



SAUNAS



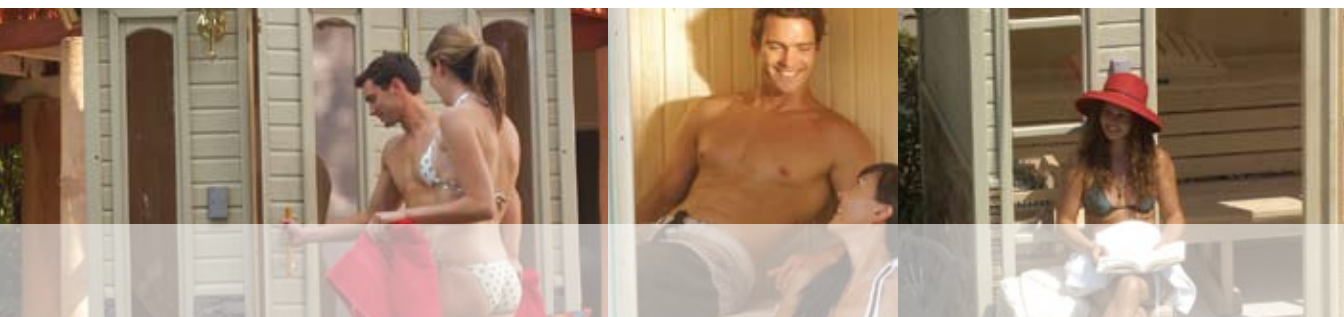
SAUNAS



REJUVINATE  
**YOUR MIND & BODY**  
IN COMFORT

As the leader in Home Resort products, Cal Spas is committed to providing complete backyard solutions. This tradition continues with Cal Heat's selection of stylish and affordable saunas. Cal Heat is the leader in innovative Sauna designs and has modernized this age-old Finnish therapy to meet your Home Resort needs. With a Cal Heat Sauna, you can enjoy the proven health benefits of dry heat bathing learned over the past 2,000 years.

The benefits of a Cal Heat Sauna are considerable. Use your Cal Heat Sauna to cleanse your body of impurities, strengthen your immune system, escape from daily stress, enhance your complexion and promote healthy weight loss. Cal Heat Saunas are not only useful for health purposes; they are attractive additions to your personal backyard and are designed to perfectly complement your other Home Resort products. Cal Heat Saunas incorporate premium woods, advanced cabinetry and leading edge technologies with such features as infrared and carbon fiber heating.







## HEALTH BENEFITS

Saunas are warm, welcoming retreats with many social and therapeutic benefits. Now you can enjoy the benefits of a centuries-proven thermal therapy in the comfort and privacy of your own home with a Cal Heat Sauna. Our saunas combine advanced engineering with distinctive innovations and styling and are available in both indoor and outdoor configurations for your enjoyment. Regular sauna use combined with exercise therapy can help purge the body of unwanted chemicals, solvents and toxic elements and promote many wellness benefits.

### Rejuvenate In Comfort

Just a few minutes in the warmth of your Cal Heat Sauna will soothe nerves, relieve tension and relax tight muscles. With Cal Heat's wide selection of sauna styles, sizes, options and accessories, you can customize the perfect sauna to meet your Home Resort and budget ideals.

### Detoxify the Body

A sauna's beneficial heat enhances the body's natural detoxification process through the process of sweating. Warmth causes capillaries to dilate and increases blood flow, which pushes the heart to pump faster. Increased circulation allows the body to collect and flush out waste products. Sweat carries these waste products out of the body through the pores.

### Promote Weight Loss\*

Studies have shown that a heat bath can burn hundreds of calories. As the body works to cool itself, the heart rate, metabolic rate and cardiac output increase. As a result, blood circulation increases substantially, which promotes cardiovascular conditioning.

### Improve the Immune System

During a sauna session, the body's temperature increases to a feverish level. A fever is the body's natural defense to combating bacteria and viral agents, neither of which survive well at temperatures higher than normal body temperature. When fighting a cold, sitting in a sauna also helps to relieve nasal congestion and minor respiratory discomforts.

### Relieve Muscle & Joint Stress

Soothing heat from a sauna provides relief to stressed joints and tight muscles. As muscles are heated and warmed, they become more flexible and limber. Exposed to high heat, the body releases endorphins, which are the body's natural pain relieving chemicals. Increased blood circulation also delivers oxygen-rich blood to tired muscles to aid in muscle recovery.

### Improve Skin Complexion

Cal Heat Saunas also aid rejuvenation of the skin for a vibrant complexion. As your body sweats, skin is cleansed from the inside out as increased circulation draws the skin's own natural nutrients to the surface. As the heart pumps harder, more oxygen is delivered to the skin. Regular sauna usage promotes improved skin tone, elasticity, texture and clarity.

\*Always consult your physician prior to beginning any weight loss program.



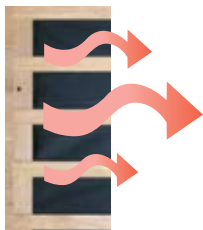
## TYPES OF HEAT

Cal Heat Saunas are designed to alleviate muscle tension, promote deep relaxation and naturally detoxify the body using one of three types of heat: Steam, infrared or carbon fiber.



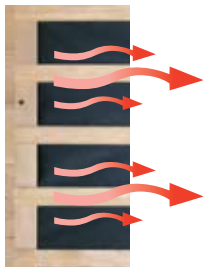
### Steam

Steam or “traditional” heating (found on our Custom and Outdoor series) uses an electrical element to produce steam from the combination of heated rocks and water. Rocks efficiently store heat and provide an excellent surface for the release of steam when water is applied. By using rocks in the entire heater, the Cal Heat design ensures an even distribution of heat and steam for a more comfortable and effective sauna experience. Our steam saunas are designed to maximize airflow and to ensure fast, effective and efficient heat distribution.



### Infrared

Infrared or “Far Infrared” heating (found on our Infrared Series) uses a wavelength of energy found in sunlight’s invisible spectrum to provide soothing heat. In an infrared sauna, the heat passes through the skin, warms the body through molecular vibration and promotes perspiration. Infrared saunas are generally much cooler than steam saunas because the body absorbs most of the wavelengths. While steam saunas regularly reach temperatures from 140° to 190°, infrared saunas provide many of the same health benefits of traditional steam saunas but only raise the indoor temperature from 105° to 140°. The benefits of an infrared sauna are felt quickly due to the relatively short amount of time needed to preheat.



### Carbon Fiber

Carbon Fiber heating (found on our Carbon Fiber Series) operates similarly to infrared heating. In a Carbon Fiber sauna, the wavelength is optimized to more deeply diffuse through the skin and heat the body. The human body is made up primarily of carbon and water, so the spectrum from a carbon fiber heater is easier for the body to absorb. Carbon fiber heaters emit the most even and direct deep penetrating heat, enhancing detoxification, pain relief and increasing blood flow. Also, lower surface temperatures of the carbon fiber heater and lower indoor temperatures from 100° to 125° make this type of sauna both extremely comfortable and effective.





## SAUNA FEATURES

Cal Heat Saunas are designed for ease of use and made to last. Built with quality materials and offered at a price that can't be beat, these saunas are the best value in heat therapy today.



### Gabled Roof (Outdoor Series)

Cal Heat Outdoor Saunas feature gabled roofs that are designed to protect your outdoor sauna against the outside elements including rain and moisture.



### Flooring

Our vinyl flooring is highly durable, comfortable for bare feet and extremely low-maintenance. It can be wiped clean with a damp cloth. Wood flooring is available on the Custom and Outdoor Series.



### Premium Woods

Our premium dry woods are ideal for absorbing moisture and maintaining a dry atmosphere that is perfect for a heat session. In addition, our woods are fragrance-free, lightweight yet extremely durable and hypoallergenic.



### Steam Heaters

(Custom & Outdoor Series)

Our heaters feature triple wall construction and stainless steel covers. Our rocks fill the entire heater—providing a more intense, even heat than other saunas.



### Double-Wall Full Insulation

Our saunas provide the ultimate in energy efficiency. Double-walled, foam-core, full insulation ensures that each sauna delivers optimal thermal retention.



### Paneling (Outdoor Series)

Our Outdoor series feature paneling that is formed in overlapping joints (or shiplaps). This technique repels precipitation and forms a tight, thermal-retaining shell.



### Double Ventilation

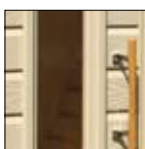
Our saunas are standard-equipped with double venting for effective air circulation. One vent allows a flow of fresh air and oxygen to enter the sauna while the other vent enables the release of excess heat.



### Wavelength Heaters

(Infrared & Carbon Fiber Series)

Infrared and carbon fiber panels are located throughout to provide even heat for each seat.



### Acrylic Doors & Windows

Our saunas feature doors and windows made of acrylic that are stylish, lightweight, provide better visibility and a greater breakage resistance than glass.



### Entertainment

Personalize your music choices with your favorite soundtrack. Speaker placement is optimized for the best musical experience. (Standard on the Infrared and Carbon Fiber Series; optional on the Custom and Outdoor Series).



## OPTIONS & ACCESSORIES

Our functional and decorative options and accessories can add an extra boost to your heat therapy experience. Not all options are available on all models.



### Cal Stone Paneling (Outdoor Series)

Only Cal Heat Saunas feature Cal Stone outdoor wall paneling designed to coordinate with your spa, villa and other Home Resort products.



### Contour Seat (Custom & Outdoor Series)

The style of the sauna and the comfort of an Adirondack chair unite in a contour seat that can be moved to your preferred position.



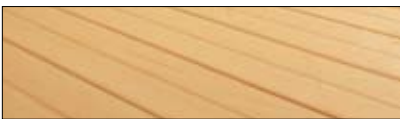
### Inside LED Lights (Custom & Outdoor Series)

Bright LED lights add a touch of elegance to the inside of your sauna and are more efficient and longer lasting than traditional halogen lamps.



### Tempered Glass (Custom & Outdoor Series)

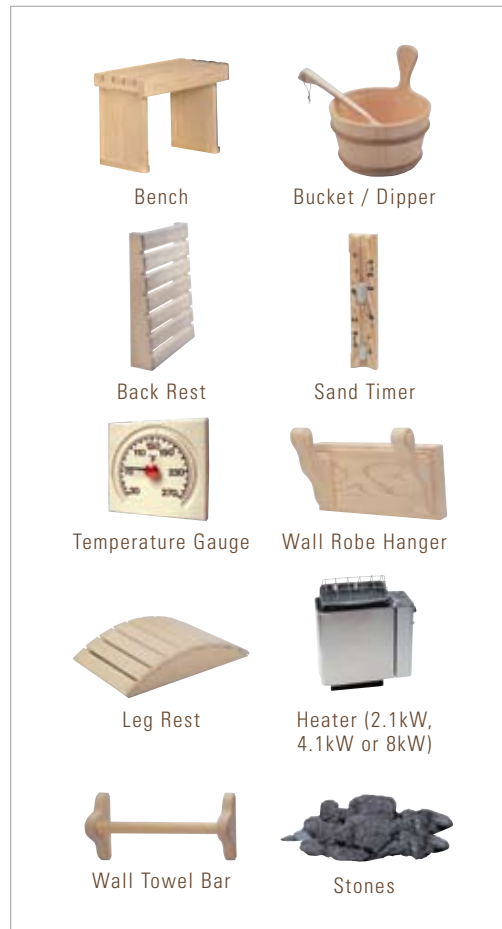
Tempered glass is approximately four times stronger than regular glass. In the case of impact, tempered glass is designed to shatter into small fragments with relatively dull edges.



### Wood Flooring (Custom & Outdoor Series)

Create a consistent appearance in your outdoor sauna with a custom wood floor—built with the same dry wood that has been developed specifically for sauna use.

### Accessories









CHOOSE A  
**PERSONAL SAUNA**  
FOR ANY ENVIRONMENT

### Outdoor Series

The sauna experience is no longer limited to indoor use! The outdoor series is rated for outdoor use and features traditional steam heating. Available models include in-line models that seat between 3 and 5 adults.

**Usage:** Outdoor  
**Heating Type:** Steam  
**Configurations:** In-Line  
**Seats:** Up to 5



### Custom Series

Cal Heat has refined the indoor sauna experience with the Custom Series of saunas. Available in straight and corner configurations, these stylish saunas feature a traditional steam heating element and can accommodate between 2 and 4 adults.

**Usage:** Indoor  
**Heating Type:** Steam  
**Configurations:** In-Line & Corner  
**Seats:** Up to 4



### Carbon Fiber Series

Carbon Fiber saunas feature a unique heating element that warms quickly and provides a deep heat massage. These indoor saunas are available in both straight and corner configurations and will seat between 2 and 4 adults.

**Usage:** Indoor  
**Heating Type:** Carbon Fiber  
**Configurations:** In-Line & Corner  
**Seats:** Up to 4



### Infrared Series

For those who are looking for an alternative to traditional sauna therapy, the Infrared models are the perfect choice. Available in both straight and corner configurations with seating for 1 to 4 adults, there is an Infrared model for every indoor configuration.

**Usage:** Indoor  
**Heating Type:** Infrared  
**Configurations:** In-Line & Corner  
**Seats:** Up to 4





OUTDOOR	OD300	OD500
Seating Capacity	3	5
Dimensions (Outside) H x W x L	84" x 48" x 72"	84" x 60" x 96"
Indoor or Outdoor Use	Outdoor	Outdoor
Roof Type	Gable	Gable
Wall Paneling*	Outdoor Extreme Horizontal Panel	Outdoor Extreme Horizontal Panel
Tempered Glass Door	Yes	Yes
Tempered Glass Window	2	2
Insulation	Double Walled	Double Walled
Venting	Yes	Yes
Flooring	Vinyl	Vinyl
Low Bench	1	1
High Bench	1	N/A
Heater & Electrical	8kW 240V	8kW 240V
Inside Lighting (120V)	Vapor Proof #P5511	Vapor Proof #P5511
Exterior Lighting	Yes	Yes
UL Approved	Yes Outdoor Use	Yes Outdoor Use
Warranty	1 Year	1 Year



\*OUTDOOR SAUNAS SHOWN WITH AVAILABLE CAL STONE WALL PANELING



CUSTOM	CU200	CU300C	CU400C
Seating Capacity	2	3	4
Dimensions (Outside) H x W x L	84" x 72" x 48"	84" x 65" x 65"	84" x 75" x 75"
Indoor or Outdoor Use	Indoor	Indoor	Indoor
Roof Type	Flat	Flat	Flat
Wall Paneling	Vertical Panel Aspen Wood	Vertical Panel Aspen Wood	Vertical Panel Aspen Wood
Tempered Glass Door	Yes	Yes	Yes
Tempered Glass Window	2	1	3
Insulation	Double Walled	Double Walled	Double Walled
Venting	Yes	Yes	Yes
Flooring	Vinyl	Vinyl	Vinyl
Low Bench	2	1	2
High Bench	N/A	2	2
Back Support	N/A	N/A	Yes
Heater & Electrical	4.5kW 240V Stainless Steel	8kW 240V Stainless Steel	8kW 240V Stainless Steel
Inside Lighting (120V)	Vapor Proof #P5510	Vapor Proof #P5511	Vapor Proof #P5511
UL Approved	Yes Indoor Use Only	Yes Indoor Use Only	Yes Indoor Use Only
Warranty	1 Year	1 Year	1 Year





## CARBON FIBER

	CF200	CF300	CF400C
Sauna Model	Carbon Fiber 200	Carbon Fiber 300	Carbon Fiber 400C
Seating Capacity	2	3	4
Dimensions (Outside) H x W x L	75" x 38" x 41 <sup>1</sup> / <sub>2</sub> "	75" x 46 <sup>3</sup> / <sub>4</sub> " x 59"	75" x 65 <sup>1</sup> / <sub>2</sub> " x 65 <sup>1</sup> / <sub>2</sub> "
Application	Indoor	Indoor	Indoor
Roof Type	Flat	Flat	Flat
Wall Paneling	Vertical Panel Hemlock-Russia Spruce Wood	Vertical Panel Hemlock-Russia Spruce Wood	Vertical Panel Hemlock-Russia Spruce Wood
Tempered Glass Door	Yes	Yes	Yes
Tempered Glass Window	Yes	Yes	Yes
Insulation	Double Walled	Double Walled	Double Walled
Venting	Yes	Yes	Yes
Flooring	Vinyl	Vinyl	Vinyl
Bench	Yes	Yes	Yes
Heater	Carbon Fiber Heater 8pcs.	Carbon Fiber Heater 10pcs.	Carbon Fiber Heater 10pcs.
Inside Lighting (120V)	Yes	Yes	Yes
Outside Lighting	Yes	Yes	Yes
Inside LED Lighting	Yes	Yes	Yes
Stereo System	Yes	Yes	Yes
Air Ozone	Yes	Yes	Yes
UL Approved	Yes Indoor Use Only	Yes Indoor Use Only	Yes Indoor Use Only
Warranty	1 Year	1 Year	1 Year



INFRARED	IR100	IR300	IR400C
Sauna Model	Infrared IR100	Infrared 300	Infrared 400C
Seating Capacity	1	3	4
Dimensions (Outside) H x W x L	75" x 38" x 41 1/2"	75" x 43 1/4" x 59"	75" x 55" x 55"
Application	Indoor	Indoor	Indoor
Roof Type	Flat	Flat	Flat
Wall Paneling	Vertical Panel Hemlock- Russia Spruce Wood	Vertical Panel Hemlock- Russia Spruce Wood	Vertical Panel Hemlock- Russia Spruce Wood
Tempered Glass Door	Yes	Yes	Yes
Tempered Glass Window	Yes	Yes	Yes
Insulation	Double Walled	Double Walled	Double Walled
Venting	Yes	Yes	Yes
Flooring	Vinyl	Vinyl	Vinyl
Bench	Yes	Yes	Yes
Heater	Infrared Ceramic 3pcs.	Infrared Ceramic 6pcs.	Infrared Ceramic 6pcs.
Inside Lighting (120V)	Yes	Yes	Yes
Outside Lighting	Yes	Yes	Yes
Inside LED Lighting	N/A	Yes	Yes
Stereo System	Yes	Yes	Yes
Air Ozone	Yes	Yes	Yes
UL Approved	Yes Indoor Use Only	Yes Indoor Use Only	Yes Indoor Use Only
Warranty	1 Year	1 Year	1 Year





## SAFETY FIRST

Your Cal Heat Sauna will quickly become a treasured retreat in your home, providing a “day spa” environment for thermal therapy and daily rejuvenation in the comfort and privacy of your own Home Resort. For a safe and enjoyable sauna experience, Cal Heat recommends following these simple guidelines:

- Before using your sauna or starting any other exercise or therapy regimen, consult your physician, especially if you have been diagnosed with high blood pressure, heart disease, or other serious medical condition. Sauna use is not recommended for pregnant women.
- Remove all jewelry before entering a sauna. Metals absorb heat easily and can become very hot in the sauna, possibly causing burns. Also, heat causes blood vessels to dilate and skin to swell so any jewelry—such as rings and bracelets—can become very uncomfortable.
- Be sure to have a light meal before stepping into the sauna. Sauna use works the heart and body in sweating and increased circulation; your body will need energy before it can expend energy. You should also not use a sauna on an empty stomach. Sauna use on an empty stomach can cause fainting or nausea.
- You should wait one to two hours after a large meal before entering your sauna as eating puts a strain on the circulatory system.
- Do not use the sauna after recovering from a long or serious illness or if you are physically exhausted or feeling weak.
- When using the sauna for the very first time, start at a low temperature and slowly increase the temperature as you become accustomed to sauna heat. Do not force your body to endure uncomfortable heat. Over time and several sauna exposures, your body will acclimate to higher temperatures. Take it slowly!
- Stay in the sauna for about 10 to 15 minutes, step out and cool off, then step back in, repeating as desired. Do not stay in the sauna for long periods of time. Over-extending your time may cause dehydration and fainting.
- Hydrate often! Drink plenty of water after using the sauna. It is important to replace the fluids lost through perspiration.
- In a steam sauna, sprinkle or spray water onto the rocks to adjust the amount of moisture in the air to your desired level. Be careful with the amount of water you sprinkle – too much water can cause extremely hot steam. Steam rises quickly in the sauna, so warn others sitting on high benches before you sprinkle water.
- After your sauna treatment, take a bath or shower to cleanse your skin of released impurities, salts, residues, and dead skin cells. Cool water will help close your pores and retain your skin’s natural moisture.



# FREQUENTLY ASKED QUESTIONS

## Can any sauna be used indoors and outdoors?

Although indoor and outdoor saunas operate similarly, only the Cal Heat Outdoor Series is recommended for outdoor use. Models in this series have been designed not only to blend into your backyard or garden environment; they have been rigorously tested for all weather usage.

## Why are saunas made of wood?

A soft wood is used for its abilities to absorb humidity, keep the atmosphere in the sauna comfortably dry and keep wood surfaces cool to the touch.

## Why do steam saunas have rocks?

Rocks efficiently store heat and provide an excellent surface for the release of steam when water is applied. The Cal Heat design ensures an even distribution of heat and steam for a more comfortable and effective sauna experience.

## What are the advantages of Infrared or Carbon Fiber?

Infrared and Carbon Fiber models stimulate the body to produce the same amount of sweat as a traditional (steam) sauna but do so more quickly and at lower temperatures. Infrared and Carbon Fiber heating elements heat from within and can be very soothing on muscles.

## What are the advantages of outside saunas?

Cal Heat's exclusive Outside Series of saunas has been designed to perfectly coordinate with your other Cal Spas Home Resort products. Outside saunas are ideal for people with a limited amount of inside space and for those who desire a private backyard or garden retreat.

## Is infrared heat harmful to your health?

Infrared is a safe and common way to transfer heat. Infrared is not only how the sun heats the earth; it is often used in hospital incubators to warm newborn babies.

## Why is it recommended to take a cold shower after sauna use?

Heat forces the blood to flow gently and evenly outwards to the skin to cool off the heat in the sauna. When followed by a cold cycle from a brisk shower, the blood flows evenly inward to protect and heal the body's organs that are being cooled. Cool water also closes pores and retains the skin's natural moisture.

## How long does it take for a sauna to heat up?

Traditional steam saunas typically require up to 90 minutes to pre-heat depending on the desired temperature and the ambient temperature outside the sauna. Infrared and carbon fiber saunas do not rely on the ambient temperature of the sauna; they heat the body from within and require less time to preheat.

## Does it cost a lot to operate a sauna?

Because Cal Heat Saunas reach operating temperatures quickly and retain heat efficiently, energy consumption is relatively low. Electrical costs are often less than \$10/month when used one to two hours a day, three times a week.

## Where can a sauna be installed?

Indoor saunas can be placed just about anywhere that is fully covered with a waterproof floor (such as tile or concrete) and a 220/240V electrical hookup for the heater (120V standard for the Cal Heat S100 Sauna). We recommend that you have a shower nearby for rinsing purposes. Outdoor Series saunas require a level exterior surface (preferably on concrete or a hard substrate) and connectivity to 220/240V electricity.

## How long will it take to set up my sauna?

Depending on the model you choose, set up time usually takes less than a few hours. Within a single day, you'll be relaxing and enjoying the health benefits of your Cal Heat Sauna. Additional time is required for Outdoor Series saunas due to the rugged, residential construction of the roof.



Cal Heat has indoor and outdoor models to complement any house or garden setting with a wide array of heating types—from traditional steam saunas to advanced infrared and carbon fiber models. And our outdoor saunas are designed to integrate into your backyard and can coordinate with other Cal Spas Home Resort products. Whether you use your sauna to soothe tired muscles after a workout, to detoxify and purify your body or to experience the rejuvenating benefits of a “day” spa in your personal home, Cal Heat has the sauna for you.



PRODUCTS THAT **INSPIRE**  
**QUALITY** YOU CAN TRUST

When it comes to your family and home, there's no compromising on quality, safety, performance and beauty. That's why we engineer our Home Resort products to exceed industry safety and quality standards while incorporating the latest technology, features and styling. You deserve the best for your home. When you're ready to transform your backyard or garden into the outdoor living space of your dreams, turn to Cal Spas as your one-stop solution. Visit [www.calspas.com](http://www.calspas.com) or call (800) CAL-SPAS to find your local authorized Cal Spas dealer.





Your Authorized Cal Spas Dealer:

Visit your Cal Spas dealer today and transform your home into a Cal Spas Home Resort with the world's largest and most complete selection of stylish outdoor living products that inspire the imagination, add value to your home and enhance your lifestyle.



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