



Outdoor Nordic Spa Guide

A quiet ritual of heat, cold, light, and rest

Welcome

As part of your stay at **Sowilo Retreat**, we invite you to experience our **outdoor Nordic spa** — a simple, intentional circuit designed to help you slow down, reconnect, and restore.

All experiences are optional. Move gently, listen to your body, and take only what feels supportive.

Spa Experiences

- Sauna
 - Cold Plunge
 - Red & Far-Infrared Light Therapy
 - Salt Room (Halotherapy)
 - Aromatherapy
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Session Time

Each house or guest group may reserve **one (1) hour per session**.

Recommended Spa Circuit

We suggest the following flow. Adjust timing as needed.

1. Sauna

Up to **15 minutes** at **175–210°F**

Settle in, breathe deeply, and hydrate.

2. Cold Plunge

1–5 minutes

Enter slowly. Focus on calm, steady breathing.

3. Warm-Up Sauna

Up to **5 minutes**

Allow your body to gently rewarm.

Salt Room & Light Therapy

Red & Far-Infrared Light Therapy: **up to 10 minutes**
(Protective eyewear required)

After the light session, remain as long as you wish to enjoy the calming effects of salt and aromatherapy.

You may repeat the full circuit a second time if time allows. End your session resting quietly in the salt room.

Gentle Wellness Benefits

For general wellness only

Sauna

Relaxation • Circulation • Muscle ease • Better sleep

Cold Plunge

Reduced soreness • Mental clarity • Mood balance

Light Therapy

Cellular energy • Skin support • Recovery

Salt Therapy

Breathing comfort • Relaxation • Skin balance

Aromatherapy

Calming the nervous system • Focus • Emotional ease

Safety & Care

- Hydrate before and after spa use
- Exit immediately if you feel dizzy or unwell
- Avoid heat or cold exposure if you have relevant medical conditions
- Use protective eyewear during light therapy
- Inform staff of any allergies or sensitivities

Participation is voluntary. Sowilo Retreat does not provide medical supervision.

A Closing Note

This spa is an invitation to move slowly, breathe deeply, and return to yourself — in rhythm with nature.

sowiloretreat.us