

NUDE

БАННЫЙ БЛОГ

Blog about banya
from Russia
[Nudeblog. ru](http://Nudeblog.ru)



My name is Anna!

I am 26 years old and I am the author of nudeblog.ru

Blog was created in october 2016.

I am writing about public banyas in Russia, terms, hot springs all over the world. Give advices, explain rules and show the rituals in banya nowadays.



In september 2017 I made first event in banya.

#bathbliss

This project for people who never been in banya, afraid a little and totally don't know what to do inside!

This is project for girls, but sometimes we go to banya together with men!

More then 100 people in Saint Petersburg started vizitng banya evety week and understand this awesome tradition!



The blog was born with this photo from KultturiSauna in Helsinki! More than half a year I was searching the shape of future banya blog and the name!



I am interior design journalist and CEO in my shum.agency We work for architects, brands, dealers, builders.


Advertising, marketing, SMM, websites, shootings, events.

For many years I was editor in chief of online magazine about design, making fashion shows, do sports and yoga and was banya addicted from earlier ages!

So nudeblog is a synergy of my profession, hobby and very different experience!



The main problem nowadays that public banya in Russia only for old people. Youngers don't have this culture, they are afraid of going to banya, afraid to strip themselves, they don't want to look on old body and don't interest in Russian real traditions! They had an idea that banya is for poor people, that it is a dirty place and foreign ideas are better!

A photograph of a person lying on their back on a wooden bench inside a sauna. The person is covered with a large, dense bouquet of green herbs, likely birch or similar, which is placed over their head and shoulders. The person's arms are extended upwards, and their legs are bent at the knees. The sauna's interior is made of dark wood, and the lighting is dim, creating a warm and relaxing atmosphere.

Banya history

Ancient times

Tsar time

Soviet Union

90

Now



What has happened with us?

On my point of view, USSR broke healthy feeling of ourselves, change attitude to the body and give the wrong route to young people.

Everything was stricted, parents doesn't give normal sexual education, doesn't show how to love and understand yourself, made from the learning our body as a forbidden action and all sexual characteristics become something very ugly and not normal!

I was going to banya from 3 years old with my mom and granny, then was puberty period without our common bathing and after 2 years banya return to my life! From my followers I know that the first banya experience was so awful that they cant imagine how to return to this place. Our parents live in closed country with great system but without evolution as a person. No one know about energy, Zigmund Freid, level of mental development of the child, importance of showing love trough mom and dad, explain how your body grow up and help with this changes in your appearance. They was cool but don't know themselves at all. The same clothes and interiors, utopia ideas for the future, always less opportunities and total absence in understanding that there is something more then LENIN!





How modern architecture helps to
reborn banya: ideas&projects!

Сауны в фитнесе

Мировая архитектура

Уход от 90 ых



How Social media and press helps
the banya market: the nudeblog
experience

Книги про модернизм

Спорт

Голодание

как выглядят сайты



Future plans and possible solutions



Thank you

Nudeblog.ru

www.instagram.com/nudeblogru/w

www.facebook.com/bathpoint/