

The background features a light gray gradient with several realistic water droplets of various sizes scattered across it. On the left and right sides, there are two identical bundles of fresh green herbs, possibly birch or spruce, tied together and hanging vertically. The central text is positioned between these bundles.

SAUNA CULTURE AND TRADITIONS

FINLAND, ESTONIA, LATVIA

サウナ文化と伝統

フィンランド南岸部・エストニア・ラトビア

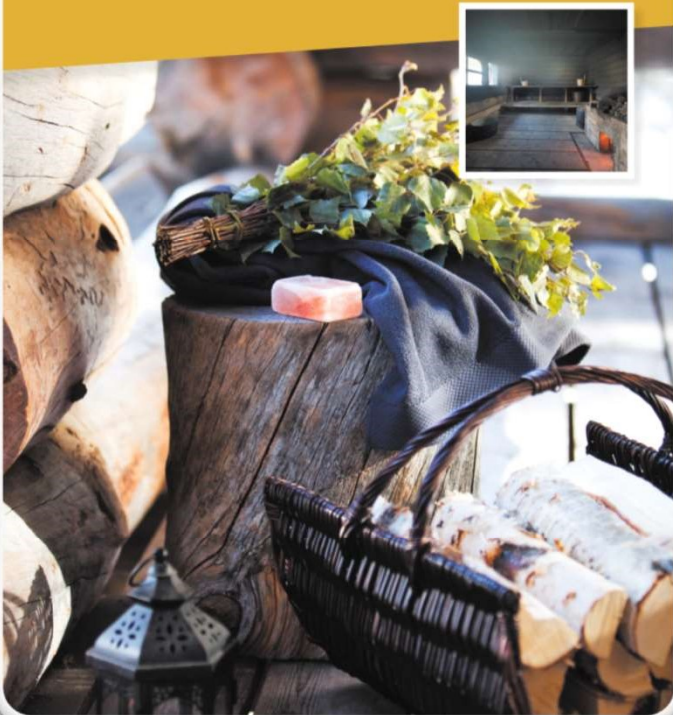


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DESTINATION AREA - SOUTH COAST OF FINLAND, ESTONIA, LATVIA

The north-eastern part of the Baltic Sea washes three states – Finland, Estonia and Latvia.

For centuries these countries have shared a common cultural landscape, exchanged and mutually enriched one another's culture.

The sauna tradition is thought to originate somewhere in northern Europe around 2,000 BC and has remained an important part of cultural life to this day in many countries including Estonia, Latvia, and Finland.



SAUNA EXPERIENCE ON THE SOUTH COAST OF FINLAND, IN ESTONIA AND IN LATVIA

Sauna is such a big part of our region's culture that it can't be compared to anything else.

Sauna bathing is part of the identity and it is sacrosanct for local people.

After the long traditional sauna session, the mind-set of local people will become understandable.

Sauna has always been an important facility for many functions. It has in the same time a very practical and a spiritual environment.



SAUNA CULTURE IS WITH DEEP ROOTS

The tradition of the sauna, carried on unbroken for about two thousand years, is deeply rooted in the way of life in our region.



SAUNA FOR THE HEALTH

Sauna bathing does not only clean the body but it also purifies the mind - it is like rebirth and all unpleasant feelings fly away.



DIFFERENT TYPES OF SAUNAS

The wood-heated sauna might be more of a traditional type of experience for the first-time sauna-goers, whereas the smoke sauna can give the experienced sauna enthusiasts a chance to step up a notch. But for sure the smoke sauna gives a deeper understanding of the local history and culture.

We encourage you to try!



DIFFERENT TYPES OF WHISKS

YOU WILL FIND OUT ...

- ❑ WHAT IS THE MEANING OF WHISKING?
- ❑ WHY DO WE LIKE TO "HIT" OURSELVES WITH WHISK?
- ❑ WHAT KIND OF WISKS ARE USED IN OUR SAUNAS AND WHAT IS THE EFFECT OF DIFFERENT WHISKS?
- ❑ HOW AND WHEN WHISKS SHOULD BE MADE?
- ❑ WHAT ARE THE MAIN RECOMMENDATIONS FOR USEFUL AND EFFECTIVE WHISKING?



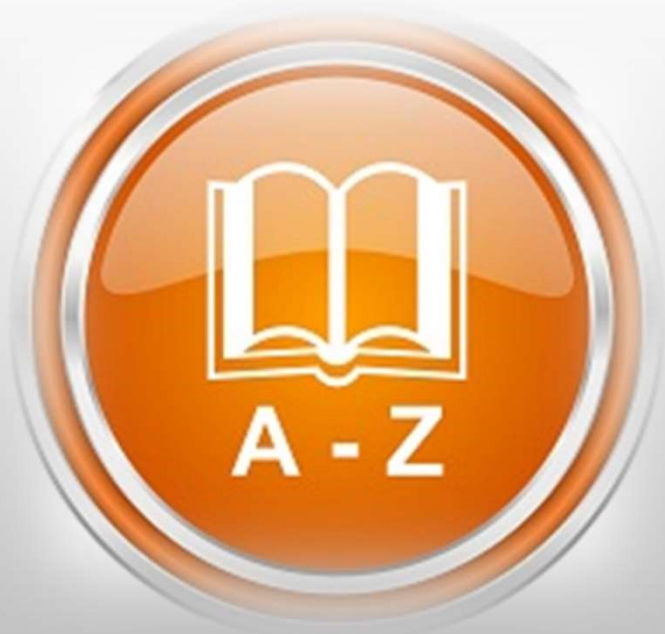
TIPS FOR VISITING A SAUNA

YOU WILL FIND OUT ...

- ❑ HOW TO LEARN BY OBSERVING THE SAUNA MASTER.
- ❑ WHEN TO HYDRATE YOUR BODY.
- ❑ NUDITY OR NOT?
- ❑ HOW TO MAKE A HOT STEAM WHICH AWAKENS THE SPIRIT OF SAUNA?
- ❑ WHISK MASSAGE AND/OR SKIN SCRUBBING - DIFFICULT TO DECIDE?
- ❑ HOW TO COPE WITH THE HEAT OF THE SAUNA?
- ❑ GOING INTO ICE HOLE DURING WINTER – GOOD IDEA OR NOT?

THE REWARD IS POST-SAUNA FEELING – CLEANED BODY, MIND AND SOUL.

SAUNA EXPERIENCE = DEEPLY PERSONAL AND NOT ALWAYS POSSIBLE TO PUT INTO WORDS!



SAUNA TERMINOLOGY

DO YOU KNOW?

- ❑ How is stove in finnish?
- ❑ How is smoke sauna in estonian?
- ❑ How is whisk in latvian?
- ❑ etc.

FIND OUT FROM THE BROCHURE!

フィンランド



フィンランドで初めて
サウナに入る外国人の
ためのガイド



サウナ - ストップオーバー
- フィンランド
(日本語版)



フィンランド人と一緒に
サウナに入るう



フィンランドサウナを
感じよう



フィンランドサウナに
関する日本人の感想



エストニア



UNESCO: ヴォル地方の
スモークサウナの伝統



モースカファームの
スモークサウナ



エストニアのスモーク
サウナ



ヴォル地方のスモー
クサウナの伝統



スモークサウナの儀式
#EstonianWay



スモークサウナの
慣習について



ラトビア



ラトビア田園地方の
伝統的なサウナ



ラトビアの伝統的な
サウナの準備と入り方

EXITING READING AND VIDEOS ON SAUNA AND IT'S TRADITIONS.

SAUNA RELATED EVENTS AND ATTRACTIONS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=F5KNZTO9E10](https://www.youtube.com/watch?v=F5KNZTO9E10)



SAUNA PACKAGES

It is possible to experience an authentic sauna ritual in any of the hundreds of rural accommodations.

In the brochure are some hints of the programmes, where guests are guided through the process by a skilful and experienced sauna master.



KEYWORDS THAT CHARACTERIZE THE PACKAGES:

- ❑ New knowledge of the traditions of our region;
- ❑ Possibility to experience different types of saunas;
- ❑ Professional sauna masters;
- ❑ Sauna experience combination with nature activities;
- ❑ Sauna experience combination with live like a local experience;
- ❑ Additional facilities: accommodation, catering, activities etc.

A rustic wooden bathhouse interior. In the foreground, a wooden tub is filled with fresh green birch leaves and a bundle of birch branches. To the right, a dark blue towel is draped over a wooden surface, with a bar of pink soap resting on it. The background shows a wooden bench and a lantern, all set against a bright, blurred outdoor background. The image is decorated with several water droplets of various sizes, some on the left and some on the right.

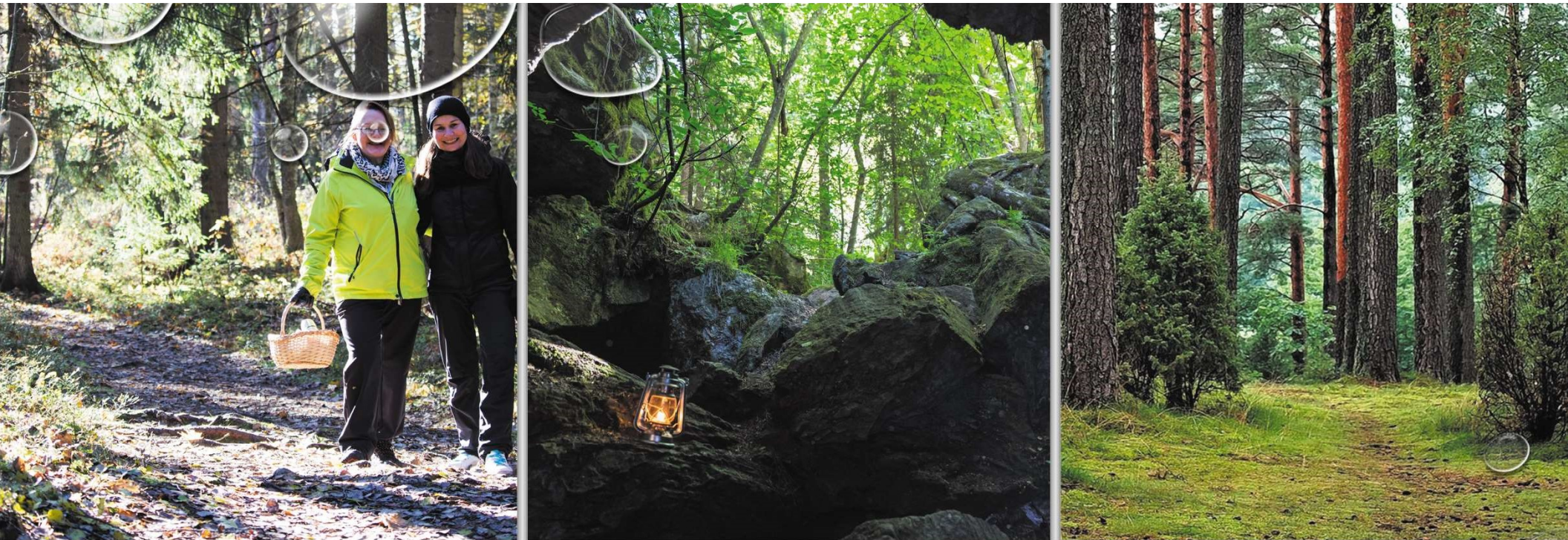
フィンランド



**SMOKE SAUNA AND SAUNA FOOD BY THE CAMP FIRE AT
KETTUKALLION ELÄMYSTILA**



SMOKE SAUNA AND HOME VISIT



**DAY IN A FINNISH NATURE AND SMOKE SAUNA EXPERIENCE
AT KETTUKALLION ELÄMYSTILA**



**EXCLUSIVE HIDEAWAY RETREAT
INCLUDING SMOKE SAUNA IN LÅNGSTRAND**

エストニア





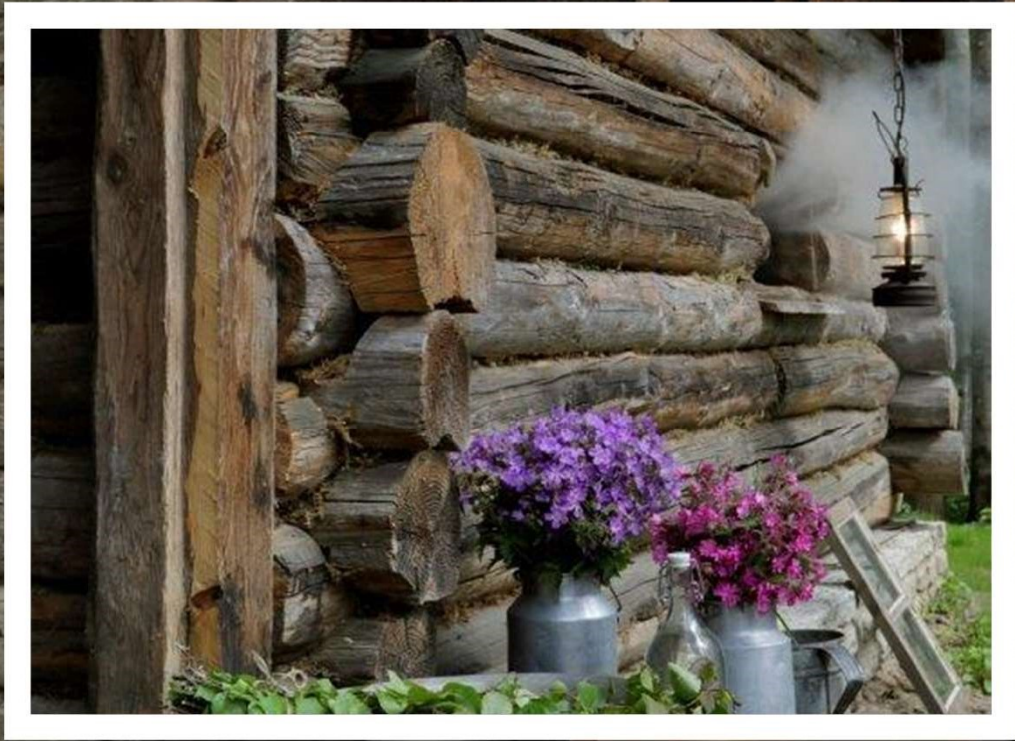
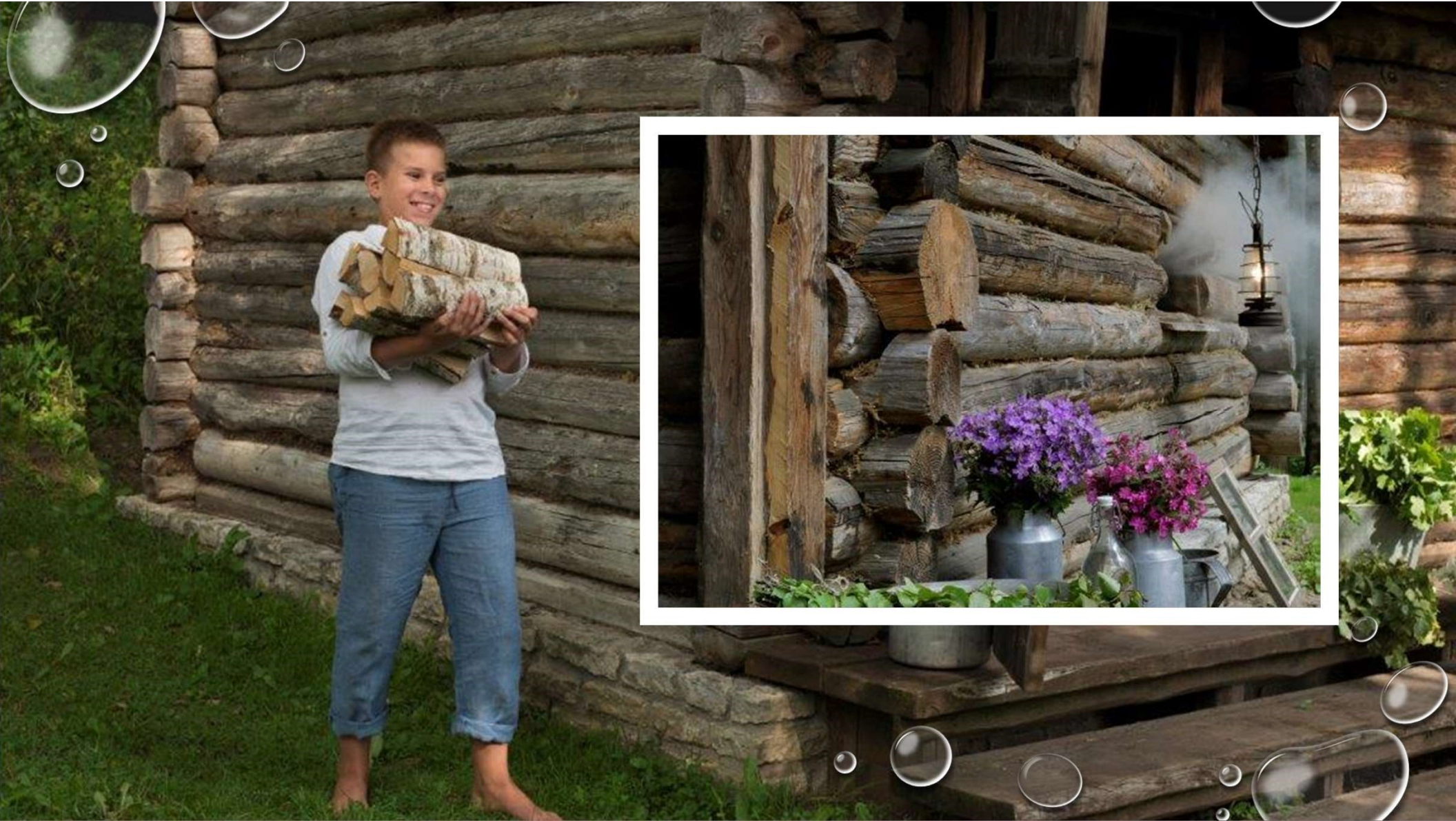
EXCURSION AND ESTONIAN SMOKE SAUNA AT MOOSKA FARM





**SAUNAMARATHON AT LAMMASMÄE HOLIDAY CENTER
WITH THE PEAT SAUNA EXPERIENCE**



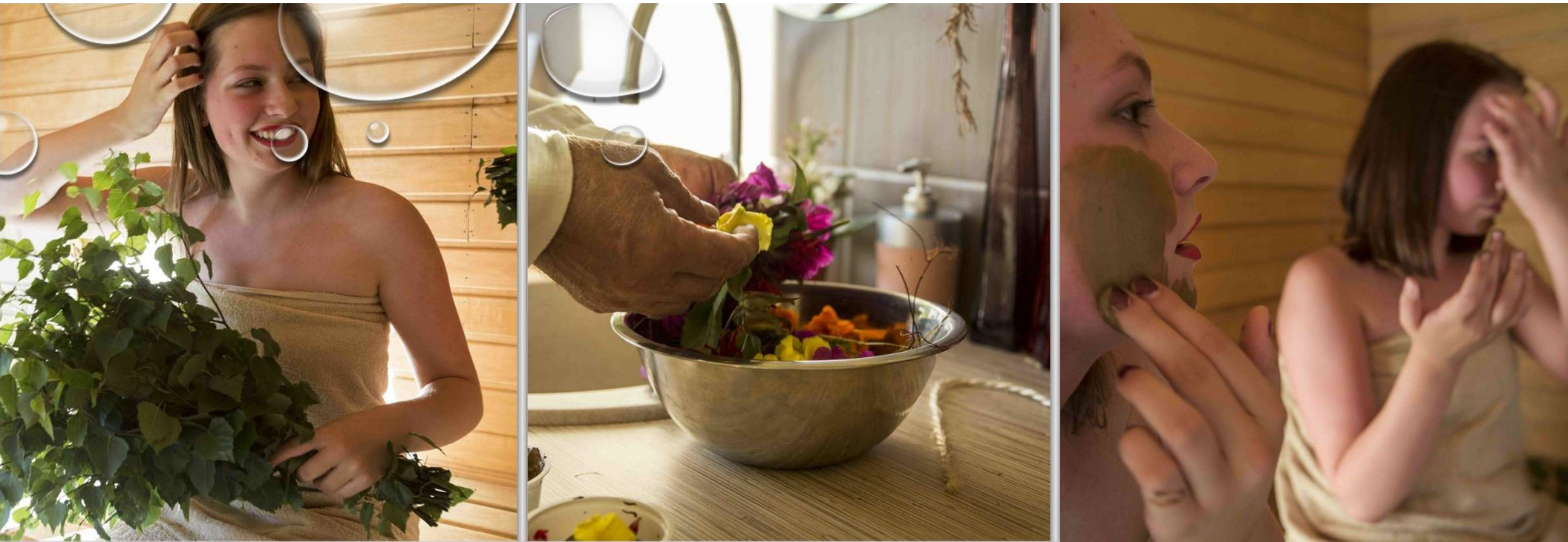




**COUNTRYWOMAN'S SPAAA
AT KLAARA-MANNI HOLIDAY- AND SEMINAR CENTER**



TRADITIONAL ESTONIAN SAUNA EXPERIENCE AT NURKA FARM



SAUNA RITUAL WITH SAUNA MASTER AT ENERGY FARM

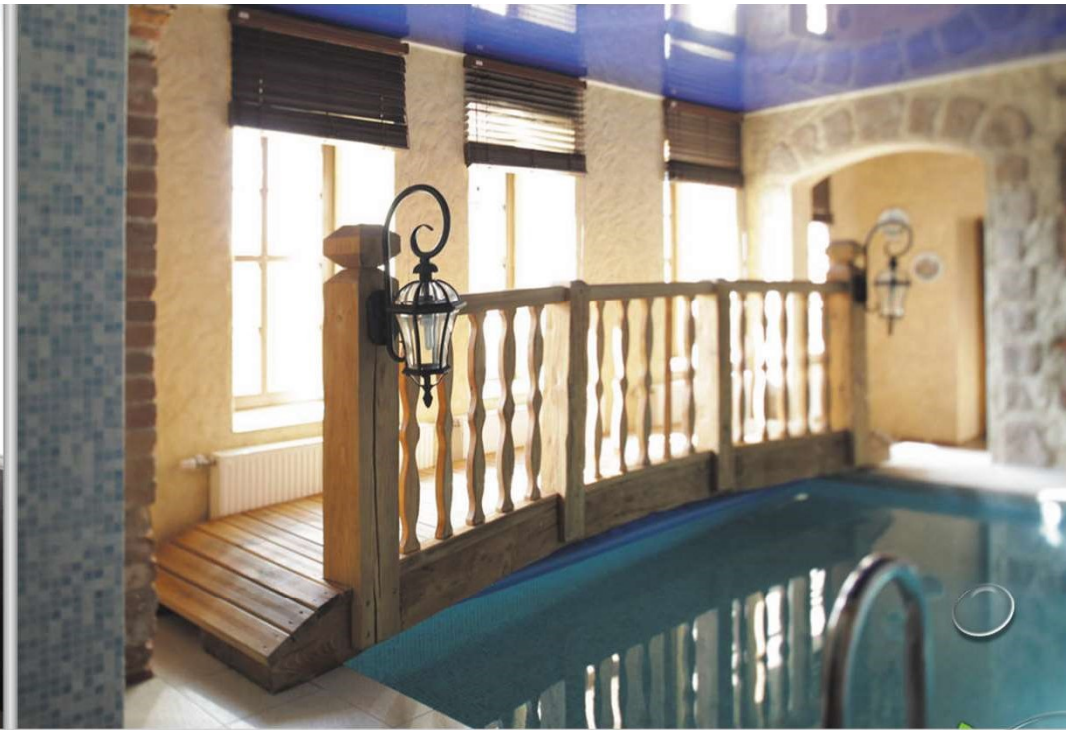


A woman is lying on a wooden bench inside a sauna, surrounded by a thick layer of fresh green herbs and flowers. The sauna walls are made of vertical wooden planks. The scene is dimly lit, with a warm, golden glow. A semi-transparent reddish-orange square is centered over the image, containing the Japanese text 'ラトビア' (Latvia).

ラトビア



SAUNA MUSEUM

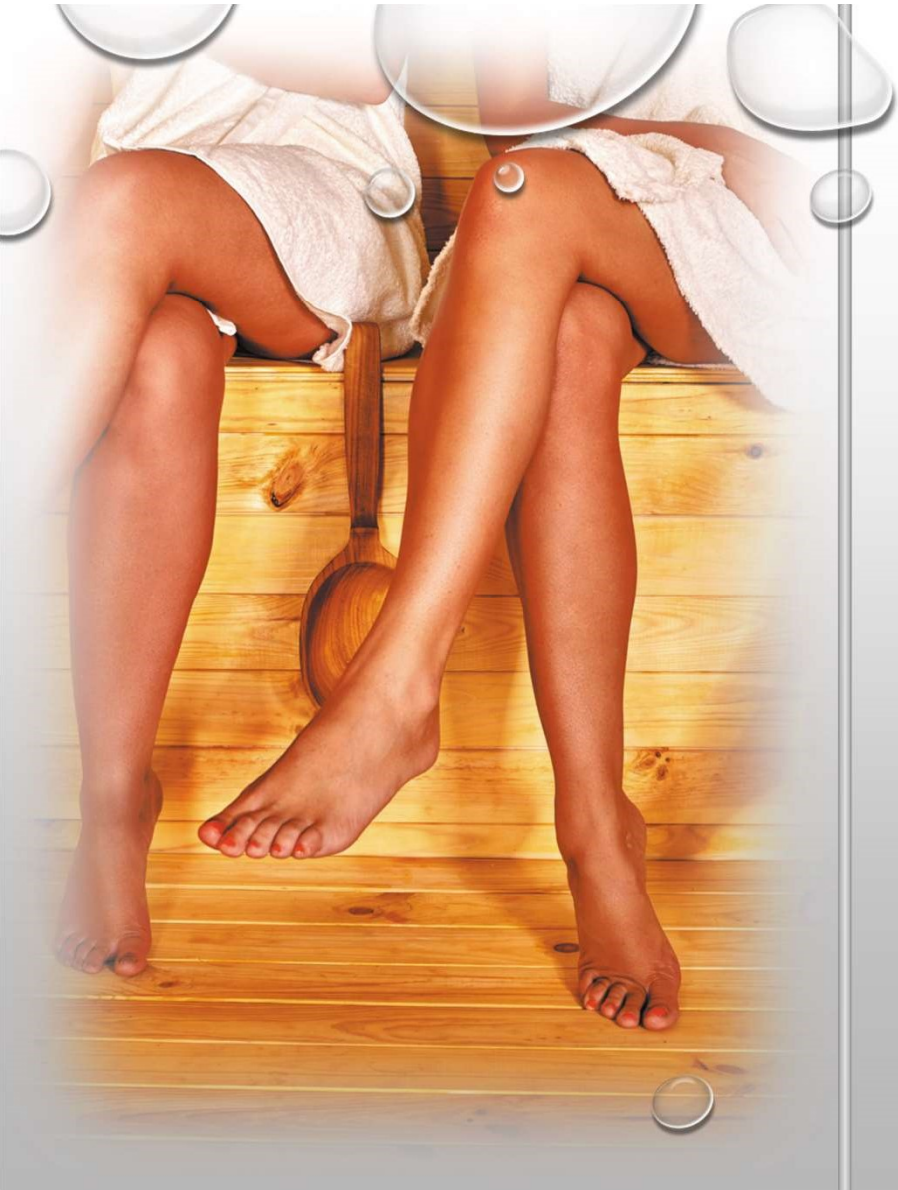


BERGHOF MILK ESTATE BLACK SAUNA





SAUNA AT LIELZEMENES COUNTRY HOUSE



MORE SAUNA RELATED PROGRAMMS AND PACKAGES!

WWW.BALTICSEA.COUNTRYHOLIDAYS.INFO

WE INVITE YOU TO THINK ALONG!





**WHAT IS IN
THE
PICTURE?**



**WHAT IS IN
THE
PICTURE?**



HEADREST (PLACED ON THE SAUNA DECK, UNDER THE HEAD)

FOOTREST (PLACED ON A WALL AND LEGS CAN BE LIFTED UP SO THEY ARE HIGHER ON THE SAUNA DECK)

WELCOME TO DISCOVER OUR COUNTRYSIDE AND SAUNA TRADITIONS!

