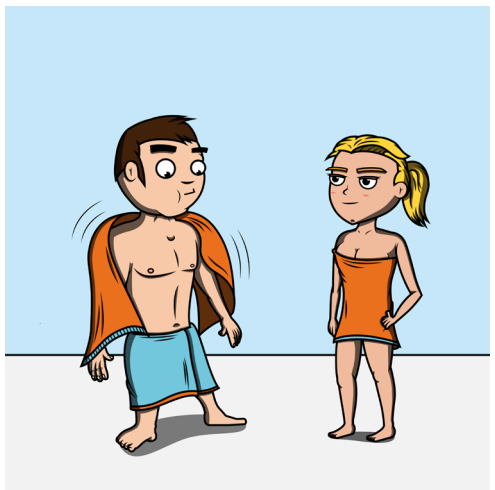
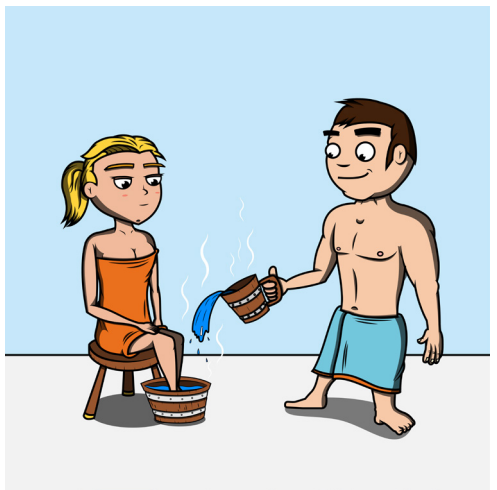
SAUNA**REGELN**

1. REINIGEN

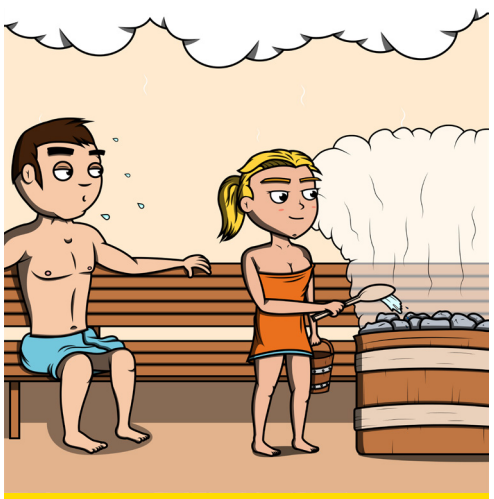


2. GUT ABTROCKNEN

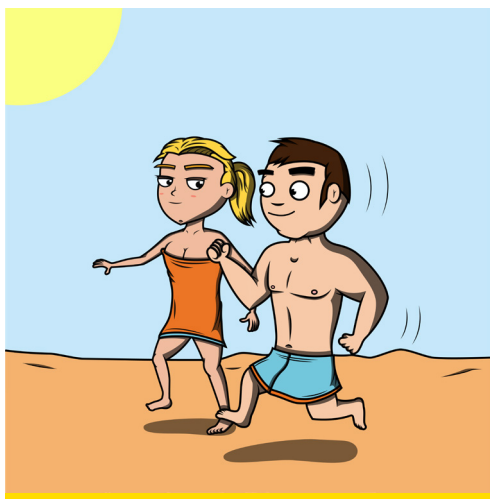


3. WARMES FUSSBAD

4. SAUNAGANG 8 – 12 MINUTEN



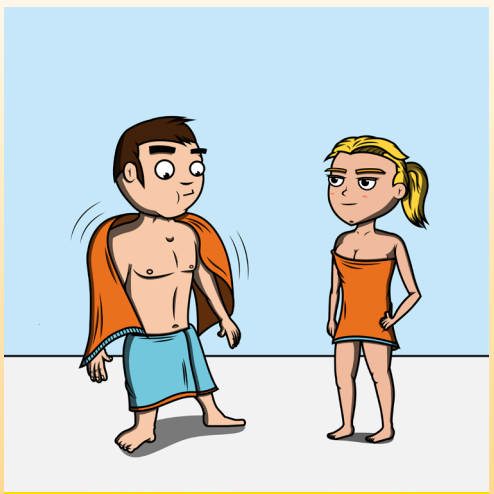
5. EVENTUELL AUFGUSS



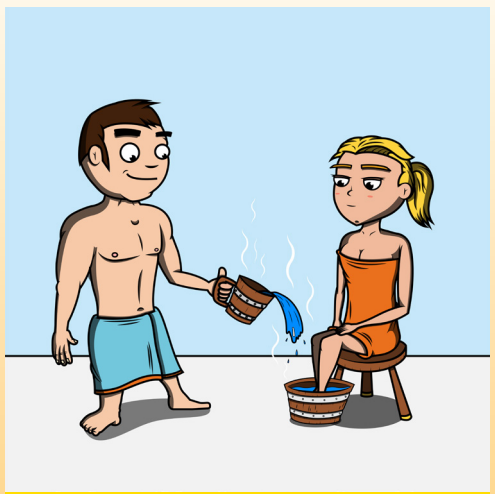
6. BEWEGUNG UND FRISCHE LUFT

7. KALTE KÖRPERDUSCHE

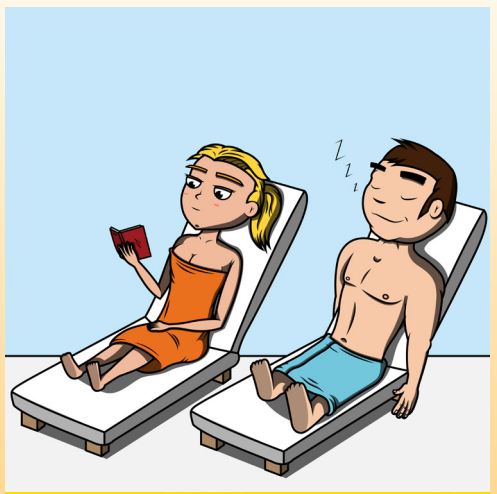
8. EVENTUELL KALTES TAUCHBAD



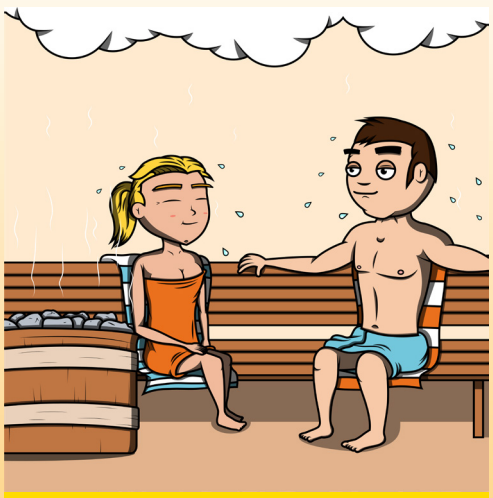
9. GUT ABTROCKNEN



10. WARMES FUSSBAD



11. RUHEN 15 MINUTEN



12. SAUNAGANG 1 – 3 X WIEDERHOLEN

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