



HEKLA

UK

Create your own wellbeing sanctuary with Hekla.

We craft high-quality saunas, using sustainable, natural materials and innovative design, to bring the therapeutic effects of this Baltic tradition to your home.

Each of our saunas has been designed to enhance your health and wellbeing, to encourage relaxation and to spend quality time with loved ones. Hekla saunas are a space to lead a happier, healthier and more tranquil life.

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EXPERIENCE WELLNESS AT HOME WITH HEKLA.

From glowing skin, detoxification and enhanced vitality, to the sigh of relief as stress and tension melt away, sauna bathing is proven to positively impact health and wellbeing, improving overall athletic performance.

Hekla offers a variety of traditional and infrared saunas that can be installed both indoors and outdoors, allowing you to create your own wellness retreat at home. We have something to suit your home, lifestyle and personal health goals.

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 wellbeing.
- **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 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.



HAND-CRAFTED AND BUILT TO LAST.

Hekla saunas are constructed 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 an 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:

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

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

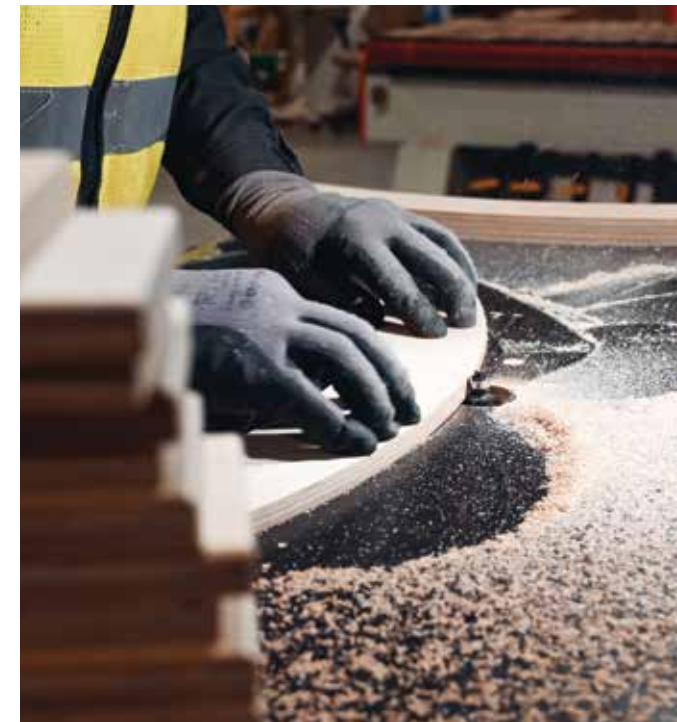
- **Increased durability:** The heat treatment process makes Thermowood more resistant to decay, rot, and insect damage, so it may last longer than untreated wood in a damp, humid environment like a sauna.
- **Improved stability:** The heat treatment process also changes the wood's cellular structure, 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.



NATURAL MATERIALS, INNOVATIVE DESIGN.

Hekla Saunas combine the craftsmanship of sustainably-sourced traditional materials with the consideration of modern design. Our saunas consider light, space and creating a high level of comfort, for a feeling of luxury and relaxation.

Our infrared sauna models integrate contemporary technology, such as chromotherapy LED lights and an integrated bluetooth sound system, to let you set the scene and the temperature at the touch of a button.



OUTDOOR SAUNAS.

Built To Weather The Elements

The Barrel and Cube outdoor saunas are inspired by nature and are specifically designed to blend seamlessly into the landscape. Built with solid wood staves, the structural integrity of our outdoor saunas can withstand even the harshest outdoor environment. The notched staves create a tight, secure fit that will last a lifetime.

The inside is designed with efficiency in mind so you can be sure to induce a therapeutic sweat. Here's why our outdoor saunas are so effective:

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 cube 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

As 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.

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.

Our outdoor saunas feature a shingle roof, designed to offer protection from the elements. This can help extend the life of the sauna and make it more comfortable to use. It also offers benefits of:

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.

Aesthetics

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.



HEATING YOUR SAUNA

There are two options for heating for the saunas, including an electric heater and a wood burning stove. We recommend using Harvia for both heating options.

Electric heater

Harvia Cilindro Black Steel pillar heaters are ideal for a vast range of sauna requirements. Perfectly sized to provide an efficient and powerful saunatic experience, these stylish electric heaters offer flexibility in setup – easily embedded into your bench or elegantly displayed in front of the glass wall. Not only does this unique form factor work well with any sauna design, but its glossy black stainless steel exterior is sure to make it a striking addition.

With an array of control options to choose from, Harvia Cilindro heaters make your sauna experience customisable. From mechanical controls that are traditional yet reliable, separate means for regulation and the reimagined Xeno digital interface – you'll have no trouble finding a heating system tailored precisely to your preferences.

Wood burning stove

Harvia Linear 18 Compact, is the ideal blend of timeless elegance and modern design. Its large black wood-burning stove with a striking glass door creates an awe-inspiring atmosphere while highlighting its magnificent flames.

The unique form of the fire chamber provides cleaner, more efficient combustion that meets CE markings for environmental friendliness.

Further enhancements to this elegant appliance include a painted black finish on both sides as well as cast iron details in front along with steel encasing surrounding each stone section giving peace-of mind when seeking optimal installation through adjustable feet and stability from rear connection pipes connecting directly to your chimney system for additional safety.

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.





BARREL SAUNAS

The eye-catching Barrel sauna combines the highest level of comfort with a compact design.

The Barrel has a beautifully-crafted Nordic spruce interior designed to accommodate upto either four or six people, depending on the model. Its curved wall cradles your back as you relax in the space with your friends and family.

Between sauna sessions, you can cool off with a drink on the sauna terrace which features two exterior benches.

Industry leading **2 year warranty on the sauna** and **2 year warranty on the Harvia heater**. Full terms and conditions apply.

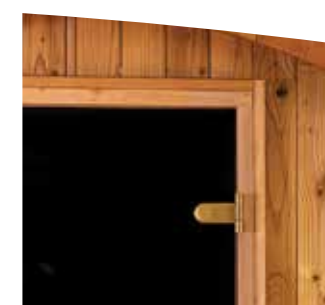
BARREL 210

W: 225 x D: 210 x H: 240cm
4 Person



BARREL 250

W: 225 x D: 250 x H: 240cm
6 Person



Features

- 40mm thermo spruce frame
- 2 x terrace benches 50cm wide
- 3 Foundation beams
- 2 x metal frame bands
- 2 x sauna room aspen benches
- Thermo aspen flooring duckboard
- Sauna ventilation valve
- Half panoramic window
- 2 x led lights with switch
- Roof shingles
- 8mm tempered glass door

Heater Options

Harvia Cilindro (Electric)

Power Output	6.8 kW/9 kW
Size (HxWxD)	930 x 320 x 320 mm
Stones (Included)	90 kg
Controls	Manual (9 kW Wifi Optional with Extra Cost)

Harvia Linear 18 (Wood Burner)

Power Output	14.3 kW
Size (HxWxD)	770 x 450 x 510 mm
Controls	n/a
Stones (Included)	40 kg

Features

- 40mm thermo spruce frame
- 2 x terrace benches 50cm wide
- 3 Foundation beams
- 2 x metal frame bands
- 2 x sauna room aspen benches
- Thermo aspen flooring duckboard
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HEKLA

CUBE 160

W: 225 x D: 160 x H: 235cm
2 Person



CUBE SAUNAS

It's the unique shape of our Cube sauna that makes it a popular choice as an outdoor sauna.

With the huge, glazed panel window, you can enjoy star-gazing at the night sky, watching a peaceful sunrise or sunset, or simply find a quiet escape.

The Cube is available as a two-person, four-person or six-person model, making it a perfect place to relax and enjoy time with family and friends, and is an ideal addition to a sociable outdoor space.

Features

- 40mm thermo spruce frame
- Double glazed full glass front panel
- 2 x 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
- Half double glazed panoramic window
- 2 x led lights with switch
- Roof shingles

Heater Options

Harvia Cilindro (Electric)

Power Output	6.8 kW/9 kW
Size (HxWxD)	930 x 320 x 320 mm
Stones (Included)	90 kg
Controls	Manual (9 kW Wifi Optional with Extra Cost)

CUBE 210

W: 225 x D: 210 x H: 235cm
4 Person



Features

- 40mm thermo spruce frame
- Double glazed full glass front panel
- 3 x 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
- Half double glazed panoramic window
- 2 x led lights with switch
- Roof shingles

Heater Options

Harvia Cilindro (Electric)

Power Output	9 kW
Size (HxWxD)	930 x 320 x 320 mm
Stones (Included)	90 kg
Controls	Manual (9 kW Wifi Optional with Extra Cost)

Harvia Linear 18 (Wood Burner)

Power Output	14.3 kW
Size (HxWxD)	770 x 450 x 510 mm
Controls	n/a
Stones (Included)	40 kg

CUBE 250

W: 225 x D: 250 x H: 235cm
6 Person



Features

- 40mm thermo spruce frame
- Double glazed full glass front panel
- 3 x 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
- Half double glazed panoramic window
- 2 x led lights with switch
- Roof shingles

Heater Options

Harvia Cilindro (Electric)

Power Output	9 kW
Size (HxWxD)	930 x 320 x 320 mm
Stones (Included)	90 kg
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Size (HxWxD)	770 x 450 x 510 mm
Controls	n/a
Stones (Included)	40 kg

TRADITIONAL SAUNAS

Sauna Ritual In The Heart of Your Home

Make sauna ritual a way of life with our range of traditional, indoor saunas. A minimalist exterior and the warmth of thermo Aspen wood to the inside, our in-home traditional saunas are designed to integrate seamlessly into your home.

With room for 3 to 6 people, the traditional saunas create a versatile wellness space for family and friends to enjoy together. Chromotherapy LED lights and an integrated bluetooth sound system let you set the scene at the touch of a button.

Choose your sauna experience of steam or dry heat to warm the room. We offer the convenience of electric or a traditional wood-burner to create the sweat-inducing heat in your in-home sauna.

Thermowood, our 100% natural, chemical-free treated wood used to craft our indoor saunas, is safe and durable, as well as attractive in appearance. Our traditional models have a built-in floor grid, covered in a vinyl surface, that considers safety and aesthetics with a non-slip grip. Grey safety glass encloses the space.

The traditional sauna range includes three, four, five and six-person capacity models with maximum heat output of 8kW, bringing you the therapeutic benefits of sauna bathing from the comfort of your home.



TRADITIONAL 160

W: 160 x D: 120 x H: 210cm
2-3 Person



Features

- 48mm thermo aspen wood frame
- 2-3 Person sauna room benches
- Built-in floor grid with vinyl surface
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- 4 m³ sauna room volume

Heater Options

Harvia The Wall (Electric)

Power Output	4.5 kW
Size (HxWxD)	610 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

TRADITIONAL 210

W: 210 x D: 160 x H: 210cm
3-4 Person



Features

- 48mm thermo aspen wood frame
- 3-4 Person sauna room benches
- Built-in floor grid with vinyl surface
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- 7 m³ sauna room volume

Heater Options

Harvia The Wall (Electric)

Power Output	6 kW
Size (HxWxD)	610 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

TRADITIONAL 210X

W: 210 x D: 200 x H: 210cm
4-5 Person



Features

- 48mm thermo aspen wood frame
- 4-5 Person sauna room benches
- Built-in floor grid with vinyl surface
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- 8.8 m³ sauna room volume

Heater Options

Harvia The Wall (Electric)

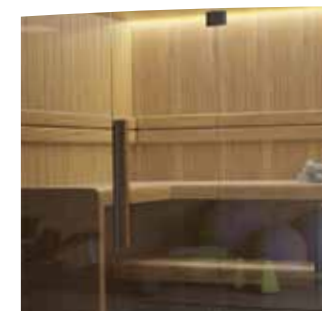
Power Output	8 kW
Size (HxWxD)	700 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

Harvia The Wall (Electric)

Power Output	9 kW
Size (HxWxD)	700 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

TRADITIONAL 220

W: 220 x D: 210 x H: 210cm
6 Person



Features

- 48mm thermo aspen wood frame
- 6 Person sauna room benches
- Built-in floor grid with vinyl surface
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- 9.7 m³ sauna room volume

Heater Options

Harvia The Wall (Electric)

Power Output	8 kW
Size (HxWxD)	700 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

Harvia The Wall (Electric)

Power Output	9 kW
Size (HxWxD)	700 x 430 x 260 mm
Stones (Included)	20 kg
Controls	Manual

INFRARED 100

W: 100 x D: 120 x H: 200cm

1 Person

INFRARED SAUNAS

Enhance Your Wellness Routine With Therapeutic Infrared.

Stylish by design, simple to use, our range of infrared saunas are crafted to help you feel good.

Available in compact one and two-person capacity models, our sleek heat therapy solution creates an in-home wellness escape.

Infrared saunas run at a lower temperature than a traditional sauna, heating your body directly rather than the air around you. Your core body temperature is raised as infrared light rays penetrate the deeper layers of skin and muscle to generate an intense sweat. Our saunas have a temperature range between 35°C–60°C which can offer a more comfortable sauna experience without compromising on the therapeutic benefits of the tradition.

All models feature a stylish black external veneer and a crafted, thermo Aspen wood interior.



Features

- 48mm thermo aspen wood frame
- Black veneer exterior
- 1 Person sauna room bench
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- USB and bluetooth sound system
- Two internal speakers
- 2.4 m³ sauna room volume

Heater Breakdown

- Power Output 1195w
- 1 x 400w Halogen with Red Glass (Back)
- 1 x 600w Halogen with Red Glass (Front)
- 1 x 195w Carbon (Legs)
- Internal touch control panel

INFRARED 130

W: 130 x D: 120 x H: 200cm
2 Person



Features

- 48mm thermo aspen wood frame
- Black veneer exterior
- 2 Person sauna room benches
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- USB and bluetooth sound system
- Two internal speakers
- 3.1 m³ sauna room volume

Heater Breakdown

- Power Output 2260w
- 2 x 400w Halogen with Red Glass (Back)
- 2 x 600w Halogen with Red Glass (Front)
- 1 x 260w Carbon (Legs)
- Internal touch control panel

INFRARED 160

W: 160 x D: 120 x H: 200cm
2 Person



Features

- 48mm thermo aspen wood frame
- Black veneer exterior
- 2 Person sauna room benches
- Sauna ventilation valve
- 8mm grey safety glass window and glazed door
- Chromotherapy led lights
- USB and bluetooth sound system
- Two internal speakers
- 3.85 m³ sauna room volume

Heater Breakdown

- Power Output 2390w
- 2 x 400w Halogen with Red Glass (Back)
- 2 x 600w Halogen with Red Glass (Front)
- 2 x 195w Carbon (Legs)
- Internal touch control panel



70–100°C

Sauna

35–60°C

Infrared

SAUNA

Saunas help strengthen immune and cardiovascular systems. While using a sauna, your body temperature will rise, this triggers a range of evolutionary processes which can have a positive effect on your sense of wellbeing and health, improve your skin and help you find your inner balance.

INFRARED

Infrared produces a mild warmth from the rays, that gently penetrates the skin and helps to relieve pain in the back, shoulder or neck. The warmth can help to alleviate pain arising from wear and tear to the joints. The soothing warmth expands the vessels and stimulates circulation and metabolism.

The heart can increase its output up to 50%, in order to maintain blood pressure, even when the blood vessels expand. By switching between hot and cold temperatures, this trains blood vessels by making them expand and contract in turn. This can result in stronger vessels, which can help to prevent cardiovascular diseases.

The warmth relaxes muscles, and this supports the regeneration process after hard exercise. Thanks to increased circulation, toxins are removed faster from the skin, and replaced with the nutrients it needs. As a result, it is able to build up its natural protective barrier easier. Also, the skin is able to store more moisture, which can help to prevent wrinkles from forming.

A woman is sitting on a wooden bench inside a sauna. She is wearing a light-colored, form-fitting tank top and shorts. Her hair is wet and slicked back. She is looking down at her hands, which are resting on her knees. The air is filled with thick, white steam that rises from the bottom. The walls of the sauna are made of dark wood. A small, dark, rectangular object with the word 'HEKLA' on it is visible on the wall to the right of the woman.

CREATE YOUR OWN SPA SANCTUARY

We have a number of Hekla Sauna stockists
available globally.

Search for your nearest by visiting our website:
heklasaunas.com/stockists



★ Trustpilot  

To find out more about Hekla Saunas visit
www.heklasaunas.com