Dip in the snow or water if possible.

Hotter: The higher, the better. Choose the bench (hauke) that suits you. Lit"! ("lotter")

Tolerating the heat is for

relaxing, not

enjoying the sauna

Shower yourself before

a chill out when

Take a break.

Simple rules:

Cool off after sauna.

Keep yourself hydrated.

Enjoy the afterglow!

How to take a sauna bath?

You need:

a pefletti

a sauna whisk (vasta or vihta)

a soap & shampoo

a brush or a washing mitten

a towel

refreshments

What the heck is a "PEFLETTI"?