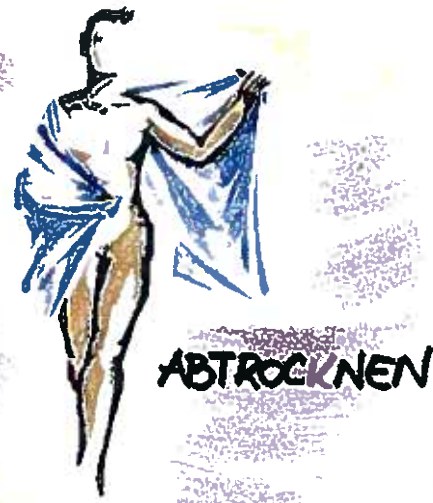
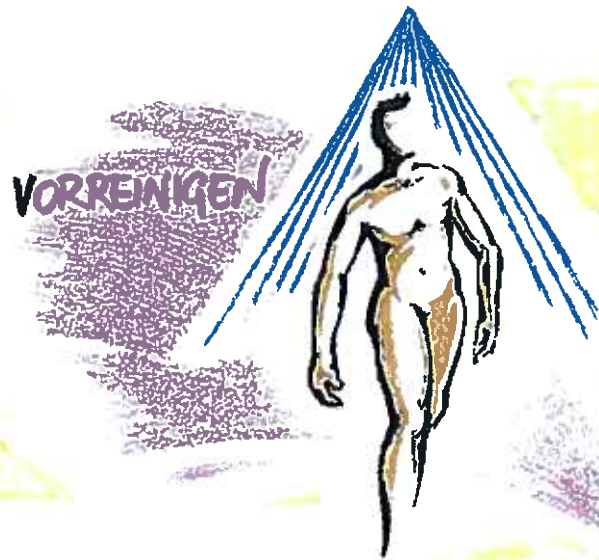
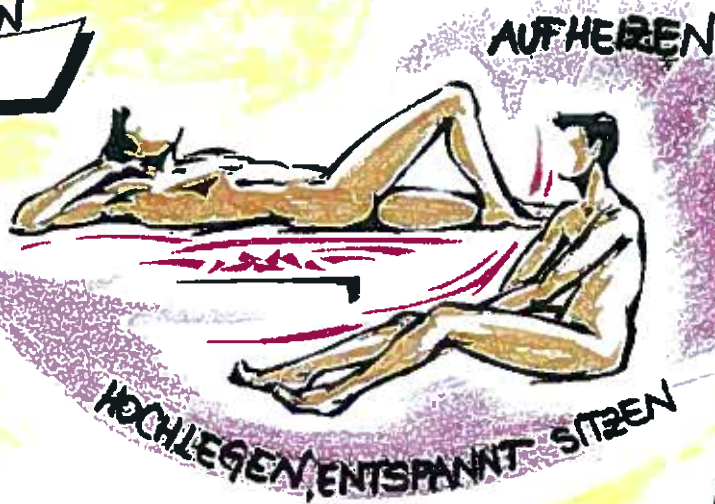


SAUNABADEREGELN



8-12 MINUTEN
1. SAUNAGANG



10-15
MINUTEN ABKÜHLEN



CA. 15 MINUTEN AUSRUHEN

JEZT TUT MASSAGE
GUT
SAUNAGANG ZUM 8-12 MINUTEN
2. UND 3. MAL WIEDERHOLEN
AUFHEIZEN
ABKÜHLEN
10-15 MINUTEN

