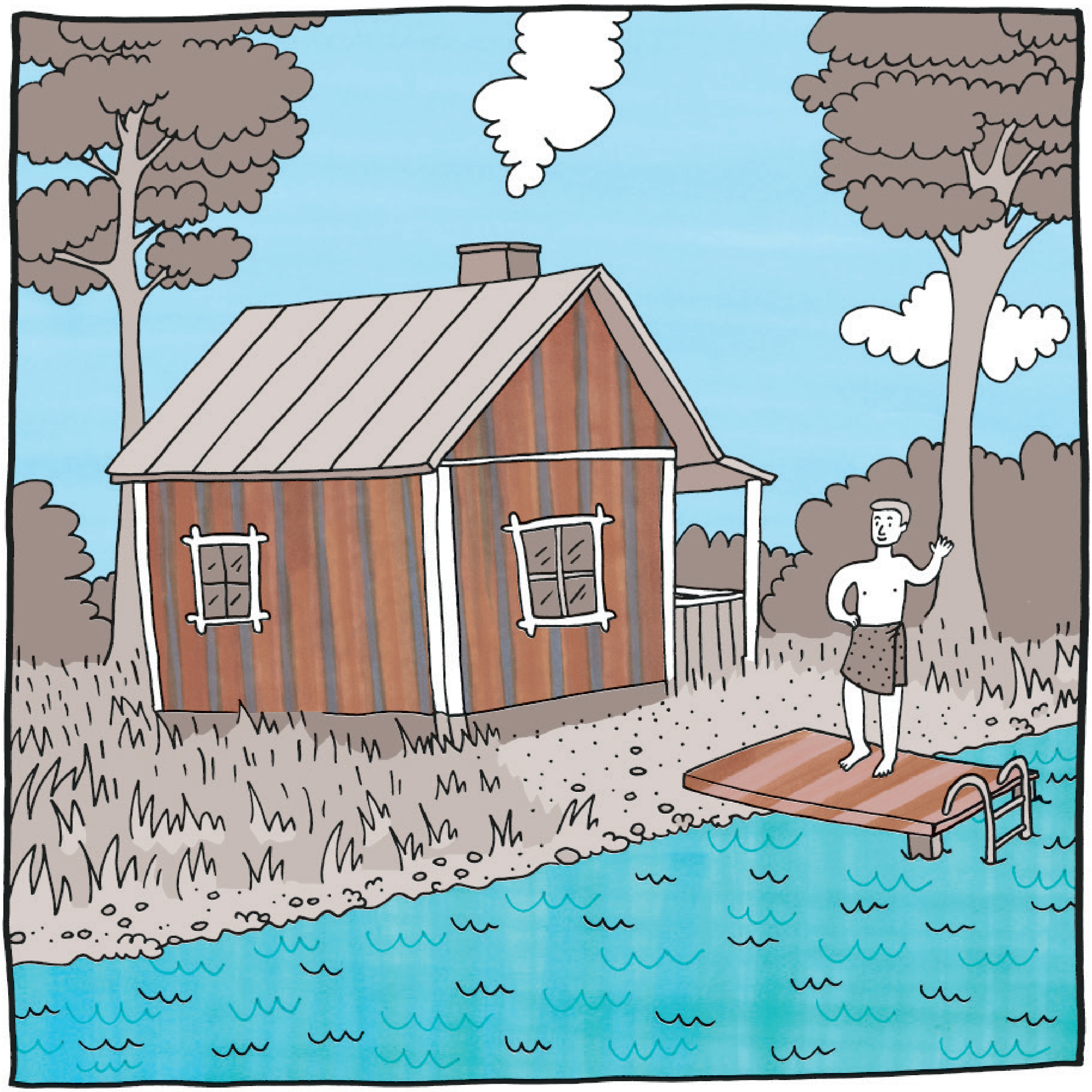
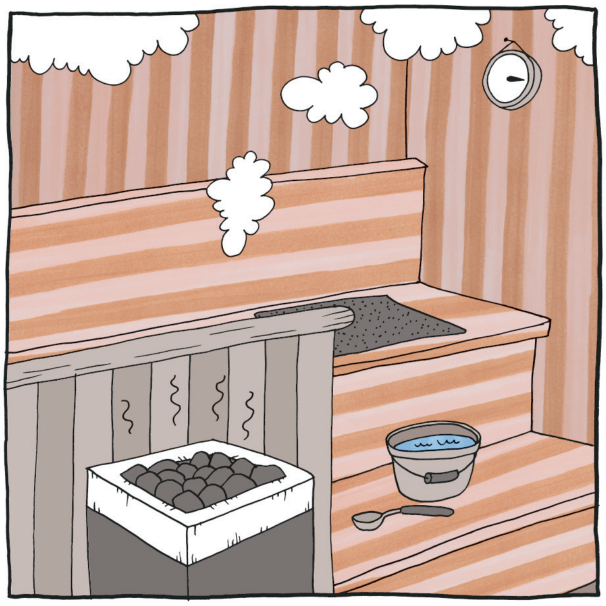
Sauna



Ku soo dhawoow sawnada (sauna) Finland

SUOMEN SAUNASEURA
FINSKA BASTUSÄLLSKAPET
THE FINNISH SAUNA SOCIETY



Sawnadu (Sauna) waa qol kulul. Waxaana heerkulka qolkaas uu gaaraa 100 digrii.

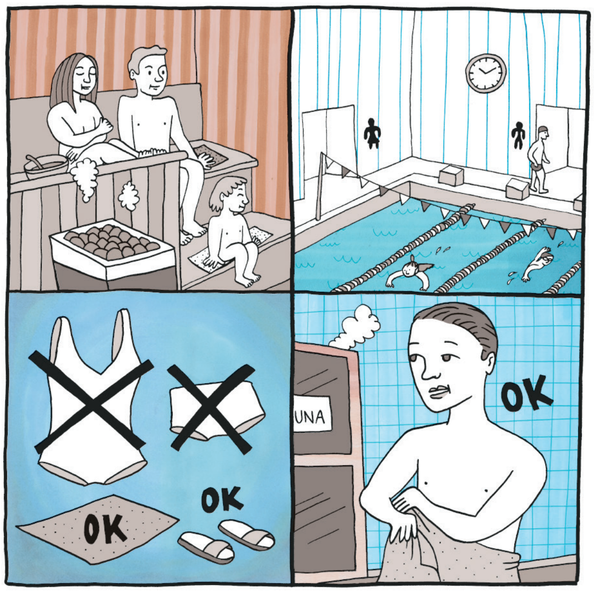
Sawnada waxaa lagu kululeeyaa foornada yar ee loo yaqaan kiuas, kaasoo ah foorno laga buuxiyay dhagaxaan nooc gaar ah ka sameysan, dhagaxaantaas iyo foornada ayaa kuleylku ka dhalanayaa.

Sawnada wax ay jirtaa in ka badan kun sano, waana qeyb weyn oo ka mid ah dhaqanka finishka.

Waayadii hore sawnadu waxaa ay aheyd goob ilmaha lagu dhalo iyo waliba goob meydka lagu dhaqo (90 sano ka hor muddo haatan laga joogo), waayo sawnadu waxaa ay aheyd meesha ugu nadaafadda wanaagsan. Waana sababta sawnadu ay ugu leedahay dadka finishka ah muhiimad qotodheer oo joogto ah.

Finland waxaa ku yaal sawnooyin ka badan tirada gawaarida ee Finland taalla. Inta badan qof walbaa guriga ayay sawnadu ugu taallaa. intaa waxaa dheer oo ay Finland leedahay sawnooyin guud oo dadka u dhexeeya, gaar ahaan hoolalka dabaasha iyo kuwa isboortiga, amaba sawnooyin iskood u dhisan.

Sawnada waxaa la galaa hal mar todobaadkii ama in ka badanba.



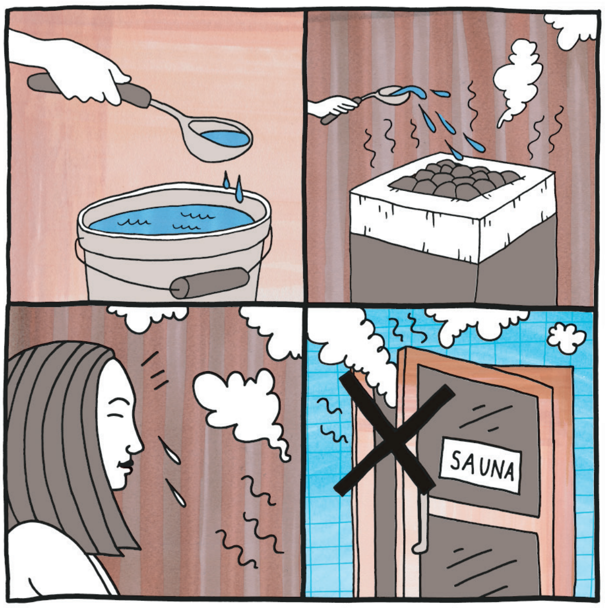
Xubnaha qoyska finishku waa ay wadagalaan sawnada. Rag iyo haweenba waxaa ay islagalaan iyagoo qaawan oo aan wax dhar ah xirneyn. Dadka martida ah iyo sawnooyinka guud ee dadka ka dhexeeyaba, ragga iyo haweenku qolaba goonidooda ayay si gaar ah ugu sawneystaan, haweenkuna haweenka kale ayay la galaan, ragguna ragga kale ayay la galaan.

Sawnooyinka guud ee dadka ka dhexeeya waxaa iyaga xitaa lagu galaa qaawanaan (iyadoo aan wax dhar ah la xirneyn), haddii ay qaawanaantu adiga kuula muuqato arin aan wanaagsaneyn, waxaad inta cawrada ah ee jirkaaga ku asturi kartaa shukumaan.

Isu galmoodka ama seksigu waa mid aan wax shaqo ah ku lahyn sawneysiga caadiga ah.

Inta aan sawnada la galin waa la qubeystaa, waxaana jirka loo meyrtaa si fudud. Qubeyska rasmiga ah waa marka la sawneysto kadib.

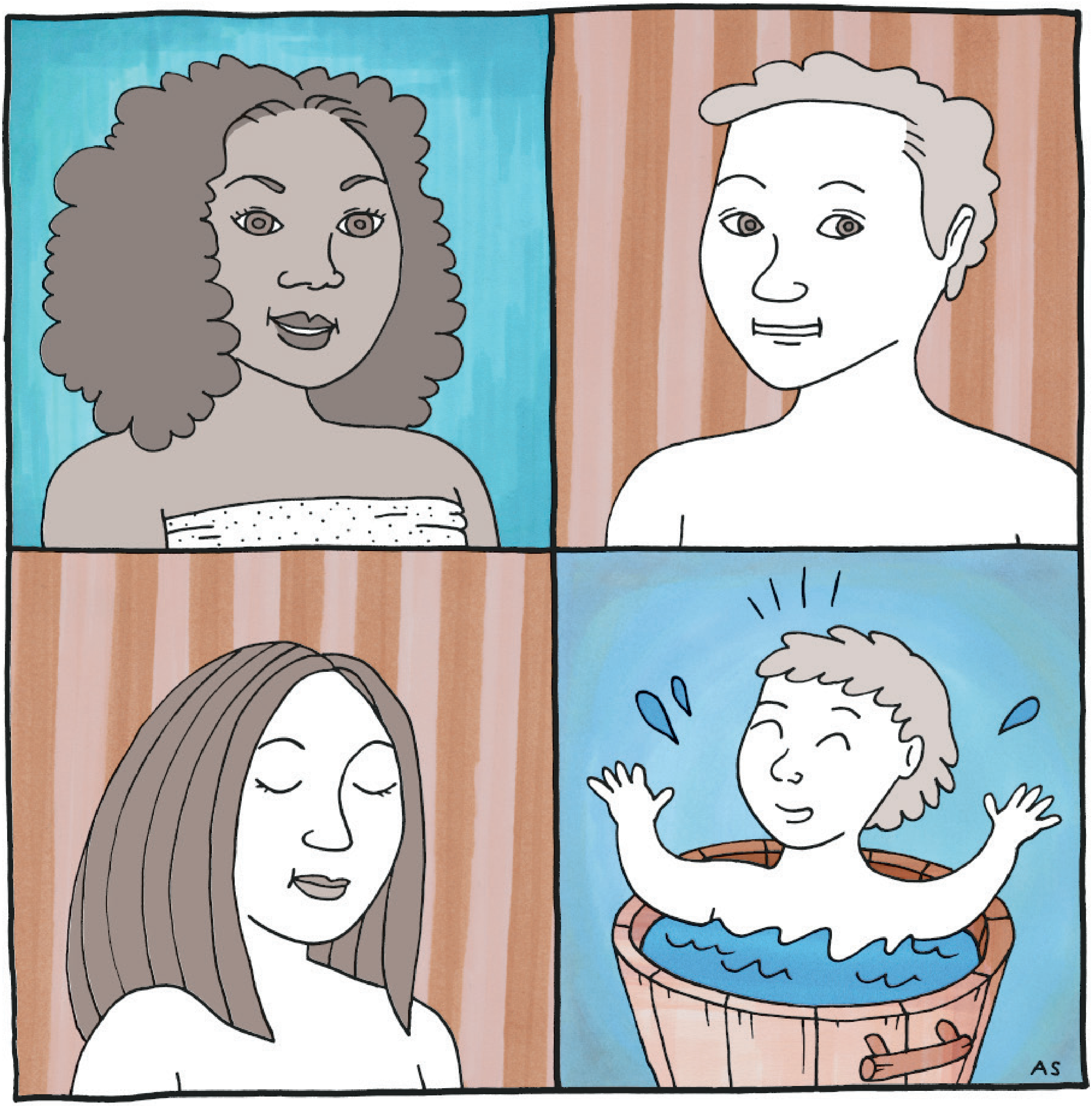
Sawnadu waxaa ay nadiifisaa jirka iyo maskaxdaba.



Sawnada waa la fariistaa, dabadeedna caag biyo ku jiraan ayaa inta la soo darsado si fiican loogu firdhiyaa biyiha foornada ay dhagaxaantu ku jiraan. Biyaha ayaa isu bedelaya uumi kulul, sidaas awgeed ayay u yihiin kuwo degan. Ku shub biyaha oo kaliya markii ay dadka kale ee kula jooga doonayaan.

Marka lagu jiro sawnada waa in albaabka sawnada uu xirnaadaa inta la sawneysanayo.

Waqtiyada yar ee u dhexeeya inta la sawneysanaayo ee ka horeysa inta aan mar labaad sawnada dib loogu laaban, waxaa fiican in biyo qabow dusha la isaga shubo, ama bannaanka la fariisto, ama lagu soo dabaasho harada ama badda . Xusuusnoow sidoo kale in aad biyo cabto.



Ku raaxeyso biyo ku shubista foornada sawnada, ixtiraam
oo tixgalin sii dadka kale ee sawnada kugula jira.

Ku soo dhawoow Sawnada!