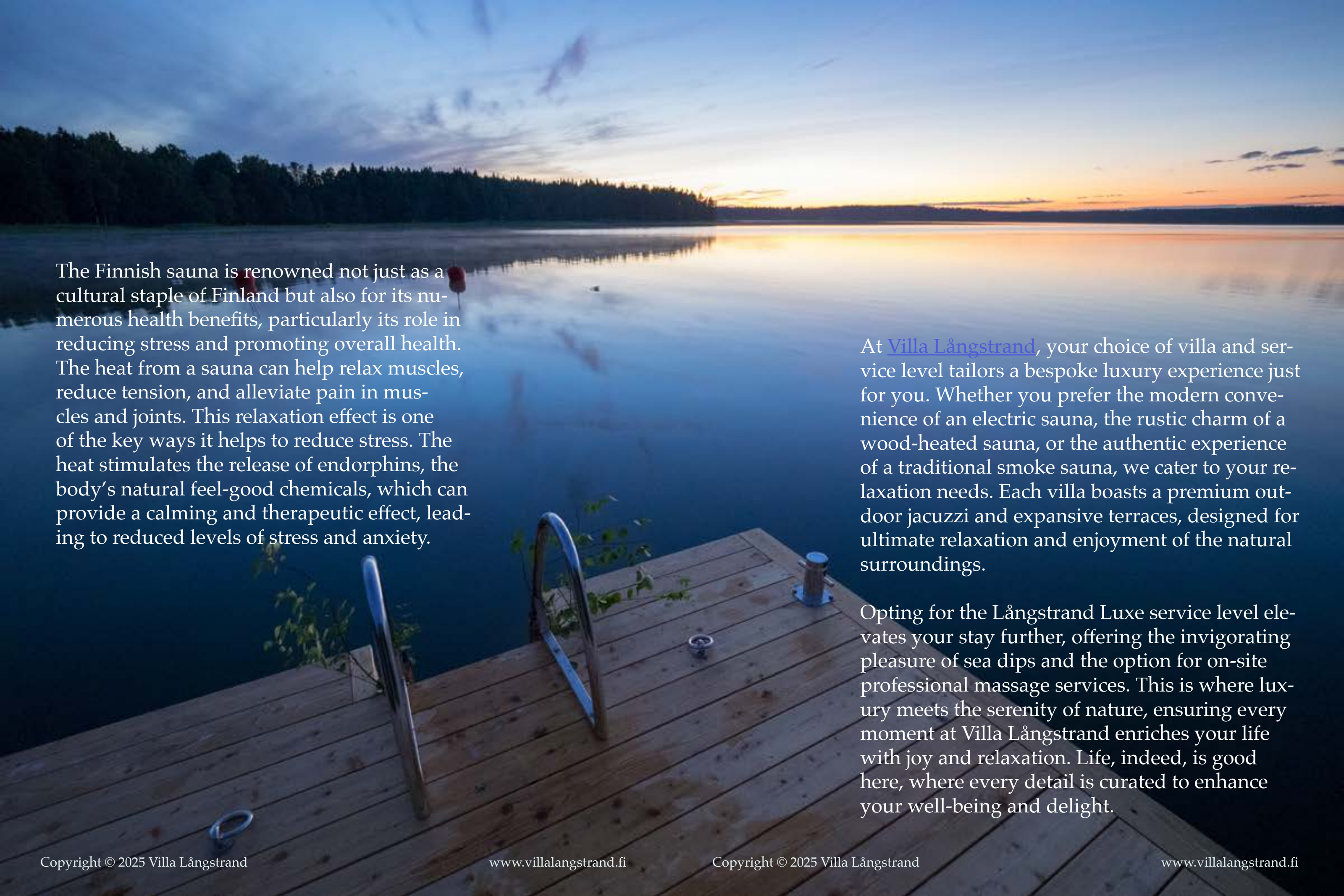


Villa Långstrand

Sauna Book



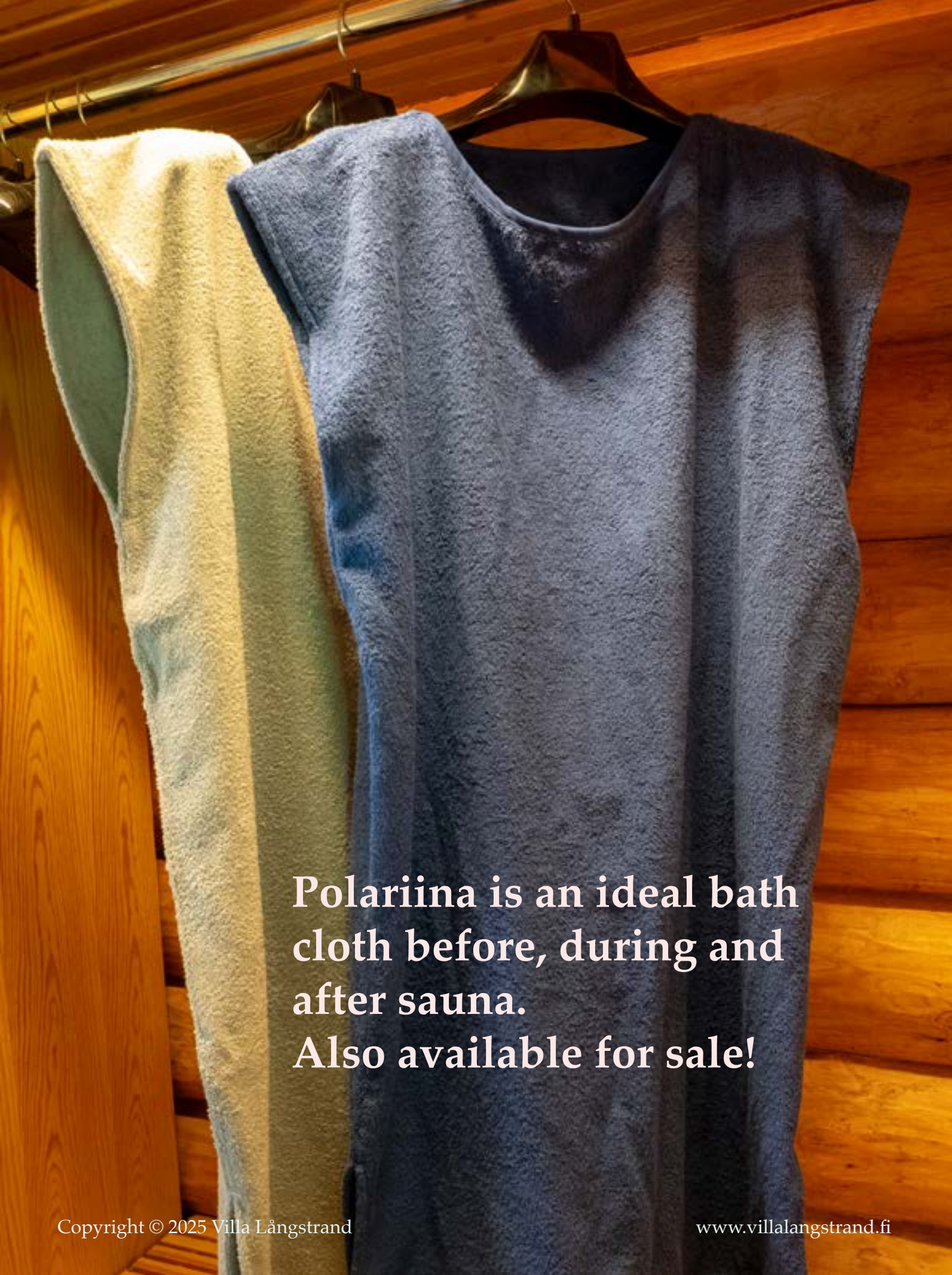
VILLA
LÅNGSTRAND

A wide-angle photograph of a calm lake at sunset. The sky is a mix of soft blues and oranges, with the sun low on the horizon. The water reflects the colors of the sky. In the foreground, a wooden dock with metal handrails is visible, extending into the water. The background shows a dark line of trees on the far shore.

The Finnish sauna is renowned not just as a cultural staple of Finland but also for its numerous health benefits, particularly its role in reducing stress and promoting overall health. The heat from a sauna can help relax muscles, reduce tension, and alleviate pain in muscles and joints. This relaxation effect is one of the key ways it helps to reduce stress. The heat stimulates the release of endorphins, the body's natural feel-good chemicals, which can provide a calming and therapeutic effect, leading to reduced levels of stress and anxiety.

At [Villa Långstrand](#), your choice of villa and service level tailors a bespoke luxury experience just for you. Whether you prefer the modern convenience of an electric sauna, the rustic charm of a wood-heated sauna, or the authentic experience of a traditional smoke sauna, we cater to your relaxation needs. Each villa boasts a premium outdoor jacuzzi and expansive terraces, designed for ultimate relaxation and enjoyment of the natural surroundings.

Opting for the Långstrand Luxe service level elevates your stay further, offering the invigorating pleasure of sea dips and the option for on-site professional massage services. This is where luxury meets the serenity of nature, ensuring every moment at Villa Långstrand enriches your life with joy and relaxation. Life, indeed, is good here, where every detail is curated to enhance your well-being and delight.



**Polariina is an ideal bath cloth before, during and after sauna.
Also available for sale!**

Dear Esteemed Guest at Villa Långstrand,

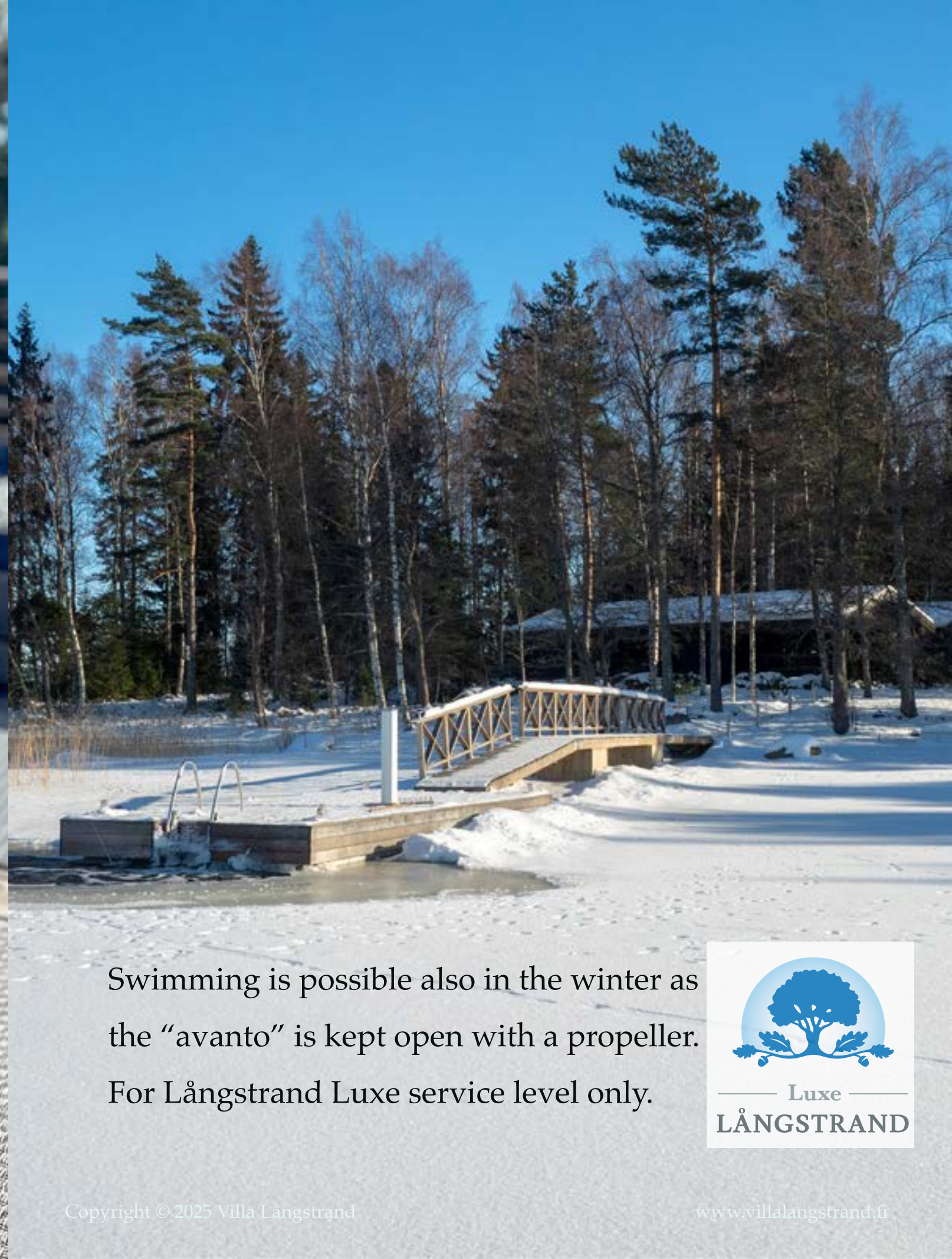
Welcome to your definitive guide for an unparalleled sauna experience at Långstrand. Whether you're embarking on your first sauna journey or you're a seasoned aficionado, this booklet is designed to enrich your understanding and enjoyment of our distinctive sauna offerings. We encourage all guests, regardless of previous sauna experience, to delve into this guide to discover the unique aspects of our facilities.

Each of our villas is equipped with its own private sauna for your enjoyment at any time. Villa Pihlajanmarja offers the rustic allure of a wood-heated sauna, while Villa Mustikka features the modern convenience of an electric sauna. Guests indulging in the Långstrand Luxe service level are granted exclusive access to the wood-heated Beach Sauna, along with the option to experience our traditional smoke sauna—a rare treat.

Please be advised that the use of our saunas is at your own risk. We highly recommend consulting with your healthcare provider if you have any health concerns or questions prior to indulging in the sauna experience.

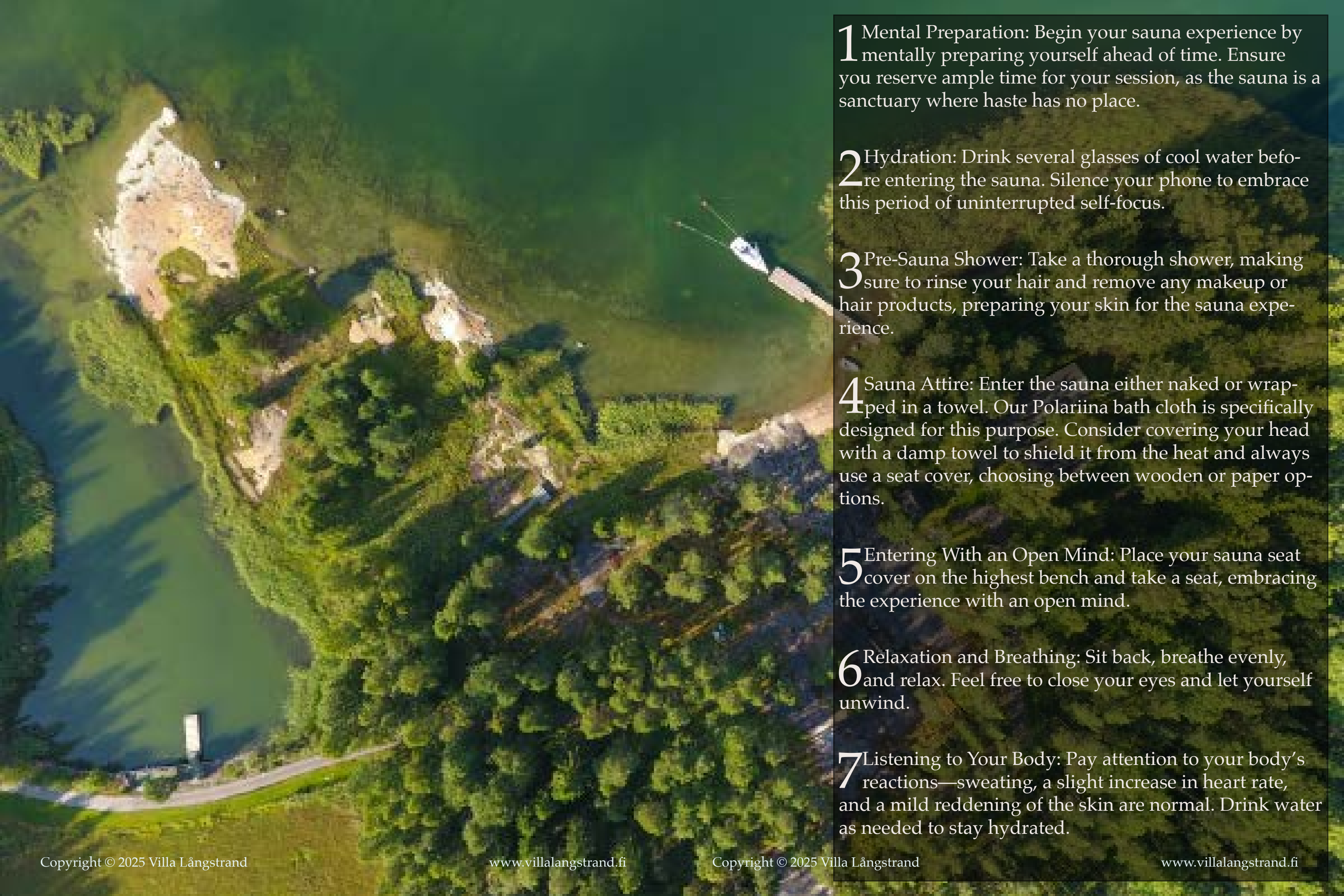
We are delighted to welcome you to Villa Långstrand and invite you to immerse yourself in a sauna experience like no other. Here's to your health, relaxation, and the joy of discovering the unique sauna culture at Villa Långstrand!

Villa Mustikka' Drop Pool outdoor jacuzzi.



Swimming is possible also in the winter as the “avanto” is kept open with a propeller. For Långstrand Luxe service level only.





1 Mental Preparation: Begin your sauna experience by mentally preparing yourself ahead of time. Ensure you reserve ample time for your session, as the sauna is a sanctuary where haste has no place.

2 Hydration: Drink several glasses of cool water before entering the sauna. Silence your phone to embrace this period of uninterrupted self-focus.

3 Pre-Sauna Shower: Take a thorough shower, making sure to rinse your hair and remove any makeup or hair products, preparing your skin for the sauna experience.

4 Sauna Attire: Enter the sauna either naked or wrapped in a towel. Our Polariina bath cloth is specifically designed for this purpose. Consider covering your head with a damp towel to shield it from the heat and always use a seat cover, choosing between wooden or paper options.

5 Entering With an Open Mind: Place your sauna seat cover on the highest bench and take a seat, embracing the experience with an open mind.

6 Relaxation and Breathing: Sit back, breathe evenly, and relax. Feel free to close your eyes and let yourself unwind.

7 Listening to Your Body: Pay attention to your body's reactions—sweating, a slight increase in heart rate, and a mild reddening of the skin are normal. Drink water as needed to stay hydrated.

8 Adjusting to the Heat: If the sauna feels too hot, lie down, move to a lower bench, or step outside to cool down. Remember, there are no time restrictions—this isn't a competition.

9 Experiencing LÖyly: When ready, gently throw water onto the heater to experience "löyly." Start with small amounts, adjusting based on how the heat feels.

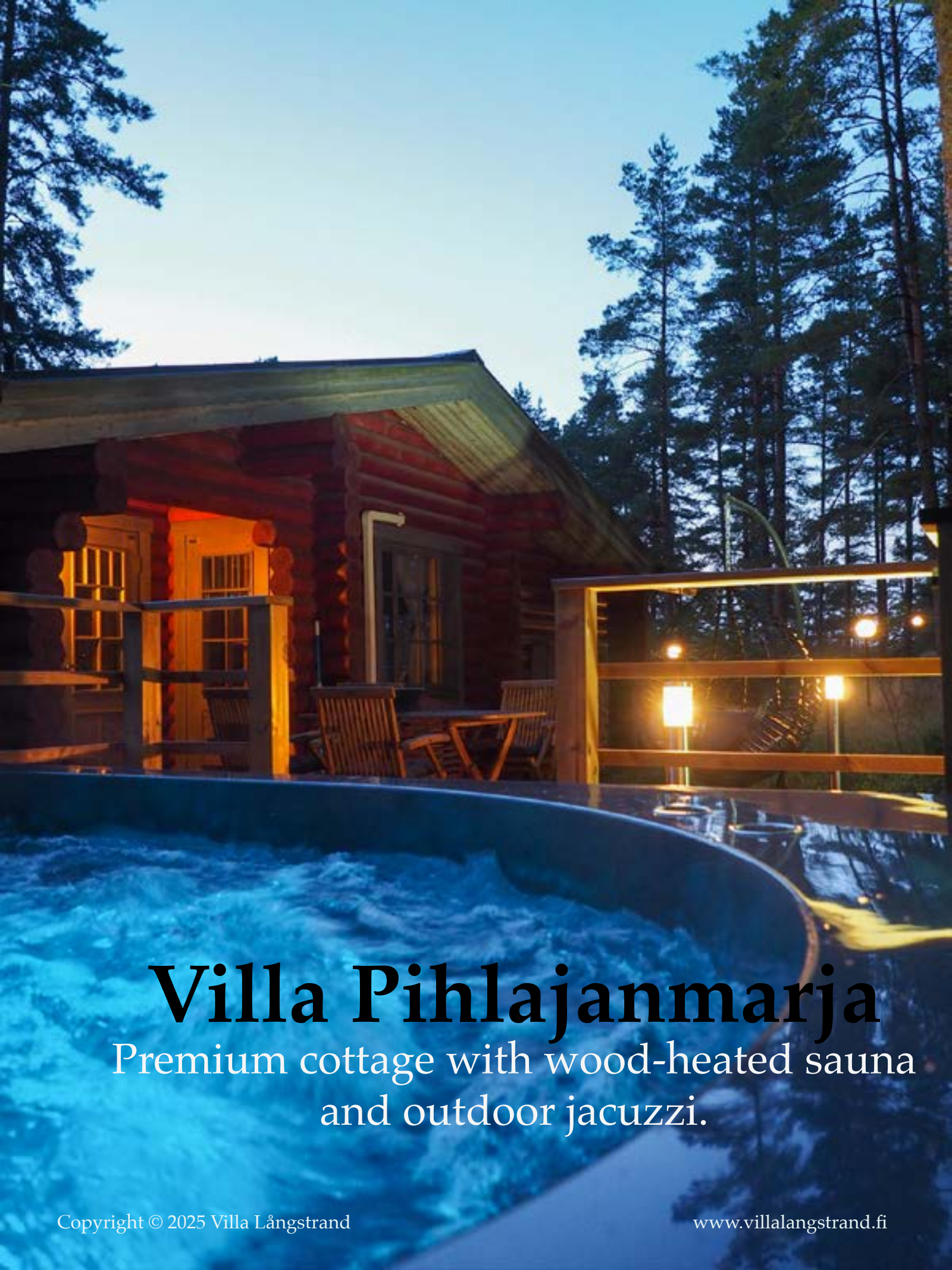
10 Outdoor Jacuzzi: If you're using the outdoor jacuzzi, follow the specific guidelines for its use, ensuring you're clean before entering.

11 Cooling Off Periods: Take breaks to cool off in the fresh air, maintaining hydration by drinking water throughout your sauna session.

12 Repeat Visits: Feel free to enter the sauna multiple times, according to your comfort and preference.

13 Post-Sauna Shower: After finishing your sauna visit, rinse off any sweat and wash thoroughly in the shower.

14 Continued Relaxation: Conclude your sauna experience by relaxing, whether you choose to do so alone or with companions.



Villa Pihlajanmarja

Premium cottage with wood-heated sauna
and outdoor jacuzzi.



Villa Mustikka

Premium villa with electric sauna and outdoor jacuzzi.



Beach Sauna

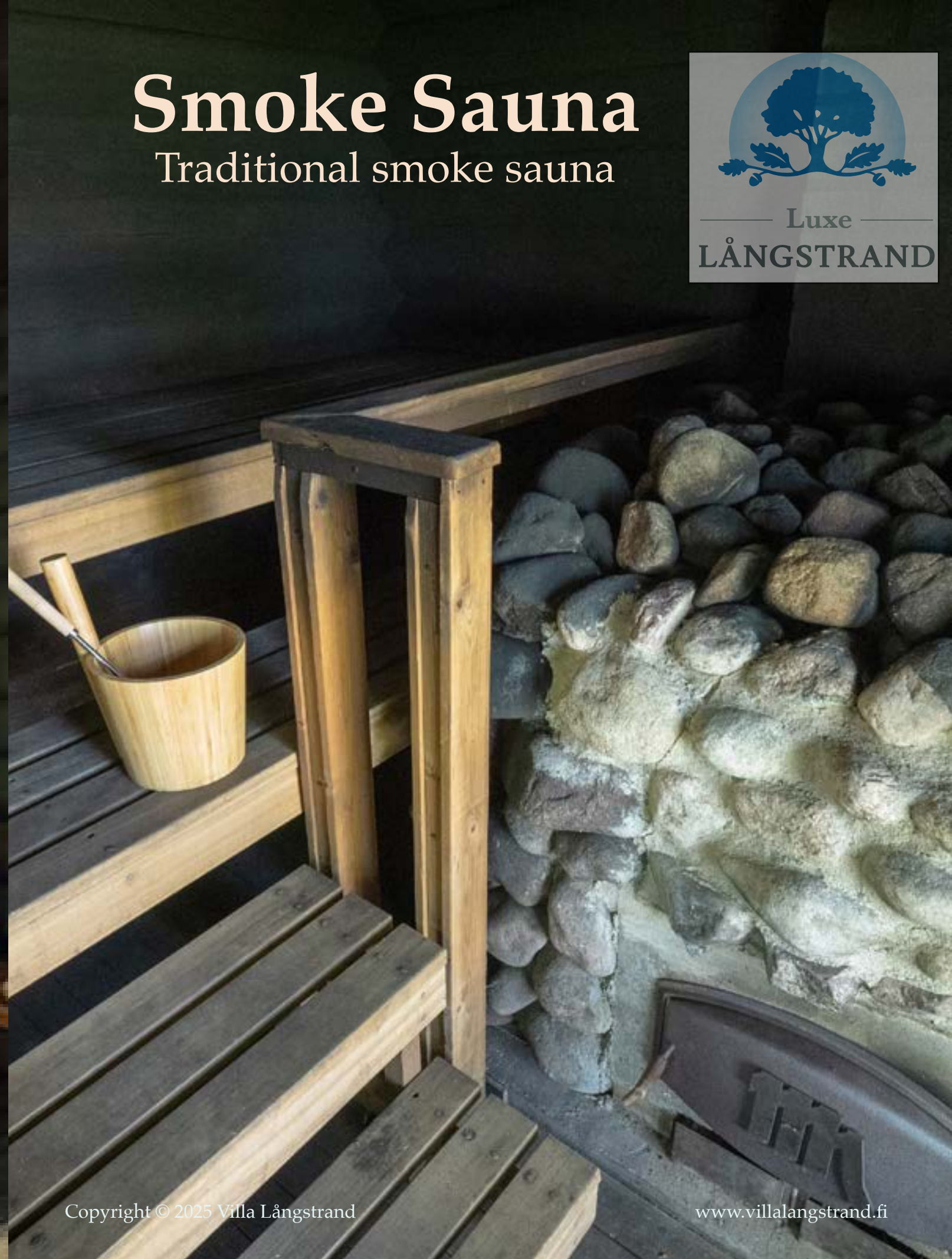
Presidential wood-heated sauna
and outdoor jacuzzi.





Smoke Sauna

Traditional smoke sauna





Introduction to the Philosopher's Stones of the Sauna

The stones within a sauna's stove harbor a form of magic, embodying a myriad of health benefits that, though not fully understood, are profoundly impactful. Saunas are celebrated for their ability to mitigate various long-term health conditions and dissolve the stress and tension that may accumulate prior to their warm embrace. This experience offers both immediate and enduring solace, enveloping the entire body in comfort from head to toe.

Engaging in sauna sessions is akin to participating in light to moderate physical exercise, making each moment spent within its confines invaluable for cardiovascular health. Regular visits to the sauna have been shown to play a significant role in preventing hypertension, thereby reducing the risk of other cardiovascular diseases and even the possibility of sudden cardiac death. For many individuals with pre-existing heart conditions, sitting beside the sauna's stove is deemed safe, provided that a physician has been consulted. However, there are a few risk groups for whom extra caution is warranted.

Sauna bathing stands as a powerful stress buster and sleep enhancer, capable of uplifting moods from despondency to delight. Regular sessions not only reduce the risk of stroke and memory disorders like Alzheimer's but also provide tender care for the brain.

Within the sauna's serene space, activities like sauna yoga and pilates offer relief from bodily discomfort and foster relaxation. Cold therapy, including ice swimming, addresses pain and may enhance immunity, while peat treatments detoxify and invigorate the body, easing symptoms of menopause and reducing the risks of respiratory issues and flu. Regular sauna use also promotes healthy skin, encapsulating a comprehensive approach to wellness.

The warm embrace of the sauna soothes joints and muscles, making it perfect for recovery and post-exercise stretching. Athletes find it particularly beneficial, as heat exposure boosts endurance and muscle mass. Incorporating exercise just before sauna use further magnifies its positive effects.

Sauna Facts

In Finland, saunas outnumber cars, boasting over three million saunas and accounting for nearly one-third of all saunas worldwide. This highlights Finland's deep-rooted sauna culture, where nearly every home and community is touched by this cherished tradition.

Sauna sessions in Finland have historically been more than a leisure activity; they've served as a neutral ground for politics and diplomacy. In the warmth of the sauna, where titles and attire are shed, genuine conversations flourish, leading to significant decisions and agreements.

Among the various types of saunas, the smoke sauna, or "savusauna" in Finnish, stands as one of the most traditional. Characterized by its lack of a chimney, the smoke sauna is fire-heated, filling the space with smoke during the heating process, which is then ventilated out before use. This ancient method offers a unique and deeply aromatic experience.

Saunas in Finland serve as a sanctuary for reflection and celebration, marking life's milestones—from personal achievements to moments of mourning—within its comforting steam.

The practice of taking a sauna after physical exertion, whether a workout, jog, or hike, has become an integral part of Finnish lifestyle, perfectly encapsulating the sauna's role in relaxation and recovery.

When it comes to creating "löyly," the steam generated by throwing water on the hot sauna stones, there are no strict guidelines. The intensity of the heat is tailored to personal preference, allowing for a customized sauna experience that can range from gentle warmth to intense heat.

The term "sauna" itself is an ancient Finnish word that not only refers to the traditional Finnish bath but also to the bathhouse structure. This linguistic heritage underscores the sauna's integral role in Finnish culture and daily life.



Avanto A winter tradition, an avanto is a hole cut into the ice, typically located at the end of a swimming pier equipped with ladders. This allows for a brisk dip in the ice-cold water, an experience that is quite literally chilling. To prevent the hole from refreezing, an electric propeller is used, and some avantos are even adorned with underwater lighting for an enchanting experience.

Kiuas The heart of the sauna, the kiuas, is an oven filled with heated rocks. It radiates intense heat, so it's wise to keep a safe distance and avoid touching it directly.

Löyly A term that captures the essence of the sauna experience, löyly refers to the heat and steam vapors generated in the sauna. This ancient Finno-Ugric word beautifully connects the physical steam rising from the stove to the spiritual steam of one's soul.

Palju The Finnish twist on the jacuzzi, traditionally heated with wood. At Långstrand, our outdoor jacuzzis are modernized, heated with electricity and equipped with cleaning systems, offering a luxurious soaking experience.

Pefletti A bench towel, or pefletti, is used for hygienic reasons, ensuring a clean surface between you and the sauna bench. Disposable paper options are also available for convenience.

Polariina A versatile sauna cloth made from terry material, similar to a towel. It can be used inside the sauna or as a cozy wrap for relaxing on the terrace post-sauna.

Vihta A unique Finnish sauna accessory, the vihta is a whisk made from birch branches. Gently patting the skin with the vihta on the legs and upper body can enhance blood circulation and relaxation, adding a traditional touch to the sauna experience.

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<https://villalangstrand.fi>