



FIELD *and* FOREST

ORGANIC FARMING





NATURAL SAUNA ESSENCE

BIRCH | PINE | SPRUCE | PEPPERMINT | CHAMOMILE

ENTER THE NORDIC NATURE

Imagine stepping into a quiet spa sauna. Steam rises gradually as you pour infused water onto the hot sauna stones. The air fills with the very essence of the purity Nordic plants bring. Close your eyes, breath deeply, and it feels as if the walls have disappeared. With every steam, the atmosphere shifts, carrying guests deeper into the world of nourishing Nordic nature.

GROWING, TESTING AND PRODUCING



The company cares for more than 500 ha of organically certified farmland dedicated to organic medicinal plant cultivation, supplemented by over 640 ha of organically certified forest land in Latvia.



The highest production standards, supported by modern in-house analytical chemistry laboratory for testing, research and quality control, ensuring purity, consistency and verified composition.



Medicinal plants and forests are grown and harvested responsibly, ensuring full product traceability.

PREMIUM PRODUCTS

The Sauna essences are designed to enhance unforgettable experience and complement traditional, and modern sauna rituals. Harness benefits of organic ingredients, promoting relaxation, stress reduction, and overall wellbeing. Create sanctuary of rejuvenation with Field and Forest's premium essences in your spa or wellness center and offer high - quality natural sauna products to satisfy demanding clientele.

Unlike conventional sauna aromas, most are synthetic and perfumed, our essences are crafted only from plants grown organically under the care of companies own farming department. Each essence is a stand-alone product, designed for spas to offer their clientele the first 100% natural sauna ritual.





THE FIVE SCENTS OF TRADITIONAL SAUNA RITUAL



BIRCH
SAUNA
ESSENCE

Relax. Refresh. Renew.

RELAXING BIRCH - immerse yourself in the fresh and leafy aroma of birch, bringing deep relaxation and lightness into your sauna experience.



PEPPERMINT
SAUNA
ESSENCE

Cool. Refresh. Energize.

ENERGIZING PEPPERMINT - awaken your senses with the cool, refreshing scent of peppermint, perfect for an uplifting and revitalizing sauna session.



PINE
SAUNA
ESSENCE

Breathe Deep. Relax.

STRENGTHENING PINE - breathe in the crisp, invigorating scent of pine, known to boost vitality and refresh both body and mind.



CHAMOMILE
SAUNA
ESSENCE

Calm. Relax. Sleep.

CALMING CHAMOMILE - soothe and nourish your senses, release tension and invite calm.



SPRUCE
SAUNA
ESSENCE

Ground yourself. Be present.

GROUNDING SPRUCE - enjoy the earthy, grounding fragrance of spruce, bringing balance, warmth, and deep connection to nature.

FEEL THE DIFFERENCE



This is living aroma, the only sauna essence composed entirely of natural-origin, organically grown ingredients. No synthetic additives or perfumes are used in creation of the product. What spa guests breath in is the forest and medicinal plants itself.



Create multisensory transformation for your spa guests. It can be inhaled trough sauna steam and experienced on the skin in whirlpools or baths, uplifting the body and mind.



Nordic rooted sauna traditions of sauna masters infusing leaves and herbs for centuries, now refined into a professional, compact and easy to use spa solution for modern humans to immerse into the soothing heritage of the ancestors.

THE GUEST EXPERIENCE

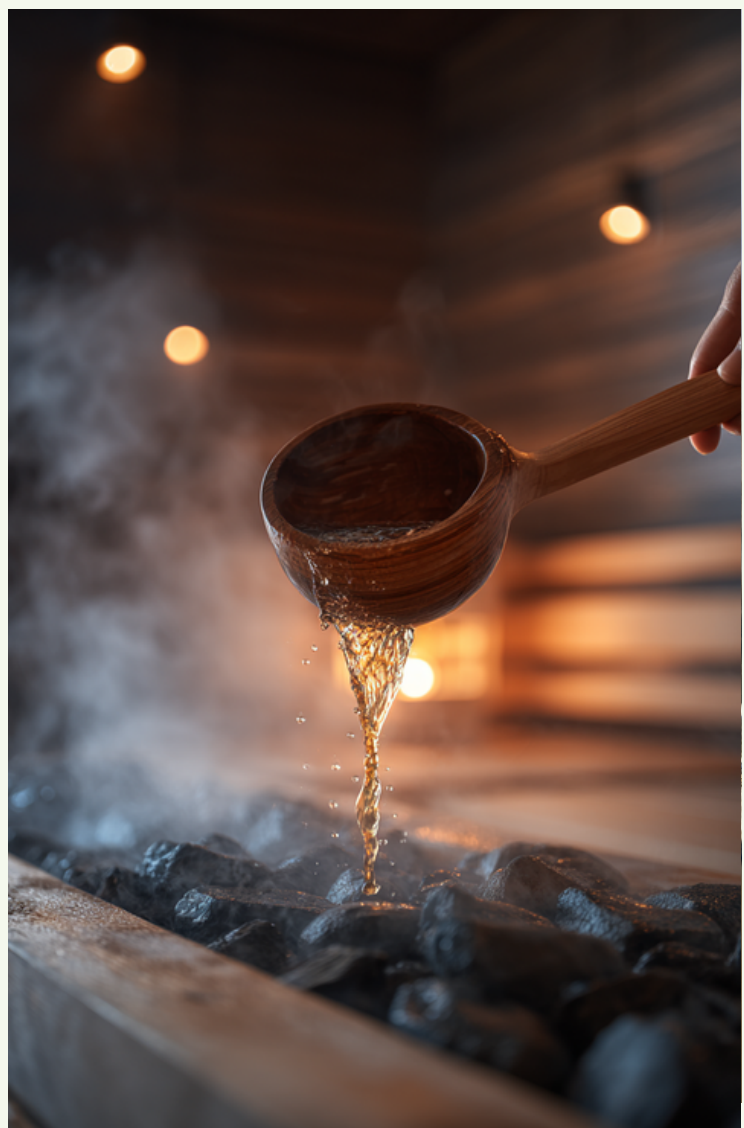
In the sauna birch, pine and spruce create a sense of Nordic forest, peppermint boosts energy while chamomile calms.

Added to the whirlpools and baths, a sanctuary is formed where the gentle aroma creates unforgettable experience for the senses.

Spas can design their own ritual of "Nordic Nature" with creating an inspiring journey for the guest.

THE EMOTIONAL VALUE

The only 100% natural sauna essence is far more than just a fragrance; it creates immersion in nature experience for the guests of the spa. They leave feeling connected, renewed and inspired. The spa becomes a gateway to the rich Nordic nature.



THE POWER OF BOTANICALS

- 100% natural and over 97 % of organically certified ingredients (according to Council Regulation (EU) 2018/848)
- Produced in food processing factory following HACCP scheme
- Scientifically tested, and approved by more than 1000 users in private and public saunas
- In the process of being certified as organic home fragrance according to Ecocert standard



Organic
ingredients



No artificial
fragrances



100%
Natural



Scientifically
tested



Vegan



Not tested
on animals

RECOMMENDED USE

Each Organic Sauna Essence is designed to be used separately, allowing spas to craft unique rituals — from uplifting to deeply calming. Distilled from wild organic and organically cultivated plants, every essence carries the untouched purity of Nordic nature, turning the sauna into a tailored journey for body, mind, and spirit.



Depending on the desired intensity of the scent, use 2-4 caps of sauna essence diluted in 1 L of water. Pour the mixture on hot sauna stones. Use as much as preferred.





fieldandforest.lv

FIELD AND FOREST SAUNA ESSENCE - THE ONLY 100% NATURAL SPA
SAUNA RITUAL. FEEL NORDIC NATURE IN EVERY BREATH.

Contact us today!
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