

## Saunaletter 1/2017

Dear Members of ISA

There is starting a very active sauna year again. We have been getting new members and there are many interesting events, new research work results, books etc. about sauna in different parts of the world coming soon.

2017 is the 100 Anniversary of the Republic of Finland and sauna is also in the program in many countries.

We try to distribute to You all inform what is happening in the following letters. There has been a lot of activity in the media around sauna. Enclosed You find some articles from the media related to sauna.

### **Sauna and dementia**

The original article was mailed to You earlier.

<http://ageing.oxfordjournals.org/content/early/2016/12/07/ageing.afw212.abstract>

### **Finnish Sauna guide**

<http://edition.cnn.com/2016/11/10/travel/helsinki-finnish-sauna-guide/>

### **Interesting Sauna**

<http://www.archdaily.com/465240/sauna-tonttu-lassila-hirvilammi>

<http://www.telegraph.co.uk/travel/news/The-worlds-largest-sauna-opens-in-the-Arctic-Circle/>

### **Hyperthermia**

<http://jamanetwork.com/journals/jamapsychiatry/article-abstract/2521478>

### **Wellness trends**

<http://us12.campaign-archive1.com/?u=bde01b88f682b43d101f940f1&id=35cd03bb0b&e=3cb47bc00d>

### **SAUNA of the month**

We start to introduce the sauna's of the members. In January we would like to introduce Kobe sauna in Kobe Japan. Mr. Atsushi Yoneda has been creating a nice sauna world with a good Finnish Sauna. If You happen to visit Kobe please make sure that You visit also Kobe sauna.

[www.kobe-sauna.co.jp](http://www.kobe-sauna.co.jp)

### **WWW-pages**

The pages are still under development. If you have good ideas or if You like to be involved please contact me.

## **Congress 2018**

The final decision about the place is very near. The last option are China and Sweden.

## **Traveling sauna in USA**

Please check the situation of the traveling sauna from the web page [traveling sauna](#).

Traveling sauna is one of the Finland100 events and the Finnish embassy in USA is protecting the project which continues to December 2017.

## **Finnish Saunatour in Germany**

The Visit Finland is organizing an extensive tour in order to market Finnish Sauna services to German and Middle-Europe tourists coming to Finland. The program can be found from the pages Visit Finland or from me. German Sauna bund is also involved and e.g. present at the Travel Fair ITB in Berlin in March.

## **Anniversary**

ISA is planning also an Anniversary in November together with the Anniversary of the Finnish Sauna Society in the same way than before. We keep You informed about the dates and program.

Wishing You all a very good Sauna Year 2017

Risto Elomaa  
President  
International Sauna Association