THE ORIGINAL FINNISH SAUNA EXPERIENCE

Sauna heals your body and soothes your soul.
Sauna dissolves stress and relaxes your muscles.

Warmth That Hugs You
A sauna offers wonderful health benefits
• Heat stimulates the skin, opening pores, and flushing out toxins
• Warmth increases aerobic circulation, providing healthy exercise for the heart, and burning calories
• Steam relieves congestion, and eases the effects of colds and flu
• And you'll sleep like an angel afterwards.

Forget your hectic life for a moment
The original Finnish sauna (sow-na) is a simple wooden building built close to Nature, close to a well, a lake or the sea. Inside the sauna is a wood-fired heater made of brick, stone or metal. On top of the heater are special stones that radiate the healing warmth into the room, pulling in fresh air from outside. Small ladles of water thrown on the stones turn into invisible cleansing steam that fills the room. Afterwards there is nothing better than a swim or a shower. Then to relax and cool off.

Such saunas have been a central part of a healthy, peaceful Finnish life for thousands of years. Saunas are the ideal place for quiet thought and invigorating refreshment.
The sauna tradition lives on today with Helo easy-to-install prefabricated sauna cabins. Nature is hard to find in our modern metropolitan lives, but the same original sauna experience, with all its health and stress-relieving benefits, can be enjoyed almost anywhere.

We can show you how.

Helo has everything you need to experience the real sauna

Helo is the world’s leading manufacturer of sauna and steam bath products. The complete range includes sauna and steam rooms from the simplest to the most luxurious, a complete range of electric and wood-fired heaters, steam generators, infrared cabins, and hi-tech control systems. We can even accessorize your new sauna.
HELO – THE ONLY AUTHENTIC SAUNA WORLDWIDE

There are millions of saunas in Finland. That is why we are the exclusive worldwide experts, with 4000 years of experience. And though there are many ways to build a sauna – you only need to know one - Helo.

PRODUCTS

Easy to assemble

Helo Sauna cabin kits are easy to assemble - two people who can handle a hammer and a drill can put one up in a short day. Everything is pre-cut and ready to assemble, except for some easily sawn trims. The cabin can be built from the inside, so that it can be assembled even inside a tight space just a few centimeters larger than the cabin. There are pre-assembled tubes for electrical wiring.

Prefabricated indoor sauna cabin kits

The Helo prefabricated kits include everything you need. Everything has been made by Finnish craftsmen using high quality, durable, and sustainably resourced materials. A Helo sauna cabin will give you the real sauna experience for years and years. These cabins are competitively priced and can turn your large bathroom, basement, garage or any other indoor space into a fun place for the whole family to relax in and recover from the stress of modern life.

Naturally we pay a great deal of attention to design, backed by an extensive research and development program.

A range of cabins

The kits come in a variety of sizes and shapes. The size you choose will be determined by the space available, and the number of people who will use the sauna at the same time. You choose your heater according to the volume of the sauna, and the type of sauna experience you wish, from dry to steamy. Your dealer can help you choose the right cabin and the right heater.

Optional corner model with glass-door
Cabin Fittings
Helo sauna cabins can be equipped with solid, windowed or glass doors. Larger models can include a window in the wall, next to the door. Every cabin kit includes a wooden heater guard and special heat-absorbing wood back rests for comfort and safety. Helo also has every accessory that you might need to personalize your new sauna, right down to wooden buckets and towels.

Materials
Sustainably resourced timbers are used for the construction of the sauna wall and ceiling modules, and all surfaces and seating elements. The wood surface material options are Nordic Spruce, Black Alder, Aspen and heat-treated Aspen. All of these traditional materials have been tried and tested over centuries as the most durable, comfortable and safe, as well as pleasing to the eye and soothing to the soul.
How to choose the right size Helo sauna kits offer a complete range of sizes for every possible location, including small cabins that can fit in almost any space. The volume of your chosen sauna kit will then determine which heater you need according to the type of sauna experience that suits you, your family and friends. The chart below shows all the options. Your dealer will be happy to help you with more information.

Hot or soft?
All saunas create steam, either by throwing water on the stones or by using a steam heater. The hotter it is, the less visible the steam. Both methods have healing, cleansing and restorative effects on your skin and muscles. The traditional Finnish sauna is hot, but many people like a softer steam. It is your choice.

Hot or soft?
All saunas create steam, either by throwing water on the stones or by using a steam heater. The hotter it is, the less visible the steam. Both methods have healing, cleansing and restorative effects on your skin and muscles. The traditional Finnish sauna is hot, but many people like a softer steam. It is your choice.

<table>
<thead>
<tr>
<th>Humidity %</th>
<th>Soft sauna</th>
<th>Steam bath</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1,34 m</td>
<td>1,08 m</td>
</tr>
<tr>
<td>35</td>
<td>1,34 m</td>
<td>1,08 m</td>
</tr>
<tr>
<td>70</td>
<td>1,34 m</td>
<td>1,08 m</td>
</tr>
<tr>
<td>100</td>
<td>2,11 m</td>
<td>1,08 m</td>
</tr>
</tbody>
</table>

**SAUNA STEAM**

<table>
<thead>
<tr>
<th>°C</th>
<th>0</th>
<th>30</th>
<th>60</th>
<th>90</th>
<th>120</th>
</tr>
</thead>
<tbody>
<tr>
<td>F</td>
<td>32</td>
<td>86</td>
<td>113</td>
<td>158</td>
<td>230</td>
</tr>
</tbody>
</table>

**I**

**MINI**
Helo Mini is a traditional heater for small saunas. The built-in thermostat and timer are easy to use. The heater takes 10 kg of stones.

**JUNIOR**
Helo Junior is a modern, slim-line sauna heater for small saunas. The user-friendly digital control panel is installed outside the sauna room. The heater takes 10 kg of stones.

**PLUS**
Helo Plus heaters caress sauna bathers with their rich steam. A sophisticated design ensures a great sauna experience. The range includes models that take up to 23 kg of stones.

**LUMI**
The Helo Lumi is a new, tapered design holding 20-23 kg of stones. ST models have handy manual controls, easily accessible on side of the heater.

**SOFTHOT**
Helo Softhot heaters provide the best in modern design for your bathing preferences. The stone compartment is adjustable from 15 to 35 kgs. More stones mean a softer and more rounded steam experience.
Helo Pikkutonttu harmoniously combines form and function. The huge stone mass of 70 kg provides luxurious soft heat and soft steam. The low shell surface temperature of the Helo Pikkutonttu makes it safe to use and gives new possibilities for interior design. Available in black or red.

Whether you like a humid, soft sauna bath or enjoy a dry, hot sauna, Helo Misty is your heater. This beautifully designed combination heater with a steam unit gives you the freedom to enjoy your sauna bath according to your mood. 25 kg of stones is recommended. With Misty you can choose exactly the sauna you want - from dry to steamy.

Helo Cava combines unique materials with modern design. The soapstone surfaces, together with 30 kg of vulcanite stones, give an unforgettable smooth and humid sauna at an even temperature. Supplied in brushed steel.

Freestanding Helo SKLW heaters have been the standard of the industry for more than 25 years. Designed for large, commercial-sized sauna rooms and external control of the sauna environment.
Helo brand heaters, sauna interiors and accessories are manufactured, distributed and marketed by Saunatec, the leading global company in saunas and steam baths.

Helo Ltd
Pohjoisen Pallon tie 1, P.O.B. 15, FI-10901 Hanko, Finland
Int. tel. (+358) 207 560 300, Fax (+358) 207 560 364
info@helo.fi | www.helo.fi

We reserve the right to improve or modify the specifications of any products or services presented in this brochure.

The secret of the sauna
Your Helo sauna cabin will give you the genuine sauna experience because every detail is based on traditional Finnish know-how. The sustainably produced Finnish timber has each element carefully shaped for comfort. Add a reliable Helo heater and the special Finnish stones that release steam quickly when water is thrown on them, and there you have the secret of the sauna. Only Helo can bring you the genuine Finnish sauna experience.

Löyly
The heart of the sauna is in the stones of the heater. The stones hold and withstand high temperatures, Löyly (low-lu) means throwing a small ladle of water on the hot stones to create steam. This steam rapidly increases humidity in the sauna room and brings most of the health benefits. The more stones you have, the softer is the steam. Try scenting the water with a few drops of birch oil for the ultimate sauna experience!!