

# **Soul sauna comes to Granton**

## **Soul Water Sauna has opened at a new location next to Granton Beach.**

The wild-spa wellness experience, featuring two Siberian Cedar saunas and cold plunge pools is now open on the banks of the Firth of Forth alongside the Pitt Market on West Shore Road.

Soul Water Sauna, Edinburgh's first wood fired sauna on Portobello promenade opened in 2022, and since then has fostered a thriving community of sauna enthusiasts.

Dedicated to sharing the incredible and transformative benefits of sauna with people from all walks of life, in just under two years, the sauna has provided over 13,000 hours of sanctuary, warmth and connection to nearly 10,000 sauna goers.

The new site at Granton will provide guests a chance to relax and unwind in beautiful Siberian Cedar saunas, take refreshing dips in the sea or cold plunge pool between sauna sessions, and gather around cozy fire pits, all against the picturesque backdrop of The Forth. The location offers the perfect spot to catch a breathtaking sunrise or sunset.

This new experience is envisioned as a 'wild spa' – a place to rejuvenate and reconnect with nature, oneself, and the community. At Soul Water Sauna, the focus is on slowing down and being present: no social media, no timers – just the warmth of the sauna, the sound of the fire, and the nearby waves on the shore.

Whether guests come to spend time with friends, focus on health benefits, or seek warmth after a cold swim, Soul Water Sauna ensures every visitor feels welcome and supported throughout their experience. Situated alongside The Pitt's

lively atmosphere, the sauna will be surrounded by local street food vendors, lifestyle offerings, and community-driven initiatives. This combination of relaxation and engagement creates a sanctuary where guests can unwind while participating in a broader movement toward sustainability and community connection. Whether seeking warmth after exploring the area or simply looking to connect with like-minded individuals, the new site offers the perfect space to recharge.

Kirsty Carver, Founder of Soul Water Sauna, said: "I can't wait to bring Soul Water Sauna to the rapidly developing and vibrant Granton community. Our new location offers a unique blend of relaxation and nature, alongside some fantastic local food and music offerings, creating the perfect environment for people to come together, enjoy the many benefits of sauna, and unwind."

Soul Water Sauna's expansion represents a commitment to wellness, community, and the beauty of nature, offering a refreshing escape in the heart of Granton.

Bookings can be made to enjoy the new experience at [www.soulwatersauna.com](http://www.soulwatersauna.com)









