

# The Sweaty Panda

Listing URL: <https://www.lunenburgdistrict.com/map/health-care-wellness/the-sweaty-panda>

An affordable seaside community sauna experience on the beautiful Coast of Nova Scotia's South Shore. Our wood fired sauna is situated on a private sandy beach beside an old rundown boatshop with views of the Atlantic. Brave the crisp, cool ocean between steamy sauna rounds or relax in an anarondack chair breathing in that fresh ocean air. We keep things pretty casual at The Sweaty Panda and encourage connection and chatting. This isn't a fancy spa! It's community, wellness & nature accessible on a budget.

## Contact

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