

Title:

The New Improved North American Sauna Culture

Word Count:

642

Summary:

The use of the term " Sauna " as it has been referred in most of North America has truly been

Keywords:

bathhouses, dry sauna, electric sauna, finnish sauna, health improvements, home saunas, naked,

Article Body:

The use of the term " Sauna " as it has been referred in most of North America has truly been

The true " sauna " has lasted for well over a thousand years. It has been tweaked and minutely

Another term that has taken a pounding in North America is the " sauna session " or " sauna ri

The original Finnish sauna incorporates several elements that make up the actual sauna session

The different elements of the true sauna are the Preparation, Perspiration, Lowly (does not qu

The sauna was introduced to North America in the 1960ès as a status symbol for those that had

The one true driving force in North America is commerce, and commerce drives the evolution of

Perhaps we need a new term to describe the North American Sauna Culture. Let the Finns keep th

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