



Finlandia Foundation National has declared the last week of February "National Sauna Week" to build awareness and appreciation of this aspect of Finnish and Finnish-American culture. This event is made possible with the support of a grant from Finlandia Foundation National.

Boston Chapter is bringing a mobile sauna to [Scandinavian Cultural Center, 206 Waltham St, West Newton, MA 02465](#) on Saturday February 26th. It will be parked outside the SCC building from 10 am to 6pm.

Abundance Sauna is a traditional, wood fired sauna. The sauna has a private dressing room, hot room large enough for three, buckets of water for rinsing and an outdoor shower (with a privacy screen). There will be birch whisks to try - wonderful for blood circulation! Or perhaps you choose to just enjoy the aroma.

Your total sauna time will be 45 minutes. One long session or several shorter ones- your choice. You can try the cold water dunk pool if feeling brave- alternating hot and cold will leave you refreshed and relaxed.

After sauna you might feel hungry. We will have a grill with complimentary sausages. You are also welcome to bring your own favorite snacks. Take your time to recover and mingle around the fire pit or in the tent sharing your sauna experience.

Questions about the sauna? Go to [abundancesauna.com](#) and check [Frequently Asked Questions](#).

What you need to bring:

- A towel or two
- Swimsuit or shorts (no nudity please)
- Proof of vaccinations
- Your sense of adventure!

Tickets: there will be an hourly rotation. Email [Mark@Gotsauna.com](mailto:Mark@Gotsauna.com) to check availability for your preferred time. There will be only eight slots available so they will go fast! After booking with Mark go to [finlandiafoundationboston.com](#) to pay the \$60 sauna fee. Click the "Become a member" to find the "Donate" button. After payment make sure to add to the notes "SAUNA" and your name. After a confirmed booking you will receive a Welcome to Sauna info packet.

**Covid safety:**

**Please note that all participants are required to show proof of vaccinations. If using SCC restroom, mask is required. Sauna master Mark Babson will provide a safety waiver for all guests to sign. Sauna will be cleaned between each group.**



**Finlandia Foundation National**

**[FinlandiaFoundation.org](https://FinlandiaFoundation.org)**