



# Declaration for Sauna Peace

Everyone may have the right to bathe  
in his/her favorite sauna.

All sauna bathers may come  
into the sauna friendly-minded.

Disagreements, quarrels and mobile phones  
shall be left outside ear-shot.

Any impure thought, envy or vengefulness  
may not enter the sauna;  
tolerance and open mind are welcome.



Inviolable sauna peace is a centuries-old common law of Baltic Finns and part of the domestic peace established by the Swedish kings. Since 1995, the International Smoke Sauna Club has declared sauna peace on the second Saturday of June for Finland and for whole humankind. This text is a modernised version of the old sauna peace regulations.

