

# Sauna

Southeast + Northeast

The sauna is the heart of both of our facilities. Inspired by Finnish sauna culture, Löyly is the word for the steam that envelopes you when water is thrown on the hot sauna rocks. This steam is essential to the sauna experience, its soft heat warming the body and relaxing the mind.

**Basic visit \$30 / \$150 for 6 visits / \$270 for 12 visits**

Facility-use rates include: use of hot rooms & towels, shower soap, shampoo and conditioner.

Add-on products are available for purchase including: aromatherapy foot soaks, single-use face masks, body salts, tea and more.

Sauna facility reservations are always recommended.

## Sauna add-ons

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### **The Clean & Simple \$10**

*Single-use face mask, cleansing tea, and body salts.*

### **The Head to Toe Package \$21**

*Aromatherapy foot soak, single-use face mask, tea and body salts.*

### **The 3 Friends Package \$45 each**

*Includes sauna visit for up to 2 hours + The Head to Toe Package.*

Aromatherapy foot soaks \$13

Single-use face masks \$4

Single-use body salts \$3

Assorted hydrating beverages \$4-\$6