



# WHAT THE HECK IS A "PEFFLETTI"?



refreshments

a towel

a brush or a washing mitten

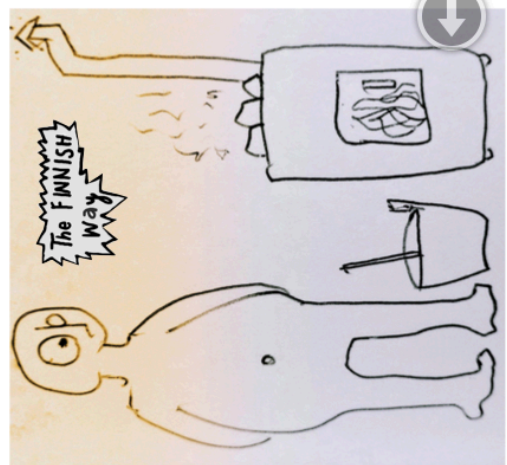
a soap & shampoo

a sauna whisk (vasta or vihta)

a peffletti

**YOU NEED:**

sauna zinc #1 (2018)

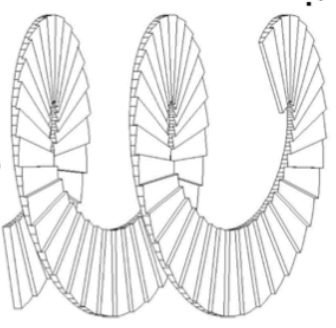


# HOW TO TAKE A SAUNA BATH?

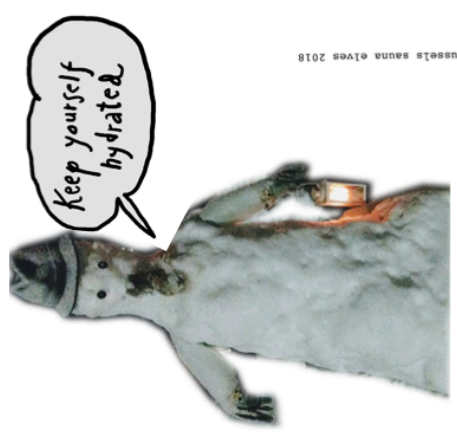
## SIMPLE RULES:

Shower yourself before entering the sauna

Choose the bench (laude) that suits you. The higher, the hotter.



Enjoy the afterglow!



# COOL OFF AFTER SAUNA.

# TAKE A BREAK & CHILL OUT WHEN YOUR BODY SAYS SO.

COMOTION *anhoyh* the SAUNA ELF!



Dip in the snow or water if possible.

# TYPES of SAUNA

- electric
- wood heated
- smoke sauna
- communal sauna
- housing association 's sauna
- private sauna (city/cottage)

A phonebooth sauna as seen in Steam of Life documentary film. Credit: Oktober Oy.



You can find Saunas in flats, too

# SAUNA IS FOR RELAXING, NOT COMPETING IN TOLERATING THE HEAT (= "IDYLY")

