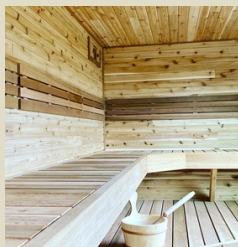
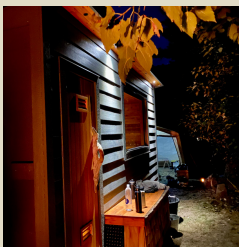




## ***CHEEKYE RANCH SAUNA EXPERIENCE***



Enhance your visit to Cheekye Ranch with an authentic Finnish sauna experience by the river. Our sauna is available for private rentals and events. With a 14 person capacity, bring an element of relaxation and wellness to your next visit.

**@thefinnishsauna.ca**  
**thefinnishsauna.ca/squamish**

**info@thefinnishsauna.ca**  
**778 751 4180 (text only)**

## Services

Our wood burning sauna is available for rent during your next visit to Cheekye Ranch. We offer bookings for private groups up to 15 people and run Sauna 2 days a week for social drop-in sessions. Schedule and bookings online.

## The experience

Heat up in an authentic wood burning sauna, and cool down in the Cheakamus river. Your rental comes complete with a covered seating area and fire pit to gather around between hot/cold cycles. Bring your towel and bathing suit, and we will take care of the rest. This unique experience combines traditional sauna culture with the beautiful natural landscape of the Squamish Valley. This is truly a magical off-grid location to drop into the flow of Sauna bathing.

## Sauna & Health

Saunas provide a relaxing environment to connect with friends and family. The health benefits of hydrotherapy (hot/cold cycles) are well documented and include:

- Prevention of cardiovascular disease
- Improved mental health and sleep
- Reduced inflammation
- Promotes blood flow
- Body detoxification



## Cheekye Sauna for weddings & events

### PRIVATE SESSIONS


- **3 hr private session 500\$**
- **extra session 250\$**
- **You can schedule these to a suitable time during your visit.**


**Sauna heated and maintained during your visit. In a 3 hours window more than 50 people will have time to use the Sauna.**


### BOOKINGS AND MORE INFO

[thefinnishsauna.ca/squamish](http://thefinnishsauna.ca/squamish)



 [@thefinnishsauna.ca](https://www.instagram.com/thefinnishsauna.ca)

 [thefinnishsauna.ca](http://thefinnishsauna.ca)

 [info@thefinnishsauna.ca](mailto:info@thefinnishsauna.ca)



**THE FINNISH SAUNA INC**