



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

Rob 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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