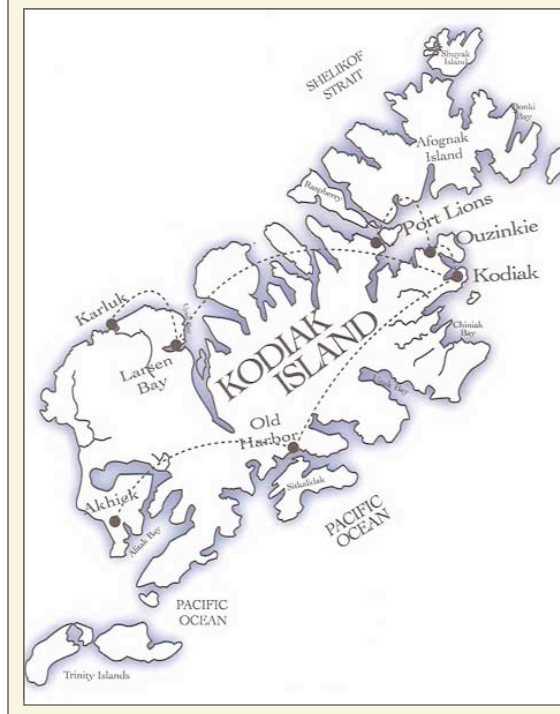




WELCOMED WITH

Breakfast pastry, cold cereal, a refrigerator, microwave, coffee pot, toaster, two twin beds, and half bath in your B & B. Enjoy the local tradition of a private banya (sauna bath house). Wireless internet is available upon request.



CONTACT INFORMATION

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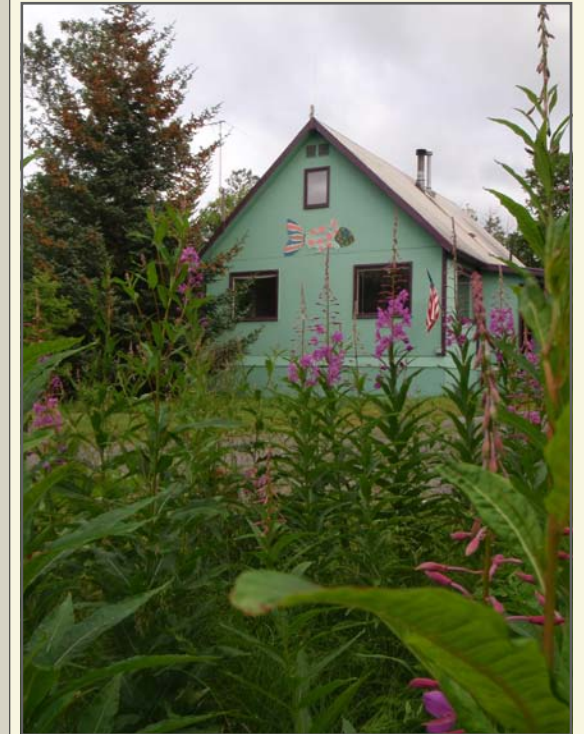
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Open June 1 through Labor Day
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Banya...your bath at our B&B



The bathing ritual

Banya temperatures often will exceed 200 degrees Fahrenheit (93 degrees Celsius) a user may prefer to sit on a small mat brought into the banya to protect their bare skin from the dry, hot wood of the banya's interior benches. After the first good sweat is induced, it is customary to cool outdoors or rinse in cold water. Then the banya is re-entered and small amounts of water are splashed on the rocks. If too much water is used at once, the steam will be cool with a clammy feel. A small amount of water on sufficiently hot rocks will evaporate quickly, producing a steam consisting of small vapor particles. After each sweat, cooling off is repeated and patrons may take this break to drink beverages.

Health benefits

The high temperature in the banya has many health benefits. Excessive heat stimulates sweating, thus removing unwanted materials from the blood and improving the work of the kidneys. Sweating also releases excess water and salt from the body and opens the skin pores, cleaning it and making it softer and fresher. The process helps rid the muscles of

excess lactic acid. Dilated blood vessels increase the flow of oxygen to muscles, reduces swelling and aids in the repair of tears. Steam bathing also stimulates protein circulation, improving digestibility of proteins, fats, carbohydrates, and mineral elements. Because harmful bacteria and viruses can only survive within a narrow



temperature range, the use of banya to create an "artificial fever" may aid the body in protecting against them. Finally, endorphins are released due to the increase in cardiovascular activity.

Source Wikipedia