

## Finish Traditional Saunas Can Be Healthy

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by JillJohnson

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The sauna culture in Finland is almost well established. In fact every apartment/residence there has well built saunas. People of every part of the world have recognized and adopted the sauna culture.

Though saunas have varied impressions among people in different parts of the world, in recent times they have become very popular because of their advantages. Apart from stress reduction and relaxation, people now know the other benefits that saunas present.

A traditional Finnish sauna offers a thorough cleansing of the body. It is considered as the best natural treatment for the skin. It not only cleanses but also rejuvenates your skin from the inside out.

Furthermore, Finnish sauna is a good work-out for your cardiovascular system; it is an immune system booster and gentle refreshment for the mind.

What is a traditional Finnish sauna? It is basically a hot air bath that takes place in a warm environment with low humidity. Many people find that they sweat excessively while bathing. You may find that you have to use a sauna regularly for 2 to 6 weeks to become accustomed to the relaxing process of dry heat bathing.

A sauna's temperature is usually kept between 80 and 110 degrees Celsius. There is usually only dim lighting which lends to providing you with a quiet and relaxing atmosphere.

Moreover, it is a common practice among sauna bathers to make a vihta, which means that they tie together fresh birch branches with leaves and buckle themselves and their fellow sauna bathers with it. It is considered that employment of vihta betters blood circulation and also it has enthralling birch odour which aids in relaxation.

However, there are some precautions that you need to keep in mind. The traditional hot temperature leads to increase in cardiovascular activity. Thus, for this reason dry saunas are not recommended for people who suffer from heart disease or other cardiovascular ailments.

You should consult your doctor before using a sauna if you have high blood pressure. A hot dry sauna should also not be used by the elderly, pregnant women, and children.

Be cautious if you have been working out; you must be give your body enough time to cool down before you expose it to the heat of a sweat bath. So just consider these precautions and you can always enjoy the relaxing sauna bath.

The said benefits of the Finnish sauna are authentic, emotional and physical. Post sauna experience makes you feel and look better. Your body becomes more efficient and you will be relaxed.

About the Author:

Check our site for additional information on Saunas and Finish Dry Sauna. Finnish Saunas provide many benefits when used on a regular basis. There is a variety of sauna features to consider for your home.