



Britain's Best Saunas

Lucie Grace

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Social, relaxing and actually really good for you... saunas are replacing the pub as Britons' favorite pastime. They can be found everywhere, from rugged Pembrokeshire coastlines and Scottish islands to inner-city car parks. Some are so traditional, they could have been plucked from Helsinki; others put an innovative – and distinctly British – spin on things, with saunas in repurposed horseboxes and pub backrooms. Many are new, boasting dynamic community events (sweaty yoga, anyone?); some are as old as Britain's heritage spa towns. This book explores the very best of them.

Lucie Grace is a writer focusing on culture, travel and wellness. She first fell in love with the power of sauna on a trip to Budapest aged 19. She's been chasing steam ever since.