

Swedish Sauna Academy

Newsletter

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The XVII International Sauna Congress 2018

Dear Sauna friends,

The XVII International Sauna Congress will be held in the north of Sweden, in the Haparanda/Tornio cities between June 7th to June 10th, 2018. Part of the venue will be at Kukkolaforseen Tourism & Conference, where the whitefish festivities just recently was celebrated, in the last Sunday of July. This is the time of the year when the whitefish is traveling upstream. For centuries the locals have celebrated the arrival of the whitefish with a harvest festival, to honor the whitefish on both the Swedish and Finnish side of Kukkolaforseen. People from far and near gathered to celebrate the wandering whitefish's arrival and to enjoy the grilled and smoked whitefish.

At the Sauna congress 2018 the delegates will have a chance to taste the grilled and smoked whitefish and enjoy drafting in the river.



Most recent sauna research published

Jari Laukkanen and coworkers just recently published an interesting paper on the effect of sauna bathing on high blood pressure (hypertonia). Their conclusion is that regular sauna bathing is associated with reduced risk of high blood pressure (hypertension), which may be a mechanism underlying the decreased cardiovascular risk associated with sauna use. Published in *American Journal of Hypertension* 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
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