

Welcome to Hanaholmen sauna and dinner!

Sitting naked in a small room full of sweaty people, with the temperature close to 100 °C (212 °F) – sounds lovely, right? Sauna may sound like an odd tradition, but it definitely has its charm. Just trust the Finns, who have embraced this habit for centuries, as well as modern sauna enthusiasts across the globe. At Hanaholmen, you will experience a traditional Finnish sauna. Here are a few tips to ensure that you'll get the most of this steamy adventure:

Before you begin

1. **Pack the essentials:** No need to worry about towels and washing products; Hanaholmen will provide those. Just make sure to bring your swimsuit with you already in the morning as we will leave to Hanaholmen straight from the forum.
2. **Hydrate:** It is good to drink some extra water both before and after sauna to replace the fluids lost in sweating.
3. **Lighten your load:** Leave your clothes, phone, and other belongings in the changing room. All you need is your towel and swimsuit but no need to put it on yet.
4. **Shower first:** You can find showers in a shared washing room. Flush yourself before and after sauna. You should not wear a swimsuit in the shower.

Sauna & swimming

1. **The minimalistic dress-code:** Swimsuits are prohibited in sauna for health and hygiene reasons. If you feel uncomfortable being naked, you can wrap yourself in a towel. Sit on your towel or a separate seat cover.
2. **Choose your spot:** Find your ideal temperature zone. The top bench is usually the hottest, and the lower bench is cooler. Aim for a Goldilocks experience – not too hot, not too cold.
3. **Add humidity:** Find a bucket of water with a ladle and splash some water on those hot rocks. Admire the dramatic steam effect and enjoy the hot, humid air.
4. **Cool down:** After a while, take a break from sauna and enjoy a shower, a swim, or simply relax. This is the moment to wear your swimsuit. There is a nice room with a fireplace to sit and chat next to the pool, if you wish. You can swim either in the pool or the sea outside.
5. **Even cooler:** If you opt for a swim in the cold sea, always have someone with you for safety. There's a pier at the shore with a ladder; use it to descend into the water calmly—no jumping! Hold onto the ladder, keeping your head above water. A short dip is ideal for beginners. Afterward, make your way calmly back inside, and savor that delightful post-swim euphoria.

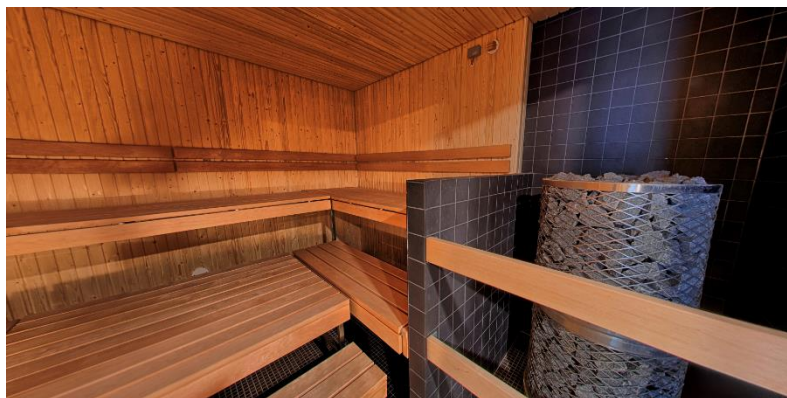


Image: <https://www.hanaholmen.fi/kokoushotelli/aktiviteetit/saunat>

Sauna etiquette

1. **Be mindful of others:** Sauna should be a safe space for everyone. Therefore, respect everyone's personal space; both physical and emotional. It is not appropriate to touch or comment on anyone's body, nor is it to stare. Or as Finns put it: you might see, but you pretend not to look.
2. **Be mindful of yourself:** While respecting others, you should not forget yourself. Finnish sauna is a place, where people of different ages and backgrounds can come together and set aside their differences. Embrace that mindset and give yourself a well-deserved moment of relaxation. Sometimes, respecting yourself can mean accepting your limits. If sauna does not feel like your cup of tea, you can always choose to skip it.
3. **It's not a competition:** Sauna should feel nice and enjoyable. If it does not, you can always take a break or leave altogether. Especially, if you start feeling dizzy or otherwise unwell, you should move to a cooler space.
4. **Enjoy & Relax:** Most importantly, enjoy your sauna experience! If you have any questions or concerns, don't hesitate to ask the sauna hosts. They're there to make sure you have a great time.

Schedule

Sauna sessions of the evening are listed below. In addition, there is a buffet dinner and art exhibitions that you may attend before or after the sauna.

17:30 Bus transportation from Heureka

Sauna sessions:

18:00-19:15 Ladies only – host Paula Havaste

19:15-19:45 Mixed – host Paula Havaste

19:45-21:00 Gentlemen only – host Mikko Myllykoski

22.00 Bus transportation from Hanaholmen to Helsinki city center and Heureka (Tikkurila, Vantaa)



Image: <https://www.hanaholmen.fi/kokoushotelli/kuvia/>