

CONGRESS PROGRAM

XVIII International Sauna Congress

25.–27. October 2022 | Messe Stuttgart

Tuesday 25. Oct. 2022 Room: C1.1.2 08.30-9.00 a.m.

Moderation

Rolf-A. Pieper *Congress Director*
Jennifer Jaekel *Congress Manager*

Band

Uusikuu – finish Tango Band

Greetings and Opening Words

Finish Ambassador:

Anne Sipiläinen

President of host Deutscher Sauna-Bund e. V.:

Prof. Dr. Carsten Sonnenberg

President of International Sauna Association:

Risto Elomaa

Finnland Institut:

Mikko Fitze

and

Finnisch-Deutsche Gesellschaft:

Mari Koskula

Official Aufguss-Ritual to Start the Talks of the International Sauna Congress 2022
From finish Ambassador Anne Sipiläinen

Band

Uusikuu – finish Tango Band

Introduction to the Sauna Aid Association

Presentation and Video

Mikkel Aaland

Tuesday 25. Oct. 2022 C1.1.2 09.30-11.30 a.m.

Guided Tour Messe Stuttgart

Walk through the Hall 2 with professionals of the Messe Stuttgart. Afterwards a little typical finish snack is given by the Deutsch-Finnische Gesellschaft.



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Rolf-A. Pieper

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Jennifer Jaekel

**Topic 1: MORE THAN SWEATING- SAUNA AND HEALTH****Timeslots****Basics and evidence of effectiveness of hardening by sauna****PD Dr. med. Rainer Brenke:**

Former Medical Director Department of Naturopathy, Germany

Hardening" is probably the most widely accepted medical effect of regular sauna use. In this article, the most important physiological effects and pathways of action are presented. At the same time, an attempt is made to answer the question of how reliable hardening effects are in epidemiological terms. Despite extensive publications in recent years, there is still a clear need for research in this field.

01.00-01.30 p.m.

**Lessons learned from 50 years of sauna studies – Time for standardized sauna research protocols!****Prof. Dr. Hans Hägglund:**

University of Uppsala, Sweden

In the paper, studies of sauna research between 1969 and 2018 are analyzed qualitatively. The importance of standardized study designs is highlighted for better evaluation and comparability.

01.30-02.00 p.m.

**Heat sensation and heat acclimation – how does it work and what is it good for?****Prof. Dr. Jan Siemens:**

Dean of Research of the Faculty of Medicine Heidelberg, Germany

Temperature detection is an important sensory modality serving multiple functions. Not only is it necessary to perceive the outside world, but our internal homeostasis requires requires precise internal body temperature detection and regulation. Last year's Nobel prize for Physiology or Medicine was awarded for the identification and characterization of the molecular underpinnings that allow us to perceive hot and cold. In this presentation I will first introduce peripheral temperature sensors of the TRP ion channel family and in the 2nd part I will describe very recent findings that can explain how long-term heat exposure triggers heat tolerance.

02.00-02.30 p.m.

**The effects of regular exercise and sauna bathing on cardiovascular function****Earric Lee:**

Faculty of Sport and Health Sciences, University of Jyväskylä, Finland

The talk is about a multi-arm randomized controlled trial to investigate the cardiovascular adaptations to regular Finnish sauna bathing when used in conjunction with exercise in the general population.

02.30-03.00 p.m.



Mineralbad Berg is one of the three thermal baths in Stuttgart, the city with the largest mineral water deposit in Western Europe. The bath of Mineralbad Berg can be used by guests with total congress ticket in bathing clothes. The bath uses water from state-approved medicinal water springs. In the outdoor pool, this carbonated medicinal water can be enjoyed in its natural state, as there is no need for chlorination due to the high concentration of the springs. An unforgettable moment after a sauna session, as the approx. 20 °C cold healing water tingles on the skin heated by the sauna. This is unique and only possible in Stuttgart. In addition to the swimming pool area, you can also enjoy the sauna area at Mineralbad Berg. This is traditionally operated separately for the sexes. The sweating itself is done naked, as is customary in Germany. Whether gentle sweating in the warm air room with aroma at approx. 60-65 °C or a hot aufguss in the approx. 90-95 °C warm aufguss sauna: sauna hearts will beat faster.

Wednesday 26. Oct. 2022

C1.1.2

09.00-11.30 a.m.

Moderation:

Rolf-A. Pieper

**Moderation:**

Jennifer Jaekel

**Topic 1: QUO VADIS SAUNA?**
Design and Wellness Trends Shaping the North American Sauna Market Opportunity
Don Genders:

CEO & Founder of Design for Leisure, Austin in Texas

In this presentation, Don Genders, CEO of Design for Leisure and chair of GWI's Hydrothermal Initiative, will explore the current sauna landscape in North America and beyond, highlighting opportunities and global trends while addressing the challenges and misconceptions faced in a region where sauna bathing is not part of the cultural norm.

09.00-09.30 a.m.

**Timeslots**
The target group-oriented head concept of Therme Wien and SILENT SPA of the Therme Laa
Georg Wiesauer:

Management Therme and Silent Spa of the Therme Laa – Hotel & Silent Spa, Austria

The importance of target group-oriented sauna concepts is explained using the example of Therme Wien and SILENT SPA. Insights are given into the conceptions of Europe's largest city spa and the premium day spa "SILENT SPA" in Austria.

09.30-10.00 a.m.


How online sauna community boost enthusiasm for saunas in Japan?
Yu Suzuki:

CEO of Sauna Ikitai, Japan

Sauna is now fascinating more and more Japanese people, especially young people and women. The key driver of this growing enthusiasm for sauna is online sauna community. By introducing SAUNA IKITAI the talk describes how online sauna community boost enthusiasm for sauna. SAUNA IKITAI is one of the largest sauna search and social media service in Japan. Monthly 1.4 million sauna lovers are gathering.

10.00-10.30 a.m.



René Pier:

Freelance interior architect & member of the state board of AKBW Architektenkammer Baden-Württemberg, Germany

The presentation addresses the coming global trend to revitalize inner-city bathhouses. This could be a challenge for investors and municipalities. Health care could be brought closer to the people with bathhouses in inner city locations and be part of the transformation of inner cities.



Wednesday 26. Oct. 2022 C1.1.2 01.00-03.30 p.m.

Moderation:

Rolf-A. Pieper



Moderation:

Jennifer Jaekel



Topic 3: ECOLOGICAL AND TECHNICAL CHALLENGES FOR SAUNA CONSTRUCTION AND OPERATION

Timeslots

Optimized energetic sauna and bath operation in the focus of the current global resources

01.00-01.30 p.m.



Hans-Helmut Schaper:

Managing Director and Partner Planungsgruppe VA, Germany

How can sauna and bathing facilities still be operated in the future under the currently changed conditions of energy supply? Possibilities are shown to realize the sauna and bathing operation without the consumption of fossil resources and thus climate-neutral. Decentralized solutions are in the foreground.

The positioning of wellness – hotel and retreats

01.30-02.00 p.m.



Hans Dolman:

Quality Wellness Resorts; Founder and major shareholder, Netherlands

Hans Dolman will introduce you to the concept of Quality Wellness Resorts. This includes the sustainable economy as well as the management of the employees. Various sustainable measures will be presented, with which the wellness resorts fulfill their social responsibility.

Energy efficiency in public sauna baths

02.00-2.30 p.m.



Markus Gäbele:

Dipl.-Ing., authorized signatory and head of development and design at KLAFS, Germany

Economic efficiency and safety play an important role in the operation of public sauna facilities. Savings potentials are often not recognized and realized. In the case of saunas and steam baths, there are several opportunities. These possibilities of sustainable energy management will be shown in the lecture. The importance of uncomplicated maintenance will be pointed out.

Green Sauna: Solar Wellness all Over the World

2.30-3.00 p.m.



Prof. Dr. André Thess:

Professor of Energy Storage; Director of DLR, Germany

A growing number of people is interested in low-carbon sauna technology. Moreover, many places in the world have no access to electricity, gas and wood. A collaboration between Stuttgart University and the startup company Thermal Energy Storage Systems (THESS) have created world's first solar sauna and develop concepts for commercializing this innovative technology. The presentation will explain the technical principles of the technology and discuss its potential for a carbon-free solar sauna world of the future.

HALF-DAY TRIP: STUTTGART BATHS EXCURSION - FROM FASHIONABLE HEALTH RESORTS TO MUNICIPAL BATHS AS PART OF PUBLIC SERVICES

Guided by René Pier:

*Freelance interior architect & member of the state board of AKBW
Architektenkammer Baden-Württemberg, Germany*



Travel with interior designer René Pier through the city with the largest mineral water deposit in Western Europe. Learn more about the city, its history and about the many special features.

Starting at the booth of the Deutsche Sauna-Bund, you will then visit a bath with sauna as part of the "Hannibal" residential complex from the 1970s. From there, you have a perfect view of the Swabian Alb and immerse yourself in a time when community shaped architecture.

The next stop leads into the current architectural language with the F3 adventure pool and shows a sauna as part of the local supply for the citizens of the city. Outdoor pool and indoor pool combined in one place with a strong focus on low-threshold accessible relaxation.

The Kurhaus in Bad Cannstatt then offers the best opportunity to take a coffee break with regional cake specialties. At this historic site, two short lectures will tell you how it all began 250 million years ago and what the future holds for saunas.

The tour ends in downtown Stuttgart, with a short tour of the city center followed by the opportunity for dinner.

Ticket booking as well as the condition of participation you find here:
<https://ticketing-isc-2022.com/registration>

Interpreter:

Claudia Schaffert



Graduate conference interpreter (PGDip)