

# SPOTLIGHT



a weekly feature of the Kennebunk-Kennebunkport-Arundel Chamber of Commerce

## The Daily Sweat

### Owner?

Tiffany Lathrop

### How long in business?

7 years in June!

### Primary business/service offered?

The Daily Sweat offers a variety of yoga and barre classes complemented by recovery services including sauna, steam room, cold plunge, and float therapy.

### What makes your business special?

The sense of community we've created. We offer a welcoming space where people can move, recover, and reconnect with themselves and others. Whether someone is joining a yoga or barre class, relaxing in the sauna, or experiencing float therapy, our goal is to help every person feel supported, encouraged, and at home. We believe wellness should be approachable, inclusive, and something people genuinely look forward to being part of.



### Best thing you sell/serve/do?

We create a space where people feel comfortable showing up exactly as they are. We love helping our community build healthy routines, find balance, and connect with a supportive community.

### Something people don't realize about your business/services?

The full range of what we offer beyond classes. Our recovery services include sauna, steam room, cold plunge, and float therapy, giving members different ways to support their bodies and recovery needs. We also offer a variety of classes at different temperatures, something for everyone - from those that love heat to those that don't. On top of that, we keep things flexible with a range of class packages and drop-in options, so there's no long-term commitment required, just the freedom to come as you are and build a routine that works for you.



### Contact Information

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