sauna: step by step

1. Leave your clothes in your assigned locker. Pin your key to your towel or robe, don’t forget to take your pefletti with you.

2. Rinse off in the shower before entering the steam or sauna rooms, this is to moisten the skin and to remove any fragrances.

3. The Sauna is a place of peace and relaxation, hang your robe and towel on the numbered pegs outside of the room, take your pefletti in with you to sit on. Leave your worries behind.

4. Enter the hot room for the first round. At first the air may be dry. Increase humidity and heat by throwing water onto the stones in the stove. Remember to always ask before increasing the löyly!

5. Leave the hot room when you feel good, warm and relaxed. Do not extend your time past comfortability. Don’t forget your pefletti!

6. Cooling down is a part of the sauna cycle and is as important as the heating. Take pause on a wooden bench, rehydrate and be still and/or stand under the cold shower. Ahhhhh!

7. Take a second round in the hot room, or steam room (SE Löyly), breath in the aromatics of the sauna, increase the heat gradually.

8. Cool off again.

9. Repeat the hot-cold cycle as many times as you feel comfortable with. For many people three rounds is usually right with one last short warm up to soften the skin. The more you sauna the more you will learn what is right for you.

10. In between your time in the hot rooms, sit, read, whisper with friends or have a drink and a snack according to your personal taste.

11. Dry yourself with a towel or just by sitting in room temperature. You can also lay down and even close your eyes for a while if you feel like it.

12. Return to the locker room for a refreshing shower, consider adding an aromatherapy salt scrub to your cleansing regimen.

13. Before putting on clean comfortable clothes allow enough time for your skin to adjust to room temperature.

14. Put your towels, pefletti, and robes in the appropriate laundry bins. Leave the sauna and the locker room in tidy condition. Let the warm glow and good feelings of the sauna follow you out the door.

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