

# Inipi

## Sauna Guide





Relax, let your mind wander, reconnect with yourself. At some time in the past, the world decided on the term "Wellness" and that is done mainly at home, in the bath. Sure. It's here that you immerse yourself in a scented world; it's here that you feel the valuable effects of water and warmth and it's here that Duravit has much to offer, generous bath tubs and sauna modules with striking capabilities and comfortable extras – all designed to nurture your wellness.

The days have gone when generous whirlpools, steam baths and saunas were only to be found in public wellness temples. Thanks to Duravit you can also enjoy these luxuries privately in your own bathroom. After all, what's wrong with really spoiling yourself now and again? Exactly.

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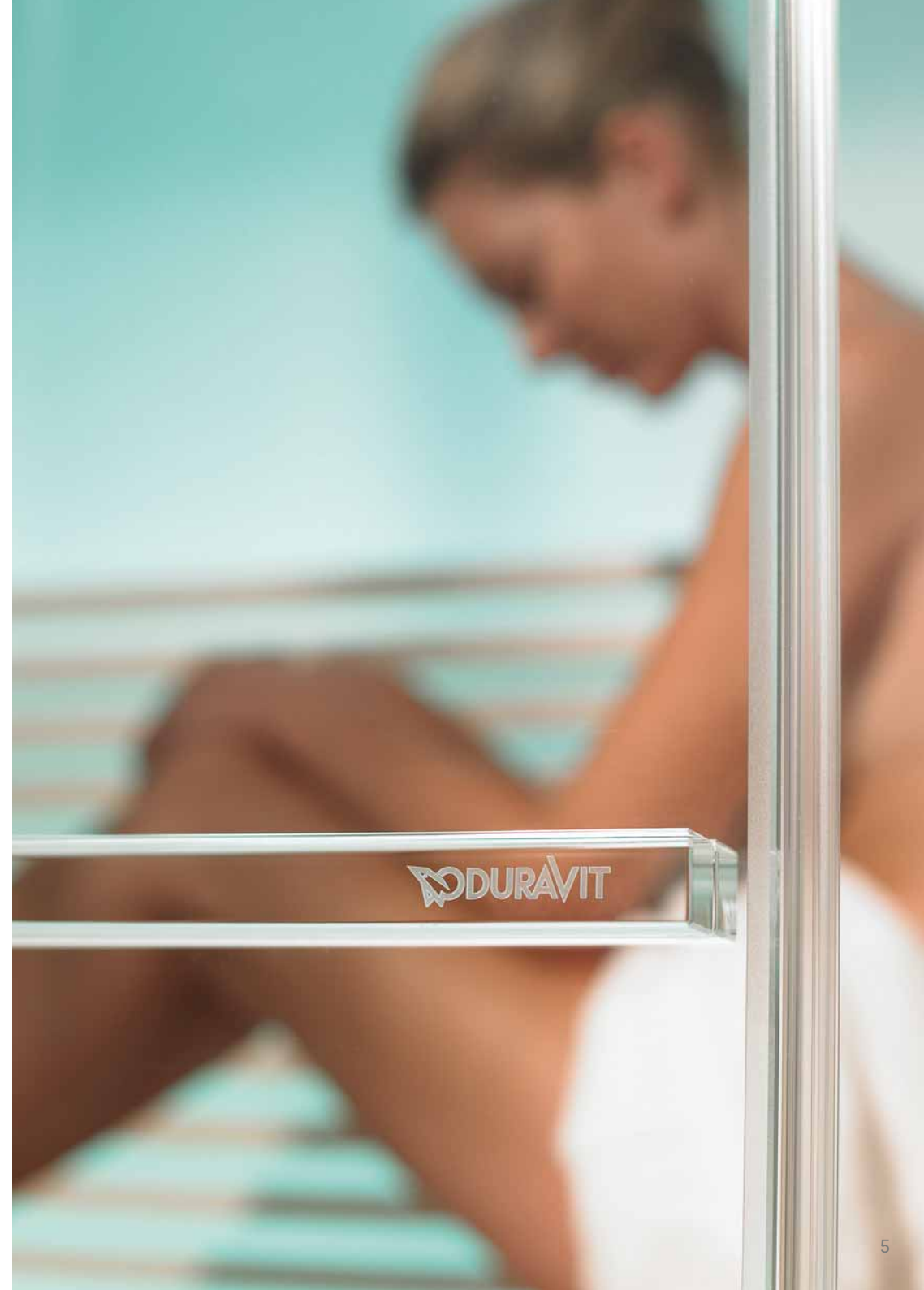
## Wellness is coming home

Despite fashions and trends: "Wellness" has developed into a serious, enduring part of our lives. A movement, some would call it an attitude towards life, has sprung up around the simple English word "wellness".

Perhaps because our lives are characterized more and more by speed, by ever increasing demands in the workplace and - quite literally - by breathtaking leisure activities. There is a word for it: stress. It's very hard to reduce stress - but for our well-being it's important that periods of stress are followed by periods of quiet and relaxation. Naturally there is a word for it: Wellness.

Wellness has many faces: it's a refreshing bath in a whirl tub, a fragrant cup of tea, curling up with a good book, taking a sauna bath, an invigorating massage, a tasty light meal.

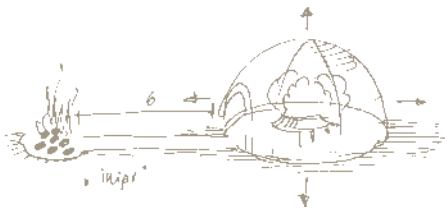
In other words: wellness is shutting down, letting go and reconnecting with yourself. Wellness is the promise of well-being, comfort and improved quality of life. The ways of achieving it are as different as the people striving for it, but the common denominator is where so many of those wellness appliances are concentrated: the bath.



## Inipi: The Sauna for the Bathroom

Duravit and E00S take the sauna out of the cellar: with the novel Inipi sauna design. Thanks to a clever layout, the cabin is compact enough to fit in a bathroom or living room, while still offering plenty of space. Sitting and lying decks, floor, walls and ceiling panels are all made of natural wood. There is absolutely no feeling of being closed in. Rather, the fully transparent front not only gives the Inipi an unusual degree of openness but also lends it to an exceptionally stylish look. Although the heater and the vaporiser are integrated into the sauna module, they are hidden by a screen. Artistically reduced to the essentials, the Inipi optically bestows a feeling of peace and clarity on the sauna-goer. A refreshing option for the sauna is to extend it with an Inipi Ama shower module.

The idea behind sweating as a healthy pastime originated in Asia over 5000 years ago. From there it found its way to Europe and the new world where the native North Americans developed their own variation. Inipi -> Sweat Tent, constructed and used according to fixed rituals. The tent covered with blankets and cloths symbolizes the earth; the fireplace six footsteps away represents the sun. The "keeper of the fire" carries heated stones strewn with herbs into the tent. These raise the temperature to that needed for sweating. Before the Inipi-goers enter the tent, they remove their clothes and lay down their sacrificial offerings. The four traditional sessions or "endurances" of a sweat are dedicated to thanksgiving, prayer, acknowledgment and recognition.



Inspired by the native North American "sweat tents", the E00S designers developed a novel sauna design: Inipi.





## Inipi: The Sauna Climate

The conditions inside the sauna are substantially affected by air temperature and humidity. A continuous flow of fresh air is needed for good sauna conditions. The temperature in a Finnish sauna ranges from about 100°C (212°F) at the ceiling, falling to about 40°C (104°F) near the floor. In this way the temperature gradient in a well-heated sauna can reach about 60°C (140°F).

The sauna-goer only slightly feels this temperature difference, due to the differing air humidity in the sauna cabin. The relative air humidity is higher nearer the floor of the sauna than near the ceiling. The higher the air humidity the lower the capacity for an organism to emit excess heat by evaporation. The hyperthermia continues – but the sauna-goer only notices a minimal temperature difference.

There are four different sauna settings to choose from:

measured at	Temperature ceiling	Relative Humidity upper seating level
Finnish Sauna	90 - 100°C	10 - 15%
Warm Air Bath	70 - 80 °C	15 - 20%
Tropical Bath	60 - 70 °C	20 - 25%
Soft Bath	50 - 60 °C	30 - 35%



## Inipi: The Scenarios

Five pre-programmed scenarios, based on the earth's different temperature zones provide a healthy diversity for sauna bathing. Temperature, relative humidity, coloured lights and music are all perfectly tuned to each other and invite you to try.

### Asia

Sound expedition throughout Asia: with original sounds, different Asian musical instruments such as Gu-Zheng (Zither, China), Dizi (Flute, China), Koto (Zither, Japan), Shakuhachi (Flute, Japan), Hulusi (Triple flute, China) and Tibetan Monks chanting. Various bells, gongs, pentatonic and wooden windchimes round off the expedition.

Temperature 50-60°C (122-140°F)

Relative humidity 30-35%

Colour program: Sunrise

### Desert

Starting in the desert you approach a distant town with the caravan. Desert winds, camels, voices and typical musical instruments accompany you on the journey. The music comes from an Oud (Arabian Lute), a Goni (Arabian Harp), stringed instruments, Ney flutes, an Udu, a Darbuka and various Eastern chants.

Temperature 90-100°C (194-212°F)

Relative humidity 10-15%

Fixed colour: red

### Indian

Visiting an Indian sweat tent. Hot stones are rolled into the tent. The cleansing ritual can begin. You enjoy the warmth and the sound tapestry from outside the tent. The fire blazes, music from wooden flutes, ritual songs, powwow drums, horses and the wind.

Temperature 70-80°C (158-176°F)

Relative humidity 15-20%

Colour program: Sunset

### Jungle

You plunge into a damp tropical rain forest. Nature's beauty and variety of species is staged by thousands of noises and tones from cicadas, apes, parrots, plants and rain.

Temperature 60-70°C (140-158°F)

Relative humidity 20-25%

Fixed colour: green

### Mediterranea

A stroll along the Mediterranean Sea: from the beach with sounds of the sea rushing through the marina, with sails playing sound games, through the countryside filled with cicadas and back through the village to the sea. Music from guitars and mandolins accompanies the outing.

Temperature 50-60°C (122-140°F)

Relative humidity 15-20%

Colour program: rainbow





## Inipi: Coloured Lights and Music in the Sauna

Inipi includes music and coloured lights for your holistic pleasure.

### Music

The remote controlled "invisible" loudspeakers, are connected via an AUX connector or radio, bringing your individual, favourite sounds to the sauna.

The pre-programmed sound worlds of the five previously described scenarios pamper you with stimulating or relaxing sounds, further endorsing your personal well-being.

### Coloured light

LED lights on the back wall bathe the inner reaches of Inipi in comforting coloured light; colour change and duration are programmable via the remote control supplied and enhance the feeling of relaxation.



### The inspiration of coloured light

- Yellow**     stimulating, liberating
- Red**         stimulating, warming, vitalising
- Violet**     stabilising, regenerating, inspiring
- Blue**        calming, soothing
- Turquoise**   vitalising, invigorating
- Green**      agreeable, calming, stabilising

## How a Sauna affects Body and Mind

### **Strengthening and Mobilising the Immune System**

A sauna is the most practical way of strengthening the immune system, something that not only reduces the susceptibility to viral infections but also generally brings about an increase in health stability. The increased secretions from the mucous membranes lead to an intensive cleansing of impurities and a strong increase in antibodies.

### **Stimulation of the Cardiovascular System**

A regular sauna is a mild but effective training for the cardiovascular system. Using a sauna helps to regulate blood pressure, i.e., high blood pressure can be lowered and low blood pressure can be increased with long-term sauna use.

### **Vascular Training**

The blood vessels dilate during the warming up phase and constrict again during the cooling down phase. The change from hot to cold stimulates them, better enabling the body to tolerate temperature changes. Cold water treatments strengthen the resilience of the veins.

### **Stimulation of the Nervous System**

The main protagonists of the autonomic nervous system are the sympathetic nervous systems (performance, activity / fight or flight) and the parasympathetic nervous system (rest and digest). They are stimulated in two ways. Heat stimulates the parasympathetic nervous system to dilate the vascular system and lower the blood pressure. When body temperature rises the sympathetic nervous systems is stimulated, causing a rise in the pulse and production of sweat. During the cooling down phase the same happens but in the opposite direction. Now the parasympathetic nervous system slows down pulse and sweat production while the sympathetic nervous system stimulates the vascular contraction to increase blood pressure. This carefully balanced interplay leads to a deeper sleep, improved regeneration capabilities and increased energy.

### **Activating the Metabolic Process**

Heating up the body influences the activity of sweat glands. During a three session sauna bath, between 0.5 and 1.5 litres of fluid are sweated out. This leads to a temporary thickening of the blood that is compensated by drawing fluid from the body tissues. This in turn leads to the elimination of waste products.

### **Detoxification**

The transfer of water into the blood causes by-products from the metabolic process such as urea, uric acid or creatinine to be removed from body tissue. This transfer of fluids is known as detoxification. These waste products are not only excreted by the sweat glands but are mainly removed via the kidneys.

### **Skin Cleansing and Stimulation of Cell Regeneration**

The application of hot and cold activates the cutaneous metabolism, encourages regeneration of the skin and helps to restore a healthy, fresh complexion. The heat in the sauna activates cell regeneration and improves excretion of waste products.

### **Relaxing the Muscular System**

Muscle regeneration is aided by using a sauna after playing sports. Sweating removes the lactic acid generated during strenuous physical exercise, one of the causes of muscle aches. Deep muscular relaxation increases joint and muscle mobility.

### **Heightening Mental Well-being**

A sauna bath brings physical and mental relaxation and a temporary escape from the daily routine. The successive warm and cold stimulants work in tandem with the autonomic nervous system. The onset of calming post rhythms, combined with a lowered cardiac rate and a comfortable tiredness that occur after the final sauna session are particularly refreshing.





## The Warming Up Phase

The extreme temperatures in the sauna cause the body to absorb the heat via the skin. The body reacts to strong heat by dilating the blood vessels and secreting sweat. By doing this, the body attempts to maintain its internal body temperature at 37°C (98.6°F). Although 10 g of water will evaporate from the body's surface every minute, the cooling effect created will not be sufficient to maintain skin and core body temperature. The temperature on the surface of the skin will increase by about 10°C (18°F) while the internal body temperature will vary between 1 and maximum 2 °C (1.8-3.6°F).

The increase in the internal body temperature during the warm up phase is a type of "hyperthermia". In the short period of hyperthermia the body builds antibodies against infection.

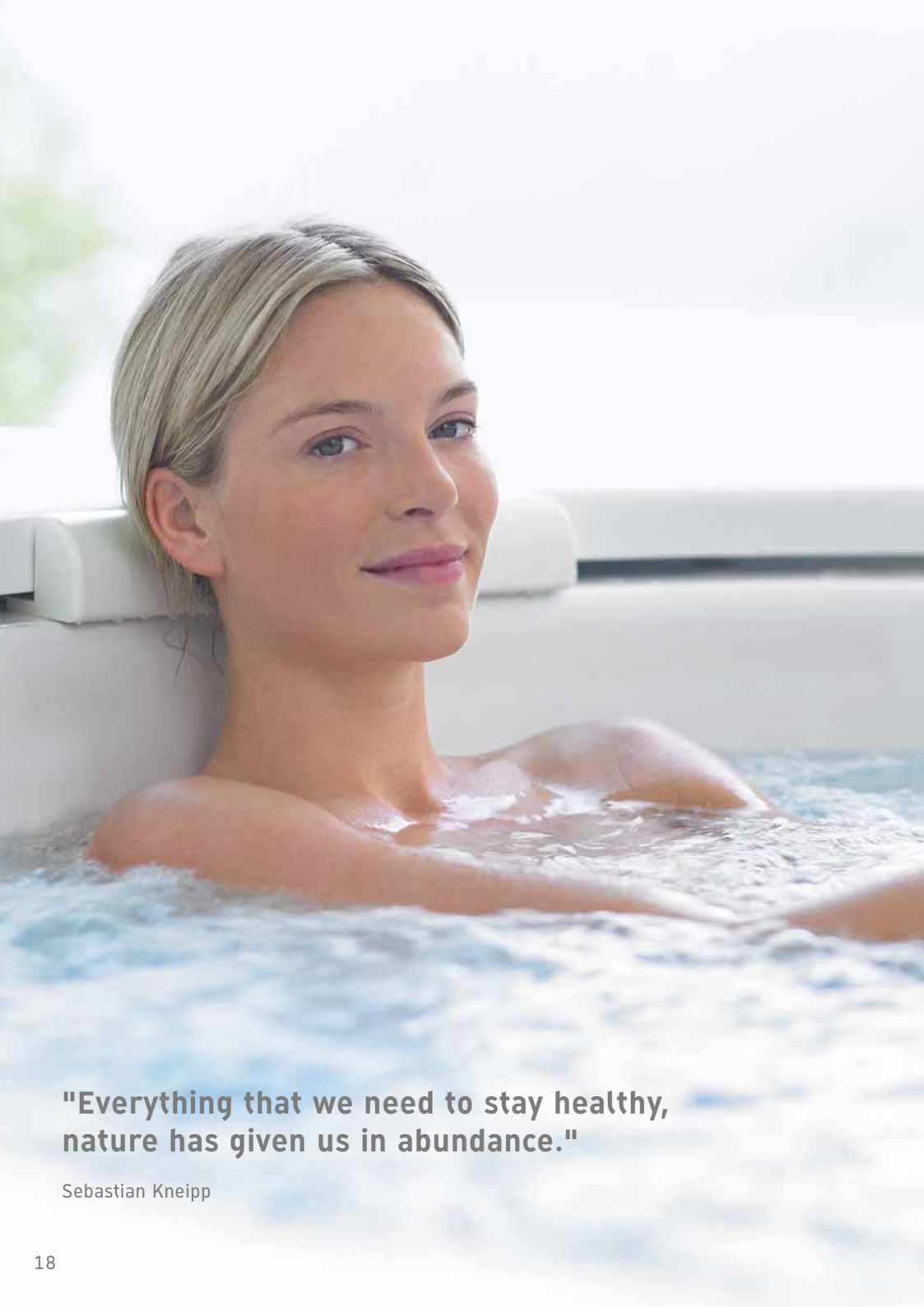
## Vaporisation

The humidity in the sauna cabin is increased for a short time by vaporisation. An invisible cloud of steam rises out of the side heat outlets of the Inipi and flows through the sauna cabin. As soon as moist air reaches the skin, condensation forms. The increase in warmth stimulates activity in the sweat glands. Many people consider "Löyly", the scorching breath as the Finns call it, to be the climax of the heating action. Sensitive people can go without this feature, as a sauna is fully effective without vaporisation.

### **Fragrances in the Sauna**

Whether it's classical spruce or a refreshing citrus fragrance: vaporisation concentrates turn the sauna into an aroma bath. The compensatory and health-supporting effects can be increased. Fragrant essences are poured into the vaporiser before starting the sauna.





**"Everything that we need to stay healthy,  
nature has given us in abundance."**

Sebastian Kneipp

## The Cooling Down Phase

The cooling down serves to return the body temperature to normal. The blood vessels constrict and restrict blood supply to the skin. The application of cold water should chill and stimulate and rid the skin of sweat residues.

The cooling down phase should be about one third longer than the warming up phase. If the warming up phase takes 10 minutes then a cooling down phase of 15 minutes is appropriate.

### **Cold showers according to Sebastian Kneipp**

Begin farthest away from the heart, move from right to left and from the outside to the centre. Starting with the surfaces of the feet and hands, pour water over the whole body, leading towards the heart, then, finally, douse the head.

### **Hand Spray**

Douse the body with a hand spray in the same sequence – legs, arms, torso, head. Icecold water has the strongest effect on resilience, particularly during acclimatisation, but luke-warm water is also suitable.

### **Cold Water Bath**

Use a cold water bath for heightening the effects of a sauna. The sauna-goer submerges entirely in a bath of cold tap water. Important: Continue to breathe smoothly and do not hold your breath. Do not stay submerged for longer than 10 to 20 seconds. If you suffer from high blood pressure, do not use the cold water bath.

### **Warm Foot Bath**

Warm foot baths are another good vascular training method. A single foot bath should last for about 5 minutes with water at about 40°C (104°F).

## Sauna Bathing Rules

Before: Make sufficient time available – an entire sauna bath takes about two hours. Along with your clothes, try to leave worries, problems and negative thoughts behind when you enter the sauna. Switch off and simply enjoy the sense of warmth, cold and its effect on your body. It's also your body that will signal to you how long a sauna should last and how often you should take a sauna bath.

Preparation 8 - 10 mins



### 1. Warm Shower

Since the film of oils on the skin will hinder sweat secretion, shower thoroughly beforehand.



### 2. Drying Off

Dry skin perspires faster.



### 3. Warm Foot Bath

Warming the feet also encourages perspiration.



### 4. Sitting or Lying Relaxed

Always place a bath towel under your body, and even under your feet when sitting. The higher the seating or lying level, the more intense one will perspire. The general principle is: better short and hot than long and lukewarm – that's easier on the heart and circulation.



### 5. Vaporisation (optional)

Warming up 8 - 17 min



### 6. Sitting Upright

In order for your circulation to become accustomed to the vertical posture you should spend the last 2 minutes in the sauna sitting upright. For this move slowly to a lower bench.



### 7. Fresh Air - Movement

The body now needs oxygen; skin and the respiratory tracts want to be cooled. Walk leisurely to and from the outdoor bath, breathing slowly in and out, if possible through the nose.



### 8. Kneipp Downpour

The nicest way to cool down is to douse the body with a Kneipp hose, starting with the feet and hands and from right to left towards the heart.



### 9. Cold Body Shower

In the same sequence – legs, arms, torso, head – douse the body with a hand spray.



### 10. Cold Water Bath

If you use an immersion pool, remember to first wash away the sweat. Attention: If you have high blood pressure, avoid using a cold water bath.



### 11. Warm Foot Bath

A warm foot bath generates comforting warmth and then renewed applications of cold water train the vascular system and increase the body's resilience.



### 12. Quiet and perhaps a Massage

A massage to finish or between the sauna sessions can heighten the relaxation effect.

Cooling down and relaxing 20 - 27 min

### Entirely dependent on time and wants: one or two further sauna sessions.

These follow the same procedure as the first sauna, but don't overdo it. After 3 sauna sessions the well-being objective will have been reached.



### 13. Drinks

For optimal detoxification of the connective tissues, do not drink until the sauna bath is finished. Afterwards, drink mineral-rich beverages or unsweetened herbal teas (1-2 litres).

No Sports. In order to prolong the desired effect and minimise the risk of adverse cardiovascular events, avoid all sporting activities after a sauna.



## Questions about Sauna Baths

### Sauna - how often?

Each person has a preference – it's important, however, that you feel comfortable with it. The positive effects of regular sauna bathing last for about one week. General guidelines are:

Once a week: 2-3 sauna sessions at a time

Twice a week: 2 sauna sessions at a time

Daily: 1 sauna session at a time

### Why naked in the sauna?

Being naked is simply healthier and more hygienic: each item of clothing will affect the cooling of the body and hinder the excretion of sweat, which can lead to irritation of the skin.

### Eating before a sauna bath?

You should not go into the sauna hungry or with a full stomach. Best is to eat a light snack before the sauna bath – the body has enough to do during the sauna and should not have to digest as well.

### When to quench the thirst?

Drink plenty before the sauna bath! Fluid intake during the sauna sessions reduces the detoxification effect of the sauna bath. However if you are really thirsty, there is nothing against taking a small drink. After the sauna bath, quench your thirst with mineral-rich drinks or unsweetened herbal teas.

### Slimmer after the sauna?

There is a measurable weight loss immediately after the sauna, due to the excretion of water by sweating. A regular sauna can be a sensible addition to a weight-reducing diet.



## Sauna & Health

A sauna means relaxation and preserving health. It is an effective, supporting therapeutic measure for several disorders.

- Prevention of coughs and sneezes. However, if you already have symptoms of influenza or a virus infection, only take a sauna after you are completely recovered.
- Chronic disorders of the respiratory tract
- Skin diseases such as acne, neurodermatitis, allergic eczema, hives, psoriasis
- Oedema (retention of water)
- Chronic bronchitis
- Asthma
- Sore muscles or muscle tension
- Aftercare of accident injuries (painful scars)
- Cardiovascular illnesses such as hypotension (low blood pressure), certain forms of hypertension (high blood pressure), peripheral circulatory disturbances, disordered blood flow to the brain or heart
- Metabolic disorders such as diabetes or obesity
- Insomnia
- Vegetative disturbances
- Diseases of the musculoskeletal system such as rheumatism of the muscles, inflammation of the joints, sciatica
- Menopausal complaints





## Sauna & Sport

A sauna bath improves fitness, due to the increased blood circulation to the muscles and the stimulation of muscle metabolism. A sauna after exercising accelerates the excretion of waste and by-products of muscle metabolism and leads to a more rapid recovery. The flexibility and elasticity of the musculoskeletal system is clearly improved by the thorough warming.

During fitness training, take a sauna bath once or twice a week, after training. Allow at least half an hour between exercising and a visit to the sauna. After sports, make up fluid loss with fruit juice or mineral water before starting the sauna.





## Sauna don'ts

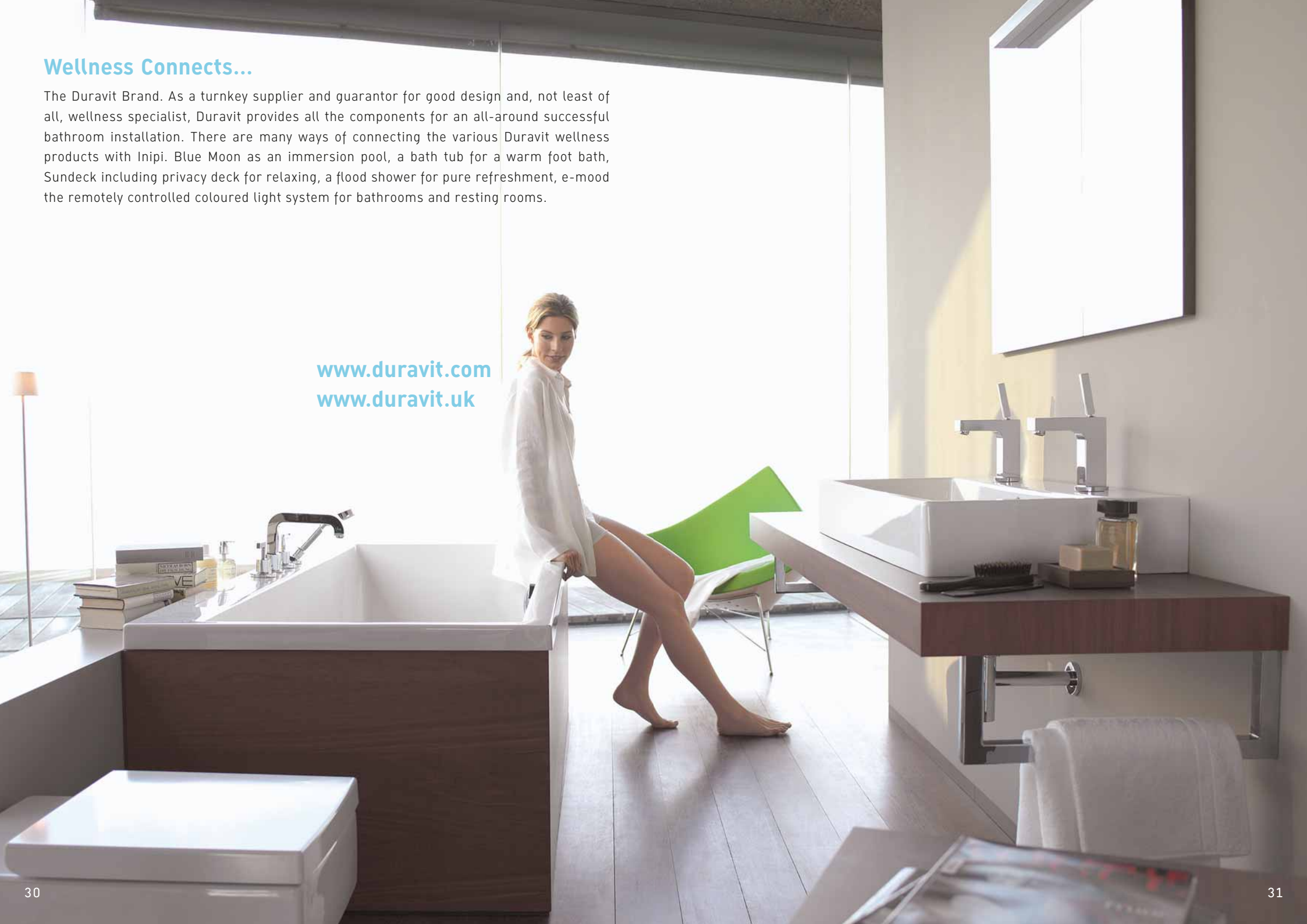
A sauna bath should be fun, comfortable and relaxing. Anybody who feels unwell or even discomfort when in the sauna is advised to use other methods of relaxation and general health care. When in doubt, seek medical advice. People who are affected by the following diseases or illnesses should only use a sauna under medical supervision.

- Heart valve defect
- Cardiac dysrhythmias such as heart arrhythmia or angina pectoris
- Disorders of the thyroid, liver or kidney
- Acute pulmonary tuberculosis
- Acute heart or circulation disorders
- Untreatable hypertension
- Acute or feverish illnesses
- Inflammation of organs, blood vessels (varicose veins), joints or skin
- Cancer
- Thrombosis
- Stomach or intestinal ulcers
- Acute forms of infections
- Malignant tumours
- Epilepsy or tendency to seizures
- Acute skin or sexually transmitted diseases
- Various eye diseases
- Wounds
- Following an operation

## Wellness Connects...

The Duravit Brand. As a turnkey supplier and guarantor for good design and, not least of all, wellness specialist, Duravit provides all the components for an all-around successful bathroom installation. There are many ways of connecting the various Duravit wellness products with Inipi. Blue Moon as an immersion pool, a bath tub for a warm foot bath, Sundeck including privacy deck for relaxing, a flood shower for pure refreshment, e-mood the remotely controlled coloured light system for bathrooms and resting rooms.

[www.duravit.com](http://www.duravit.com)  
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