



IRON STEAM

IN STEAM WE TRUST

A sauna ritual about trust—not in certainty, but in the process itself. In the heat, in the breath, in the moment. Through steam, aroma, and movement, this journey invites you to let go of control and surrender to an experience older than words. The sauna asks for nothing but presence. Each round takes you deeper: first into the breath, then into the fire, and finally into the stillness that remains when everything unnecessary has fallen away.

A journey of presence, surrender, and transformation, guided by the timeless wisdom of steam.

First Steam - Eucalyptus • Lime

Fresh and uplifting aromas invite awareness and deepen the breath. Eucalyptus opens the airways while lime brings clarity and lightness, helping the mind transition away from the outside world. As the warmth settles around you, attention gently returns to the rhythm of breathing. With every inhale and exhale, distractions begin to fade and presence takes their place. This opening round lays the foundation for the journey ahead: trust in the breath, trust in the body, trust in the process.

Second Steam - Cedarwood • Black Pepper

Warm wood and subtle spice create a powerful and grounding atmosphere. As the heat intensifies, resistance begins to soften. Cedarwood encourages stability and confidence, while black pepper ignites inner strength and determination. Rather than fighting the heat, you learn to move with it. The flame becomes a symbol of transformation, burning away tension, expectation, and distraction. In surrender, a deeper sense of resilience emerges.

Third Steam - Frankincense • Lavender

Deep resinous notes blend with soft floral calm, creating a reflective and harmonious finale. The intensity of the journey settles into stillness. Frankincense invites presence and contemplation, while lavender helps the body and mind fully unwind. As the final steam fades, a profound sense of clarity begins to emerge. What remains is simple and essential: the breath, the body, and the quiet strength found in the present moment.

A contemplative Iron Steam journey of breath, surrender, and transformation, revealing the calm strength and clarity that remain when we place our trust in the steam.