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At the Spa with Finnair

I was recently in [Finland](#) as the guest of [Finnair](#), and I was able to take advantage of their Via Spa at Helsinki Airport. The spa is located next to Finnair's new state-of-the-art Via Lounge.

There are many treatment rooms, and a great deal of travelers have found that even one hour offers enough time for a scrub, a rub and a sauna! I made sure to arrive earlier than normal so I could enjoy the full treatment experience. I chose the Hamam Scrub, which is good for circulation and perfect for flyers. The technician uses sea salts and Asian soaps for the scrub, as both help to improve blood flow.

You must take advantage of the many sauna rooms, which include the Stone Bath (hot stones are dipped into spring water with an unusual iron arm contraption), Brechelbath (see picture below, where soft fir branches line the floor and add to the aroma), the Steam Sauna and several other rooms that you can go to one by one dependent upon your time.



Look out for a future "Spa Report" in *Global Traveler!*

– Fran Gallagher, publisher and CEO

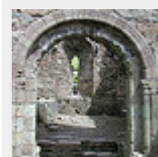
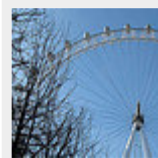
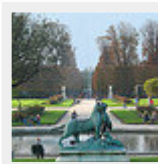
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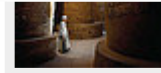
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