

Swedish Sauna Academy

Newsletter

VOLUME 1

NO. 5/2017

October 2017



The XVII International Sauna Congress 2018 – Midnight sun and sauna



Dear Sauna friends

Welcome to make your hotel reservation at Haparanda Stadshotell for the XVII International Sauna Congress 2018. Haparanda stadshotell is one of the most famous turn-of-the-century hotels, restored to its former glory, with the authentic character of the town's number one establishment. More information about prices and booking is given at <http://www.bastuakademien.se/nationalbastudag/booking-information>.



Information on how to register for the congress will be presented in the next newsletter.

Sauna is hot and the interest of sauna related topics and research is increasing rapidly, would you or your company be interested in sponsoring this congress? Please, contact svante@spolander.com for more information.

IJSS Update

The International Journal of Sauna Studies (IJSS) is a new and exciting journal, volume 1 is planned to be published around November 2018, and will include papers and reports of The XVII International Sauna Congress hold in the twin cities Haparanda and Tornio.

Most recent sauna research published

Dr Jari Laukkanen and coworkers continues to produce important research, they just recently tried to find out more about the the mechanisms behind the previously described decreased cardiovascular risk associated with sauna use. In the European Journal of Preventive Cardiology the group concluded that sauna bathing has several important effects on vascular and haemodynamic function.

The webpages <http://www.bastuakademien.se/> and <https://saunainternational.net/> will continuously be updated with information.

Save the date for this most interesting event and note the deadline for submission of **abstract January 31, 2018.**

To register for the newsletter, please send an email to Roger Häggström, roger.haggstrom@gmail.com

On behalf of The Swedish Sauna Academy
Hans Hägglund