



IRON STEAM

CATHEDRAL OF HEAT

A tribute to the sauna - a journey through warmth, steam, and stillness. Cathedral of Heat honors the timeless ritual of gathering around fire, water, wood, stone, and breath. Through heat, steam, and carefully chosen aromas, each round invites you deeper into the essence of the sauna experience. What begins as an arrival becomes a connection, and what becomes a connection ultimately transforms into surrender.

Across three connected chapters, this ritual explores the heart of the sauna: entering the sacred space, becoming one with the heat, and finding rest in its embrace. Guided by warmth and presence, it is a journey of transformation and belonging - where heat becomes more than a sensation, and the sauna becomes a place to come home to yourself.

First Steam - Fir Needle • Juniper Berry

Fresh evergreen aromas welcome you across the threshold and reconnect you with the natural origins of the sauna. Fir Needle evokes the quiet strength of northern forests, while Juniper Berry brings a crisp, cleansing character that awakens the senses. As the first waves of heat rise, the outside world begins to fade away. The mind settles, the breath deepens, and a sense of reverence emerges. This is the moment of arrival—a conscious step into a space where time slows, distractions dissolve, and presence becomes possible.

Second Steam - Eucalyptus • Pine

Fresh, expansive aromas merge with the growing intensity of the steam. Eucalyptus opens the breath while Pine brings strength, vitality, and a deep connection to nature. Heat is no longer something around you—it becomes something you move with. Breath, body, and steam begin to flow together as one. The rhythm of the sauna takes over, inviting you to surrender to the experience and become fully immersed in its transformative power. In this moment, there is no separation between yourself and the heat.

Third Steam - Cedarwood • Benzoin

Warm woody notes and rich balsamic aromas create a comforting and contemplative finale. Cedarwood evokes the enduring presence of the sauna itself - strong, grounding, and timeless - while Benzoin adds a soft resinous warmth that encourages deep relaxation and surrender. The intensity of the journey gradually settles into stillness, and a profound sense of belonging emerges. Surrounded by heat, steam, and silence, you discover that the sauna is more than a place - it is a sanctuary. A place where nothing needs to be added, and nothing needs to be taken away. A place that feels like home.

A ceremonial journey through warmth, steam, and stillness, honoring the timeless spirit of the sauna as a sanctuary of presence, transformation.