



Some Like It Hot: The Sauna, Its Lore and Stories

Nikki Rajala

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What's all in this sauna book? For starters, tips for athletes and health benefits. And saunas made from cars, silos, and ice blocks, ancient savusaunas to state-of-the-art saunas, war saunas to peace saunas, as well as sweat-bath traditions of other cultures. There are proverbs, legends, and tales, plus funny stories about the Sauna Queen, nakedness, embarrassing moments, birthing in a sauna, and cupping, an ancient, mysterious treatment. Sprinkled among the pages are also a few recipes to try in the sauna. Did I forget sauna reggae? Or where to take a public sauna? That's here too, and lots more.

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