



GHOST BATH

Self Loather

Release Date: October 29th, 2021

GHOST BATH Online:

<https://www.facebook.com/blackghostbath/>

<https://www.instagram.com/ghostbathofficial/>

<https://twitter.com/ghostbath?lang=en>

https://www.youtube.com/channel/UCjdB_IGs8rIzI8cJMRnex-g

Black metallers **GHOST BATH** are breaking out of the clutches of obscurity with their stunning new album, **Self Loather**. Formed by **Dennis Mikula** in 2012, **GHOST BATH** had a mysterious, if auspicious start. Mikula ebbed out music—first on the *Ghost Bath* EP (2013) and then on debut full-length *Funeral* (2014)—under the pseudo-nom de guerre 丹尼斯 to wide-spread plaudits of a fanbase unaware that the visionary song-master was an American hailing from small-town North Dakota. When the veil lifted in support of **GHOST BATH**'s second full-length **Moonlover** in 2015, they were already well on their way to becoming one of the most exciting upstarts in extreme music memory.

On the strength of **Moonlover** and the promise of what would come after, **GHOST BATH** secured a worldwide deal via Nuclear Blast Entertainment. The group's vio-aggro sound—pinned to tenets of black metal but driven by dysthymia, revulsion, and tragedy—continued to evolve into more dangerous yet personally pensive territory. When *Starmourner* followed in 2017, **GHOST BATH** had found a wickedly black yet despondently depressive vector to call home. Moored by singles 'Thrones' and 'Ambrosial,' *Starmourner* stunned **GHOST BATH**'s rabid fanbase and press alike. The group embarked on celebrated

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tours in the United States and Europe in 2017 and 2018, playing with labelmates THY ART IS MURDER and FALLUJAH, as well as luminaries **KATATONIA**, **ASTRONOID**, and **MØL**.

On ***Self Loather***, **GHOST BATH** close out the trilogy—tragedy, ecstasy, and dread/hatred—and host their most devastating and dark music to date. From the unbridled cruelty of ‘**Convince Me to Bleed**’ and the introspection of “**Shrines of Bone**” to the sorrowful suite that closes ‘**A Sanguine Mask**’ and disquieting nature of ‘**Sinew and Vein**,’ **GHOST BATH**’s fourth full-length sets the mood meter to desolation/antipathy—and never quite lets go. Produced by the band with **Xander Moser** engineering at **TreeSpeak Recording Studio** in Minneapolis and mixed by **Jack Shirley** (DEAFHEAVEN, BOSSE-DE-NAGE) at **The Atomic Garden Recording Studios** in Oakland, ***Self Loather*** is a sonic exercise in shadow, nuance, and, most of all, power. Witness **GHOST BATH**’s most captivating yet odious record to date on ***Self Loather***.

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