

PIRTS*-GOING A B C

BY PIRTS SPECIALIST

JĀNIS ZUSTRUPS

HOW TO
PREPARE FOR
ATTENDING A
PIRTS

AND HOW
TO DO IT IN A
HEALTHY WAY



1.

On the day of the Pirts, eat a light meal two or three hours before starting

A full stomach can cause uncomfortable – constricting or suffocating – feelings

To ensure an enjoyable and pleasant experience, it is not advisable to eat during the Pirts (except some light, healthy snacks)



2.

For two hours before starting the Pirts, and during the Pirts, drink warm water and herbal tea

This promotes desirable sweating



3.

Prepare and organize your Pirts "tools" and accessories so that everything is at hand

Blanket or sheet to lie on

Bucket with hot water to pour on the heated stones for steam

Pirts hat

Whisks (most frequently used are birch, linden, oak, but you can use others as well), herbs, body scrubs, and masks

Bucket with cool water to rinse your face and head and to cool off during whisking

Herbal tea, warm water, and some light snacks (for example, honey, fresh or dried fruit)

Towels (several)

Slippers

4.

Before entering a Pirts steam room, customize its microclimate. If you need a lower temperature, the walls can be cooled with cold water; if you prefer a higher temperature, hot water can be applied to the walls. Air out the Pirts steam room to ease breathing and make the experience more enjoyable

Gentle Pirts –
temperature
40-50 C,
humidity
30-40%

Medium Pirts –
temperature
50-60 C,
humidity
40-50%

Vigorous Pirts –
temperature
60-70 C,
humidity
50-60%



5.

Be cautious,
pay attention
to safety
concerns!

Hot – areas of
the environment
can be hot (stove,
chimney, water,
steam)

Slippery –
a wet floor and
steps can be
slippery

Decreased oxygen
levels – air out the
Pirts steam room
after each use

Bring a
companion, so
you can watch out
for each other, and
offer assistance if
needed

When cooling
off in a pool, do
it carefully. Enter
gradually, in a
shallow area

6.

Enjoy the Pirts
naked – to ensure a
more uniform temperature
for the entire body, provide
better stimulation of your
circulatory and lymphatic
systems, and encourage
better and more uniform
sweating

Wash
away the
day's dust and
sweat before
entering the
Pirts

Towel
yourself off
and enter the
Pirts dry



7.

When reclining on the bench, lie flat or with slightly elevated legs, so that your head is even with or lower than the legs

This will ensure even warming

Protecting the head from overheating

Better and deeper relaxation

8.

Add water to the heated stones gradually, half a bucket at a time – it's better to pour less at first and then add more as needed rather than suffer in an overdose of steam

9.

During the warming phase rinse your face, head, and arms with cool water and let your body heat more deeply. To protect your head from the heat, wear a Pirts hat or cover your head with a whisk dipped in cold water



10.

Leave the steam area as soon as you begin to think: "Maybe that's enough?"

Rinse off in warm or lukewarm water

Relax, drink some tea, and breathe

Cover your shoulders so the heat doesn't "run away"

Put on warm socks or slippers, so that cold doesn't sneak in through your feet



11.

Take a Pirts whenever you feel that you "need warmth". The frequency and type and sequence of procedures is an individual choice

Warm your feet, joints, and shoulders with warmed whisks. Apply them to your body as a whole

Wash and exfoliate your body

Pamper yourself with a honey, clay, berry, or other natural body wrap

When cooling off, apply cold water first to your feet, then shoulders, and only then the head and rest of your body



12.

AT THE
CONCLUSION OF
THE PIRTS, THANK
THE PIRTS SPIRIT
FOR THE **WARMTH**,
TENDERNESS,
AND **HEALTH!**

***The Pirts is an ancient Latvian tradition of body cleansing and promotion of well-being that incorporates the recitation of “Dainas” (Latvian folk songs) with the application of plants and other natural materials in a heated and humid atmosphere in it’s unique procedures and rituals.**

“Pirts” cannot easily be translated with a single word; the Pirts is as distinctive to Latvian culture as is the Sauna to Scandinavia, the Hammam to Turkey, and the Banja to Russia.

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Artist: Daiga Brinkmane

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