



PROJECT AUFGLUSS

TREADS OF LAIMA

Inspired by Laima, the Baltic goddess of fate and new beginnings, Threads of Laima is a ritual of awakening, renewal, and possibility.

As spring stirs the earth back to life, nature begins its quiet transformation. Forests awaken, fresh shoots emerge, and the world is filled with the promise of new beginnings. This session invites you to leave behind the stillness of winter and reconnect with the energy of growth, movement, and change.

Guided by the symbolic threads that Laima weaves through every life, this ritual follows a path of awakening, clarity, and renewal. Each round represents a step forward—honoring where you have been, embracing where you are, and opening yourself to the opportunities that lie ahead.

First Steam: Juniper • Pine • Oak

Fresh woodland aromas mark the beginning of the journey. Juniper and pine awaken the senses, while oak provides a strong and steady foundation. Like roots drawing strength from the earth after winter, this round invites you to reconnect with yourself and prepare for new growth.

Second Steam: Sage • Rosemary • Birch

As the path unfolds, clarity begins to emerge. Sage and rosemary bring freshness and focus, while birch symbolizes renewal and new possibilities. This round encourages you to release hesitation and embrace the choices, opportunities, and intentions that shape the road ahead.

Third Steam: Linden Blossom • Lavender

Soft floral aromas bring balance, trust, and a sense of gentle optimism. Linden blossom reflects the vitality of spring in full bloom, while lavender calms the mind and encourages openness to what is yet to come. Like a thread weaving its way forward, this final round invites confidence in the journey ahead.

As the final steam fades, a feeling of lightness and possibility remains. The stillness of winter has given way to movement, growth, and renewed purpose. What lies ahead may not yet be known, but the path is open, and the journey has begun.

Threads of Laima is a tribute to the season of renewal - where every ending gives rise to a new beginning, and every step forward becomes part of the story still waiting to be woven.