



PROJECT AUFGLUSS

FIRE OF PERKŪNAS

Inspired by Perkūnas, the Baltic god of thunder, vitality, and life force, Fire of Perkūnas is a celebration of strength, growth, and the fullness of summer.

As the natural world reaches its peak, forests stand vibrant, days are filled with warmth, and storms pulse with untamed energy across the sky. This ritual invites you to awaken your inner fire and embrace the force that moves through all living things. Through heat, steam, and carefully selected aromas, you are guided on a journey of activation, empowerment, and integration—deepening your connection to your own vitality and resilience.

Like a midsummer storm, the experience begins with gathering energy, rises into a powerful expression of strength, and settles into a state of grounded confidence and renewal.

First Steam – Oak Moss • Juniper • Spruce

The journey begins among the ancient forests sacred to Perkūnas. Earthy oak moss, wild juniper, and fresh spruce create a strong foundation, connecting you to the living energy of the natural world. This round awakens the senses and invites you to root yourself deeply, drawing strength from the earth beneath your feet.

Second Steam – Black Pepper • Scots Pine • Eucalyptus

The energy rises. Black pepper brings warmth and intensity, while Scots pine and eucalyptus invigorate the body and expand the breath. Inspired by the power of thunder and lightning, this round awakens courage, determination, and vitality, encouraging you to step fully into your own strength.

Third Steam – Birch Leaf • Linden Blossom • Wild Chamomile

As the storm passes, its energy remains. Fresh birch leaf brings clarity and renewal, while linden blossom and wild chamomile create balance and harmony. This final round embodies the fullness of summer – strong, abundant, and alive. The body relaxes, the mind settles, and a quiet confidence emerges from within.

As the final steam fades, what remains is a feeling of grounded power and renewed vitality. Like the forests after a summer storm, you stand refreshed, energized, and deeply connected to the life force that surrounds and sustains all things.

Fire of Perkūnas is a tribute to the season of abundance and expansion—where life stands strong, rooted, and fully alive.