

# Case study

## Travellamo Finland

TRAVELLAMO COMPANY  
Offers WELLBEING EXPERIENCES  
based on sauna and nature.  
Travellamo company invites the  
visitor to enjoy the old traditional  
healing culture and nature in  
Finland.

Finnish folk healing traditions are  
based on the healing and  
integrative powers of the Nature.  
They are related closely to silence  
and slowing down. For many,  
sauna, forest and seaside are  
places for calming down and  
listening oneself.

### TRAVELLAMO



#### Sustainability



#### Wellbeing

#### SAUNA

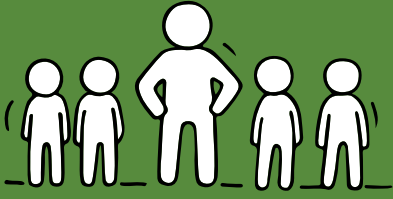


#### Events & Groups Sauna & kantele -experience

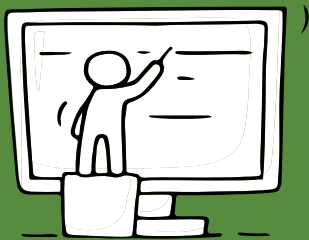


#### Training for Traditional Sauna-host

## Linking economies and stakeholders for commercial partnership



## Activities & Commercial Model



## Sustainability and Nature



Traditional saunas based on our folklore and revitalizing the therapeutic sauna culture strengthen the connection to our own roots. They help us better understand who we are, where we come from and what is valuable and worth preserving in our culture. Through traditional Finnish saunas, even the foreigners who are our guests can better understand us Finns. My goal is to help you find something valuable for your own life in this time, from nature and our sauna tradition, our root connection.

### Activities :

[Traditional Sauna & natural beauty](#)

[Mother earth's Sauna & herbs](#)

[Sauna & meditative sounds of Kantele](#)

[Kekri Sauna – silence and tranquility](#)

In company's activities, responsible tourism is combined with Baltic Finnish folklore, the traditional treatments known to our people - especially traditional saunas and steaming - and soothing and healing nature.

# Trees and Plants



## Reducing emissions



## Wellbeing



Co-funded by the  
Erasmus+ Programme  
of the European Union



“Maaria took us on a remarkable journey into the land of 'real Finnish Sauna's'. We went deep into the forest to a place that was right out of a hundred years ago, with a lake to swim in between steams. I loved the lessons about the Vihta's she gave us before we collected different herbs and tree branches to make our own.

I feel much more connected to my ancestors and want to learn more – as well as take more saunas! I feel her work is so important to carry these traditions forward before they are forgotten. Thanks Maaria!”

### Energy

No permanent premises.  
Traditional Sauna is heated by wood .  
The water used in the sauna is often brought from natural water sources

### Waste

There is very little garbage, and it is recycled according to the region's guidelines

### Healthy and Enjoyable Activities

“It was amazing to learn about the elements the herbs and branches carry and how to use the vihta's, as well as the mud and honey herb salves she made for us to use. We put it all over our faces and bodies and after the sauna we jumped into the water. It was a gift to be given such valuable information about the past and i was very grateful to have someone as knowledgeable as her to bring the past to life, to teach me more about my heritage and for such a healing day.”