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STEAM ROOM 1.01

I was gonna go skiing yesterday, but the weather decided against it, and since my day was already cleared out from all my routine activities I decided not to waste the opportunity and go to the sauna, Health Point in Waltham, MA. Every time I go there I get amazed how people have no clue how to make sauna the most enjoyable experience! Today, my friends, we are not gonna talk about QA, we are gonna talk about relaxation, which of course can only come after you build a successful qa automation process :).

Every time I am in the sauna or steam room, people ask me how I can stay there for so long and what my secret is. I feel for those unfortunate soles, and that is how today's newsletter came about. Just because I am a nice and caring guy, I am going to give out the tips on HOW to ENJOY your time in sauna.

Rule number one:

When you go in, your body needs to be completely dry. Even a drop of moisture becomes a burning sensation within a couple of minutes. No jumping in the steam room after pool or gym exercises.

Rule number two:

Your body and mind need to be completely relaxed; hart rate as slow as possible, otherwise you'll never reach a comfortable level.

Rule number three:

No jumping in and out of the sauna! What I see a lot, is people stay in the steam room for a couple of minutes, get out, take a shower, and get back in. Deadly combination! No moisture, remember rule #1! Go in first time for 15+ minutes, breath slow throw your nose, close your eyes, and try to relax. After about 5 minutes there'll come a moment when you would want to get out, but try to stay another minute, most of the times this is when you start really enjoying the steam. After you get out, take an ice cold shower or jump in the pool for about 10 minute.

Rule number four:

Take a brake! After the first time you need to wrap your body in as many towels as you can and go read a news paper for at least 20 minutes. (Note: reading is not part of the routine, just a suggestion :).) NEVER make you break shorter than 15 minutes. You should let your hart rate slow down!

Rule number five:

Repeat the exercise no more than two times!

In Russia we usually drink tea during the break. (Yep, vodka too! But only after the steam. Absolutely NO alcohol during the exercise.)

So, go try it this weekend, and tell me if it worked for you.

And, yes, that rumor about the Russian guys beating each other in the steam room with the

birch brooms is true. I hear there is one steam room like this in Chelsea, but never had time to check it out.

See you around at Health Point.

As always, don't get mad, call VLAD.

As always please follow this [link](#) to send your thoughts.

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About qaSignature

At qaSignature we are dedicated to helping companies establish confidence that their software is reliable and does not degrade over time.

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