

Where Health and Relaxation Meet...

Far-Infrared Saunas

"Premium Line" with **CarbonFlex®** Far-Infrared Heating Technology



**finnleo®**
pure sauna

For Health and Relaxation...Far-Infrared by Finnleo



Whether you use your sauna to wind down after a stressful day at work, after a workout to reduce pain in muscles and joints, to detoxify for a healthier body, or before bed to promote a deeper, more restful sleep, let a Finnleo Far-Infrared Sauna work its special effects on you.

The benefits of sauna therapy are almost immeasurable. Indulge and invest in your good health...in something that not only feels good, but is good for you. The “Premium Line” by Finnleo is a new generation of Far-Infrared Saunas—using the latest in organic carbon technology—designed to give you the ultimate IR Sauna experience.

PERFORMANCE AND DESIGN...

Why Finnleo? Established in Finland in 1919, Finnleo has become the world’s largest sauna company through innovation, product development and an uncompromising commitment to quality. Looking for the ultimate sauna experience? Finnleo’s focus on “performance and design” has led to more than 2 million satisfied customers—making it the sauna of choice in homes and clubs around the world.

HEALTH BENEFITS FROM SAUNA BATHING...A MEDICAL PERSPECTIVE

In reviewing medical literature many medical professionals believe saunas can be an important component of personal wellness programs.

The health benefits of sauna bathing are well documented (e.g. “Annals of Clinical Research: Special Issue on Sauna”). Regular sauna bathing—and the associated sweating process—can help you “Detoxify” your body, “Relieve muscle and joint aches and pains”, and “Relax”. The physical benefits combined with the associated stress reduction makes the decision to purchase a sauna an easy one—a sauna not only feels good, it’s good for you!



"I personally use and enjoy my Saunatec sauna multiple times per week, and I'm healthier because of it."
Dr. Marcy Street

Premium line — the ultimate heat therapy room.



DETOXIFY. RELIEVE ACHES AND PAINS. RELAX.

Detoxify your body by flushing out toxins

In today's lifestyles, most of us don't actively sweat on a daily basis. Numerous medical studies show that deep sweating has multiple health benefits. Regular bathing in a Far-Infrared Sauna by Finnleo provides the benefits derived from a deep sweat:

- In the heat of a sauna, the core body temperature begins to rise. The blood vessels dilate, causing increased blood flow. As heat from the blood moves toward the skin surfaces and the core body temperature rises, the body's nervous system sends signals to the millions of sweat glands covering the body. As the sweat glands are stimulated they produce sweat. Sweat production is primarily for cooling of the body, and is composed mostly of water—but deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel and mercury—all toxins commonly picked up from our environment.
- At the same time, skin is cleansed and dead cells are replaced, keeping your skin in good working condition.

- Sweat rinses bacteria out of the epidermal layer and sweat ducts. Cleansing of the pores improves the capillary circulation and gives the skin a soft, beautiful appearance.

Soothes aches and pains in muscles and joints

- Under high heat, the body releases endorphins — the body's naturally produced pain relieving chemical. Endorphins can have a mild and enjoyable tranquilizing effect and the ability to quell the pain of arthritis (and muscle soreness from an intense physical workout).

- Body temperature rises from the heat of the sauna, causing blood vessels to dilate and circulation to increase. The increased blood flow accelerates the body's natural healing process—soothing aches and pains and speeding up of the healing of cuts and bruises.

- Following sporting activity, use the heat of a sauna for muscle relaxation by helping to reduce muscle tension and eliminate lactic acid and other toxins.

Dr. Marcy Street, of Doctor's Approach Dermatology and Medical Spa, is an internationally-known doctor and recognized medical expert, and a big proponent of far-infrared sauna used as a means to healthier living.



Dr. Street states, *"There are many far-infrared products on the market for home use, but it's important to find one from a well-established, reputable manufacturer. I recommend Saunatec's Carbon Flex ® infrared system because, after years of pioneering far-infrared technology, they have engineered a product which offers complete, penetrating full-body coverage. These are well-designed products that should provide years of enjoyment.*

My patients immediately feel the benefits from bathing in the sauna. Saunas are especially good for flushing toxins from the body, cleansing skin and soothing aches and pains in sore muscles and joints.

I personally use and enjoy my Saunatec sauna multiple times per week, and I'm healthier because of it. I feel that regular sauna bathing, and the penetrating heat of far-infrared saunas in particular, is one of the best investments you can make in your personal health and well-being."

**Dr. Marcy L. Street, Medical Director
The Doctor's Approach Dermatology & Skin
Cancer Center, East Lansing, Michigan**

For Sport and Body Conditioning...Far-Infrared by Saunatec



Far-infrared is perfect as a “heat therapy room” for athletes looking for a pre-workout warm-up—to warm up muscles and increase flexibility, helping to prevent injury. It’s also ideal for pre-warm-up for physical therapy and massage therapy, or for a relaxing wind-down at the end of a stress-filled day. Far-infrared heat is also ideal for soothing sore muscles and joints after a workout.

A Finnleo Far-Infrared sauna provides soothing heat, directly radiated to the body, with almost no time waiting for preheating. The far-infrared radiant heat induces a deep sweat—for cleansing and detoxifying the body and for burning calories. Using the latest Japanese far-infrared technology, Finnleo’s **CarbonFlex®** heating panels have the largest surface area of any IR sauna heating system—providing the softest heat.

Finnleo’s **CarbonFlex®** performs better than other IR systems, with a near-perfect wavelength of 8.4 to 9.4 microns (well within the “Vital Range” of 7 to 14 microns). This optimal wavelength provides for deeper penetration of far-infrared heat—which, in turn, can enhance detoxification, cardiovascular conditioning and relief from muscle and joint aches and pains.

See pages 8 and 9 for a more complete discussion of Finnleo’s CarbonFlex® heating system.





Premium Line Far-Infrared Saunas are manufactured under the strictest quality control standards—the highest quality craftsmanship and materials, using premium grade lumber from Canada.



Premium Line Infrared Saunas Include the Following Standard Features:

- Finnleo **CarbonFlex®** heating system, integral with wall panels and bench support panels—with the largest surface area in the industry, providing the softest heat, evenly dispersed from all sides (no hot spots; no cold spots).
- Prefabricated wall panels, finished inside and out with clear T&G Canadian Hemlock or clear Western Red Cedar—for a sauna with “furniture quality.”
- Fast assembly with no tools—with wall panels mounted onto an easy-fit base and topped with easy-fit ceiling panel.
- Exterior surfaces finished with biodegradable wood treatment—for a more luxurious look and for ease in maintenance.
- Finnleo digital control system mounted inside and out. Controls include: on/off, interior light switch, exterior light switch, color therapy light switch, bench seat heater on/off, time and temperature controls.
- AM/FM/CD/MP3 stereo system (DVD and video in E-Series) with unique “drop down” system (stereo and video recede into ceiling panel), and with easy-to-use remote control.
- High quality, heat-proof stereo speakers pre-installed in ceiling panel
- Pre-built Hemlock or Cedar benches with integral bench seat heaters
- Built-in Hemlock or Cedar floor with integral in-floor heated ceramic tiles
- Deluxe all-glass door. All sidelight windows and doors use only tempered safety glass.
- All models except Model 100 include integral magazine rack
- Low-voltage mini-spot lights installed in the ceiling; roof overhang includes integral exterior mini spot lights (E-Series has recessed fluorescents on overhang).
- Integral color light therapy system (see pg. 10)
- Wall-to-wall backrests, designed for user comfort and safety.
- Super-easy installation (less than 1/2 hour for most models) with pre-wired heaters, lights and stereo.
- All sizes can be plugged into a 120 volt household outlet.
 - **CarbonFlex®** heating system’s large surface area efficiently emits soft heat with quick heat-up times, yet is simply plugged into a 120-volt household outlet (no electrician’s required; simply plug-in and enjoy).
- ETL listed “as a complete plug-in room”—for safety and reliability
- Industry leading warranty backed by America’s #1 sauna company.



Far-Infrared Features

Top 10 Reasons to Buy a Finnleo "Premium Line" Far-Infrared Sauna

1 Finnleo's CarbonFlex® Far-Infrared "Organic Carbon" Heating Technology:

- Provides the softest, most enjoyable far-infrared heat available.
- The wall-to-wall heating system ensures a complete enveloping heat with no cold spots or hot spots.
- More square inches of heater coverage than any IR sauna in the market.
- In-floor heated ceramic tiles
- With carbon technology from Japan, it operates at safer and more comfortable sauna temperatures.
- Its radiant heat penetrates deeply and produces more sweat than competitor saunas.



2 Digital Controls Inside and Out:

Easy to use digital controls have set temperature, actual temperature, set time and time remaining. Controls also include light switches for internal and external lights and color light therapy system.



3 Outstanding Sauna Design:

"Design" is the most obvious reason to choose Saunatec. But design is more than skin deep. There are no visible external buckles. Furniture quality detailing includes the fine-grained wood throughout, custom made molding, comfortable seating, doors and windows that are thoughtfully designed to complement the sauna.



4 Luxurious Canadian Hemlock and Western Red Cedar:

Our designs include hand selected tongue and groove, vertical grain Hemlock and Western Red Cedar—all from the sustainable forests of Canada. Exquisite beauty, great performance and environmentally friendly—more great reasons why a Finnleo IR sauna is your best choice.



5 All models can be plugged into standard 120-volt household outlets:

Call it an amazing technological feat—the huge sq. footage coverage of the wall-to-wall heaters, and the energy efficiency of the carbon heater panels, Finnleo rooms heat up as quickly as any other rooms in the industry, yet can be safely plugged into 15 or 20 amp 120 volt household outlets — even the roomy 4 person models. All rooms are ETL safety listed.



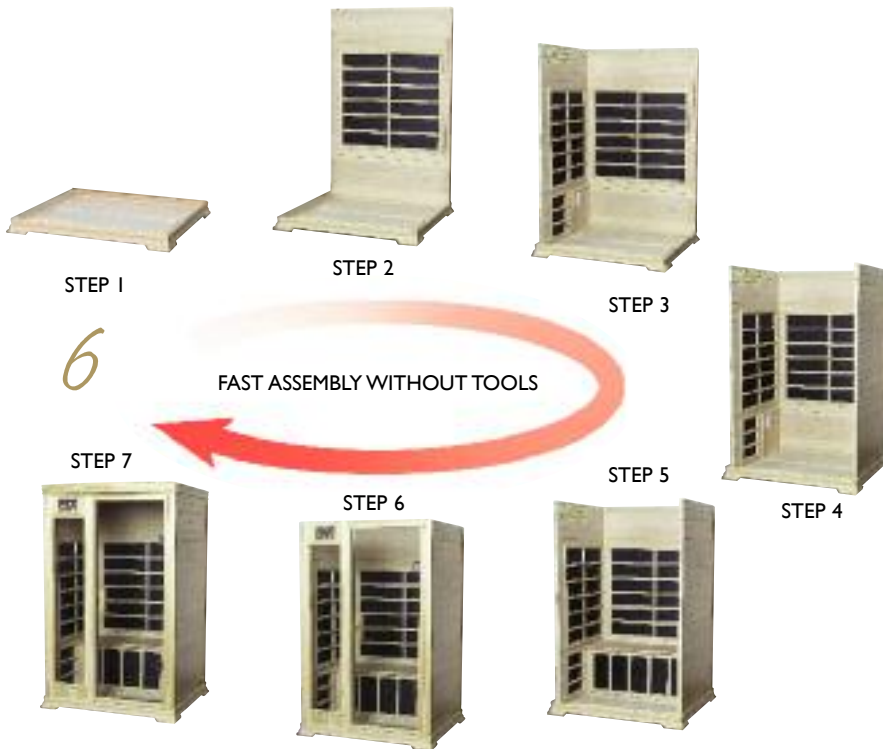
15 amp outlet for Models 100, 200 and 300c



20 amp outlet for Models 300, 400 and 400c



*Performance, Design, Quality
—from the world's leading
sauna company—add up to the
ultimate infrared sauna bathing
experience and the comfort of
knowing you've bought the
best.*



6 Fast Assembly With No Tools:
The sauna can be simply installed in minutes. Each sauna arrives in six pieces (floor panel, ceiling panel, and four wall panels). Each wall panel includes an **exclusive integral latching system**—for seamless good looks and great durability. Every panel is pre-trimmed and pre-wired at the factory.

7 Lighting Systems and Color Light Therapy:
Standard on Saunatec Premium Line of far-infrared saunas, each room includes color light therapy—easily activated with the push of a button on the sauna control panel. Choose the light color you're in the mood for (or choose rotating colors)—for added relaxation and serenity. Each sauna also includes integral mini-spotlights in the interior ceiling and on the exterior ceiling overhang.

8 Sound and Video System:
Each Saunatec Premium far-infrared sauna room includes a high-quality CD / AM / FM player and ceiling-mounted speakers. Controlled with a remote control, you can easily select the music you want to hear. The E-Series includes a DVD player and video monitor.

9 Saunatec Reputation:
Not only do you get the finest Far-Infrared sauna available, you get the company behind the product. With so many companies "here today, gone tomorrow", isn't it reassuring to make such an important purchase from the world's largest and oldest sauna company? Since it's beginning in Finland in 1919, Saunatec has been a world leader in sauna innovation, technology and design.

10 Saunatec Warranty and Customer Service:
As noted in Reason #9, when you buy a Saunatec IR room, you get the backing of the world leader in saunas—Saunatec. The Saunatec warranty gives you peace of mind. It's simple, to the point and the most powerful in the industry. Furthermore, you have toll-free access to our dedicated staff of customer service professionals. We expect you will get many, many years of trouble-free performance from your Saunatec IR sauna; however, if you should ever need technical assistance, we'll be here to serve you—just as we have for the past 90 years.



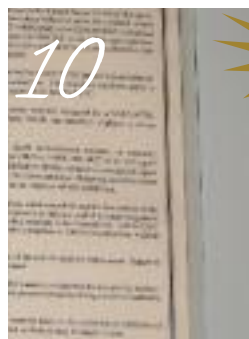
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8



9



10



CarbonFlex® *Far-Infrared Heating Technology*

Using the latest Organic Heating Panels we are able to create the largest heating surface area coverage and produce the softest heat.



*F*innleo Far-Infrared Saunas are truly “The New Generation of Infrared Saunas.” Using the latest and most advanced far-infrared technology from Japan **CarbonFlex®** heating system creates a wonderfully comfortable and superbly effective heat bathing environment. Our IR saunas have the largest IR heating surface coverage—literally spanning “wall to wall” in the sauna—which in turn produces the softest heat.



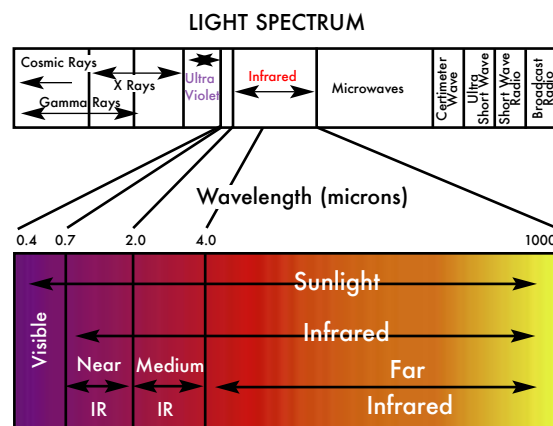
Full wall-to-wall heaters

One of the most common complaints about IR saunas is the uncomfortable sensation of “cold spots” in the sauna where no IR heat waves reach the body, and “hot spots” when seated directly in front of the old-style ceramic or metallic IR heaters. Due to the huge surface area of the **CarbonFlex®** heating panels, the heat is evenly disbursed and the surface temperature of the heaters is comfortable to the bathers. More importantly, the large surface area creates the perfect IR wavelength.

To ensure soothing warm far-infrared heat “top to bottom”, our infrared saunas include:

- Wall-to-wall carbon fiber heaters on back wall and sidewalls
- Side wall heaters extending all the way down to floor level
- Exclusive bench seat heaters with on/off button
- Exclusive in-floor heating systems with heated ceramic tiles

Finnleo’s **CarbonFlex®** heating system provides the best infrared technology, engineered to give you the ultimate infrared sauna experience — with enveloping, soothing heat to your entire body.





The design of our saunas and the integral **CarbonFlex®** panels ensures better performance—well within the so-called “Vital Range” of 7 to 14 microns, with most of the wavelength within the sauna being in the 8.4 to 9.4 microns. Some Asian medical researchers suggest that this frequency causes water molecules to resonate or vibrate — which in turn can accelerate the release of toxins from the body. Whether the true medical benefits are fully understood or not, one thing becomes very clear using a Finnleo IR sauna — you perspire more quickly and more profusely (and thus get greater benefit from the sweating process) and you feel more completely heated, literally enveloped in soft, radiating heat. It’s an amenity that not only feels good — it’s good for you.



In-floor heated ceramic tiles



In-floor heaters, leg heaters on benches and sidewalls, and bench-seat heater ensures lower body warmth and comfort.

What is infrared and how does it work?

Infrared waves are part of the invisible Electromagnetic Spectrum (EM). The EM Spectrum is measured in microns. Infrared is often subdivided into “near IR” (0.076 to 1.5 microns, “mid IR” (1.5 to 5.6 microns) and “far IR” 5.6 to 1000 microns.

Human bodies send and receive FIR waves. The range of far-infrared waves generated by our bodies is 6 to 20 microns. The optimal micron output range is between 7 to 14 microns. This range, sometimes called the “Vital Range” appears to have special regenerative effects on our bodies.

When Far-infrared rays are absorbed by living things (e.g. people in an IR sauna) the temperature of the body rises but not the surrounding air. Thus, you sweat and feel hot from the absorption of the IR rays, but the surrounding air remains at relatively low temperatures (typically between 115 and 135 degrees F).

Far-Infrared Color Therapy

Psychological and therapeutic effects of colors⁽¹⁾:

Red

Red is the symbol of love and of life itself; with its penetration power, which is the highest of all colors; it is recommended for treatment of impeded circulation, muscles and heart. It generates enthusiasm, arouses passion and has a cheering effect.



Yellow

Yellow is a clear purifying color, which stimulates clarity of intellect, as well as toxin processing and elimination. It can help with learning disabilities and with strengthening of the endocrine functions.



Green

Green is a cooling, sedating color, which helps reduce swelling of joints and tissues; it calms the body and helps reduce inflammation. It's the color of the relaxed heart.



Turquoise

Turquoise is the color for mental relaxation and tackling embedded psychological barriers. It acts as a tonifier and can help regulate imbalances in the lung and large intestine system. It is a color that facilitates spiritual growth.



Blue

Blue is a cool color that has a calming effect, inside as well as on the outside. It is very helpful in treating sleep disorders and headaches, yet also regulates elastic tissues in the organism. It helps in all kinds of cramps and can have an anti-bacterial effect.



Violet

Violet promotes awareness and consciousness. It increases effects of meditation. It promotes proper functioning of the lymphatic system and is a very helpful in times of menopause. It is the color for neutralizing emotional wounds and for spiritual growth.



¹)Color Therapy information provided with permission by Healthstart Life Products, Australia

NOTICE: We have provided information here for reference purposes only and to stimulate further investigation. No implication of Saunatec's Infrared Sauna creating a cure for or treating any disease is implied nor should it be inferred. If you have a health issue always consult your doctor for medical advice.

B & E Series of Infrared Rooms

The Original Premium Line and the Luxury Upgrade

B-Series

The Original Premium Line set a new standard in infrared sauna design and performance. The B-Series is superbly designed, has high quality craftsmanship and materials, and is loaded with standard features (see page 5).

Suffice it to say, "Nothing is missing." Though competitors try to copy the B-Series design, it simply cannot be duplicated. With innovative heating technology combined with patented design — the B-Series offers supreme value.

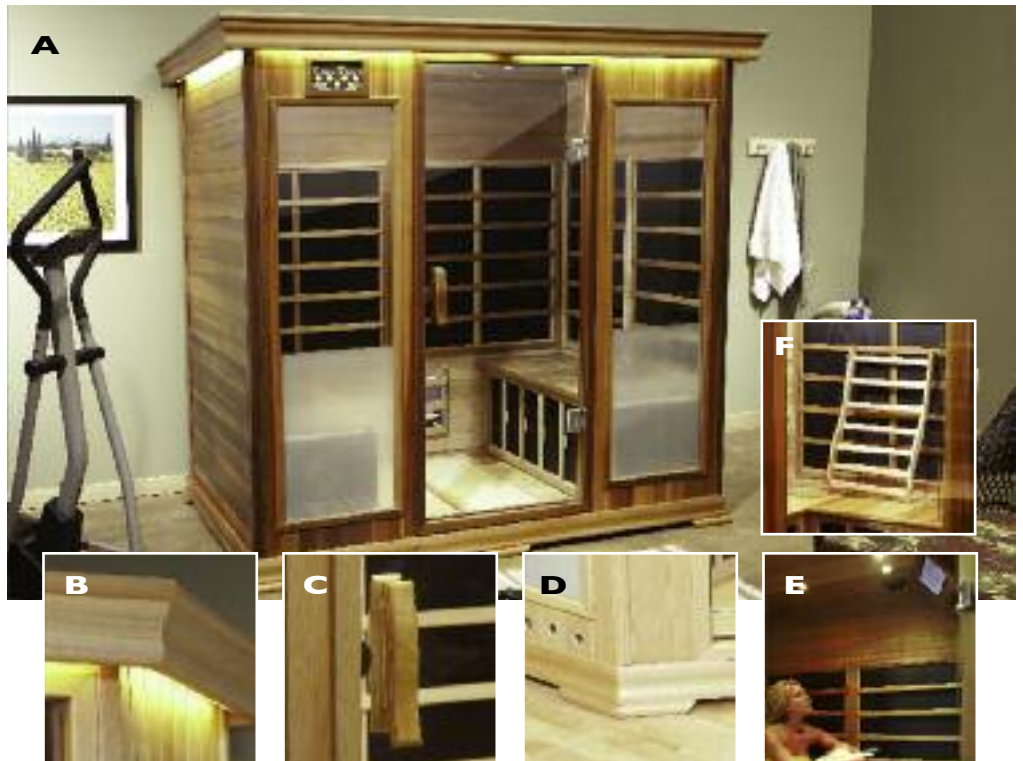


E-Series

The 'E' (for Elite) Series of infrared saunas is paradise found. A luxury version of our popular B-Series, the E-Series includes numerous upgrades as standard features. The E-Series' sumptuous design creates an environment of space and richness and a symphony of sound, light, color, cedar aroma — and, of course — luxurious full-surround, soothing heat.

The E-Series includes the following features as "standard":

- Clear Western Red Cedar interior and ext. (photo A); Hemlock available
- Deluxe molding on base and ceiling overhang (Photos B & D)
- Exclusive curved door handle for great looks and easy grip (photo C)
- Integral drop-down video screen with DVD player (photo E)
- Exclusive overhanging ceiling with discreet recessed fluorescent lighting tucked into the overhang (photo A)
- One ergonomically design arched backrest for each bench (photo F)



B400c 5-sided

4-person, neo-angle

Our most luxurious model, the 400c is a neo-angled beauty. A three sided front with large panoramic windows makes this as beautiful to look at as it is to enjoy the soft heat inside. Comfortable seating for four, its L-bench design is ideal for intimate conversation with friends and family.

Dimensions: B-Series = 60"d x 60"w x 77"h

E-Series (with over-hang) = 64"d x 64"w x 77"h

Electrical Requirements: Plug-in, 20 amp 120-volt outlet

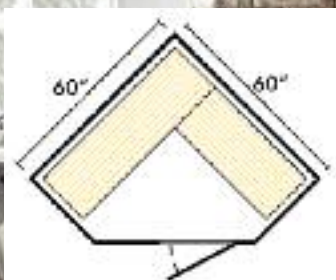
B-Series - standard Canadian Hemlock (Western Red Cedar available)

E-Series - standard Western Red Cedar (Canadian Hemlock available)

(See Page 5 & 11 for list of standard features)



Shown in Western Red Cedar



E400c 5-sided – 4-person, neo-angle



B300c 5-sided

3-person, neo-angle

Slightly smaller than the 400c, the 300c combines great design with incredible space efficiency. With its 5-sided design and a footprint of 52" x 52", this sauna can fit into almost any space. Ideal for two or three people.

Dimensions: B-Series = 52"d x 52"w x 77"h

E-Series (with over-hang) = 56"d x 56"w x 77"h

Electrical Requirements: Plug-in, 15 amp 120-volt outlet

B-Series are standard Canadian Hemlock (Western Red Cedar available)

E-Series are standard Western Red Cedar (Canadian Hemlock available)

(See Page 5 and 11 for list of standard features)



E300c 5-sided – 3-person, neo-angle



B400

4-person

Classic European design, this rectangular unit offers amazing spaciousness, comfortably seating four. Two large sidelight windows include frosted/etched glass on the lower portion to discreetly hide the bench ends and to add a touch of elegance to the sauna design.

Dimensions: B-Series = 56" d x 72" w x 77" h (60" d w/overhang)

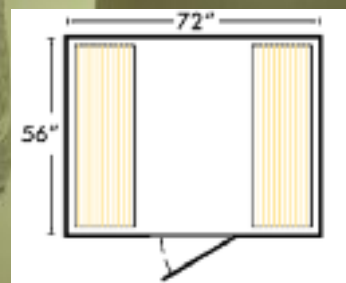
E-Series (with over-hang) = 60 1/2" d x 78" w x 77" h

Electrical Requirements: Plug-in, 20 amp 120-volt outlet

B-Series are standard Canadian Hemlock (Western Red Cedar available)

E-Series are standard Western Red Cedar (Canadian Hemlock available)

(See Page 5 and 11 for list of standard features)



E400

— 4-person



B300

3-person

If you like to lie down in the sauna, this is the model for you. This rectangular model comfortably seats three, but the 6' width also makes it comfortable for lying down. With two large sidelight windows and a large door window, the room has an open yet intimate feeling to it.

Dimensions: B-Series = 44" d x 72" w x 77" h (48" w/overhang)

E-Series (with over-hang) = 48 1/2" d x 78" w x 77" h

Electrical requirements: Plug-in, 20 amp 120-volt outlet

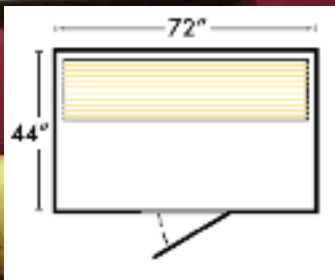
B-Series are standard Canadian Hemlock (Western Red Cedar available)

E-Series are standard Western Red Cedar (Canadian Hemlock available)

(See Page 5 and 11 for list of standard features)



Shown in Western Red Cedar



E300 – 3-person



B200

2-person

One of our most popular models, this model is a diminutive beauty. Perfect for one or two people, with its footprint of less than 16 sq. ft., this IR sauna can be easily incorporated into an in-home workout area, master bath, even in the master bedroom. This model has the same fully-loaded features as the larger models, including the same 77" height.

Dimensions: B-Series = 40"d x 48"w x 77"h (44"d w/overhang)

E-Series (with over-hang) = 45"d x 51"w x 77"h

Electrical requirements: Plug-in, 15 amp 120-volt outlet

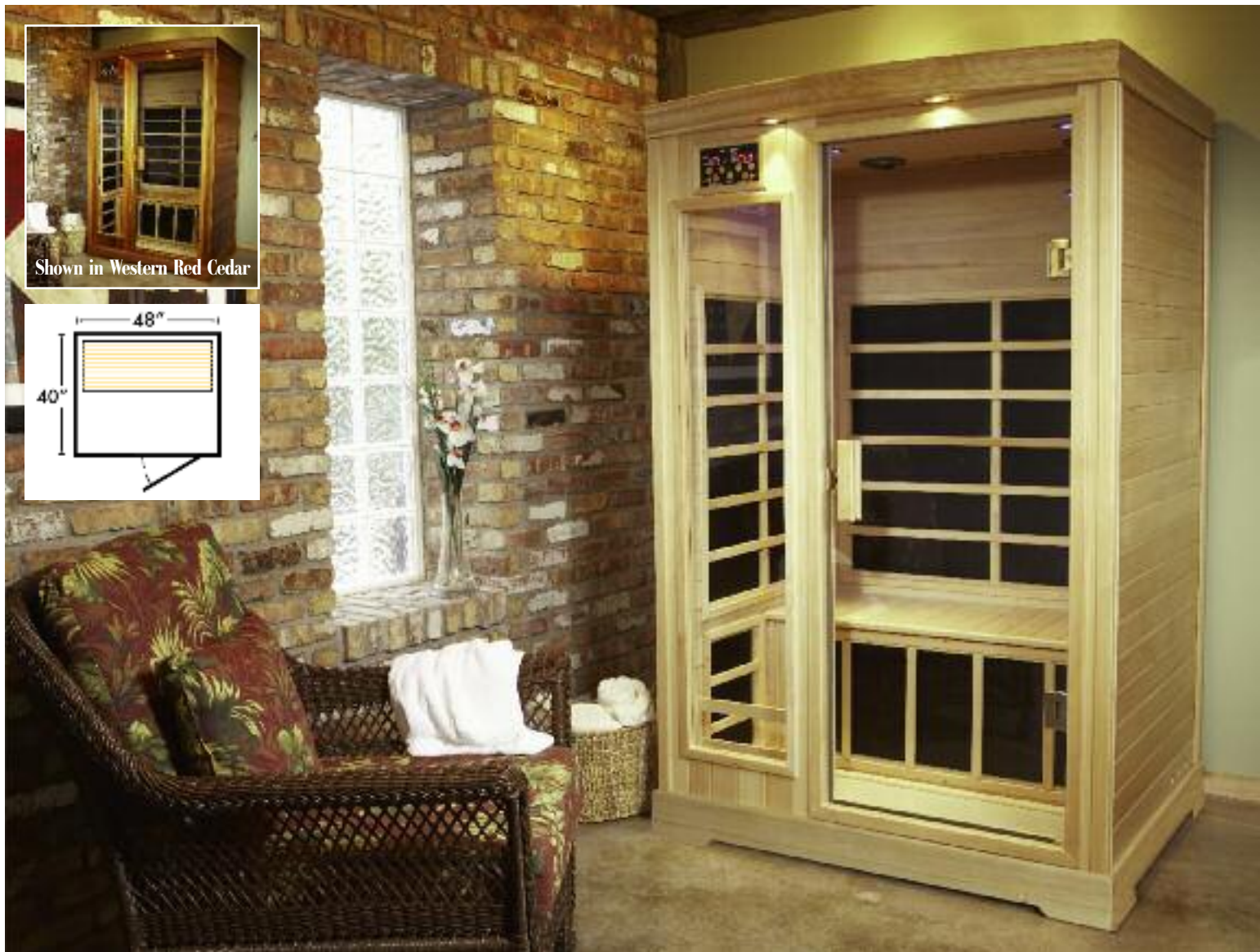
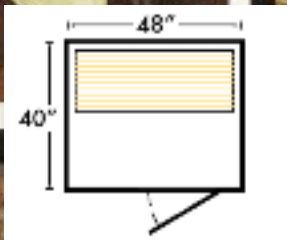
B-Series are standard Canadian Hemlock (Western Red Cedar available)

E-Series are standard Western Red Cedar (Canadian Hemlock available)

(See Page 5 and 11 for list of standard features)



Shown in Western Red Cedar



E200 – 2-person



B100 Personal Sauna

1-person

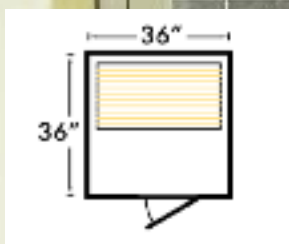
*I*deal for those having minimal space available and/or those using their sauna solo, the Model B100 has a foot print of only 9 sq. ft. With all the Premium Line features, The Model B100 has the same luxurious features as larger models but is packaged as our smallest model. "Lack of space" is no longer a limitation. This model can be installed into a corner of almost any room—even into a walk-in closet.

Dimensions: B-Series = 36" d x 36" w x 75" h (40" d w/overhang)

Electrical requirements: Plug-in, 15 amp 120-volt outlet

B-Series are standard Canadian Hemlock (Western Red Cedar available)

(See Page 5 and 11 for list of standard features)



Combining the best of both worlds: IR with Traditional Finnish Sauna

You like traditional sauna but your spouse prefers infrared sauna? No problem. On weekends you like a traditional sauna with lots of steam but during the work week you like mild/soothing infrared sauna heat therapy? No problem. The Saunatec InfraSauna™ may be the ultimate sauna—a blending of Saunatec Traditional Finnish Sauna with Saunatec Infrared Sauna.

This wonderful combination room provides pleasure beyond what a traditional or infrared sauna can do individually. Taking the best of both worlds, Saunatec has combined its traditional sauna technology with its CarbonFlex® far-infrared technology into virtually any sauna room design.

The combination InfraSauna™ is designed for use in Saunatec Modular saunas and Saunatec Custom Cut saunas up to 420 cu. ft.—from personal size saunas up to six to eight person saunas with plenty of room to lie down in.

The InfraSauna™ can include many of the interior designs and upgrades as shown within our Traditional Sauna catalog. The difference is—you can now add CarbonFlex® far infrared heating technology to create the ultimate sauna.

THE INFRAASAUNA™ COMBINATION ROOM INCLUDES:

- Stainless Steel Junior or Viki Heater with SaunaLogic™ digital control
- Pre-manufactured wood-framed CarbonFlex® heating panels for walls and behind legs; quantity of panels depends upon room size
- All-glass door; many window options available
- Interior of sauna includes Cedar, Alder, Hemlock or Nordic Spruce T&G for walls and ceiling, prebuilt benches, prebuilt bench skirts, backrests, heater guard, floor boards and low-voltage lighting system with color therapy (or alternative lighting system of your choice)
- Bucket, ladle, thermometer, rocks and installation hardware.





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