



PROJECT AUFGLUSS

Fire of renewal

Fire is the element of transformation. It brings warmth, light, and energy, while also offering the opportunity to release what no longer serves us. Fire of Renewal is a journey through heat, steam, and carefully selected aromas that guides you from grounding and purification toward balance and renewed vitality.

Each round represents a stage of renewal. The first establishes a strong foundation, the second clears away what has become stagnant, and the third restores harmony, allowing fresh energy to emerge. As the ritual unfolds, the heat becomes a symbolic fire, one that transforms rather than consumes.

First Steam: Incense of Olibanum and Benzoin and Oak Whisks

Warm resinous and woody aromas create a sense of grounding and presence. This opening round invites you to settle into the heat, connect with your breath, and leave the distractions of daily life behind. Like embers slowly gathering strength, the fire begins to awaken.

Second Steam: Infusion of Rosemary, Sage and Lemon

Fresh herbal notes bring clarity and purification. Rosemary and sage help clear the mind, while lemon adds brightness and vitality. This round encourages the release of tension, mental clutter, and stagnant energy, creating space for something new to arise.

Third Steam: Infusion of Linden Blossom, Rose Petals and Lavender

Soft floral aromas bring balance and integration. Linden blossom calms, rose nurtures, and lavender soothes both body and mind. As the heat settles, a feeling of openness, peace, and renewed energy emerges, completing the cycle of transformation.

Fire of Renewal is an invitation to release, restore, and reconnect - leaving the sauna feeling lighter, clearer, and re-energized for whatever lies ahead