

# NORDIC BATHS

## LAKES, SEAS, POOLS, HOT SPRINGS



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## Nordiska bad

Ulrica Nordström  
180x235, 160p

*Water is a necessity for life, essential, also a habit, and a luxury.  
A healing and healthy way of life.*

The Nordic countries have a distinctive bathing culture. The cold climate and geographical features of these countries has led to a certain type of bathing culture establishing itself way back in the annals of history. Sauna baths, cold baths, spring baths and therapeutic treatments is an aspect of Nordic cultural history which has existed for thousands of years.

In science, art, literature and religion we discover tales of the importance of water for nature and people – as a good and a destructive force, as a healthy pastime and symbol and metaphor of cleanliness. We bathe out of hygienic, medicinal, religious and bracing motives but also to socialise and relax.

This book is about bathing in the Nordic countries; of attitudes and beliefs about bathing, our common but also separate traditions in Sweden, Finland, Norway, Denmark and Iceland. What is it that makes Nordic bathing culture distinct and where are the most interesting and spectacular baths to be found? Ulrica Nordström visits among other places Swedish cold baths, Finnish saunas in the heart of Helsinki and naturally heated Icelandic springs.



## About the author

**Ulrica Nordström** is a journalist and writer with roots in the great northern forests. In her youth she was a competitive swimmer for the Kalix swimming association. Nowadays she prefers the sauna with accompanying dip in the pure lakes. In recent years Ulrica has been creating art from vegetation and has also written the book *Mossa – Från skog till trädgård och kruka*.



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