

# The Sauna Starter Guide

Temperature, time, and the ritual that actually recovers you

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A sauna session done right is one of the most powerful recovery tools available — better sleep, lower cortisol, cardiovascular benefit. Done wrong it's just uncomfortable sweating. This guide covers the ritual.

## The basics of a session

- Start at 160-175F (71-79C) for beginners; 185-195F (85-90C) is traditional Finnish territory.
- 10-15 minutes per round, exit before you feel dizzy — your body signals when to leave.
- Cool down fully between rounds (cold shower, cold plunge, or 10 min outside). Repeat 2-4 rounds.

## Maximizing the benefit

- Löyly: pour a ladle of water on hot rocks to spike humidity and deepen the heat experience.
- Leave your phone outside. The sauna is a no-screen zone — the stress relief is partly the disconnection.
- Sauna then cold plunge is the gold standard: 15 min hot → 2-3 min cold → rest. Repeat.
- Hydrate before, not during — drink 16-24oz of water in the hour before your session.

## Safety and frequency

- Never drink alcohol before or during a sauna session.
- 3-4 sessions per week shows the strongest cardiovascular benefit in the research.
- If pregnant, have cardiovascular conditions, or take medications — check with your doctor first.

## Insider glossary

**Löyly** — Finnish for steam: water thrown on sauna rocks. The soul of the sauna ritual.

**Kiuas** — The sauna heater/stove — the heart of any proper sauna.

**Vihta/Viht** — A bundle of birch branches used to gently beat the skin and improve circulation.

**165F/74C** — The optimal mid-range temperature: hot enough to sweat hard, safe enough to stay 15 min.

## Starter checklist

- Towel to sit on
- Water bottle (before session)
- Timer
- Cold shower or plunge access
- Post-session electrolyte drink

**Sweat Now. Glow Later — sauna tee at [l5d0.com/shop/sauna/](https://l5d0.com/shop/sauna/)**