



PROJECT AUFGLUSS

ELEMENTAL FLOW

Nature moves in cycles. Air stirs the senses, fire awakens energy, earth provides strength, and water restores balance. Elemental Flow is a journey through these four elemental forces, guiding you through a harmonious progression of heat, aroma, and movement. Each round embodies the qualities of a different element, inviting you to connect with the rhythms of nature and discover their reflection within yourself.

As the ritual unfolds, the elements flow seamlessly into one another—awakening, energizing, grounding, and renewing. Together, they create a balanced experience that engages body, mind, and spirit.

First Steam – Air - Linden Whisks

The journey begins with the element of air. Gentle linden aromas drift through the sauna like a warm spring breeze, bringing lightness, openness, and ease. This round encourages deeper breathing, mental clarity, and a sense of freedom, creating space for the journey ahead.

Second Steam – Fire - Eucalyptus Whisks

Fresh and invigorating, eucalyptus awakens the senses and energizes the body. Like a spark becoming a flame, this round builds intensity and vitality. The heat rises, circulation is stimulated, and a feeling of strength and momentum begins to emerge.

Third Steam – Earth - Oak Whisks

Oak represents resilience, stability, and deep-rooted strength. Rich and grounding, this round invites you to settle into the heat and connect with a sense of inner balance. Like the steady support of the earth beneath your feet, oak provides focus, confidence, and endurance.

Fourth Steam – Water - Birch Whisks

The journey concludes with the cleansing and restorative qualities of water. Fresh birch aromas evoke forest streams and summer rain, washing away the intensity of the previous rounds. This final stage brings renewal, clarity, and a sense of harmony as the experience gently comes full circle.

Elemental Flow is a celebration of nature's four elements and their presence within us all. Through air, fire, earth, and water, this ritual creates a dynamic yet balanced journey, leaving you refreshed, grounded, energized, and deeply connected to the natural world.