



PROJECT AUFGLUSS

THE GLOW WITHIN

True radiance does not come from the outside—it begins within. The Glow Within is a sauna ritual inspired by the warmth, vitality, and quiet confidence that emerge when body and mind are in harmony. Through heat, steam, music, and carefully selected aromas, this journey invites you to reconnect with your inner energy and let it shine outward.

Like the gentle glow of a sunrise or the golden warmth of a summer evening, each round gradually builds a sense of vitality and well-being. The ritual moves from awakening and energizing to nurturing and restoring, leaving you feeling refreshed, balanced, and radiant.

First Steam – Grapefruit • Bergamot

Bright citrus aromas awaken the senses and uplift the spirit. Fresh and vibrant, this opening round invites you to let go of heaviness and embrace a renewed sense of energy and optimism. Like the first rays of morning sunlight, it encourages you to step fully into the present moment.

Second Steam – Geranium • Palmarosa

Soft floral aromas create a feeling of balance, warmth, and self-connection. Geranium brings harmony and emotional equilibrium, while palmarosa adds a gentle sweetness that nurtures and uplifts. As the heat deepens, this round encourages you to embrace your natural vitality and cultivate the quiet confidence that comes from within.

Third Steam – Vanilla • Sandalwood

Soft, comforting aromas bring calm and integration. Vanilla nurtures with its gentle warmth, while sandalwood grounds and centers. This final round allows the energy cultivated throughout the ritual to settle naturally, leaving behind a feeling of peace, confidence, and quiet radiance.

As the final steam fades, what remains is more than relaxation—a sense of vitality that comes from within. The body feels renewed, the mind clear, and the spirit uplifted.

The Glow Within is a journey of warmth, self-connection, and inner radiance—an invitation to discover that the most beautiful glow is the one that shines from within.