

OHJEISTUKSEN KÄYTTÄJÄLLE

Ohjemateriaali on tarkoitettu pohjaksi ulkomaisten matkailijoiden ensimmäistä saunakokemusta varten. Ohjeet ovat englanninkieliset.

Materiaalin ensimmäinen sivu on tarkoitettu saunan, suomalaisen saunakulttuurin ja yleisen etiketin suullisen esittelyn pohjaksi pidettäväksi saunakokemuksen alussa. Voit vapaasti muokata yksityiskohtia sopimaan juuri sinun saunaasi sopivaksi.

Materiaalin toinen, kolmas ja neljäs sivu on tarkoitettu sijoitettaviksi kolmeen eri saunatilaan: pukuhuoneeseen, saunaan ja vilvoittelualueelle. Sivut sisältävät lyhyet ohjeet siihen, miten kussakin tilassa toimitaan. Lisäksi tarjolla on lyhyitä tiedonpalasia suomalaisen saunan historiasta ja kulttuurista.

Jos saunojat saunovat itsenäisesti, materiaalin ohjesivut voidaan tulostaa ja laminoida eri tiloihin sijoitettavaksi. Laminoitu tuloste kestää hyvin kosteutta ja kuumuutta. Jos matkailijoilla on opas mukana saunassa, toimii materiaali myös suullisen ohjeistuksen pohjana.

Ohjemateriaalista löytyy kaksi versiota: taitettu ja kuvitettu käyttövalmis versio, sekä pelkkä tekstiversio, jonka voi halutessaan taittaa oman yrityksen ilmeen mukaiseen muotoon.

Matkailijoille on hyvä esitellä saunan tilat ja toimintatavat eri tiloissa ennen sauna-aikaa, saunoivatpa he itsenäisesti tai oppaan kanssa. Osoita ohjelappujen sijainti itsenäisesti saunoville. Saunavasta ja sen käyttö on myös hyvä esitellä kädestä pitäen!

Muistuta matkailijoita juomaan vettä, ja poistumaan vilvoittelemaan jos he kokevat olonsa huonovointisiksi, varsinkin jos he ovat ensikertalaisia.

Jos saunan yhteydessä voi uida, matkailijoita voi olla hyvä ohjeistaa seuraavista asioista:

- vesi on puhdasta (tämä ei ole itsestäänselvyys monissa maissa)
- kuinka syvää vesi on rannassa
- kuinka kylmää vesi on

HUOM!

Ohje ei sisällä talviuinnin ohjetta. Ohjeista matkailijat talviuintiin aina erikseen.

WELCOME TO THE SAUNA!

WELCOME TO THE FINNISH SAUNA! IS THIS YOUR FIRST TIME?

In the past, saunas were often the first buildings that would be built on a new living site. Actually, some of the oldest found archeological findings in Finland are saunas, dating back to 1500-900 BCE. Back in the bronze age, Finnish saunas would be holes dug into the ground and covered with fleece, birch bark or peat.

In the distant - and not so distant - past, Finnish saunas were not only used for washing up: the sauna was a place for childbirth, healing ailments and preparing passed beloved ones for their last journey.

These days, Finns use the sauna to cleanse, relax and socialize. According to the Finnish Sauna Society, there is about 3,2 million saunas in Finland - with the Finnish population being 5,5 million. So we really, really do love our saunas.

Something still remains from the bronze age though: saunas are still heated with rocks on top of a fire heated or electric stove, called KIUAS (key-was). Sauna is usually heated between 70-90 degrees Celsius (158-194 degrees Fahrenheit) and water is thrown on top of the hot stones to create a pleasant heat wave (steam) called LÖYLY.

Nude or not?

You can go to the sauna nude, with a towel or in your swimsuits. If you'd like to take a dip in the lake, we recommend wearing your swimsuit if there's a public beach nearby!

Is it too hot for me?

If you feel that the sauna might be too hot for you, don't worry! You can stay in the sauna as briefly as you like, sit on the lower benches or not throw any water (löyly) on the rocks (kiuas). You can leave the sauna at any time to cool off. You can cool off indoors as well as outdoors.

Don't worry if it's too hot for you, not even all the Finns enjoy the heat of a sauna.

Hydration

You will get hot and start to sweat (dehydrate) in the sauna, so it's extremely important to drink water! Don't take any glassware into to sauna, since everyone will be barefoot. But you are allowed to take water bottles, cans, etc. into the sauna.

Most importantly:

Sit back. Take a deep breath. Relax and enjoy.

1. BEFORE THE SAUNA

You can leave your clothes here and change into your swimsuit if you like.

If you wear make-up, it's good to remove it before entering the sauna.

In the next room you will find showers. It's always good to have a shower before entering the sauna as well as showering after leaving the sauna.

It's good to hydrate, but don't take breakable glassware into to sauna.

There are small towels (linen, cotton or paper), that are meant to cover the bench in the sauna before sitting down.

You can leave and return to the sauna as many times as you wish. The uppermost benches are the hottest places, with the lowest benches the coolest.

Health benefits of the sauna

"Beyond pleasure and relaxation, emerging evidence suggests that sauna bathing has several health benefits, which include reduction in the risk of vascular diseases such as high blood pressure, cardiovascular disease (CVD), stroke, and neurocognitive diseases; nonvascular conditions such as pulmonary diseases including common flu; mortality; treatment of specific skin conditions; as well as pain in conditions such as rheumatic diseases and headache."

Laukkanen, J., Laukkanen, T., Kunutsor, S. 2018. Cardiovascular and Other Health Benefits of Sauna Bathing: A Review of the Evidence.

"If sauna, liquor and tar don't help, the disease is probably fatal."

Finnish proverb

Sauna in Finnish folk medicine

Saunas have been almost a holy place for Finns. One shouldn't argue, yell or behave badly in a sauna. A sauna was a place for healing, where ailments were cured with spells, chants and birch whisks, called vasta. People entered the sauna with care if they had open wounds or other pains; if ill prepared, one might end up catching a mysterious other worldly disease: "löyly wrath". This could be avoided with correct spells and rituals when entering the sauna.

To amp up the healing powers of a sauna, it was heated with wood from a tree that a lightning had struck down.

2. WHILE IN THE SAUNA

The rock heating stove, kiuas, is centered in the middle of the room. You can throw some water on top of the rocks to create a temporary wave of heat and steam, called löyly. The more water you use, the hotter the sauna gets. You should always ask others if it is alright for them to have more löyly.

While löyly makes the room hotter, it also makes the air more humid and therefore more pleasant. You can try löyly with a small amount of water, and continue with more if you enjoy it.

While in the sauna, it's good to relax and just breathe. Because the air in the sauna is hot, it may be easier to breath through your mouth. You can chat with your companions too - many times the most meaningful thoughts and conversations are shared in the sauna.

You can also try a vasta, a whisk of birch leaves. Beat yourself gently with vasta and enjoy the aroma of the birch leaves.

If you feel too hot or otherwise not well, you can leave sauna anytime to cool off.

The sauna elf

In old Finnish folk tradition, it was believed that both natural and man-made elements had their own spirits and elves, that guarded said elements. Houses, barns, forests, lakes and rivers all had their own elves and they should be respected. Also, the sauna had an elf, or a gnome, who, for example, took care that the sauna didn't burn down. That's why it was important to behave in the sauna - as you didn't want to anger the sauna elf! During festivities, it was a tradition to bring the sauna elf some porridge. The sauna elf also had their own sitting place in sauna and the last löyly was always cast for the elf alone.

Vasta, the birch whisk

Not only do the Finns use vastas in the sauna: also Russians, Estonians and Latvians have sauna vastas. In Finland, the vasta - or *vihta*, as it is called in the western part of the country - is usually made of birch. A vasta is not meant to hurt, and both adults and children can use one.

Birch leaves contain saponine, a mild natural detergent, but also essential oils, that are inflammatory and may help relief pain. When used in the heat of the sauna, birch leaves release these helpful substances.

3. AFTER THE SAUNA

It's good to take some time in between sauna sessions to cool off. Have a drink, sit down or take a dip in a pool or a lake.

Take a look at the surrounding nature. Note how green everything is, and what you can smell. There are many different trees around you, and some of them are very old. The lake is so close, so notice how the light reflects on its surface. Let your thoughts linger; maybe you just had a new interesting perspective to a conversation you had in the sauna?

When you're ready, take a shower, and return to the sauna or to the dressing room, if you have had enough sauna bathing for today.

Finnish saunas today

You can't really find sauna gnomes or hear spell chanting these days in a Finnish sauna. Even though more than half of all Finns have a sauna of their own, having a sauna is still considered something of a luxury.

Finnish saunas today range from rustic smoke saunas by a lakeside with no running water or electricity to luxurious spas with pools, hot tubs and several different types of saunas.

Saunas in Finnish folk traditions

Because the sauna was the place where it was possible to heat water, it was the place where children were usually born. The sauna was also used when preparing for married life. The löyly was used to cast spells to make one more desirable.

Brides-to-be were traditionally taken into ritual saunas the day before their wedding day by the local women or their female relatives. This was in order to metaphorically wash away their life before matronhood, as well as to perform small rituals for fertility and good luck in their marriage. Bridal saunas are still a common part of the bachelorette party activities in Finland, although the rituals are executed mainly for laughs and giggles these days.