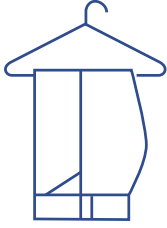


de juiste volgorde voor de sauna

1 uitkleden



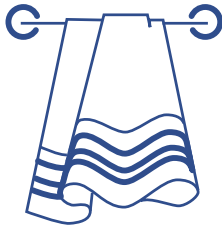
2

TOILET

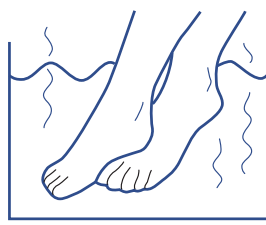
3 Wassen



4 afdrogen



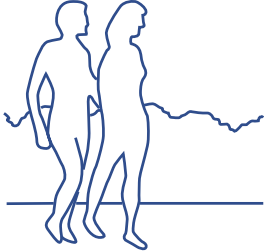
5 warm voetbad



6 sauna of turks bad



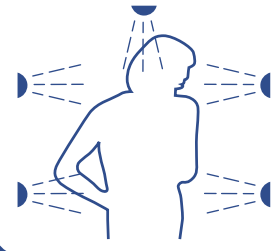
7 buitenlucht



8 afkoelen met de slang



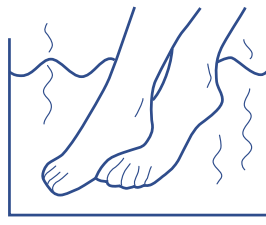
9 afkoelen met douche



10 dompelbad



11 warm voetbad



12 15 minuten rust

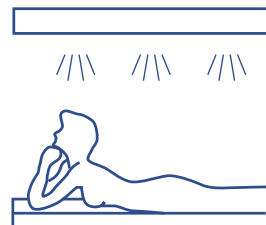


13

**2e en 3e
saunagang
volg**

5 - 12

14 zonnekanon



15 zwembad

