

Sauna
FROM FINLAND®

MY FIRST SAUNA

A short guide to the best
Finnish sauna experience



Drawings by Sirmo Kovanen

REFRESH YOUR MIND AND BODY IN THE FINNISH SAUNA

"FINNISH SAUNA IS PRETTY MUCH HEAVEN ACCORDING TO FINNS. THERE ARE NO PROBLEMS INSIDE THE SAUNA, ONLY HAPPINESS AND REJUVENATION. I RELAX TO THE POINT WHERE ALL MY STRESS FADES AWAY. IT EQUALS TO PHENOMENAL ENJOYMENT WHICH ALLOWS ME TO LET GO OF ALL MY TENSION, PURE BLISS. AFTER THE FINNISH SAUNA, YOU FEEL REBORN."

In Finland sauna is a kind of a temple of serenity and a source of everyday luxury. The view from one's own lakeside sauna is often where the landscape of the Finnish soul truly opens. Sauna brings us pleasure, peace and relaxation. It is soothing, refreshing and good for the health. It purifies us both physically and spiritually.

Welcome to the Finnish sauna!
- Sauna from Finland



SAUNA ELEMENTS

1. Yourself

Finn's usually sauna-bath in nude. However, if you feel more comfortable wearing a swimming suit or bathing with a towel that's totally ok - except in swimming hall saunas! But remember to take your glasses off.

2. Washing

Wash yourself before entering the sauna. Taking a shower in between your "löyly" sessions is a great way to cool down. Remember to wash yourself after you finish bathing.

3. Benches

People usually sit on the top bench but feel free to listen to your body. Remember that you may sit on a lower bench or even step outside to cool down whenever you feel like it.

4. Bench towel

Using your personal bench towel makes your sauna experience more comfortable and hygienic. There are often disposable ones available in public saunas for visitors.

5. Stove

Stove is the heart of the sauna. It's very hot so beware not to touch the stones or metal parts. Stoves are either electric or warmed by burning wood.



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6. Throwing water for “löyly”

“Löyly” awakens the spirit of sauna. When you get used to the initial heat of sauna throw small amounts of water onto the stones of the stove. Relax, listen to the sound and enjoy the warm humid steam of “löyly”. Take it easy and throw amounts that feel good for you.

7. Sauna whisk

Sometimes Finns use the sauna whisk (“vihta” or “vasta”) for gently patting themselves on the legs and upper body for circulation and relaxation.

8. Heat

The Finnish sauna can feel quite hot but it’s not dangerous to your body. It’s totally normal for your skin to flush and sweat. You don’t have to be afraid of wood benches catching fire or your body melting. However, the best temperature is the one that feels right for you. The more you enjoy the gentle heat and “löyly” the greater the pleasure of cooling off will be.

9. Thermometer

You can follow the temperature of sauna from the thermometer, usually placed on the wall of sauna. As said, you don’t have to be afraid of the heat. Most of the Finns go to sauna when temperature is between 60-90 °C degrees. Some people like it hotter than others, you’re the one who decides the perfect temperature for you!

SAUNA ESSENTIALS



#1 LISTEN TO YOURSELF AND TRUST YOUR FEELINGS

There are as many ways to enjoy the sauna as there are bathers. Don't force yourself to do things that you feel uncomfortable with. Make it your kind of an experience.

#2 SAUNA IS A FINNISH TEMPLE

For Finns a sauna is close to a holy place, used to cleanse the body and the mind. Try to enter with a curious and open mind and slow down. Take time to calm down as the warm air flows through your body. Sauna is all about being in the present moment.

#3 SLOW DOWN AND RESERVE PLENTY OF TIME

Paying no attention to time is essential to bathing. Politeness, peaceful enjoyment and consideration for other bathers form the cornerstones of the Finnish sauna etiquette. Sauna is good for your health if you take it easy and do not rush.



SAUNA ESSENTIALS



#4 OPEN ALL YOUR SENSES

Be quiet to allow yourself to enjoy a multi sensory experience: smell the scents of the sauna and listen to the sound of the steam. Feel the relaxation in your body and mind. Enjoy the mixture of hot and cold and go to the sauna as many times as you wish. Feel free to cool off every now and then.

#5 SAUNA IS ALSO A SOCIAL EXPERIENCE

For the Finns, sauna was originally a temple of silence, but nowadays it also serves as a place where friends share their deepest thoughts about life. However, being quiet is not considered un-social in Finland so feel free just to savour your own thoughts in silence and relax!

#6 REMEMBER TO DRINK ENOUGH WATER

It is important to keep yourself hydrated, so drink plenty of water before, during and after the bathing.



SAUNA FACTS



There are more saunas than cars in Finland.

That means over 3 million saunas. Nearly one third of the world's saunas are in Finland.



Finland has a long tradition in sauna politics and diplomacy. Sauna has paved the way for many important decisions and agreements. When the clothes are off and the sauna is warm, it is people, not titles, who talk.



Smoke sauna (in Finnish "savusauna") is one of the oldest forms of sauna. Smoke sauna is fire-heated and has no chimney, so the smoke stays in while the sauna is heated up. Smoke is of course released out before you go bathing.



Sauna is still a special place for dealing with different turns in life. Achievements are celebrated and sorrows grieved in a soothing steam. When a sports team wins a championship they often take the trophy with them to sauna to celebrate.



A post-workout sauna has become an institution in Finland. Sauna-bathing crowns the work-out, jog or hike. Finnish athletic training programs have always included sauna. People used to see the sauna as a secret weapon of Finnish endurance athletes.



There are no exact rules how much to throw water to make löyly, everyone can bathe as strong or as mild heat as they want.



In the sauna people are genuinely democratic. Regardless of being with no clothes on in the company of others, the Finnish Sauna is not meant for sex. In sauna you engage in conversation with others or simply relax and enjoy the löyly.



In Finland it is common that parents and children of the same family bath together in sauna.

 There can be different saunas or “sauna turns” for men and women, although in Finland social and mixed gender nudity in sauna is acceptable, because sauna is considered almost as a gender free zone.

 The word “sauna” is an ancient Finnish word that refers to the traditional Finnish bath as well as to the bathhouse itself.

 The oven with the heated pile of rocks in sauna is called “kiuas”.

 Finnish word “löyly” means the heat or the steam vapors in sauna. It is an ancient Finno-Ugric word that originally meant both the steam rising from the stove and the one of man’s soul. At its best, löyly can be soft as cotton, like being hugged by an angel.



HEALTH EFFECTS



Sauna is the Finnish national medicine. Already in the old days, the sauna had a central role in disease treatment.



For Finns, sauna-bathing is, above all, about recharging the body and mind with pleasure and well-being.



Peace of mind could be the most important health effect of the sauna. After sauna you are cleaner inside and more receptive to life.



The main health effects of the sauna are relaxation and relief from stress. Sauna is believed to ease falling asleep and to improve the quality of sleep.



The sauna bathing is good for your health, both mentally and physically. Sauna can ease your stress as well as relieve symptoms of some chronic respiratory diseases or rheumatism.



Sauna is also good for your skin. If you have dry skin, psoriasis or rash, bathing regularly in sauna can make your skin healthier.



Sauna can also lower high blood pressure. However, consult your doctor before sauna bathing in case of heart disease or other long term illnesses. Pregnant women who are not familiar with sauna bathing before should also consult their doctor first.



There is an old Finnish saying: "If booze, tar or the sauna won't help, the illness is fatal".

SAUNA PASSPORT

**Get your sauna stamp from a member of the staff.
Let your friends and family know that you are now
sauna approved!**

Name

Hotel sauna

Family / cottage sauna

Smoke sauna

Sauna and swimming

Sauna and rolling in snow



IN FINLAND THE MODERN LIFESTYLE AND NATURE LIVE SIDE BY SIDE.

Our culture combines the best of east and west. The following tourism companies offer you an authentic and peaceful Finnish Sauna experience by the sea or a lake or in the countryside. Your relaxation is guaranteed in a Finnish Sauna despite the weather or season.



Central Finland:

- › Kivitasku, www.kivitasku.com
- › Kivijärven Linnanmäki, www.kivijarvenlinnamaki.fi
- › Perttulan tila, www.perttulantila.fi
- › Pistoretki, www.pistoretki.com
- › Ruuhipirtti, www.ruuhipirtti.fi
- › Villa Hiidenmäki, www.villahiidenmaki.fi

Turku archipelago in southwestern Finland:

- › Herrankukkaro, www.herrankukkaro.fi
- › Hinders, www.hinders.fi
- › Isokari, www.isokari.fi
- › Paradise Island, www.paratisisaari.com
- › Pensar Syd, www.pensarsyd.com



The European Agricultural Fund
for Rural Development:
Europe investing in rural areas

Finnish Lifestyle Tourism Services
www.suomalaisella.blogspot.fi



Sauna from Finland

Sauna from Finland is a national sauna business and innovation association, founded in 2010. Members of Sauna from Finland are developers, pioneers and visionaries of the field. The diverse network consists of experts from various fields and strives to create totally new kind of sauna business. Sauna from Finland wants to provide the best sauna experience in the world.

Registered companies can join Sauna from Finland. To become a member and read more about us, please visit our website:

www.saunafromfinland.fi



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