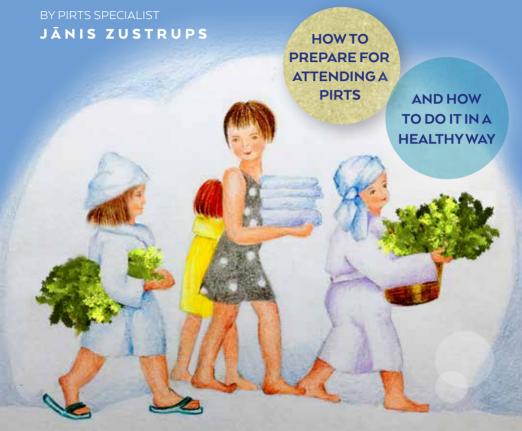
PIRTS*-GOING A B C





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

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, Slippers fresh or dried

fruit)

Towels

(several)

Pirts hat

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

Medium Pirts temperature 50-60 C. humidity 40-50%

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

Vigorous Pirts temperature 60-70 C. humidity 50-60%

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

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



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

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

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 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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EIROPAS SAVIENĪBA
EIROPA INVESTĒ LAUKU APVIDOS
Eiropas Lauksaimniecības fonds

