



PROJECT AUFGLUSS

TREADS OF LAIMA

As spring awakens the earth, new life begins to emerge. Buds unfold, forests turn green, and nature quietly follows the path laid before it. In Baltic mythology, Laima is the goddess of fate, fortune, and life's unfolding journey, weaving the threads that connect past, present, and future. Treads of Laima draws inspiration from this season of growth and possibility, inviting you to reflect on your own path and embrace the opportunities that lie ahead.

Through heat, steam, and carefully chosen aromas, this ritual follows the symbolic threads woven throughout life. Each round represents a different stage of the journey: grounding in the present, gaining clarity and direction, and stepping forward with trust and renewed purpose.

First Steam: Juniper • Pine • Oak

Earthy forest aromas create a strong foundation and a sense of belonging. Like roots reaching deep into the earth, this round invites you to reconnect with yourself, your experiences, and the path that has brought you here.

Second Steam: Sage • Rosemary • Birch

Fresh herbal and woodland notes bring clarity and perspective. This round represents the crossroads where choices are made and new possibilities emerge. The heat encourages the release of doubt and distraction, allowing intuition and inner wisdom to come forward.

Third Steam: Linden Blossom • Lavender

Soft floral aromas symbolize trust in the unfolding journey. As body and mind settle into the warmth, a sense of peace and acceptance emerges. The threads woven throughout the ritual come together, leaving you with a feeling of balance, connection, and quiet confidence in the road ahead.

Treads of Laima is a journey through the threads of fate and self-discovery - a moment to pause, reflect, and continue forward with clarity, trust, and renewed purpose.