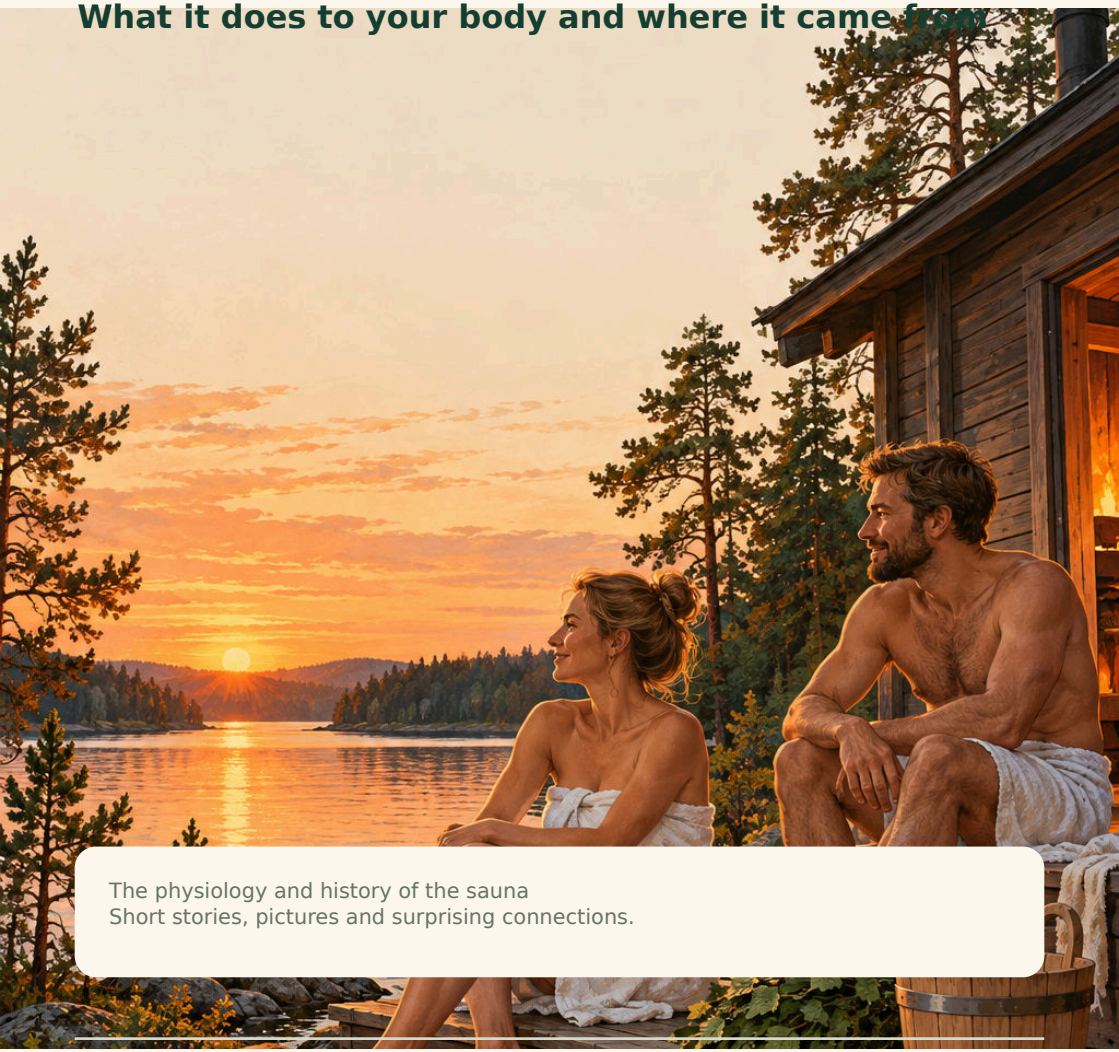
rekreační chalupa
ALBERTA 1
Oáza klidu a relaxu v Jeseníkách
... až pro 19 osob

The sauna up close

What it does to your body and where it came from



The physiology and history of the sauna
Short stories, pictures and surprising connections.

What happens under your skin?

1 Skin lets heat out

Blood vessels in the skin widen and bring more blood to the surface. That is why the skin often turns pink.

2 The heart speeds up

Circulation helps carry heat away. Your pulse may rise even though you are sitting still.

3 Sweat starts cooling

Sweat glands bring water to the skin. Heat is carried away mainly by its evaporation.



Pleasant heat is still a strain

The sauna is not an endurance contest. A faster pulse does not make it a substitute for exercise. When the heat feels unpleasant, leave earlier.

Same temperature. Different feeling.



Why does water on the stones change how hot it feels?

When water evaporates on hot stones, humidity rises. Sweat then evaporates less easily and we feel the heat more intensely. The thermometer may hardly change at all.

1

It is hotter higher up

Warmer air rises. A lower bench therefore usually offers a gentler start; you can even feel the difference between head and feet.

2

Air is not hot water

Air transfers heat differently from water. The reading on a sauna thermometer cannot be compared with the temperature of a bath.

Löyly: the Finnish word for the steam and the feeling of heat after water is poured on the stones. Add water to the stove only according to the local instructions.

Heat. Cooling. And time for nothing.



1

Cooling is not a test of courage

Start calmly and gradually, for example with a shower. The ice-cold tub is not compulsory. Sudden cold quickly narrows the blood vessels and can raise blood pressure.

2

Rest is part of the experience

Sit down quietly, drink some water and only go for another round when you feel well. The number of rounds is not a task you have to complete.

The best sauna souvenir? Feeling you don't have to be anywhere.

Long before wellness, the sauna was part of everyday life.



Heat stored in stones

Fire and heated stones let people create a hot bath even far from warm springs. We know neither the exact inventor nor the year the sauna was born. Its form changed together with homes, crafts and everyday life.

Smoke sauna: a stove without a chimney

When a traditional smoke sauna is heated, the smoke passes through the room. It is aired out before bathing; the heat stays in the stones. This tradition is still alive today in Estonian Võromaa.

2020: Finnish sauna culture was inscribed on the UNESCO list of intangible cultural heritage.

The sauna has relatives around the world.



1

Finnish sauna

A wooden room, heated stones and löyly. Besides cleansing, it is also a family habit, a place to meet and to rest. The tradition is passed down the generations.

2

Slavic banya

A related hot bath, often with higher humidity and bundles of twigs. Customs vary by region and family.

3

Mesoamerican temazcal

A steam bath with pre-Columbian history. Archaeological finds show small bathing rooms, a heat source and work with water and steam.

The illustrations are a free artistic interpretation of the traditions, not an exact historical reconstruction.

And what if...?



1

... I weigh myself after the sauna?

The short-term weight loss is mainly water lost through sweat. It does not prove that fat has melted away. Drink to replace the fluids.

2

... I don't sweat as much as the others?

People sweat differently. The number of drops is no measure of the experience. Do not try to catch up by staying longer in the heat.

3

... I want to stay a bit longer?

You don't have to. Comfort comes before the clock. If you feel dizzy, sick, weak or your heart beats unusually, end the session and ask for help.

A good experience starts with consideration.

Water instead of alcohol

Drink plenty. Alcohol does not belong in the sauna.

Comfort instead of performance

Start gently, stand up slowly and leave in time. Skip the sauna if you have a fever or an acute illness.

Local rules first

Follow the ALBERTA 1 sauna rules and the equipment instructions. Children need the direct supervision of an adult.

Health is individual

With heart disease, blood pressure problems, during pregnancy or when taking medication that affects blood pressure and thermoregulation, check with your doctor whether the sauna is suitable for you.

Our sources

Shortened and adapted from the original ALBERTA 1 material "Physiology and history of the sauna". Fact-checked against: UNESCO (Finnish sauna, 2020; Võromaa, 2014); Finnish Sauna Society; INAH (temazcal); Kauppinen: Human thermoregulation in sauna (PMID 3218894); Hannuksela and Ellahham: Benefits and risks of sauna bathing (PMID 11165553). Illustrations created with the help of AI. Edition 1 / 2026.

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An oasis of peace and relaxation in the Jeseníky Mountains