



Finnish Sauna Customs and Smoke Sauna



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Finnish Sauna Customs

Taking a sauna begins by washing oneself up and then going to sit in the hot room. Water is thrown on the hot stones topping the kiuas, a special stove used to warm up the sauna. This produces steam, known as löyly, which increases the moisture and heat within the sauna. When the heat begins to feel uncomfortable it is customary to jump into a lake, or to have a shower. In the winter rolling in the snow or even swimming in a hole cut in the ice, is used as a substitute. Thorough washing will end the session of sauna.

For Finns, the sauna is almost a sacred place. Conversation is relaxed and arguments and controversial topics are avoided. It is also rare to use titles or other honorifics in the sauna.

The Original Finnish Smoke Sauna

The savusauna is a special type of sauna without a chimney. Wood is burned in a particularly large stove and the smoke fills the room. When the sauna is hot enough, the fire is allowed to die, the ashes are removed and the smoke is ventilated out.

This particular smoke sauna has been heated for some 6 hours, in the stove there are ca 1850kg of special stones. During the few first hours (=1-2) it is somehow hot, temperature reaches 90° - 110° C on the upper benches. Smoke sauna itself is located ca. 100 meters east of the main building. This smoke sauna is mixed, thus meaning that swimsuits must be worn.

”The smoke sauna - the one true indulgence which is not a sin.”

*There is no real life without The Smoke Sauna!
SaunaMafia ry*