

WÄRME SAUNA & SPA CABIN



WELCOME
Your Retreat Begins Now

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Our STORY



Thank you for visiting our oasis & mini getaway spot.

If you have any questions during your stay, please reach out.

Michele: (416) 388-3551 Sean: (416) 305-5851



Release all Tension & Worry

We fell in love with this spot the instant we stepped foot on it, in December 2021. After experiencing many magical moments on the lands, it became a dream to invite guests to experience the same kind of peace, joy, connection and inner healing.

The cabin opened up for visitors in January 2023 and it has truly been a pleasure to share such a spot. The abundant nature holds a 'gift like' energy, one of celebration & surprise.

Whether you are celebrating or just taking time to be present, we hope you tap into the feeling of being 'away from it all.'

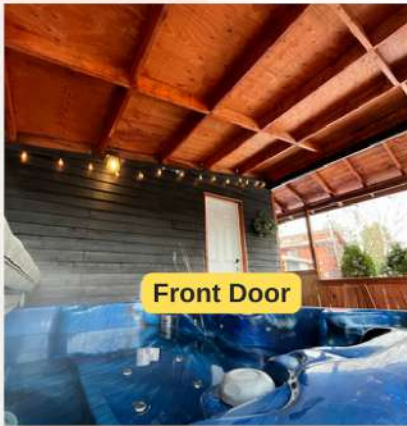
With Gratitude,
Have a beautiful stay!

Please message directly to inquire about receiving a Meditative Sound Bath using Crystal Singing Bowls & other Sound Healing Instruments.

Universal Love. Connection & Oneness.



You Made it UNWIND



1

Check in 3:00 - 4:00 PM

Unless pre-arranged otherwise. Please use the front door as shown in the photo.

- There is no wi-fi in the cabin. If you need internet tether or come closer to the house (main fire pit or large gazebo closer to the house)
- FranksNBeats - Pass4wh0

Check Out 12:00 PM

Please gather soiled linens, place on top of bed or left hanging. Close the hot tub cover when not in use & when leaving. Take any garbage with you to throw in the big bin at the bottom of the hill. Turn off lights, blow out all candles, including the remote-controlled sauna lights & candle lighting display above bed. Ensure doors to cabin are closed (NOT LOCKED). Unplug evening string lights near wood chopper.



2

Shower Area

You will be showering alot!

Before entering Sauna & Hot Tub - Shower.

Please also shower before entering hot tub if you have body oils on from the spa.

Remove makeup & any face debris using makeup remover especially on white towels. Grey face towels are provided for clay masks. For body salt scrub & Clay Mask. Please use the wooden spoons & white bowls to use your products.



3

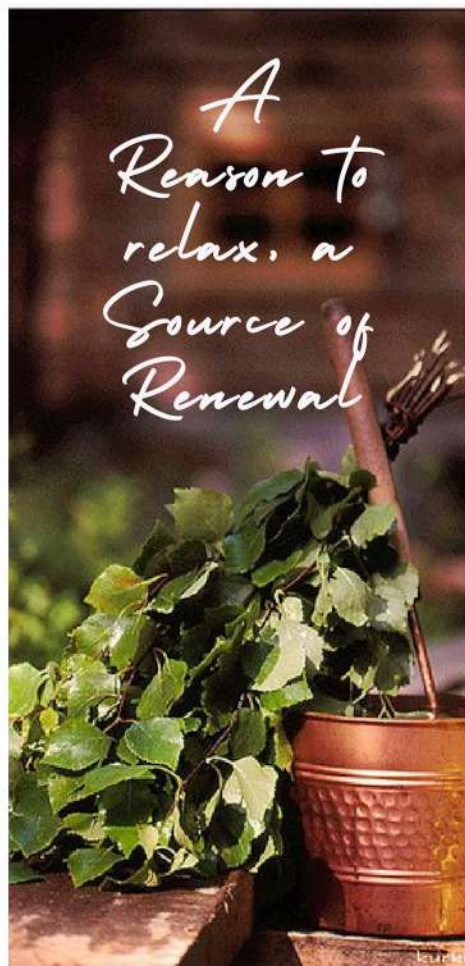
Working with the Fire

The fire element is seen as a symbol of love, desire, anger, power, strength, assertiveness, light, and energy. It is also seen as a symbol of transformation, how it changes food into an energy source, ideas into action, & offerings made into the spiritual fire into smoke.

- Fire Start Pucks & Extra Lighters - stored in the black drawers under the fire wood.
- Wood Pile location - near out house.
- Always use fire gloves to protect your hands from burn.
- Always Ensure Stove LATCH is SECURE & LOCKED.

SAUNA USE

Listen to your body



4. Preparing Your Sauna

- From scratch, the Sauna will take 1-2 hours to reach Optimal Temperature (80-90 degrees fahrenheit).
- You should start perspiring within 10 to 15 minutes, and if not, you may wish to increase the temperature by 5° increments.
- To increase the temperature > burn more wood. To reduce temperature > prop the sauna door open.
- Use smaller cut logs to start the fire & to raise the temperature faster. Smaller logs burn faster, creating more heat. Larger logs burn at a slower rate which are good for using overnight on cold winter evenings.
- Keep adding Check fire every 30 minutes & keep adding wood.
- Lay small logs in a cross-hatch pattern (log cabin style) and put kindling & fire start pucks (1-2) layered in.

Adding Essentials, Humidity Vapor

- When you then pour the water over the hot stones, the steam will give a pleasant scent.
- Drizzle water on rocks with a ladle, never your hand! Steam is very hot.
- Use hanging diffuser
- Do NOT put oil directly onto the rocks or any other essential oil — they are volatile oils and do ignite when hot..
- Use gloves when handling bucket to refill in the shower area.

Thank you for treating our space with care, as if it were your own.
Any damages/missing items are subject to fine.

SAUNA USE

Listen to your body



4.1 Sauna Steps & Etiquette

- Take a cleansing shower before entering.
- Remove makeup & any face debris using makeup remover.
- Check temperature - thermonitor located above hand rail on left wall.
- Bring nothing but a towel.
- Always sit with a towel under your body.
- Hot, Cold, Rest, Rehydrate.
- Hydration is key! Drink lots of water & electrolyte beverages after your sauna session for the remainder of the day/evening.

Cold Plunge Bucket

Raise your endorphins, Rejuvenate your skin, Feel alert & alive with a cold plunge after the hot sauna!



- Remove shower head wand and place in the wood bucket
- Turn on shower to cold
- Raise the lever to switch from the lower faucet to the shower wand
- The bucket will overflow when full
- Return the shower head back to the magnetic base

Lighting Inside Sauna



- (1) Dimable light switch at Sauna Entry (2) Battery operated 'push lights' - Use small remote to turn on/off/change colour.
- If light does not turn on, the batteries need to be recharged.
- Battery charger in black table near fire puck starter.
- Please turn off when not in use.

Remote Control

Preparing & Use of the ICE BATH

5. Ice Bath

Use the same hose line as the dish washing station and pull to fill your clawfoot tub.

Step 1: Prepare your post-bath clothing & towel. First, get your clothing and towel ready for afterward. ...

Add one (1) or two (2) bags of ice *Unless pre-arranged, you will bring this.

Step 2: Fill a tub with cold water,
then dump in the ice. ...

Check temperature. Some studies
suggest 50 to 59 degrees Fahrenheit
(10 to 15 degrees Celsius).

This is completely up to you!

Step 3: Set a timer... 1-3 minutes

Step 4: Enter the ice bath...

Step 5: Focus on your breathing. ...

- Wim Hof Breathing
- Take a Deep Breath & Slowly
- Exhale. Keep Breathing.
- If you Feel Anxious, Slow Your Breaths Down.

Step 6: Exit the bath and warm up
immediately allowing your body to
feel & know it is safe.

Go into the sauna, sit in the sun,
have a warm drink.



- Immune system support
- Increase blood flow
- Reduce chronic pain
- Boost your metabolism
- Better sleep



- Boost energy
- Elevate mood
- Stress relief
- Practice discipline
- Increase resilience



- Lower inflammation
- Reduce muscle soreness
- Boost performance
- Nervous system regulation

*Go inward. focus on breathing.
Return to warmth afterwards.*

Enjoying the great OUTDOORS

6. Your Outside Kitchen

- BBQ with accessories.
- Salt/ Pepper, Instant Coffee, Teas, Kettle, Paper Towel are located inside the cabin under the coat rack. Extra garbage bags (black) in the lavatory.
- Cooktop oven & toaster are stored under the BBQ with one pot and one pan.

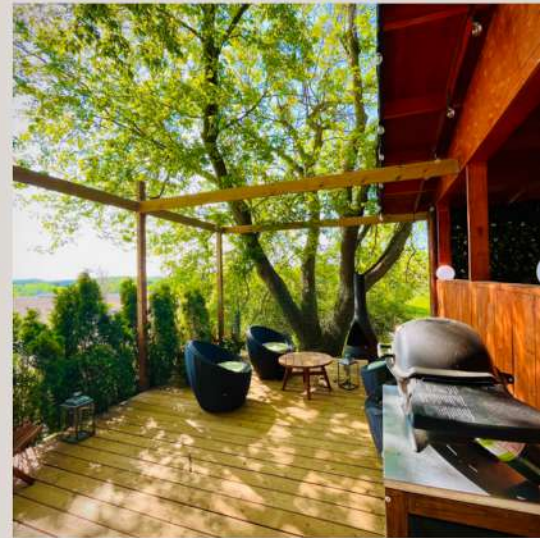
If possible, we ask that you please do all cooking outside the cabin.

Do not leave open food in the cabin over night. Secure food in fridge or your own cooler that you brought.

Dishes & Dishwashing

Behind cedar trees (one step down - look right).

You will see a free standing sink with ready to use water hose, dish soap, wash bins, towels, & drying rack.



*"The Earth has Music
for those who listen."*

Food Scrap & Garbage Policy

Night time protocol: Please do not leave food out (it may attract animals).

Please use the compost bin provided. Place any garbage bags with food scraps and compost in the outhouse with the door closed.

If you choose to use the portable potty inside your cabin during the evening, please clean up after by removing the black bag and putting in the large bin at the bottom of the hill.

When you are checking out, we thank you for driving your garbage to the bottom of the hill and place in the bins at the base of the driveway.

*Think like a camper.
Leave NO trace behind.*



Enjoying the great **OUTDOORS**

6. Outside Lavatory

Please place nothing other than toilet paper inside the toilet bin.

At night time, turn on exterior lighting. We like to light two in the outhouse for better lighting in the evening.



Things you might be looking for:

Extra Garbage bags: Outhouse

Extra Toilet Paper: Outhouse

Cleaning Spray for tub & Ajax - under BBQ



**Exterior Light ON/OFF Switch
(near plugs)**



Tea Light / Floating Candles



Now Setting THE MOOD

7. Aromas

Scent is known to instantly boost mood or aid to a feeling of relaxation. There are aroma therapy essential oils located in the lounge under the Green Wall.

Plug Mini Diffuser: While the device is turned OFF, open the lid, add a few drops with some water. Plug in / turn on the device and let the scent carry through the space.

Sauna Diffuser: Please only use the large 4 oz bottles of for this purpose. Use sparingly - a few drops goes a long way.

7.1 Interior Mood Lighting

Under Bench Red Lighting : follow the cord to plug in/unplug.

Diffuser: Use buttons on the side and change colors.

Candles *Use Responsibly* : Remember to blow out when not in use. Extra candles can be found in small tin containers near main entrance.

Sauna Lights & Display Lighting : Use remote controls and re-charge batteries if they do not turn on.

7.2 Exterior Lights

Locate the plug source on the left column of the outside wood storage area. Plug in before sunset. Please unplug in the AM. (OR USE REMOTE)

Silent Theatre String Lighting: Follow the plug and attach behind Claw Foot Tub, (OR USE REMOTE)

Floating Candles *Use Responsibly* : Remember to blow out when not in use. Please use the intended candle in the right spot. Floating Candles have a rounded base, while Tea Light Candles are flat.

Outhouse Lighting: while there is move detected light n the outhouse, we like to light candles here for better lighting in the evening. Please use responsibly.

EAT & DRINK

8. Eat & Drink



Dine Out/ Order In

If you prearranged for dinner drop off:

Please send us a text 2 hours before you would like to be served your dinner. No later than a 7:30 PM pickup.

We pay, pickup, & drop off at your door - sending a text to you once the food has been delivered to your cabin door.

Please e-transfer the amount on the receipt plus \$10 to warmesauna@outlook.com



Taste of Freedom

Kaisei Sushi

Airport Pizza

Caledon Hills Brewpub

Craft Kitchen Schomberg

In Tottenham: Bar Burrito, Shawarma Cookhouse, Subway, A&W. Grocery Stores: Vinces, Foodland, No Frills, Tottenham Health Foods.



Lounge Around Breakfast

\$20 / 2 ppl - prearranged with hosts.

- 2 hot caffeinated beverages (choose between)
- Latte/Capuchino (double espresso w/ foamed milk: lactose free, oat milk, or almond milk)
- Americano (espresso with hot water)
- Pancakes or Toast platter, butter, cream cheese, jams & fruits / farm fresh eggs, scrambled or fried.

Or visit our friends diner in town : @ The Cedar Kitchen.

Or Tim Hortons. (8 mins), Starbucks on hwy 9 heading towards Orangeville (13 mins).

FOREST BATHING

9. 'Forest Bathing'

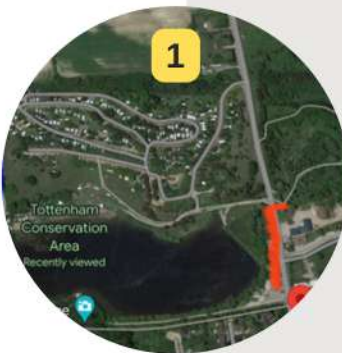
is all about spending time in nature, tuning into the livelines of all around you.

Changing from a state of disconnected to connected & grounded. Absorbing the sounds. Appreciating what you see.

Nearby Spots to walk, bike, snowshoe

1. Tottenham Conservation Area
2. New Tecumseth Trail (8.9 m, ~ 2 hr)
3. Tottenham Tract Loop (4.8 km ~ 1 hr)
4. Balleycoy East Trail Loop (2.9 km - 36 mins)
5. Albion Hills Conservation Centre

(For more information. or to find other great spots within driving distance, check 'Google' or 'All Trails')



2 km away - enter from 2nd line



4 km away - enter from 2nd line



EMBRACE

10. Embrace your Experience



Rejoice Wellness Medspa

We proudly partner with Rejoice Wellness Med Spa. Inquire about booking mobile massage therapy, hot stone massage, or reiki energy therapy.

✧ **A HOLISTIC APPROACH TO YOUR BESTHEALTH** ✧

✧ **MINORITY OWNED SMALL BUSINESS** ✧

✧ **15+ YEARS IN THE WELLNESS INDUSTRY** ✧



Red Barn Wellness Farm

Nature Based - Wellness Together with Horses

We learn the most about ourselves in relationship with others. Being with Horses in the Equine Guided Wellness model allows participants to recognize unhealthy patterns within relationship, in a way that is honest, supportive and non-judgmental. This opens the gates to self-awareness and transformation in relationship with others and, importantly, ourselves.

No riding takes place. No Horse experience is necessary.
<https://www.redbarnwellnessfarm.com/>

Some things to note of **INTEREST**

Can Bacteria Grow in a Sauna?

Most bacteria thrive at 40°F to 140 degrees°F, and dry saunas range from 176°F to 212°F with less than 20% humidity. This dry, oppressive environment is inhospitable for nearly all bacteria and viruses which thrive under cooler, more moist ecosystems.

Is Sauna Good For Arthritis?

Yes, evidence suggests that the sauna is good for arthritis symptoms, including pain management and joint stiffness. A pilot study from Clinical Rheumatology found that there was a "significant" impact on the short-term improvement of pain, and stiffness decreased clinically in sufferers of arthritis

What are the 10 Commandments of Sauna?

1. Give yourself plenty of time. Do not go to the sauna if you are tired, hungry or bloated and never when you are ill.
2. Bring only a bath towel with you.
3. In the shower wash with hot water and soap. It is also advisable to rinse your hair.
4. Before entering the heating rooms, dry off with a towel. Lie down in the sauna on the towel – whether you are sitting or lying down, always keep a towel under your body.
5. During sweating massage the skin of the limbs and torso with your fingers, palm, a washcloth or a brush. Perform brushing on your towel or under the shower.
6. Relax and breathe slowly. In the sauna it is recommended that you breathe only through your nose. If you have a feeling of burning air while breathing, you can cover the nose and mouth. Talking may be unnecessary during this time.
7. After leaving, rinse off the sweat and tiny particles of skin under a lukewarm shower and only then begin cooling down – a stream of cold water in the shower, staying in cold air. Cooling should only be for how long you find it comfortable. Excessive cooling is not appropriate.
8. Procedure for warming up – cooling down, repeat at least three times (not more than five times), always with a short break (10 minutes) between individual cycles.
1x – irritation – for stimulating the organism for the next activity
2x – toning – toughens, excellent in combination with a subsequent stroll in fresh air
3x – relaxation – suitable at the end of a busy day
4-5x – fatigue – evokes a pleasant tiredness and subsequent quality sleep
6 or more is not recommended
9. After the last cooling down and before going to the restroom, rinse with lukewarm water, you may use soap if you like.
10. When you are finished using the sauna, relax for at least 20 minutes. Rehydrate. Apply moisturizer. Have a light meal. Replace sweat with water, salt and natural vitamin C fruit juices. Don't drink alcohol, it cancels the effect of the sauna!



*To learn all people find a sense of inner
peace, connection, light, & a place to retreat to.*

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