

Sauna for Life

It's hard to imagine life without a sauna.

That's what true enthusiasts believe, and with good reason. If you've ever spent time in an outdoor sauna in Ontario, you know how special that space can be. As the heat rises, beads of sweat fall down like rain, and a gentle sense of relaxation starts to take over. Then there's the scent, an earthy knotty cedar fragrance that comes alive with steam.

If you're new to saunas, this article is for you. We cover the basics, from typical Ontario sauna design options to heat sources. There's even a bit of history. By the end, we hope you are as excited about saunas as we are. Perhaps one day, you'll contact www.dlpsaunas.com and ask about saunas for sale.



History of saunas

The roots of the Ontario sauna experience probably go back 2000 years or more. The earliest saunas, located in and around what we now call Finland, were little more than mountain-side caves that doubled as dwellings. Heated rocks around a fire pit were splashed with water to intensify the air temperature and sustain life. As a nomadic people, Finns probably used portable sauna structures. When Finns settled down, they built sauna structures with logs and burned wood for heat.

During the 16th and 17th centuries, the Finns preserved sauna culture in the face of a European backlash against the new trifecta of evil: bathing, soap, and nudity. Christian church leaders at the

time declared that a filthy body nurtured a spiritual mind. (Van Dijk, 2011) Nudity of any sort was taboo and bathing was downright Moorish. Smelling foul was a sign of strength, a novel outlook that took hold in France, among other places. (Van Dijk, 2011)

Thankfully, the sauna survived the Renaissance.

Centuries later, the Finns brought sauna culture to North America and other places around the world during the great migration. From the 1860s to the 1930s, about 300,000 Finns settled in America near resource-rich areas like California. (Spiegel, n.d.) About 50,000 others landed elsewhere including Canada. Large logging areas, like Thunder Bay and BC, were popular destinations for Finns at that time.

The Finns may have popularized the sauna experience, but they probably didn't invent the idea. Around 480 BC, Herodotus wrote about a Scythian tribe (now Siberia) that used hot rocks inside a three-pole structure to create steam. (Lopatin, 1960) Indigenous people on the North American continent built sweat lodges to improve health and perform rituals. (Gadacz, 2017)

Features (H2)

What is a traditional Finnish sauna?

There are many variations, but a traditional sauna is a cabin that sits near a lake. A wood fire heats stones, which create humidity when splashed with water. In modern Finnish society, you'll find saunas in homes, factories, and even the national parliament building.

The sauna, for Finns, is a place to relax and meditate. For some, it's a place to socialize with friends and family. The sauna is an essential part of life. It's bred in the bone, like Canadians and hockey, or Americans and football.



How to sauna

The sauna experience is filled with lore, misunderstanding, and on occasion, dangerous misconceptions. Let's set the record straight on two accounts.

First, spending too much time in a hot room is dangerous. Like most good things in life, moderation and deliberation are essential. As a general rule, 10 minutes per sauna session is recommended.

A complete sauna experience, the kind that can produce a pleasing sense of relaxation and euphoria, typically involves four steps.

1. Take a shower. The sauna experience, especially when it is a social event, is built around good hygiene. If a shower is not available, find a hose and rinse off. If you wear clothes in the sauna, rinse them off, too.
2. Sit in the sauna room and relax for about 10 minutes or just before the experience becomes uncomfortable.
3. Rest outside the sauna and cool down. Jump into a lake or pool, if available. You can also cool down in the shower or with a hose.
4. Repeat not more than two more times. (Hawkins, 1987)

If you follow this suggested routine, the sauna experience takes about an hour.

Second, clothing is optional. Not everyone is comfortable sitting nude in a closed space with friends, family, or strangers. Here's a scenario: a friend invites you to a BBQ and sauna in Cambridge, London, or Norwich. Clothes on or off? You decide what makes you feel most comfortable.

Benefits of a sauna

Let's imagine you've got the sauna bug and decide to look at saunas for sale. Before making a purchase, you're curious about the benefits.

We believe the sauna is part of a healthy lifestyle, but it is not a substitute for a healthy lifestyle. There is no evidence to prove that saunas promote fitness or prevent illness. (Hawkins, 1987)

A regular sauna experience does promote mild pain relief and a sense of well-being. (Hawkins, 1987) Short sessions with high temperatures can trigger physical relief by easing aches and loosening stiff joints. In the heat, blood vessels relax and dilate. This allows blood flow to increase which can help reduce joint tension and relieve sore muscles. (Cafasso, n.d.)

Good vibes

A big benefit of saunas is relaxation. Some call it a natural high.

Evidence suggests that saunas bring about a sense of tranquility caused by a rise in endorphins in response to hyperthermia. In many cases, the result is a relaxed feeling. Some [researchers](#) have suggested these positive feelings can have a profound positive effect on depression. (Janssen, 2016)