



IRON STEAM

RETURN TO STILLNESS

A journey back to the quiet place within. Return to Stillness invites you to slow down, reconnect with yourself, and rediscover the calm that is often hidden beneath the noise of everyday life. Through heat, steam, and carefully chosen aromas, awareness gradually deepens and tension begins to soften. Each round offers an opportunity to listen inward, release what no longer serves you, and create space for stillness to emerge naturally.

As the warmth settles into the body and the mind grows quiet, what remains is a sense of presence, balance, and inner peace. A reminder that stillness is not something we must find—it is something we return to.

First Steam - Eucalyptus • Cypress

Fresh, clarifying aromas awaken awareness and invite you to reconnect with the present moment. Eucalyptus opens the breath while Cypress encourages grounding and focus. As the heat begins to build, attention gently shifts inward, revealing where tension is being held within the body. This opening round is an invitation to observe without judgment and simply become aware of what is present.

Second Steam - Sweet Orange • Ho Wood

Warm citrus notes and soft woody aromas create a sense of comfort and gentle release. Sweet Orange brings lightness and ease, helping to soften mental and emotional tension, while Ho Wood encourages balance, harmony, and a feeling of inner stability. As the warmth deepens, the need to hold on gradually fades away. What no longer serves you can be released, creating space for calm, openness, and renewed clarity to emerge.

Third Steam - Frankincense • Sandalwood

Deep, grounding aromas guide you into a state of profound stillness. Frankincense encourages presence and reflection, while Sandalwood brings a feeling of stability, peace, and inner harmony. The breath becomes slow and effortless, the mind settles into silence, and a deep sense of balance emerges. What remains is not emptiness, but a quiet awareness - a feeling of being completely present with yourself.

A calming Iron Steam journey of awareness, release, and renewal, guiding you gently back to a place of stillness, balance, and inner peace.