



# SAUNA COLLECTION



# LINE SHEET



**COMFORT**



**PREMIUM**



**MODERN**



**LOUNGE**

# LINE SHEET



**LINEA**




**ESTHETIC**



**NORDIC**



**AZALEA**



IMPROVE YOUR HEALTH  
AND WELLNESS WITH  
SAUNA THERAPY.  
DISCOVER THE  
SURPRISING BENEFITS OF  
SAUNA, INCLUDING  
STRESS RELIEF,  
DETOXIFICATION AND  
IMPROVED  
CARDIOVASCULAR  
HEALTH.

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# SAUNA BENEFITS

A sauna session may seem like just a relaxing addition to a post-workout ritual or on a spa day, but long-term sauna use can have some real health benefits. These include:

- Improved cardiovascular health.
- Improved pain relief.
- Lowered stress and more relaxation.

## Improved cardiovascular health

Using saunas regularly may improve cardiovascular health in several ways, such as:

- Improving blood pressure.
- Reducing the risk of death from a cardiovascular event, such as a heart attack or stroke.
- Decreasing cholesterol.
- In those with congestive heart failure, causing a small but notable difference in walking distance ability.

The exposure to heat in saunas increases the amount of blood pumped by the heart, while lowering blood pressure and increasing heart rate variability (the amount of time difference between each heartbeat), meaning sauna use may benefit cardiovascular health.

These results however, are best seen when done in combination with a healthy lifestyle and optimized medical therapy.

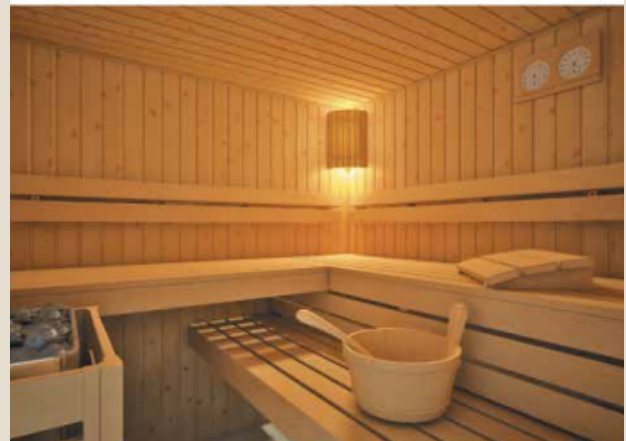
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# COMFORT

**COMFORT:  
EXTERIOR AND INTERIOR  
CLADDING MADE OF  
SCANDINAVIAN SPRUCE**





# PREMIUM

PREMIUM  
EXTERIOR AND INTERIOR  
CLADDING MADE OF  
CANADIAN CEDAR





# MODERN

**MODERN  
EXTERIOR AND INTERIOR  
CLADDING MADE OF  
CANADIAN CEDAR**



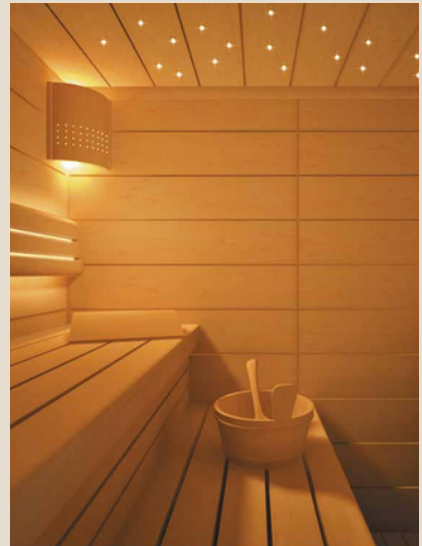
# LOUNGE

**LOUNGE  
FACADE MADE OF AYOUS WOOD  
AND BLACK LACQUERED BOARD,  
INTERIOR CLADDING MADE OF  
CEDAR OR CANADIAN FIR**



# LINEA

LINEA  
EXTERIOR AND INTERIOR  
CLADDING MADE OF AYOUS  
WOOD



# ESTHETIC

ESTHETIC  
FACADE MADE OF LACQUERED  
BOARD, INTERIOR CLADDING  
MADE OF AYOUS WOOD



# NORDIC

NORDIC  
FACADE MADE OF  
SPRUCE, INTERIOR  
CLADDING MADE OF  
CANADIAN SPRUCE



# AZALEA

AZALEA  
1.6-INCH THICK  
WALLS AND 2.7-INCH  
THICK INSULATED  
ROOF MADE OF  
SPRUCE WOOD



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