



Fonteyn  
Sauna's:  
Excellent  
quality





# Fonteyn Saunas

Now you can have your very own personal sauna for weight loss, thermal therapy, skin cleansing, and more. Fonteyn Saunas are designed and hand-crafted for home use, and include all the features you'd expect to find in health clubs and resorts. Fonteyn Saunas are easily installed and have the same basic electrical power requirements as a conventional clothes dryer. Add a sauna to your patio, your recreation room, upper level, or even your garage.

Your sauna experience can be your well-deserved respite from the stress of life. Whether you relax with family and friends or enjoy your solitude, sauna bathing provides mental and physical rejuvenation and an overall feeling of well being. Choose from six different models, from our two person Silo to the roomy Modern sauna. Or select an infrared sauna with infrared heat for a lower temperature, more focused approach to muscle therapy.

Fonteyn infrared saunas bring the many benefits of infrared therapy into the comfort of your home. Once reserved for health clubs and wellness centers, infrared saunas are becoming the new 'must have' for the health conscious, forward thinking people who value their holistic well-being. Sauna bathing feels good and is good for you.

# Look good. Feel great.

EXPLORE THE MANY HEALTH BENEFITS OF SAUNA BATHING

## RELAX AND RENEW YOU

Elevated cardiovascular activity, together with perspiration, is nature's way of cleansing the human body. You'll relax as the sauna's deep, penetrating heat soothes your aching muscles and releases built-up stress. Your skin is refreshed, your mind rejuvenated, your well-being enhanced. Fonteyn saunas offer you these therapeutic benefits, plus many others, in the comfort of your home for only pennies a day. No longer limited to health clubs and resorts, A Fonteyn sauna provide cleansing, holistic, physical and mental therapy. Plus, they're easy to use, inexpensive to own, and an enjoyable way to achieve greater health and a rebirth of spirit.

## YOU DESERVE IT

First and foremost, your sauna experience is simply a much needed, and well deserved, respite from the stress of life. Whether you choose to relax with family and friends or enjoy your solitude, your sauna provides mental and physical rejuvenation and an overall feeling of well being.

## CARDIOVASCULAR IMPROVEMENT

Your body responds to the sauna's dry heat by increasing blood circulation and perspiration, the same natural cooling mechanism used in exercise.

## A HEALTHY GLOW

Sauna bathing helps improve your skin tone by stimulating your epidermis, opening pores and increasing circulation near the skin surface. You gain that youthful, just-returned-from-vacation look.

## TAKE OFF THE WEIGHT AND KEEP IT OFF

Studies show that a person can burn 300 - 400 calories during a 20 to 30 minute sauna bath. That's the equivalent of an aerobic exercise, such as jogging or rowing, for the same period. Plus, a sauna helps you maintain your weight loss.

## ELIMINATE HARMFUL TOXINS

Your sweat glands can eliminate a surprising amount of harmful toxins, including lead, mercury, zinc, nickel, and cadmium, flowing through your bloodstream.

## INCREASE YOUR RESISTANCE TO DISEASE

By increasing your circulation and oxygen flow - together with improving your overall level of wellness - the dry heat helps your body strengthen its immune system required to fight colds, and infection.

## POST-EXERCISE RELAXATION

Sauna bathing assures higher circulation and more oxygen delivered to aching muscles, helping loosen up tight muscles for greater relaxation and faster recuperation.

## RELIEF OF ARTHRITIC PAIN

Doctors prefer a dry, warm climate for patients suffering from arthritic or stiff, painful joints. No need to move; your sauna brings the climate to you!

## RESTFUL SLEEP

The soothing effects of sauna bathing, followed by a cold shower, help promote A deep, restful sleep.



# Silo Sauna

An innovation in sauna design, this contemporary sauna combines a new design flair with old world functionality and craftsmanship. Made from Western Red Cedar with a pleasant cedar smell and a great ambience. The round shape is visually pleasing both indoors and out. This personal size sauna is perfect for one or two people. The Silo Sauna can be used indoors or out.

- 2-persons
- Bench seat
- Diameter 140 cm
- Height 220 cm
- With heater



## Construction

- Molded, rot-resistant polyethylene cradle
- Milled from solid 4 cm clear, kiln dried, Western Red Cedar wood

# Modern Sauna

Based on a more conventional design, this contemporary sauna combines a new design flair with old world functionality and craftsmanship. Made from Western Red Cedar with a pleasant cedar smell and a great ambience. The rectangular shape not only maximizes the use of indoor space, but user comfort as well. This sauna comes partially pre-built in panel sections and is ready and quickly and easily to assemble.

- Multi-level seating
- Shown with optional window
- 2-person, length: 125 cm
- 4-person, length: 185 cm
- 6-person, length: 245 cm
- Width 185, height 220 cm
- With heater



- All natural wood components resist stains and odor absorption
- Ball and socket construction for long-lasting durability
- Stainless steel bands

# Barrel Sauna

Our truly unique Barrel Sauna stands freely indoors or out. The front and back ends are completely pre-assembled and the door is pre-hung using self-closing hinges. The Barrel Sauna can be assembled from start to finish in just a few hours. The Barrel Sauna is made from Grade "A" Clear Western Red Cedar. What makes a cedar sauna stand out is the ambience and the smell of Western Red Cedar that can only come from a natural wooden sauna.

- Two slatted, wood benches
- 2-person, length: 125 cm
- 4-person, length: 185 cm
- 6-person, length: 245 cm
- Diameter 185 cm
- With heater



- Tinted, tempered glass door
- Our saunas "breathe", making humidity low so very high temperatures can be tolerated

# Barrel Sauna Canopy

- 4-person
- length: 245 cm
- of which 60 cm awning



## ACCESSORIES (INCLUDED)

- Wall-mount thermometer and light
- Wooden bucket with polyethylene liner
- Wooden ladle
- Black granite sauna rocks



- Woodstove



- Electric oven

# Sauna FAQ

In Scandinavian countries, saunas are more than an occasional pleasure; they are an everyday part of a healthy lifestyle. And for good reason. Perspiration, together with elevated

cardiovascular blood flow, is nature's way of cleansing your system. Fonteyn Saunas offer you these benefits, and many others, in the comfort of your home.



## WHAT IS THE DIFFERENCE BETWEEN A TRADITIONAL SAUNAS AND AN INFRARED SAUNA?

Fonteyn Saunas are available as traditional or infrared models. Traditional saunas heat the interior to approximately 82°C, increasing your overall circulation and opening your pores for body-cleansing perspiration. You can even increase the humidity by pouring water on the hot volcanic rocks in the Saunatec® heater. Using a different technology, infrared saunas radiate a direct heat at a lower temperature (48 – 60 °C), designed to penetrate specific areas, such as muscle groups or joints. Infrared heat is a natural warmth, like when you step out into the sun on a cool day. Infrared saunas are great for soothing aching muscles from sports activities, arthritic ailments, or increasing range of motion. Traditional or infrared, you'll feel better, sleep better, look better!

## HOW DO YOU TAKE A TRADITIONAL SAUNA?

Most people relax in their sauna with a towel wrap for approximately 5-10 minutes, then take a cool shower, returning to the sauna to repeat the cycle 2 or 3 times. Allow yourself time to cool down and dry properly before dressing, then enjoy a peaceful spa feeling, perhaps with a refreshing drink.

## WHY IS THERE A BUCKET OF WATER IN THE TRADITIONAL SAUNA?

A wooden bucket filled with fresh water and ladle allow you to control the amount of humidity in your traditional sauna by occasionally sprinkling water over the stones in the heater, releasing a burst of steam into the sauna, known as Löyly. The Löyly increases perspiration and cleansing of the pores. Try it — you'll like it!

## DO I NEED SPECIAL ELECTRICAL REQUIREMENTS FOR MY INFRARED SAUNA?

Fonteyn Infrared Saunas require 220/240 v power connected to a 30 amp breaker in the electrical panel, similar to a conventional clothes dryer.

## IS A INFRARED SAUNA EXPENSIVE TO OPERATE?

No. For example, if your electrical rates are 15 cents per kilowatt hour, it will only cost 90 cents per hour to operate a 6 kw heater.

## WHERE CAN I PURCHASE MY FONTEYN SAUNA?

Fonteyn Saunas are available from your Fonteyn Saunas dealer. For additional information, contact us.

