



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.



SVEN

SVEN 3

- 3 persons
- Size: 1,60 x 1,10 x 2,00 m
- Carbon Infrared Heater
- 220V, 2000 W



SVEN 4

- 4 persons
- Corner Model
- Size : 1,50 x 0,53 x 1,25 x 2,00 m
- Carbon Infrared Heater
- 220V, 2400 W



LARS

LARS 2

- 2 persons
- Corner Model
- Size: 1,25 x 0,60 x 0,95 x 2,00 m
- Carbon Infrared Heater
- 220V, 2000 W



LARS 4

- 4 persons
- Corner Model
- Size: 1,55 x 0,60 x 1,20 x 2,00 m
- Carbon Infrared Heater
- 220V, 2000 W



Features

- Ergonomic comfortable backrest
- Easily for packing and installation
- Plugs into normal home outlet
- Adjust the temperature and

- time through the electronic digital control panel outdoor and indoor
- Heating by infrared tube, clean and convenient

- Short preheating time (5-10 minutes)
- Standard CD player
- Reading lamp
- Safety warning plate

- Operating Temperature: 40- 60 C
- Tinted, tempered glass door

You can read a magazine, listen music while enjoying the infrared sauna with reading lamp.



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.

