




H E K L A

A wooden sauna is in the foreground, partially visible through a circular opening. In the background, a dog is walking on a frozen lake, surrounded by a dense forest of evergreen trees.

**Create your own spa sanctuary with Hekla.**

Our saunas have been inspired by nature using Baltic sauna traditions. They have been built with natural materials in a sustainable way.

Each of our saunas have been designed to improve wellness, encourage relaxation, spend quality time with loved ones and lead happier, healthier and more tranquil lives.

## DISCOVER A NEW KIND OF RELAXATION WITH HEKLA.

With a choice of barrel and cube saunas you can create your own unique wellness experience. A sauna can be a relaxing place to unwind after a long day or to relax and de-stress.

Having access to a sauna has proven to positively impact a person's health, wellness and overall athletic performance.

There are several benefits to using a Hekla sauna including:

- **Relaxation:** Spending time in a sauna can help to relax the body and mind, and promote feelings of well-being
- **Improved circulation:** The heat of a sauna can help to improve circulation and increase blood flow to the skin
- **Detoxification:** The heat of a sauna can help to increase perspiration, which can help to flush toxins from the body
- **Pain relief:** The heat of a sauna can help to alleviate muscle aches and pains, and may be particularly helpful for people with arthritis or other chronic pain conditions
- **Improved skin health:** The heat and humidity of a sauna can help to improve the appearance and health of the skin, and may be beneficial for people with dry or sensitive skin
- **Weight loss:** Some people may find that using a sauna can help them to lose weight, as it can increase the body's metabolism and burn calories
- **Improved sleep:** The relaxation and stress-reducing effects of a sauna may help to improve sleep quality. The slow, relaxing decline in endorphins achieved through having access to a heated space is key in facilitating a deeper sleep
- **Recovery after intense physical activity:** Saunas are proven to relax muscles and soothe aches/pains in both muscles and joints
- **Social connectivity:** Despite its importance, this benefit is barely ever mentioned. A sauna can be a private, personal area of relaxation and peace. However, it can just as easily be a relaxing environment for socialising with friends and family too

It's important to keep in mind that saunas should be used in moderation and that you should stay hydrated while using a sauna to avoid dehydration. It's also a good idea to consult with a healthcare professional before using a sauna, especially if you have any underlying health conditions or are pregnant.



## BUILT SUSTAINABLY USING NATURAL MATERIALS

Hekla saunas are built with Thermowood which is 100% natural. The heat treatment process is chemical-free and the improved performance is achieved simply by the controlled application of heat and steam.

Our wood material is certified Nordic Spruce which is sourced from Northern European forests and grown with sustainable practices. Thermally modified Nordic Spruce is aesthetically pleasing wood material that is significantly more durable and stable than conventional timber.

Roof shingles are also provided on the roof to protect the sauna and increase the insulation.

### What are the advantages of using Thermowood to build a sauna?

Thermowood is wood that has been subjected to a heat treatment process that involves heating the wood to high temperatures (usually between 200-220°C) in the absence of oxygen. This process changes the chemical and physical properties of the wood, making it more durable and resistant to decay. Some potential advantages of using Thermowood in a sauna include:

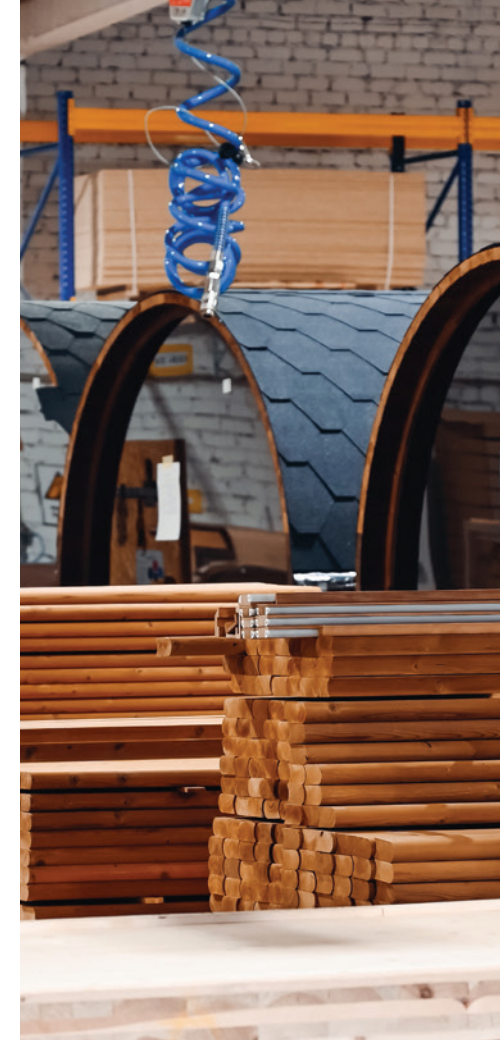
- **Increased durability:** The heat treatment process makes Thermowood more resistant to decay, rot, and insect damage, so it may last longer than untreated wood in a damp, humid environment like a sauna.
- **Improved stability:** The heat treatment process also changes the wood's cellular structure, making it less prone to swelling and shrinking, which can improve its stability and reduce the risk of warping or cracking.
- **Enhanced appearance:** The heat treatment process can also change the colour and texture of the wood, giving it a more uniform and attractive appearance.
- **Increased resistance to fire:** Thermowood has a higher ignition temperature and a lower rate of flame spread than untreated wood, which makes it safer to use in a sauna.
- **Sustainability:** Depending on the source of the wood and the production process, Thermowood may be a more sustainable choice than untreated wood, as it uses less energy and generates fewer emissions during the production process.



### What are the benefits of having roof shingles on an outdoor sauna?

Roof shingles can provide several benefits for an outdoor sauna, including:

- **Protection from the elements:** Roof shingles can help to protect the sauna and its occupants from rain, snow, and other weather conditions. This can help to extend the life of the sauna and make it more comfortable to use.
- **Improved insulation:** Some types of roof shingles, such as asphalt shingles, can provide additional insulation for the sauna. This can help to keep the interior of the sauna warm and reduce energy consumption.
- **Aesthetically pleasing:** Roof shingles can add visual appeal to an outdoor sauna, especially if they are chosen to match the overall design and aesthetic of the sauna and surrounding area.
- **Increased value:** A well-maintained, attractive outdoor sauna with a durable roof may increase the value of a property.



## BARREL SAUNAS

### Enjoy the highest level of comfort hand in hand with a compact design.

Experience a traditional barrel sauna experience where between your sauna rounds you enjoy a drink in your barrel sauna terrace with two exterior benches. Create your own spa sanctuary.

### Why it's so effective?

A barrel sauna is effective due to a number of factors including:

#### Heats quickly

With less unused space (imagine a circle inside a square), the barrel design lets the heater do its job faster and more efficiently.

#### Distributes heat

In a square sauna, the heat gets trapped at the ceiling. In a barrel sauna, the heat is pushed back down the curved sides and into the sauna as new heat rises from the heater.

#### Saves energy

Because there is less unused airspace to heat, less energy is required to heat the room. The thick staves are excellent insulators, and the exterior of the sauna will remain cool to the touch.

#### Accommodates temperature flux

The ball-and-socket assembly of a barrel sauna lets the wood expand and contract within the steel bands, creating a tight seal that won't shatter.

#### Structurally sound

Built with solid wood staves, the structural integrity of a barrel sauna withstands even the harshest outdoor environment. The notched staves create a tight, secure fit that will last a lifetime without the excessive use of fasteners.

#### Remarkably comfortable

Sit opposite another sauna bather with your back nicely cradled in the curvature of the sauna wall with enough room for your neck to remain straight.

#### Requires no maintenance

Barrel saunas naturally shed water and, due to their structural integrity, can handle a substantial snow load. The polymer support cradles let you put the barrel on any flat surface, and the Thermo wood is naturally resistant to water and insects.

#### Beautiful feature

Specifically designed for outdoor use, a barrel sauna is a beautiful backdrop in your landscaping.





## CUBE SAUNAS

Our cube saunas are very popular due to their unique shape. With the huge glass panel window, you can enjoy stargazing the night sky, watching the sunset or rise or simply enjoy the peace and quiet. It's the perfect getaway for me time or to relax with friends and family.

### Why is a cube sauna so effective?

Due to the heat and humidity generated within the sauna they are very effective and provide a relaxing and therapeutic experience.

The high heat and humidity levels can help to increase circulation, relax muscles, and remove toxins from the body through sweat. In addition, the heat and humidity may also have a beneficial effect on the respiratory system, helping to clear the sinuses and alleviate congestion.

Overall, a cube sauna may be effective for promoting relaxation, improving circulation, and providing a number of other health benefits. It is important to follow the manufacturer's instructions and guidelines when using a sauna, and to consult with a healthcare professional if you have any concerns or medical conditions.

## HEATING YOUR SAUNA

**There are two options for heating for each sauna including an electric heater and a wood burning stove.**

We recommend using Narvi for both heating options. All Narvi products are Key flag products, meaning they are designed and made in Finland.

### Wood burning stove

The Narvi NC 16 wood burning stove is distinguished by its simple and timeless design. The large volume of the stones and the durable construction ensure an aesthetically pleasing design. Despite its impressive size, the stove does not need a lot of firewood to heat up.

The fire chamber has a novel form that ensures a more efficient and cleaner combustion. The fire chamber was designed to be environmentally friendly and even to make sure that the stove complies with compulsory CE marking requirements.

The stove casing is painted in black and it has a matching cast iron glass door also in black, a black frontal panel of the ash box and a steel frame around the stones section.

The stove has adjustable feet for effortless and proper installation. The stove comes with a pipe for rear connection to the chimney. The chimney connection can also be implemented from the top of the stove but for this you will need a separate connection pipe.



### Electric heater option

We recommend a choice of two electric heater options from Narvi:

#### Narvi NS900 heater

This is an electrical sauna heater and has been designed for easy usage and durability. The sauna heater has been manufactured with high quality materials. It is available in black.

The diameter of a heating element of electrical heaters made by Narvi is exceptionally big (8.5 mm). This extends the lifetime usage of a heating element and significantly reduces the risk of overheating.

#### Narvi Smooth heater

The large Narvi Smooth is a completely new electrical tower heater by Narvi. The stylish design, easy installation and the soft "löyly" (the name for the evaporating hot steam that rises from the stove after water has been carefully thrown on top of them) makes this an excellent choice.

The great stone capacity provides a pleasant sauna experience and it can be installed in the corner to save space.

Technically the Smooth is slightly different from other Narvi models as it is easier to place and change the sauna stones. Narvi Smooth comes with an external control unit which is easy to use.



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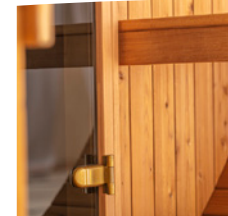
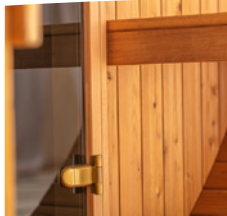
# BARREL 210

210 x 240 x 225cm  
4 Person



# BARREL 250

250 x 240 x 225cm  
6 Person



## FEATURES

- 40 mm thermo spruce frame
- 2 x terrace benches 50 cm wide
- 3 foundation beams
- 2 x metal frame bands
- 2 x sauna room aspen benches
- Thermo aspen flooring duckboard
- Sauna ventilation valve
- 1/2 panoramic window
- 2x LED lights with switch
- Roof shingles

## HEATER OPTIONS

### Narvi Electric Heater

- 9kw
- Manual Controls
- Stones Included

### Narvi Wood Burner

- Chimney Set
- Floor Plate
- Insulated Chimney
- Stones Included

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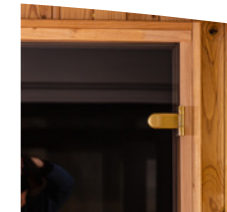
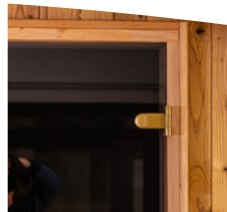
## CUBE 160

160 x 235 x 225cm  
2 Person



## CUBE 210

210 x 235 x 225cm  
4 Person



### FEATURES

- 40 mm thermo spruce frame
- Full glass front panel
- 2 or 3 foundation beams
- 2 x metal frame bands
- 2 x sauna room aspen benches
- Thermo aspen flooring duckboard
- Sauna ventilation valve
- Sauna door, 8mm tempered glass
- 1/2 panoramic window
- 2x LED lights with switch
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### HEATER OPTIONS

#### Narvi Electric Heater

- 10.5kw
- Digital Controller
- Stones Included

#### Narvi Wood Burner

- Chimney Set
- Floor Plate
- Insulated Chimney
- Stones Included

# HEKLA

## CUBE 250

250 x 235 x 225cm  
6 Person



### FEATURES

- 40 mm thermo spruce frame
- Full glass front panel
- 2 or 3 foundation beams
- 2 x metal frame bands
- 2 x sauna room aspen benches
- Thermo aspen flooring duckboard
- Sauna ventilation valve
- Sauna door, 8mm tempered glass
- 1/2 panoramic window
- 2x LED lights with switch
- Roof shingles

### HEATER OPTIONS

#### Narvi Electric Heater

- 10.5kw
- Digital Controller
- Stones Included

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#### Narvi Wood Burner

- Chimney Set
- Floor Plate
- Insulated Chimney
- Stones Included



CREATE YOUR OWN  
SPA SANCTUARY



To find out more about Hekla Saunas contact  
[sales@superiorwellness.co.uk](mailto:sales@superiorwellness.co.uk) or visit [www.superiorwellness.co.uk](http://www.superiorwellness.co.uk)