



# **The Sauna: A Complete Guide to the Construction, Use, and Benefits of the Finnish Bath, 2nd Edition**

*Robert L. Roy*

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With a history going back at least one thousand years, the sauna is ready for a new generation of enthusiasts seeking health, pleasure, and peace of mind, and Rob Roy is ready to recruit! "If the sauna is just a bath, then Buckingham Palace is just a house." So writes sauna expert and intrepid do-it-yourselfer Roy in this new, updated version of *The Sauna*.

This completely revised and expanded edition of *The Sauna* contains everything you ever wanted to know about the famous "Finnish bath." In this inviting book, Roy shares his infectious enthusiasm for the sauna and provides a complete, detailed guide to sauna building, along with resources for equipment and supplies.

*The Sauna* is replete with history, tradition, health benefits, instructions for proper use and maintenance, as well as step-by-step instructions for building a variety of cordwood masonry saunas and, new to this edition, conventionally wood-framed saunas. The beautiful color photographs, also new to this edition, will inspire you to create your own sauna haven.

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