body gets supported. The amount of blood in the blood vessels increases and the flow gets faster. The moment you step into a cooling pool, under a cold shower or into a cooling tub, the cold water will reduce the increased body temperature back to its original values and the blood vessels will shrink again. In addition, the cooling process increases the oxygen content in the blood.

Proper cooling of the body after sauna should be gradual. Jumping into the ice pool or under a cold shower immediately after leaving the sauna is definitely not advisable. Of course, cooling is important, but it must not be too sudden. Did you know that in Finland, gradual cooling is ensured by a regulation on the sauna distance from the cooling pool, which is 50 meters? Wondering why this is so? To ensure the gradual adaptation of the heated organism so that cooling does not represent a shock for it. Unfortunately, we could not afford these construction measures in our hotel. Therefore, we ask you to take care of the gradual cooling within your own health. Please stay in the hallway or in the relaxation area for a while before using the cooling area after the sauna visit.

If you want to use an ice shower, please accept our recommendation — always put the limbs in the shower first - legs, arms, then body and finally the head.

How long to cool down in the sauna:

The length of cooling after visiting the sauna is at your discretion. It is ideal to stay in the sauna as long as you sweat pleasantly. A similar principle applies to cooling.

The correct cooling time after the sauna varies depending on its type. Taking a cold shower should last a maximum of 5 minutes. If you choose to use a cooling pool with water of 8-10 degrees Celsius, the recommended duration is a maximum of 2 minutes. Be sure to pay attention to the method of cooling as well. You should never jump into the cooling pool, either upside down or otherwise.

It is advisable to cool down as slowly as you sweated in the sauna. If you have been staying in a low-temperature one, you should use lukewarm water and cool down longer. In the case of the Finnish sauna, which is up to 100 degrees

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

ALAHOTEL . CZ



Celsius, you can take a colder shower and stay for a shorter time.

Cooling down doesn't have to be uncomfortable. It depends on how experienced you are and what your body can overcome. Like the sauna itself, the subsequent cooling down must be done sensibly. It should never be forgotten or intentionally omitted.

You can use:

➤ cooling pool, cooling shower or cooling tub

Recommendations for entering the sauna:

- o Please always use a rented sheet or towel (except the steam bath)
- o Do not consume alcohol or other addictive substances before entering
- o People with more serious heart disease or people infected with virus should not enter the sauna
- o If you feel unwell in the sauna, use the red button - alarm, which will call for help

Relax zone

The art of relaxation is also an important part of both a healthy body and mind. At Ala Hotel, we have created a space for you where there is no work, stress or time. We want you to enjoy relaxation in an environment that will be unique, pleasant and with the maximum feeling of relaxation.

The relaxation zone is separated by a glass design door, equipped with comfortable loungers, illuminated by dim pleasant light and, above all, helps you find your inner peace. You can order drinks at our reception to relax, we recommend non-alcoholic drinks to supply your body with much-needed fluids sweated in the sauna.

Ala hotel s.r.o.

Recepce: +420 777 980 340

info@alahotel.cz

K Ochozi 1405

593 01, Bystřice nad Pernštejnem

Czech Republic

IČ: 06426786

DIČ: CZ06426786

Bankovní spojení:

Česká spořitelna 4968062359/0800

ALAHOTEL.CZ

