

## Kotiharjun Sauna Oy

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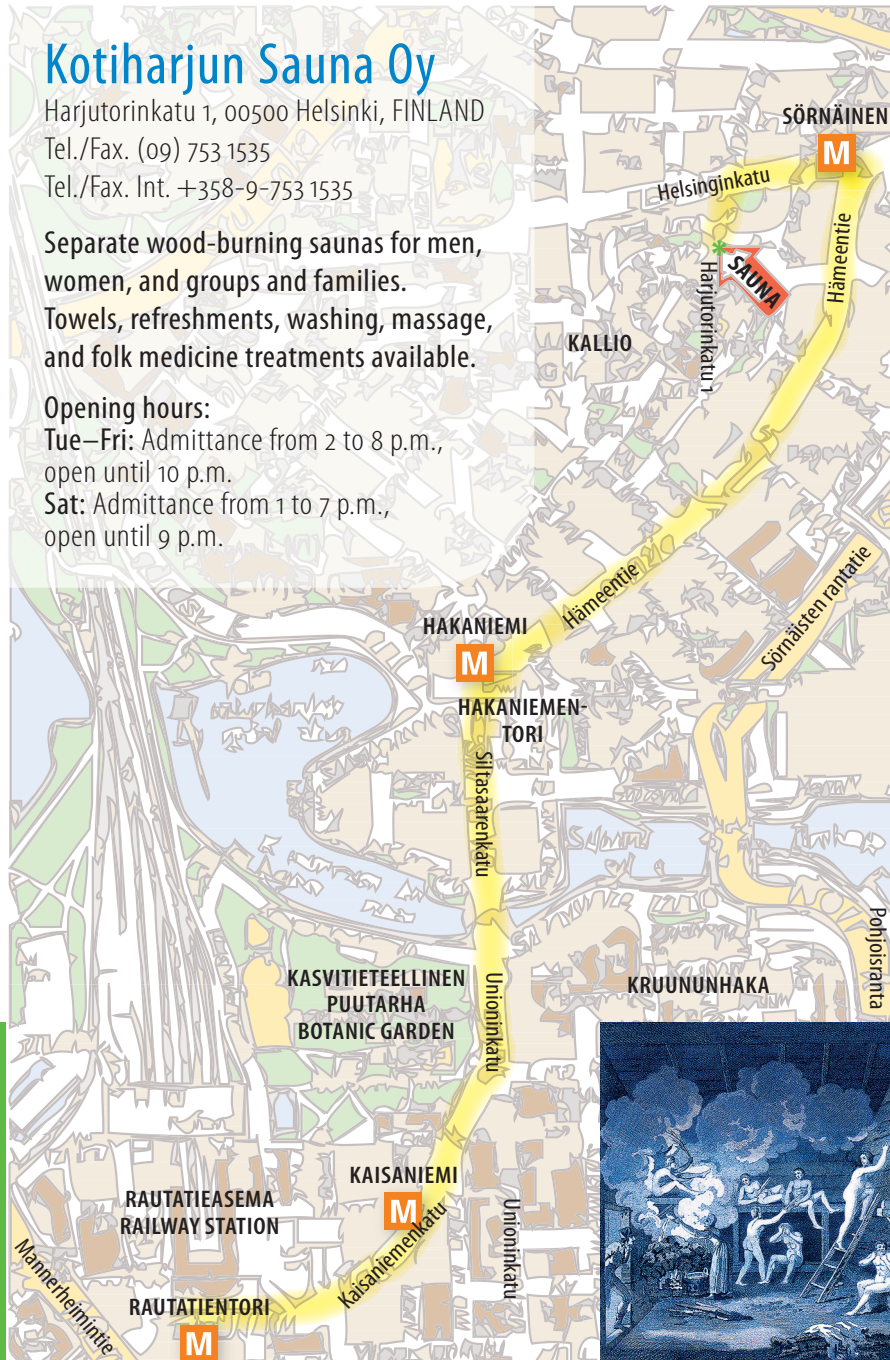
Separate wood-burning saunas for men, women, and groups and families.

Towels, refreshments, washing, massage, and folk medicine treatments available.

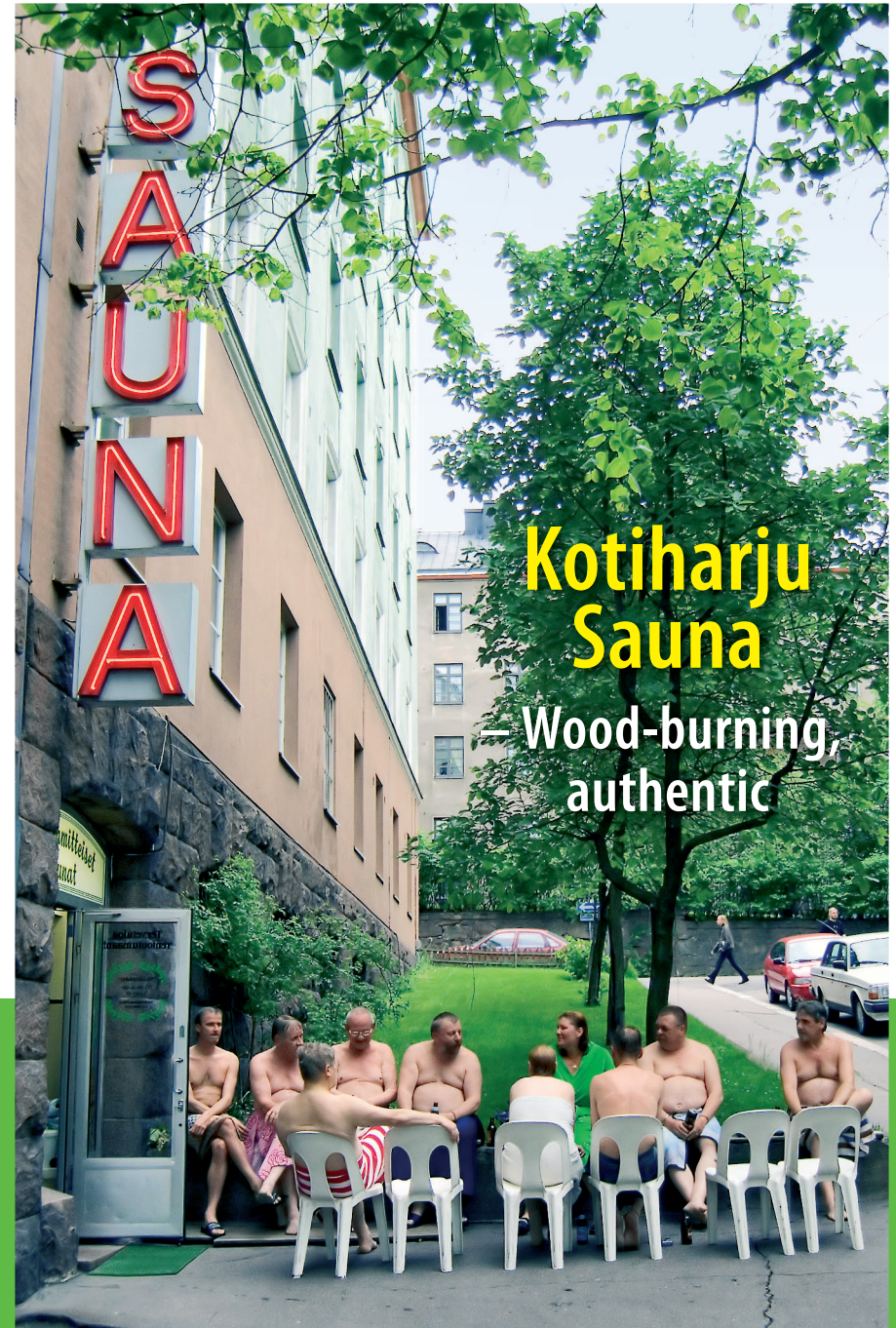
Opening hours:

Tue–Fri: Admittance from 2 to 8 p.m., open until 10 p.m.

Sat: Admittance from 1 to 7 p.m., open until 9 p.m.

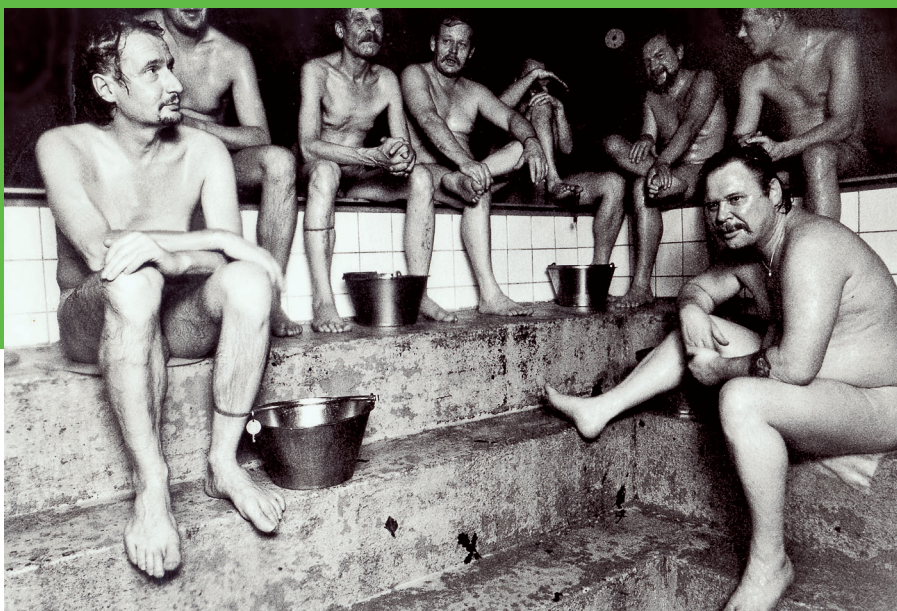


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## Kotiharju Sauna

— Wood-burning,  
authentic



## Enjoy the Best Traditional Sauna in Helsinki

A Finnish sauna is a must for a visitor to Helsinki. And the famous Kotiharju Sauna is the only remaining public wood-burning sauna in Helsinki. Only wood-burning saunas let you enjoy the mellow heat of the traditional sauna experience.

- Separate saunas for men and women – the rule in Finnish public saunas.
  - The enormous wood stoves give off lots of mellow, relaxing heat and steam.
  - No reservations, no hurry. Enjoy your stay as long as you like – see back page for opening hours.
  - Towels and non-alcoholic refreshments available.
- ➔ *There is also an electrically heated sauna for small groups and families.*



➔ *Kotiharju's renowned mellow heat has helped to solve the problems of life since 1928.*

➔ *Clean from top to toe...*

➔ *The stove has 1500 kg (3300 pounds) of stones. No wonder it takes one cubic meter (35 cubic feet) of logs and five to six hours to heat them glowing hot.*



- Want a real treatment? Try a massage for your aching muscles, and then ask a bathing attendant to scrub you thoroughly clean from top to toe. And then back onto the sauna bench – relaxation guaranteed! Traditional treatments are also available.

- Easy access by metro (7 min), tram, or bus (15 min). Only 2 km from the main railway station (map on the back page).

## Providing Genuine Finnish Sauna since 1928

Kotiharju Sauna, built in 1928, has maintained its original architecture throughout the decades. Customers range from the neighborhood regulars to bachelor parties and students and teachers from the nearby university premises.

Part of the inimitable Kotiharju experience consists of solving the problems of the world with fellow bathers in the soft steam of the sauna and then cooling off outdoors in front of the sauna.

At Kotiharju, there is room for 20–30 bathers on the uppermost benches, where the heat and steam (*löyly*) are the best (and hottest). And if you like it less warm, there is more room on the lower benches. In prac-

tice, *löyly* means pouring some water on the hot stones – there is a water tap on the stove (*kiuas*). The old rule is that whoever sits in the hottest place gets to decide whether or not to make more *löyly*.

The family-owned Kotiharju Sauna is today managed by Risto and Merja Holopainen. The sauna was renovated in 1999 with financial support from the Helsinki Culture Capital Foundation.