



Nourished by nature

Unique cultural immersion:
Experience the authentic Finnish sauna tradition, a deeply rooted cultural practice.

Tranquility and peace:
The serene forest environment and the calming effects of forest bathing and sauna will leave you feeling peaceful and relaxed.

Activities included in the experience:

- Guided nature walk
- Sauna with herbal treatments and towel
- Herbal salt for foot bath to bring home
- Tea and snacks by the fire

Forest Bathing and Sauna Experience

Immerse yourself in a unique sauna experience that combines the tranquility of the Finnish archipelago with the ancient tradition of sauna culture.

Nature Walk: Embark on a guided forest bathing experience through the serene forests of the archipelago. Our experienced guide will lead you on a mindful journey, encouraging you to connect with nature through your senses.

Sauna Ceremony: Experience the purifying power of the traditional Finnish sauna. Our sauna master will lead you through a traditional sauna ceremony, sharing insights into sauna culture and its health benefits.

Fireside Chill: Gather around the campfire to enjoy a snack and tea, sharing stories and connecting with fellow travelers.

Activity facts:

Duration: 3 h

Location: Korpo, Finnish archipelago

Season: August- October

No. of participants: 2-6 persons

Level of activity/previous knowledge required: Easy, no previous experience required

Whats included in the experience: Clothes suitable for moving in nature, weather proof and warm clothes

Price: 250 euro/group incl.VAT

Naawa - Nature Awakening

Sara Söderlund

+358 407291808

info@naawanature.com

www.naawanature.com

