



# PROJECT AUFGLUSS

## FIRE OF PERKŪNAS

As summer reaches its peak, the skies often come alive with thunder and lightning—the domain of Perkūnas, the Baltic god of storm and fire. His presence is found in the warmth of the sun, the energy of the storm, and the fresh vitality that follows the rain. Fire of Perkūnas captures this midsummer power in a sauna ritual of heat, transformation, and renewal.

As the ritual unfolds, the heat builds like a gathering storm. Ancient forest aromas connect you to the earth, fiery spices awaken the senses, and the final round brings the fresh clarity that follows after thunder and rain. This is a ritual of courage, transformation, and renewed energy.

### **First Steam** – Oak Moss • Juniper • Spruce

Deep forest aromas evoke the ancient woodlands where Perkūnas was believed to roam. Earthy oak moss provides a grounding foundation, while juniper and spruce bring the freshness of wild northern forests. Like dark clouds gathering on the horizon, this round builds anticipation and awakens inner strength.

### **Second Steam** – Black Pepper • Scots Pine • Eucalyptus

The storm breaks. Black pepper delivers warmth and intensity, while Scots pine and eucalyptus bring a sharp, invigorating freshness that cuts through the heat like lightning through the sky. This powerful round symbolizes the cleansing force of thunder and storm, encouraging the release of tension, doubt, and stagnant energy.

### **Third Steam** – Birch Leaf • Linden Blossom • Wild Chamomile

As the storm passes, calm returns. Fresh birch leaf captures the feeling of rain-soaked forests, while linden blossom and wild chamomile bring softness, balance, and restoration. The heat settles into a sense of clarity and quiet confidence, leaving body and mind renewed.

**Fire of Perkūnas** is a journey through the raw power of nature—an experience of thunder, fire, and renewal that awakens the spirit, strengthens the mind, and leaves you feeling clear, energized, and alive.