

Swedish Sauna Academy

Newsletter

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The XVII International Sauna Congress 2018 – Midnight sun and sauna



Dear Sauna friends,

Save the dates and please continue to circulate information on The XVII International Sauna Congress, which will be held in the north of Sweden and Finland, in the Haparanda/Tornio cities between June 7th to June 10th, 2018. Further details on registration, hotel booking and submission of abstracts will be given in the next newsletters and on the web pages.

In addition to the scientific part of the program there will be sauna bathing, food from the river, forest, local farmers and music from the Torne Valley. The Swedish musicians Daniel and Fredrik, <https://www.youtube.com/watch?v=AWm3LXCfXCE> , Daniel Wikslund & Tulipalo and <https://www.youtube.com/watch?v=16wlggcZygs> , Jordmusic Tornedalen will entertain.



IJSS Update

Last month the International Journal of Sauna Studies received its first major exposure at the World Sauna Forum, held in Jyväskylä, Finland. Both editors of the IJSS (Jack Tsonis and Jari Laukkanen) were part of the program. There was tremendous interest in the development of new sauna research, from all sectors (health, technology, tourism, etc.). Everybody was eager to have more scientific evidence about the effects of sauna bathing.

Most recent sauna research published

Dr Jari Laukkanen and coworkers just recently published two papers, one on the reduced risk of respiratory diseases after frequent sauna bathing (European Journal of Epidemiology 2017) and the other on health benefits and reduced risk of mortality after a combination of fitness and frequent sauna bathing (Annals of Medicine 2017).

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 and Jack Tsonis