



Sauna & Soul

A SUMMER RITUAL

THREE EVENINGS. THREE ENERGIES. JOIN ONE OR THE FULL JOURNEY.

MAY 26TH, JUNE 23RD, JULY 14TH
7:00 PM - 9:00 PM

Step into an evening designed for deep restoration and intentional living. Sauna & Soul is a curated three-part experience, with each gathering inspired by the prevailing astrological themes of the season. Together, these evenings offer a modern ritual to pause, reflect, and realign—through heat, stillness, and soulful connection.

Guided **journaling**, **sound healing**, and access to **sauna and steam** create a layered journey of nourishment for body and mind.

Each date carries its own energetic focus, inviting you to meet the moment exactly where you are. Attend a single evening that resonates, or immerse yourself in all three for a deeper, cyclical journey of release, renewal, and recalibration.

Cost: \$50
Per Person/Per Session

What to Bring: A journal and pen, comfortable clothing, and water bottle

RSVP: Call Stillwater Spa
(775) 886.6745

Reservations Required
Space is Limited!



ABOUT YOUR GUIDES

Jessica Hillman and Ashley Ray - lifelong seekers of connection who blend their love for nature with deep expertise in wellness practices.

Together, their intuitive teachings and joyful spirits create a space where guests can return home to themselves - while embracing the beauty of the natural world around them.

Guests are asked to park in the main resort lot and enter through the resort lobby. From there, take the main elevators down to the Lower Lobby (LL) level to access Stillwater Spa. Self-parking will be validated for all participants.

We're delighted to welcome resort guests, Incline Village neighbors, and visitors alike to share in this experience.

Please note that cancellations made within 8 hours of the event are non-refundable and will be charged in full.