



IRON STEAM

ALLOWED TO REST

A gentle journey into stillness, Allowed to Rest invites you to lay down the weight of the day and return to yourself. Through heat, steam, and carefully chosen aromas, the body is given permission to soften, the mind is invited to slow down, and the breath becomes a guide toward deeper relaxation. Each round offers an opportunity to release a little more—moving from effort into ease, from thinking into feeling, and from holding on into simply being held.

Created as a sanctuary within the warmth of the sauna, this ritual offers a space where nothing needs to be achieved, understood, or controlled. A place where silence is welcome, stillness is enough, and rest becomes something you can fully receive.

First Steam - Sweet Orange • Cedarwood

Warm citrus notes and grounding wood aromas create a feeling of comfort, safety, and ease. As the warmth begins to settle around you, the demands of the day gradually fade into the background. Sweet Orange brings lightness and reassurance, while Cedarwood provides a steady foundation beneath your feet. The breath deepens, the body begins to unwind, and the mind gently loosens its grip on everything that came before. This opening round is an invitation to arrive fully in the present moment and allow yourself to let go.

Second Steam - Lavender • Ho Wood

Gentle floral and woody aromas invite the body and mind to soften even further. Lavender calms the senses and quiets mental activity, while Ho Wood brings a sense of harmony, balance, and inner peace. Thoughts become less important, breathing becomes effortless, and attention naturally turns inward. There is no need to understand, solve, or control anything. Surrounded by heat and steam, you are simply invited to be present, allowing stillness to emerge naturally from within.

Third Steam - Frankincense • Vanilla

Deep resinous warmth blends with soft sweetness to create a nurturing and comforting finale. Frankincense encourages presence and reflection, while Vanilla wraps the senses in a feeling of warmth and reassurance. The journey settles into complete surrender, where effort dissolves and stillness remains. Supported by heat, steam, and silence, body and mind find a place of profound rest. Nothing needs to happen. Nothing needs to be achieved. For this moment, you are simply allowed to rest.

A soothing Iron Steam journey of release, softness, and deep relaxation, gently guiding you back to the quiet place where you are allowed to rest.