

Backyard Banya

What to Expect Before Your First Visit

This is a private, wood-fired Russian banya experience in McDonough, Georgia. The rhythm is simple: heat, cold, rest, repeat. The goal is not to prove anything. The goal is to leave better than you arrived.

The basic flow

- Arrive, get oriented, hydrate, and settle in.
- Start with a heat round at an easy pace. First-timers should keep the first round shorter.
- Cool down outside, rinse off, or use the cold plunge when available.
- Rest, breathe, drink water, and repeat if you feel good.
- Most sessions include 2 to 4 rounds depending on your comfort level.

What to bring

- A water bottle. I will have water available, but bring your own if you prefer.
- Sandals or slides for moving between the banya and outdoor areas.
- A towel for drying off afterward. Towels to sit on are provided.
- Swimwear if you are modest. This is a naturist-friendly space, but comfort and consent matter first.
- Comfortable clothes to put on afterward.

The venik ritual

- A venik is a bundle of leafy branches, often birch or oak, used in the steam.
- It is used to move heat, release scent, and create a rhythmic massage effect.
- It is not a beating and it is not supposed to hurt.
- First-timers can ask for a gentle introduction or simply watch and learn.

Cold plunge

- Cold is optional. You are not required to plunge.
- Enter and exit slowly and carefully.
- Short exposure is enough. This is not a competition.
- If you feel dizzy, lightheaded, or unwell, stop immediately and sit down.

Ron's rules

- No alcohol before or during the session.
- Hydrate before, during, and after.
- Your pace is the pace. Step out whenever you need to.

- Be respectful. This is a reset space, not a performance.
- Medical concerns belong with your doctor before you participate.

Health and safety

- Heat and cold exposure can stress the body. If you have heart issues, uncontrolled blood pressure, fainting history, pregnancy, serious medical concerns, or mobility limitations, speak with a healthcare provider before participating.
- Do not attend if you are sick, feverish, intoxicated, dehydrated, or recovering from anything that makes heat exposure risky.
- Participation is voluntary. Listen to your body and communicate early.

Quick reminder

Eat light beforehand. Drink water. Bring sandals. Ask questions. First-timers are welcome.

Built in Georgia. Inspired by Siberia.