

SWEATY YETI **AFFILIATES**



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About Sweaty Yeti

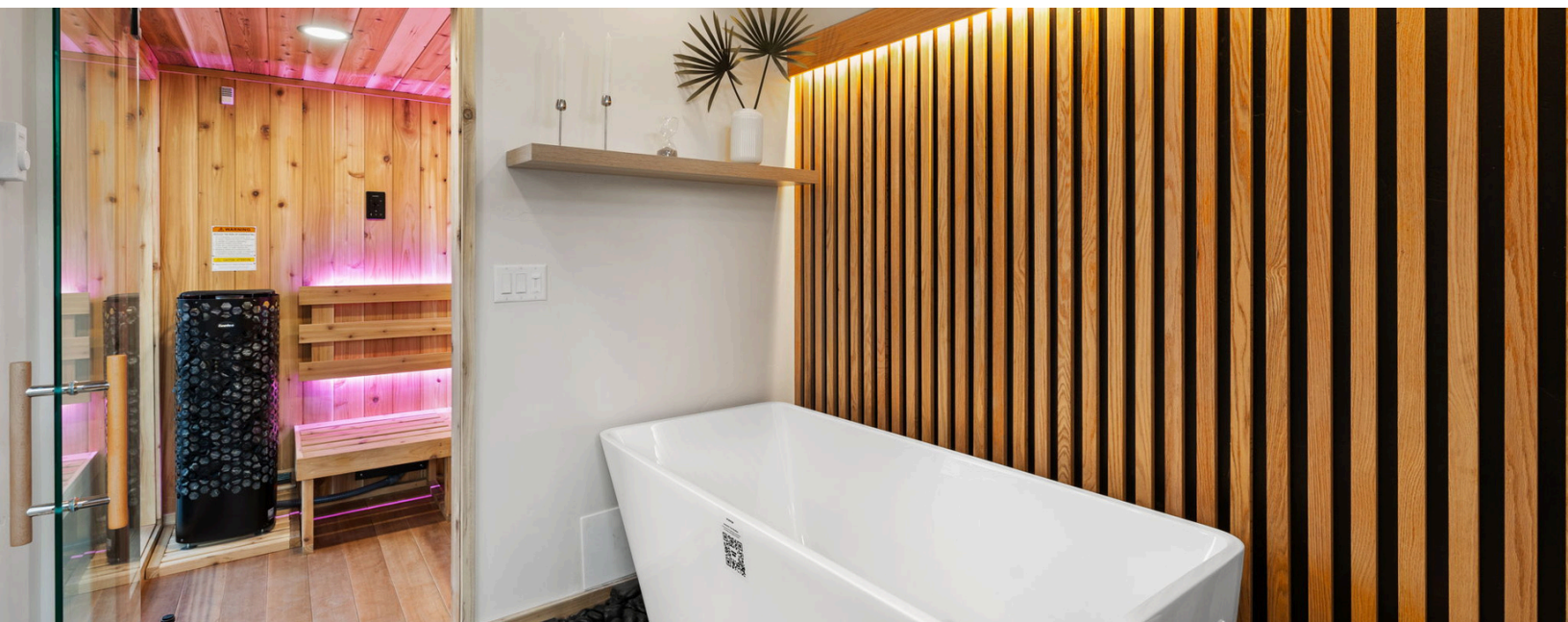
Sweaty Yeti Sauna builds high-end, handcrafted saunas designed to elevate everyday wellness. Our products combine Scandinavian-inspired craftsmanship, modern design, and the powerful rituals of heat and cold therapy to transform backyards into personal sanctuaries.

Brand Values

- **Luxury Rituals** – intentional, restorative wellness at home
- **Performance + Recovery** – used by athletes, creators, and wellness enthusiasts
- **Craftsmanship** – premium materials, precise construction, built to last
- **Aspirational Aesthetic** – clean, modern, peaceful

Our Audience

- Wellness-forward adults
- Athletes + recovery communities
- Homeowners investing in luxury backyard upgrades
- Biohackers and performance optimizers
- Parents seeking at-home mental + physical resets
- Businesses/Airbnbs looking for luxury amenities/experiences



Commission Structure

- **Affiliates earn a flat \$1,500 commission for every sauna sold through their unique link.**
- This payout is the same **no matter which model** the customer purchases.
- Commissions are paid out **once the order is complete and past the refund period.**
- Payouts are issued **monthly** via the payment method selected in your affiliate dashboard.
- **30-day cookie window** — if someone purchases within 30 days of clicking your link, you receive the commission.

Link & Tracking

Your affiliate dashboard (powered by Solid Affiliate) provides:

- Your **unique affiliate link**
- Real-time tracking for:
 - Link clicks
 - Sales
 - Commissions earned
- Payment history
- Marketing resources

Before promoting, we recommend:

1. Open your affiliate link on desktop and mobile
2. Confirm it redirects correctly to Sweaty Yeti's website
3. Bookmark your affiliate dashboard (sweatyetisauna.com/affiliates)
4. Add your link to your IG bio / Linktree / YouTube description / blog, etc.

Tracking is fully automated — no manual reporting needed.



Content Do's

- Show yourself using the sauna in your real space
- Share your routines, rituals, and health habits
- Post consistently for best results
- Educate your audience on benefits like improved sleep, recovery, mental clarity
- Use your affiliate link in bio or swipe-up
- local creators are welcome to film using our factory model. (see page 14)

Content Don'ts

- No medical claims (“cures,” “treats diseases,” etc.)
- No pricing promises outside promotions
- No off-brand humor or content that conflicts with our premium tone
- No altering product photos in a way that misrepresents quality

Required Disclosure (FTC)

Example captions:

- “This post contains an affiliate link. I may earn a commission at no extra cost to you.”
- “Sweaty Yeti sent me this sauna to try, and I’m sharing my honest experience (affiliate link below).”



Wellness & Ritual

Daily Reset Ritual

My new favorite wellness ritual: 20 minutes of heat, 5 minutes of cold, and a total reset for my mind and body. The Sweaty Yeti sauna has officially become part of my daily routine.

Link in bio to explore the models.

Nighttime Wind-Down

I didn't realize how much I needed a true nighttime ritual until I started using this sauna. Better sleep, deeper relaxation, and a moment of stillness at the end of the day.

Explore Sweaty Yeti through my link.

Morning Energy Boost

Starting my mornings with a quick sweat session has changed everything — focus, energy, mood. This Sweaty Yeti sauna is the boost I didn't know I needed.

Learn more using my link.

Performance & Recovery

Recovery Routine

My recovery routine just leveled up. Heat therapy helps reduce soreness, support circulation, and get me back into movement faster. Sweaty Yeti is the real deal.

Check out the sauna I'm using — link in bio.

Athlete-Friendly

For anyone training hard or trying to stay consistent with workouts: sauna therapy is next-level recovery. Sweaty Yeti makes it easy to experience at home.

More info through my link.

Stress & Muscle Relief

Nothing beats stepping into this sauna after a long day. Instant muscle relief + mental clarity.

Explore the Sweaty Yeti setup I'm using — link in bio.

Hot/Cold Ritual

Hot/Cold Cycle

Sauna → cold → repeat.

The ultimate ritual for energy, mood, and recovery. I get why people swear by it — I'm officially obsessed.

Learn about Sweaty Yeti using my link.

First Hot/Cold Experience

I didn't expect my first hot/cold cycle to hit this hard. Total reset for mind and body.

The Sweaty Yeti setup is unreal.

Link in bio to explore.

14-Day Ritual

I'm doing a 14-day hot/cold ritual using my Sweaty Yeti sauna and it might be the best decision I've made for my wellbeing this year.

Follow along + explore the sauna through my link.

Lifestyle & Aesthetic

Luxury at Home

Having a luxury sauna in my own backyard still feels unreal. The craftsmanship of this Sweaty Yeti sauna is next-level.

See the model I'm using through my link.

Home Sanctuary

My new favorite space: warm, quiet, intentional. Turning my home into a wellness sanctuary one ritual at a time. Explore the sauna I'm using — link in bio.

Transformation of Space

This sauna transformed my backyard. Wellness meets design — exactly my vibe. See more about Sweaty Yeti through my link.

Product-Focused

Why I Chose Sweaty Yeti

Why I chose a Sweaty Yeti sauna: craftsmanship, clean design, easy setup, and that spa-level heat. It's a 10/10. Learn about all the models using my link.

Talking Features

A few things I love about this sauna: the heat intensity, the wood quality, the glass front, and how peaceful it feels the moment you step in. Check it out via my link.

Model Overview

Sweaty Yeti has multiple sauna options, and I'm using the _____ model. It's been amazing for recovery, relaxation, and daily ritual. Explore the options via my link.

Affiliate-Friendly Sales

"This Is Your Sign"

If you've been thinking about adding a sauna to your home, this is your sign. Sweaty Yeti makes the whole experience feel premium and easy. Explore their models through my link.

High-Value Investment

This has quickly become one of the best wellness investments I've ever made. If you're curious about at-home sauna therapy, check out Sweaty Yeti. Link in bio.

Invitation to Ask Questions

Trying the Sweaty Yeti sauna has changed my wellness routine in a huge way. If you're curious, ask me anything — and explore their saunas using my link.

Short Captions for Reels/TikToks

Short + Punchy

The ritual > the routine.
🔥 Sweaty Yeti link in bio.

Aesthetic + Minimal

Heat · Breath · Reset
🌟 Explore Sweaty Yeti.

Performance Hook

Recovery mode: activated.
👉 Link in bio.

Ritual Vibes

A few minutes of heat can transform your entire day.
🔥 Sweaty Yeti sauna linked.

Mood Reset

New ritual, new mindset.
🌟 Explore Sweaty Yeti via my link.

Testimonials & Personal Experience

Honest Review

I've been using this Sweaty Yeti sauna for the past few weeks and I'm honestly impressed. The craftsmanship and the experience are both amazing. Learn more through my link.

Emotions + Ritual

It's hard to explain until you feel it — the quiet, the heat, the clarity. This sauna has become my sanctuary. Explore Sweaty Yeti.

FTC-Compliant Captions

Clean + Simple FTC

Sweaty Yeti sent me this sauna to try and I may earn a commission if you use my link. All thoughts are my own. Explore the setup I'm using.

Casual FTC

Sharing my genuine experience with the Sweaty Yeti sauna. Affiliate link in bio if you want to check it out.



Key Talking Points

Wellness Benefits

- Stress reduction and mental clarity
- Improved sleep quality
- Post-workout recovery support
- Increased circulation and muscle relief
- Creating intentional wellness rituals at home

Lifestyle & Aesthetic

- Turning your home into a personal wellness sanctuary
- The peaceful vibe of stepping into a beautiful, warm space
- Scandinavian-inspired design and clean craftsmanship
- The luxury of having a spa-like experience at home

Ease of Use

- Simple to turn on, simple to enjoy
- Fits naturally into morning or nighttime routines
- Quick warm-up, consistent heat
- Easy delivery and setup

Product Strengths

- Solid build quality and premium materials
- Glass front + modern design
- Smooth, even heat
- Roomy interior (depending on model)
- Built for both recovery and relaxation

What to Say in Reels & On Camera

Simple On-Camera Prompts

- “Come with me into my favorite new wellness routine...”
- “Here’s what 10 minutes in the sauna does for my mindset...”
- “This is what my hot/cold ritual looks like with Sweaty Yeti.”

- “This sauna has become my nightly reset routine, and here’s why...”
- “One thing I didn’t expect after using this sauna for a week...”
- “Let me show you what it’s like to have a luxury spa experience at home...”

Experience-Based Lines

- “The moment the door closes, everything goes quiet.”
- “This is the closest thing I’ve felt to a true spa experience at home.”
- “I didn’t realize how much my body needed this until I tried it.”

Social-Friendly CTAs

- “If you’re curious about this sauna, check out my link in bio.”
- “Message me if you have questions about the model I’m using.”
- “I’ll put the link in my stories if you want to explore the models.”

Reel Ideas & Story Concepts

First Impressions (Always High Performing)

- POV: opening the door for the first time
- “Unboxing” style clips
- Walking into the sauna with steam rising
- Before/after first sweat session

Suggested lines:

- “I can’t believe this is in my backyard.”
- “This heat feels unreal.”

Hot/Cold Ritual Reels

Show quick cuts of:

- Entering the sauna
- Dripping sweat
- Cold plunge transition
- Steam on glass
- Close-ups of wood + glow

Suggested lines:

- “This is my new daily ritual.”
- “If you've never tried hot/cold therapy... here's what it's like.”

Routine & Lifestyle Reels

Ideas:

- “My nightly reset ritual”
- “Morning energy routine”
- “Weekly wellness reset”

Clips to include:

- Lighting
- Steam
- Sitting quietly
- Post-sauna glow
- Walking back into the house relaxed

Suggested lines:

- “This is the calmest part of my day.”
- “I do this to unplug and reset before bed.”

Educational Reels

Creators can position themselves as wellness educators:

Topic ideas:

- Benefits of heat therapy
- How sauna helps with recovery
- Why hot/cold cycles are popular
- Tips for getting started with heat at home

Suggested lines:

- “Here are 3 benefits I've noticed since adding a sauna to my routine...”
- “This is why athletes swear by heat therapy.”

Aesthetic Mood Reels (No Talking Needed)

These always perform well for premium brands.

Ideas:

- Slow pan across the sauna
- Steam rising
- Light reflections
- Close-ups: wood grain, heater glow, door handle
- Aesthetic montage of heat ritual

Suggested lines or captions:

- “Heat · Breath · Reset”
- “Luxury at home.”

Instagram Story Ideas

Setup & First Experience

- Quick walkthrough of where you placed the sauna
- First impressions of the design
- Clip of turning it on

Daily Ritual

- Timer countdown
- “Come sweat with me” POV
- Post-sauna glow selfie

Hot/Cold Challenge

- Announce a personal 7- or 14-day challenge
- Encourage followers to ask questions
- Place affiliate link sticker

Honest Review

- What surprised you
- How it fits into your lifestyle
- How you feel after using it

CTA Story

- Share affiliate link
- Short testimonial
- Invitation to DM questions

Content Hooks

- “This changed my wellness routine.”
- “My new nightly ritual looks like this...”
- “Here's why I added a sauna at home.”
- “Three things I noticed after one week in the sauna...”
- “This is the luxury upgrade my home needed.”
- “If you've never tried hot/cold therapy, watch this.”
- “This is the calmest part of my entire day.”

My New Daily Ritual

Subject: My new favorite daily ritual 🔥

Body:

I've recently added a new wellness ritual to my routine and it's been a game changer.

I've been using a Sweaty Yeti Sauna at home, and the difference in my energy, recovery, and mental clarity has been amazing.

If you've ever thought about adding a sauna to your home, this one is absolutely worth checking out. The design is beautiful, the heat is incredible, and it feels like a little escape at the end of every day.

👉 Explore the sauna I'm using here: [Affiliate Link]

Let me know if you have questions — I'm happy to share my experience!

14-Day Hot/Cold Challenge

Subject: Join my 14-day hot/cold ritual 🔥❄️

Body:

For the past couple of weeks, I've been doing a 14-day hot/cold therapy ritual using a Sweaty Yeti Sauna, and I can't believe how much better I feel — mentally and physically.

I'm inviting you to try your own version of this challenge with me. It's simple:

- 1.Heat (10–20 minutes)
- 2.Cold (1–3 minutes)
- 3.Repeat
- 4.Notice the difference in your mood, energy, and recovery

If you're curious about the setup I'm using, here's the sauna that made it possible:

👉 [Affiliate Link]

Let me know if you want tips , I'm learning a lot and happy to share!

Why I Love This Sauna

Subject: Why I'm loving this at-home sauna experience

Body:

I wanted to share something I've been absolutely loving lately — my at-home sauna from Sweaty Yeti. It has become such an important part of my routine.

Here's what I've noticed so far:

- Better recovery after workouts
- Deeper and more restful sleep
- A relaxing space to unwind at the end of the day
- A beautiful addition to my home

I'm genuinely impressed with the design and build quality. If you've ever dreamed of having a spa-like experience at home, this might be the sign you've been waiting for.

Learn more about the sauna and the different models here:

👉 [Affiliate Link]

Feel free to reply if you have any questions — I'm happy to share my first-hand experience!

Luxury Wellness at Home

Subject: The luxury upgrade I didn't know I needed

Body:

I've always loved the idea of creating a peaceful, intentional wellness space at home — and I finally found something that makes that possible.

For the past few weeks, I've been using a Sweaty Yeti Sauna, and it truly feels like having a luxury spa in my backyard. The design is gorgeous, the heat is powerful, and the whole experience has elevated my daily routine.

If you're looking to upgrade your home with something that supports wellness, recovery, and relaxation, take a look at the sauna I'm using:

👉 [Affiliate Link]

It's been one of the most meaningful additions to my routine this year.

Wellness Benefits You Can Feel

Subject: 5 reasons sauna therapy is worth trying

Body:

Sauna therapy has been getting so much attention lately — and after trying it consistently, I understand why. Here are five benefits I've personally experienced:

1. Better circulation
2. Faster recovery after workouts
3. Reduced stress + improved mood
4. Better sleep
5. A quiet moment of peace in my routine

I've been using a Sweaty Yeti Sauna to build this ritual, and it's made the experience even better thanks to the craftsmanship and design.

If you're curious about what a home sauna setup looks like, explore the models here:

👉 [\[Affiliate Link\]](#)

Let me know if you want help choosing a model — they all have different vibes depending on your space and goals.



SWEATY YETI MODELS



SAUNA

4-6 Person Sauna

8X9'

Base Price: \$28,300



SAUNA PLUNGE

4-6 Person Sauna &

Cold Plunge Room

8X17'

Base Price: \$49,300



SAUNA FIT

4-6 Person Sauna &

Workout Room

8X17'

Base Price: \$42,800



SAUNA PLUS

8-12 Person Sauna

8X17'

Base Price: \$44,700



PLUNGE PLUS

Large Cold Plunge

Room

8X17'

Base Price: \$42,300



FIT PLUS

Large Workout Room

8X17'

Base Price: \$30,800

We're here to support you throughout your Sweaty Yeti affiliate experience. Whether you have questions about content, tracking, commissions, or brand guidelines, you can reach us anytime.

Affiliate Support Email

For questions about affiliate setup, commission tracking, payouts, or troubleshooting your link:

[Hello@SweatyYeti.com](mailto>Hello@SweatyYeti.com)

Free Creator Filming Sessions

If you're a local creator and want more high-quality content, you're welcome to schedule a free filming session at our factory to capture content using our Sweaty Yeti model using this link:

<https://calendly.com/ashleyp-irontownmodular/30min>

Your Affiliate Dashboard

You can access your custom link, commission history, clicks, and performance insights anytime at:

sweatyetisauna.com/affiliates

