



# IRON STEAM

## THE RISING FLAME

A sauna ritual inspired by the fire that lives within us all - a source of strength, determination, and transformation. Every flame begins as a spark, small and quiet, yet full of potential. Through heat, steam, and carefully chosen aromas, this inner fire is gradually awakened, nurtured, and allowed to grow. Each round builds upon the last, guiding you from stillness to vitality, from vitality to strength, and from strength to transformation. A journey of rising energy and personal empowerment, where the flame within is given the freedom to burn brightly.

**First Steam** - Sweet Orange • Cedarwood • Black Pepper

Warm citrus notes blend with grounding cedarwood and a subtle touch of spice to awaken the senses and ignite the first spark of energy. Like the glow of an ember emerging from the darkness, this opening round invites awareness, focus, and presence. The body begins to warm, the breath becomes deeper, and the foundations are laid for the journey ahead. A gentle reminder that every transformation begins with a single spark.

**Second Steam** - Eucalyptus • Pine • Juniper Berry

Fresh forest aromas fill the air, expanding the breath and invigorating both body and mind. The flame begins to rise, gathering strength and momentum with each wave of heat. Eucalyptus brings clarity, pine evokes resilience, and juniper adds a sense of purpose and forward movement. Energy flows more freely, confidence grows, and the spark that was awakened now becomes a living flame. This is the round of vitality, determination, and inner strength.

**Third Steam** - Frankincense • Cinnamon • Clove

Deep resins and warming spices create a powerful and immersive finale. The flame has reached its fullest expression, radiating warmth, confidence, and purpose. Frankincense encourages reflection and presence, while cinnamon and clove bring intensity, passion, and vitality. Heat, steam, and aroma unite in a moment of transformation, where limitations are left behind and inner power takes their place. What began as a quiet ember now burns brightly, leaving a lasting feeling of renewal, strength, and inspiration.

A powerful Iron Steam journey from spark to flame, awakening inner strength, building unstoppable momentum, and transforming potential into purpose.