

## **Join us at AgriVenture´s pre-event and start your own AgriVenture in Ruustinna!**

The historical residence of Ruustinna near the center of the town of Saarijärvi is equipped with beautiful chambers for parties and celebrations. Snacks and drinks from the kitchen of Ruustinna's restaurant are available, as well as live music performed by musicians from Saarijärvi. In the evening you can experience Finnish sauna culture with the local traditional sauna healer and find out what is the secret of sauna! Book your place!

### **Details of the Sauna Experience:**

You are warmly welcome to find out what is the secret magic of sauna heritage with the local traditional sauna healer. In the sauna ceremony we sing traditional poetry songs, learn the meaning of the löyly and get a healing touch of the forest leaves with a traditional "vasta".

In Finland, we have a deep and beautiful connection to the pure nature, thousands of lakes, evergreen forests and touchable silences. Finnish sauna culture has been inscribed in UNESCO's Intangible Heritage List 2020.

The Sauna Ceremony will be held in Ruustinna's traditional wood-heated lakeside sauna. The lakeside sauna is a truly traditional and wonderful way to enjoy yourself and relax. The timber walls of the sauna breathe and emanate warmth, and the water is heated in a traditional water cauldron. The atmosphere is truly wonderful!

We have two sauna ceremonies: first at 5:30PM for women, second at 7:30PM for men. The duration of the sauna ceremony is 1,5 hours. The maximum group size is 6 people.

### **The Sauna Ceremony includes:**

- Guided 1,5h long sauna experience with the traditional sauna healer
- Sauna ceremony with traditional runes, spells and songs
- Traditional "vasta" treatment (about 3-5 minutes per person)
- Herbal water to used in the sauna
- A shot of birch sap and water
- Small salty snack (rye crisps etc.)
- Linen sauna seat covers and towels
- Natural cosmetics shampoo and conditioner
- If you like you can swim in the lake

The traditional sauna healer is a trustworthy guide to the sauna. She provides a safe space to experience the Finnish sauna culture. Your traditional sauna healer will be Mrs. [Johanna Teräväinen](#).

In the sauna you can wear a swimsuit. The traditional sauna healer uses a sauna dress. In the sauna we use local herbs like birch. Please inform Johanna of any allergies in advance.

Book your place in the sauna by emailing [johanna@kuuyrtitarhassa.fi](mailto:johanna@kuuyrtitarhassa.fi). Payments beforehand or on the spot by debit card. If you have any questions, don't hesitate to contact Johanna by email.

[More information about Ruustinna and accommodation.](#)