

Friday

International Sauna Congress 2026 · Friday 25 September 2026 · Rebel, Oslo · UNOFFICIAL UNIFIED SCHEDULE BASED ON 19 SEP 2026 PUBLIC PROGRAMME

Congress program 09:00–17:00 at Rebel · Floating Sauna Night 16:00–00:00 on the Oslo waterfront · Skraa Bar open until 18:30

Time	Global Sauna Culture	Sauna & Health	Architecture, Tech & Sustainability	Sauna LIVE (Auditorium 0100 unless noted)
9:00	Welcome to Global Sauna Culture			
9:10	Sensory design in sauna <i>Martijn Vanhoorelbeke, Aromen</i>			
9:30	PANEL: When everything is a sauna, nothing is a sauna <i>Markus Råty, Mara Zute, Mikkel Aaland · Mined Herwitz (mod.)</i>	Welcome to Sauna & Health		
9:40		The New Social Infrastructure: Reimagining Connection Through Bathing Culture <i>Robert Hammond, Therme Group</i>		
10:00	BREAK	70 years of sauna research: When, Where, Who, How, What, and why we need to know <i>Earric Lee</i>	Welcome to Architecture, Technology and Sustainability	
10:10			Building maximum relaxation together <i>Jesse Hämäläinen, Narvi</i>	
10:30	Heat, Sweat and Belonging: Inside Oslo’s Floating Sauna Culture <i>Julia Van der Velde</i>	BREAK	PANEL: Swimmable cities: How Saunas Can Remake Urban Waterfronts <i>James Mugavin, Raoul Grünstein, Ragna Marie Fjeld · Mia Bergmann (mod.)</i>	
10:45				Welcome to Sauna LIVE <i>Finnmark, Periode & Sauna Channel</i>
11:00	The community is the asset: how grassroot saunas become social infrastructure worth investing in <i>Bjørnar Haveland & Erlend Klette</i>	Sweating for the Future: How Sauna Bathing Shaped Modern Sweden <i>Karolina Wiell</i>	BREAK	Spirit of Sauna <i>Eda Veeroja</i>
11:30	PANEL: The blessings and limitations of non-profit saunas <i>Ragna Marie Fjeld, Erlend Klette, Charlie Duckworth · Glenn Auerbach (mod.)</i>	Mapping the Science of Sauna: Trends from the Past and Directions for the Future <i>Thomas O’Connell</i>	The Sauna Path – Sauna as a Ritual <i>Anssi Lassila</i>	FILM: “Spirit of the Löyly” <i>Sauna Channel</i>
12:00	LUNCH BREAK	PANEL: Sauna lab vs. sauna life: Does sauna science reflect sweating in the real world? <i>Earric Lee, Eva Hilland, Steven Jaye · Emma O’Kelly (mod.)</i>	Geographical Growth and Renaissance of Sauna <i>Sami Rintala</i>	
12:30		LUNCH BREAK	PANEL: Saunas that last: Sustainable saunas in high maintenance environments <i>Svein Erdogan, Heikki Tang, Andreas Joki Arild · Max Newport (mod.)</i>	
13:00	Sauna Beyond Wellness – Reawakening the Cultural Foundations of Finnish Sauna Practices <i>Laura Foon</i>		LUNCH BREAK	PREMIERE: “Fire Between the Fjords – Norway’s Sauna Revival” <i>Sauna Channel</i>
13:30	The Rise of the Sauna Guide: Bringing Touch and Interaction Back to Public Saunas <i>Birutė Masiliauskienė</i>	An Integrated Model of Sauna and Enzyme Bath: A Pilot Intervention Study in Healthy Adults and Its Application to Preventive Medicine <i>Naoki Yoshioka</i>		Badstuprat <i>Samuel Aarnio, Sauna Channel</i>
14:00	PANEL: The role of the sauna guide <i>Birutė Masiliauskienė, Nina Magatova, Martijn Vanhoorelbeke · Katie Bracher (mod.)</i>	Cardiometabolic effects of isolated and combined heat and cold therapy: findings of a hybrid narrative and systematic review <i>Veerle De Haan</i>	Nordic Well-being on the Waterfront <i>Raoul Grünstein</i>	BOOK LAUNCH: The Guide to Finnish Sauna Maintenance [Skraa Bar] <i>Lassi Liikkanen</i>
14:30	BREAK	The effect of sauna and cold baths on glucose homeostasis and cardiometabolic health in healthy overweight adults <i>Hannah Pallubinsky</i>	Reconciling Waterfront Development and Nature Restoration <i>Oystein Rø</i>	Sauna Twins by Finnmark Sauna <i>TBA</i>
15:00	Sauna, Sweat lodge and Ancient Cosmovisions of Healing <i>Kaarina Kailo</i>	BREAK	Saunas Supporting Life Above and Below Water <i>August Borge Harbo</i>	Sauna Talk <i>TBA</i>
15:30	Sacred stories: healing in Sweat rituals & 3000 years of Sweatbathing in Ireland <i>Roseanna Cooney & Tim Jago</i>	PANEL: Just hot, or hot + cold: What does the science really say? <i>Veerle de Haan, Eva Hilland · Earric Lee (mod.)</i>	BREAK	Kivia podcast by Alan Jalasjaa [tentative] <i>Featuring Lassi Liikkanen</i>
16:00	Sauna in Contemporary Film: Cultural, Architectural and Emotional Perspectives + film showing “Löyly” <i>James Mugavin & Jan Nääs</i>	PANEL: The future of sauna research (with SRF) – presentation by Jon Sabes + 40 min panel <i>Ashley Mason, Hans Hägglund, Jon Sabes · Will Stone (mod.)</i>	PANEL: The future of sauna architecture <i>Sami Rintala, Anssi Lassila, Bjørnar Skaar Haveland · Hillevi Olsson (mod.)</i>	
16:30	End of program			
16:45		End of program	End of program	
17:00				BOOK TALK: Badstufolk [Skraa Bar] <i>Knut Lerhol & Hallgrim Rogn</i>

16:00–00:00 Floating Sauna Night — Oslo waterfront (Langkaia + Sukkerbiten, separate ticket)

Source: saunacongress2026.org program pages, retrieved 19 Sept 2026. Sauna LIVE slots last max. 30 min; location noted in brackets when not Auditorium 0100.

Saturday

International Sauna Congress 2026 · Saturday 26 September 2026 · Rebel, Oslo · UNOFFICIAL UNIFIED SCHEDULE BASED ON 19 SEP 2026 PUBLIC PROGRAMME

Congress program 09:30–18:00 at Rebel · Official Closing Ceremony 18:00 · Badstufest from 19:00 · Skraa Bar open until 18:30

Time	Global Sauna Culture	Sauna & Health	Architecture, Tech & Sustainability	Sauna LIVE (Auditorium 0100 unless noted)
9:00				BOOK LAUNCH: Sweat + Naked Sweat – Legacy Edition [EXPO Arena] <i>Mikkel Aaland</i>
9:30	Sauna as Common Good: How the Boom Can Become a Regenerative Force For Communities Across the Globe <i>Becky Pelkonen</i>	Warming Up to a New Paradigm in Mental Health Treatment <i>Ashley Mason</i>	Sauna as third places: when maps and communities come together <i>Levi Westerveld</i>	FILM: "Fire Between the Fjords – Norway’s Sauna Revival" [EXPO Arena] <i>Sauna Channel</i>
10:00		Sauna and mental health – a pilot study <i>Eva Hilland</i>	Japanese Sauna Culture to the World <i>TTNE: Dai Matsuo, Daisuke Akiyama, Kenichiro Kasai</i>	Spirit of Sauna <i>Lasse Eriksen, Farris Bad</i>
10:10	Sauna Aid <i>Mikkel Aaland</i>			
10:30	BREAK	PANEL: Can sauna solve the mental health crisis? <i>Rune Jonassen, Nina Magatova, Emilia Vuorosalmi · Haakon Thuestad (mod.)</i>	BREAK	Kivía: The Spirit of Sauna <i>Erlend Klette & Svein Erdogan, Lokalkontoret</i>
11:00	Developments and Impacts of UNESCO Inscription on Estonian Smoke Sauna Culture <i>Eda Veeroja</i>	BREAK	Computational Sauna Dynamics: What Numerical Simulation Brings to the Sauna World <i>Corentin Maqueron</i>	SaunaTalk <i>Kate Butchart & Bjørnar Skaar Haveland, KOS Sauna</i>
11:30	Towards more inclusive sauna culture <i>Anna Talasniemi</i>	Sauna culture improves physical and mental wellbeing in the UK through social connection and ritual <i>Rachael McGrath</i>	A novel method for assessing the durability of sauna stones <i>Lassi Liikkanen</i>	FILM: "Tampere, the Sauna Capital of the World" [EXPO Arena] <i>Sauna Channel</i>
12:00	PANEL: Inclusive sauna: How to help everyone feel the heat <i>Anna Talasniemi, Polly Wilson, Sif Lauritsen · Michael Calcagno (mod.)</i>	Sauna as Social Prescription: Evaluating an NHS-Linked Community Sauna Programme in the UK <i>Polly Joy Wilson & Charlie Duckworth</i>	PANEL: On the rocks: What are the best sauna stones? <i>Lassi Liikkanen, Lasse Eriksen, Gard Lilledal Andersen · Callum Scott (mod.)</i>	
12:30	LUNCH BREAK	PANEL: Prescription wellness: Sauna as a public health tool <i>Rachael McGrath, Hans Hägglund, Rune Jonassen · Becky Pelkonen (mod.)</i>	LUNCH BREAK	Sauna Twins by Finnmark Sauna <i>Sami Rintala</i>
13:00		LUNCH BREAK		FILM: "Fire Between the Fjords" (Sauna Channel) BOOK TALK: Sauna Culture, Sweat and Spirituality [Skraa Bar] <i>Kaarina Kailo (book talk)</i>
13:30	Löyly and Aufguss – characteristics that distinguish different sauna cultures <i>Rolf-Andreas Pieper</i>		From Ancient Practice to Smart Sauna: How Technology Can Support Experience, Health and Sustainability <i>Perttu Rönkkö</i>	
14:00	The Evolution and Future of Japanese Sauna Culture <i>Katsuki Tanaka</i>	Designing the Hormetic Sauna™: Redefining Sauna as a New Architectural Standard for Measurable, Prescribable Heat Therapy <i>Stephen Jaye</i>	Wellness facilities for public use – Climated rooms requirements <i>Peter Jeitler</i>	"Löyly" + Q&A [EXPO Arena] <i>James Mugavin & Jan Nåls</i>
14:30	Steam with Memory: When Everything Becomes a Ritual <i>Māra Zute</i>	Holding Space: Women and the Unseen Labour in Sauna <i>Nina Magatova</i>	PANEL: Hot saunas and clean air: Next generation wood heaters and why it matters <i>Timo Harvia, Mihkel Ilp, Jesse Hämäläinen · Jake Newport (mod.)</i>	Badstuprat <i>Robert Hammond, Therme Group</i>
15:00	BREAK	What We Wear in the Sauna Matters <i>Victoria Arnhold</i>	BREAK	Kivía: The Spirit of Sauna (Charlie Duckworth, Community Sauna Baths) BOOK TALK: Sweathouse: The Rediscovery of Ireland’s Ancient Sauna Tradition [Skraa Bar] <i>Rosanna Cooney (book talk)</i>
15:30	PANEL: Sustainable sauna boom: How to keep sauna hot forever <i>Becky Pelkonen, Robert Hammond, Knut Lerhol · Mikkel Aaland (mod.)</i>	End of program	PANEL: Is technology enhancing or ruining the sauna experience? <i>Perttu Rönkkö, Marcus Holth Rønneseth, Jake Newport · Valtteri Rantala (mod.)</i>	
16:15	End of program		End of program	
16:30				Bar talk: The future of ISA [Skraa Bar]

18:00 Official Closing Ceremony — Rebel

19:00–00:00 Badstufest — Sukkerbiten, Oslo (separate ticket)

Source: saunacongress2026.org program pages, retrieved 19 Sept 2026. Sauna LIVE slots last max. 30 min; location noted in brackets when not Auditorium 0100.