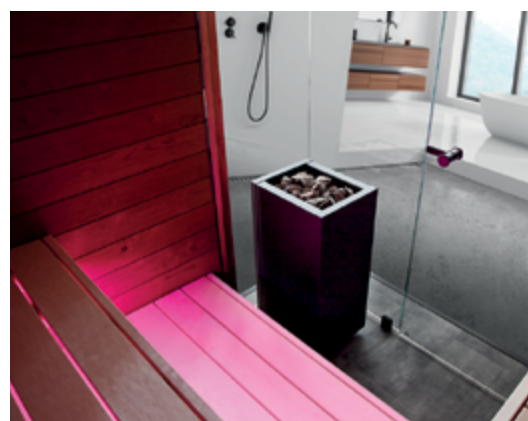




HARVIA

Sauna & Spa



SAUNAS



ENJOY

More and more people around the world are recognizing that the sauna is not only a place for peace, relaxation, and socialization – but also a practice that promotes health and well-being. Sauna bathing as a traditional healing method is supported by numerous scientific studies and continues to be a hot topic within the wellness megatrend. In this brochure, you become more familiar with saunas from Harvia, and get exactly the kind of sauna you want.

Make your sauna into an oasis of well-being

We want to create relaxing sauna experiences during hectic everyday life. There you can find harmony of body and mind – on the sauna bench, in the gentle embrace of heat and steam.

Harvia offers everything your sauna needs

From the complete saunas to components such as sauna heaters and sauna accessories, our wide selection of products offers the right solutions for your sauna.

Experienced professional

Harvia products guarantee that you are in trusted hands. Our products are built to be safe to use, long-lasting, and provide the greatest sauna experience you can imagine with over 70 years of experience in the Sauna & Spa industry



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TRADITIONAL SAUNA USE

A sauna is a place to experience dry or humid heat sessions. The steam and high heat help the sauna bathers' mind and body heal and recover.



Heating process

Heat up the sauna and wait for the sauna room to reach your desired temperature. This usually takes around 20-30 minutes, depending on the size of the sauna and the initial room temperature. The sauna heater will start heating the sauna heater stones. Typically, temperatures range from 160°F to 194°F (70°C to 90°C).

Before entering the sauna

Drink plenty of water before entering the sauna to stay hydrated. Take a warm shower to enhance the effects of the sauna experience. Dress to your level of comfort and sit on a towel during your sauna session.



Sauna session

Choose your seating, sauna benches are usually tiered, with higher benches being hotter. Select a bench that suits your comfort level. Begin with a 10-15-minute session for your first time, gradually increasing up to 20-30 minutes as you become accustomed. If your sauna has a water container or ladle, you can add water to the heated rocks to create steam (löyly). This adds humidity and enhances the sauna experience. Sit or lie down comfortably on the bench. Relax, close your eyes, and focus on deep breathing to fully enjoy the experience. Listen to your body, if you start to feel dizzy, nauseous, or uncomfortable, exit the sauna immediately.

Cooling down

After your session, cool down gradually by stepping outside the sauna cabin or taking a cool shower. This helps regulate your body temperature. Take a few moments to relax and cool down before deciding if you'd like to enter the sauna again for another session.



After the sauna session

Drink water or a light electrolyte drink after your sauna session to replenish fluids lost through sweating. Enjoy a light and nutritious snack to refuel your body. After your sauna session, leave the sauna door slightly ajar to allow for ventilation and to prevent mold growth. Wipe regularly down the benches and surfaces with a clean towel to maintain cleanliness.

Safety Precautions:

Health conditions: Consult your doctor before using the sauna if you have any underlying health conditions.

Pregnancy: Pregnant women should consult a health-care professional before using the sauna.

Alcohol and medications: Avoid alcohol and certain medications before using the sauna, as they can interfere with your body's ability to regulate temperature.

Remember, the sauna is meant to be a relaxing and rejuvenating experience. Listen to your body, and if at any point you feel uncomfortable or unwell, exit the sauna immediately.

Enjoy your sauna session and the many benefits it can provide for your body and mind!



HEALING WITH HEAT



Sauna's heat is good for the heart

Taking 2-3 sauna baths per week is enough to lower the risk of cardiovascular disease by 20% compared to those sauna bathing only once a week. The risks may decrease by up to 65% the more one sauna bathes.

Laukkanen, Khan, Zaccardi & Laukkanen 2015



Sauna bathing improves memory

Sauna bathing twice a week decreases the risk of dementia by one fifth compared to those sauna bathing only once a week. The risk is up to 60% less for people sauna bathing 4-7 times a week.

Laukkanen, Kunutsar, Kauhanen & Laukkanen 2016



Sauna bathing improves sleep quality

A study investigating the connection between sauna bathing and sleep saw a 70% increase in deep sleep during the first two hours and 45% increase in six hours. There was a statistically significant decrease in the participants' stay-ing-up time after sauna bathing.

Putkonen & Elomaa 1976



Sauna bathing cherishes the skin

The heat of the sauna increases the amount of blood pumping through superficial veins, which boosts the skin's metabolism. The skin feels nourished, maintains moisture and stays soft and elastic.

Viinikka 2020



Sauna bathing is exercise

The heat of the sauna makes the heart pump blood faster, expanding the blood vessels and relieving the heart.

Brunt, Howard, Francisco, Ely, Minston 2016



Sauna bathing treats muscles

Sauna is a great place for relaxing tense muscles. However, sauna bathing before exercise prevents muscle pains and increases muscle mobility afterwards.

Khamwong, Paungmali, Pirunsan & Joseph 2015



VENTURA

The elegant curved design of the Ventura sauna benches is inspired by waterfalls. The light-colored ash was chosen for this sauna because of its strength and durability and because wood grains look naturally beautiful in this material.

Relax - and enjoy the healing heat of the Ventura sauna!

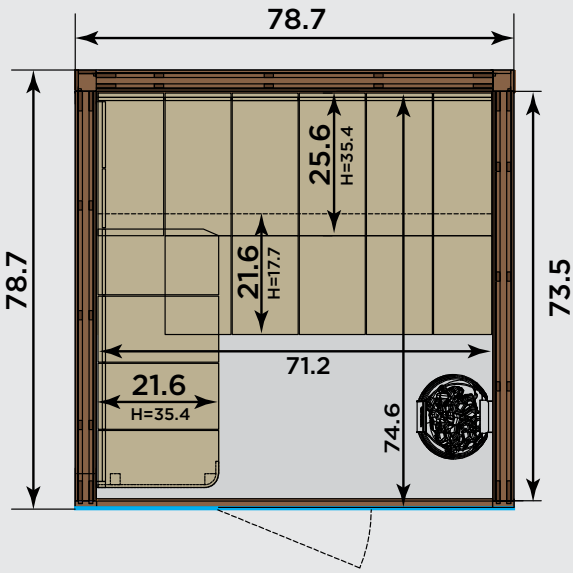


SHV2020

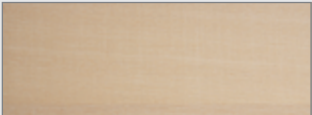
VENTURA

- Easy installation
- Ash Ventura panels inside the cabin
- Streamlined look with full glass front
- High performance (PIR insulation) for energy efficiency
- Glass wall made of single pane 0.3 inch tempered glass
- Ventura benches with high quality ash veneer on top
- External panels black spruce
- Wall thickness ca. 3.9 inch width
- Sauna heater sold separately

Features	SHV2020
Glass	0.3 inch tempered glass
Hardware	Chromed door handle and hinges
Lighting	RGBW LED lights
Specifications	
Persons	1-6
Exterior dimensions, inch	78.7W x 78.7D x 82.7H
Interior dimensions, inch	71.2W x 74.6D x 78.8H
Bench dimensions, inch	25.6L x 70.7W 21.6L x 70.7W 21.6L x 46.4 W
Door size, inch	27.6W x 77.2H
Window size, inch	2 x 25.4W x 81.7H
Shipping size, inch	92.1L x 51.2W x 51.2H
Assembly weight, lbs	1257
Shipping weight, lbs	1323
Recommended heating output, kW	8-11



Inside wall material



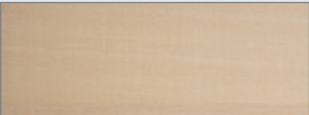
Ash

Outside wall material



Black treated spruce

Bench material



Ash



BLOCK

Minimalist and modern design combined with an innovative structure and a large glass front makes this sauna a timeless masterpiece that is extremely easy to assemble. We have combined the finest materials with a revolutionary structure to guarantee your relaxation before and after heating your sauna.

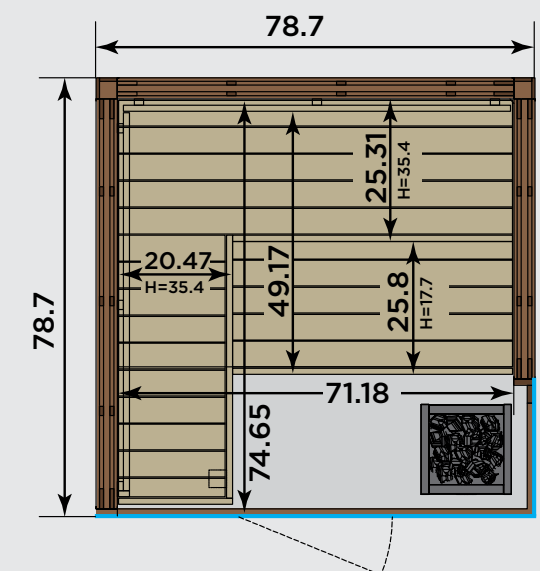


SHB2020ALD

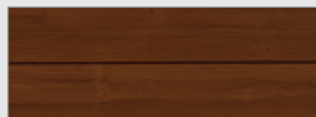
BLOCK

- Open and spacious feeling with high quality black framed tempered glass.
- Extremely fast installation
- Enhanced insulation
- Additional RGBW LED lights in horizontal orientation
- High performance (PIR insulation) for energy-efficiency
- Glass walls are made of single pane 0.3 inch tempered glass
- Block benches are equipped with sturdy 1.6x2.6 inch spruce frames
- Wall thickness ca. 3.9 inch width
- Sauna heater sold separately

Features	SHB2020ALD
Glass	0.3 inch tempered glass
Hardware	Black door handle and hinges
Lighting	RGBW LED lights
Specifications	
Persons	1-6
Exterior dimensions, inch	78.74W x 78.74D x 82.68H
Interior dimensions, inch	71.18W x 74.65D x 78.74H
Bench dimensions, inch	25.31L x 70.67W 49.17L x 70.67W 20.47L x 48.27W
Door size, inch	27.56W x 77.2H
Window size, inch	2 x 25.43W x 81.69H 1 x 24.41W x 81.69H
Shipping size, inch	92.13L x 51.18W x 51.18H
Assembly weight, lbs	1323
Shipping weight, lbs	1389
Recommended heating output, kW	9-11

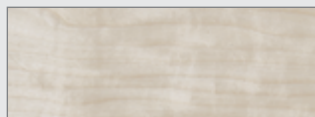


Wall material



Heat-treated brushed alder

Bench material



Aspen



UTU

The Utu sauna cabins are crafted with precision and designed for your utmost comfort. Available in two sizes. With an innovative design for easy assembly and the use of high-quality materials, the Utu cabin offers a promise of relaxation from the moment you enter. Discover the perfect sauna session with Utu.



SHU1212



SHU1616

UTU

Features

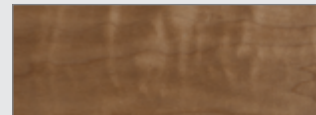
- Utu sauna cabin series is tailored to fit even the smaller premises, still fulfilling the demanding needs of sauna enthusiast.
- Easy to install due to innovative wall structure.
- For Utu saunas we have selected high-quality thermally modified aspen panels together with benches of the same material.
- Glass doors makes sauna feel spacious.
- All models are equipped with RGBW LED lights
- Integrated rock wool insulation with aluminum foil vapor barrier
- Glass walls and doors are made of single pane 0.31 inch tempered glass
- Sturdy benches in all saunas
- Wall thickness ca. 2.76 inch

Wall material



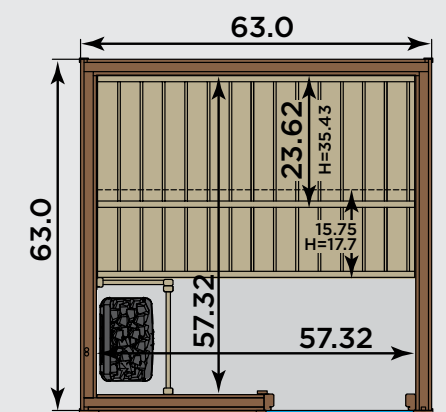
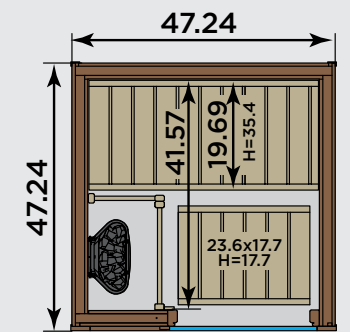
Heat-treated aspen

Bench material



Heat-treated aspen

Features	SHU1212	SHU1616
Glass	0.3 inch tempered glass	
Hardware	Door handle satin metal outside and wood inside, chromed hinges.	
Lighting	RGBW LED lights	
Specifications		
Persons	1-2	1-3
Exterior dimensions, inch	47.24W x 47.24D x 81.10H	63.00W x 63.00D x 81.10H
Interior dimensions, inch	41.57W x 41.57D x 77.87H	57.32W x 57.32D x 77.87H
Bench dimensions, inch	19.69L x 41.18W 17.72L x 23.62W (stool)	23.62L x 56.93W 15.75 x 56.93W
Door size, inch	27.17W x 76.89H	27.17W x 76.89H
Window size, inch	-	-
Shipping size, inch	82.68L x 47.24W x 24.02H	82.68L x 47.24W x 40.16D
Assembly weight, lbs	595	661
Shipping weight, lbs	816	882
Recommended heating output, kW	3-4.5	6





SOLIDE

The Harvia Solide sauna cabin combines long sauna traditions with a fresh and modern design. You can surface-treat the sauna with the shade of your choice to ensure a suitable look for the interior of your home.



Stone wall sold separately

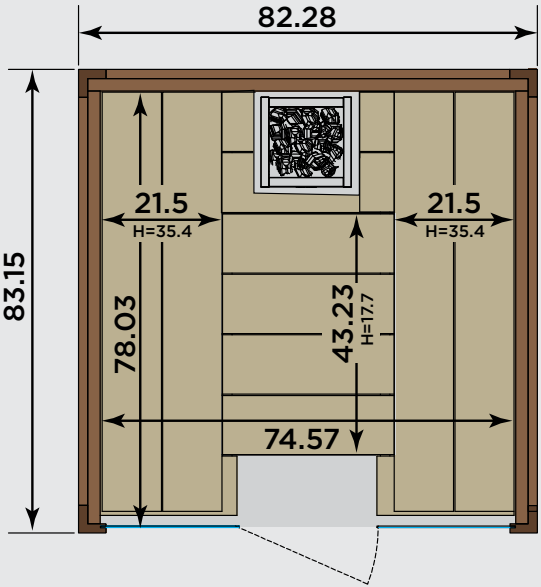


S2122LD

SOLIDE

- Surfaces can be treated with a tinted sauna finish/wax or remain natural to highlight their light spruce color
- Included in the indoor sauna installation package are wall and ceiling beams with finished wood surfaces, windows, and glass doors
- Constructed from 2.2-inch-thick glue-laminated timber spruce elements. The walls and ceiling are non-treated
- The sauna benches are made of 1.65-inch GLT spruce and are tailored to the dimensions of the sauna
- The glass walls are made of single pane 0.31 inch tempered glass

Features	S2122LD
Glass	0.3 inch tempered glass
Hardware	Chromed hinges and door handle
Lighting	Not included
Specifications	
Persons	1-6
Exterior dimensions, inch	82.28W x 83.15D x 82.44H
Interior dimensions, inch	74.57W x 78.03D x 78.31H
Bench dimensions, inch	2 x 21.50L x 86.22W 86.77L x 73.90W
Door size, inch	24.41W x 76.77H
Window size, inch	2 x 24.80W x 78.19H
Shipping size, inch	89.76L x 42.91W x 43.31H
Assembly weight, lbs	1063
Shipping weight, lbs	1129
Recommended heating output, kW	8-11



Wall material

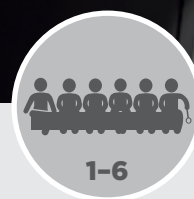


Untreated spruce

Bench material



Untreated spruce



FENIX

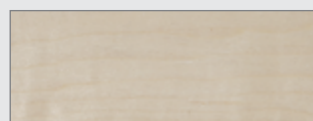
- Roof element with a roof rim
- Sauna interior made of aspen wood
- Ventilation slit, backrests, and intermediate bench panel included
- Layout can be installed in right or left orientation
- Glass wool insulation with aluminum foil vapor barrier
- Door made of single-pane safety glass left or right hinged
- 2 x single-pane safety glass elements, clear (24.76W x 76.34H x 0.3D)
- 0.56-inch sturdy black treated tongue and groove boards
- Wall thickness ca. 2.95-inch width
- Sauna heater sold separately

Wall material



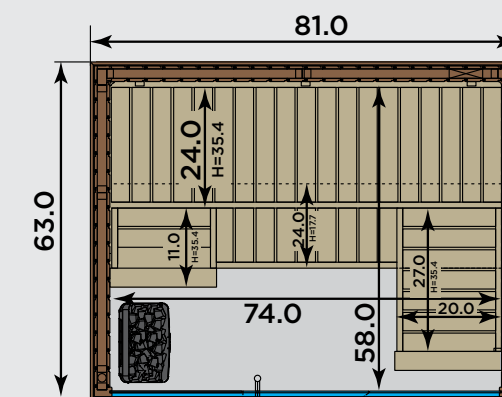
Black treated spruce

Bench material

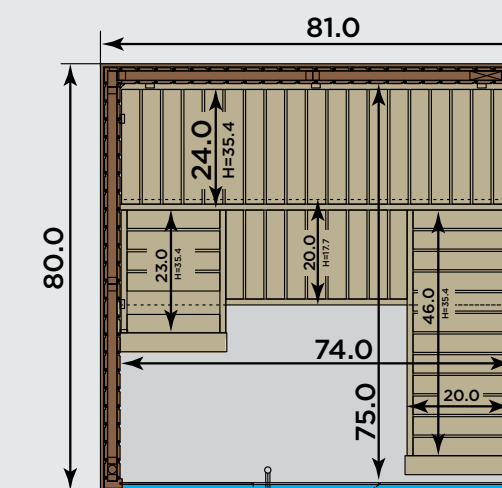


Aspen

Features	SHF1620S	SHF2020S
Glass	0.3 inch tempered glass	
Hardware	Aluminium hinges and door handle	
Lighting	Not included	
Specifications		
Persons	1-4	1-6
Exterior dimensions, inch	81W x 62.13D x 79.37H	81.10W x 80.04D x 79.37H
Interior dimensions, inch	74W x 58D x 76.18H	74W x 75D x 76.18H
Bench dimensions, inch	2 x 74L x 24W 27L x 20W 11L x 20W	2 x 74L x 24W 46L x 20W 26L x 20W
Door size, inch	23.62W x 74.69H	
Window size, inch	24.76W x 76.34H	
Shipping size, inch	47.24L x 82.68W x 47.24H	51.18L x 82.68W x 47.24H
Assembly weight, lbs	926	992
Shipping weight, lbs	1014	1080
Recommended heating output, kW	7.5-11	9-16



SHF1620S



SHF2020S



LEGEND

The Harvia Legend sauna honors old Finnish traditions and includes all the elements that make sauna and sauna-bathing beyond relaxing and magical. The dark interior of the Harvia Legend sauna makes a cozy atmosphere where you want to enjoy the silence while soft steam nourishes your skin. The large and spectacular panoramic window offers endless opportunities to enjoy the scenery while taking a sauna.



SHL3410

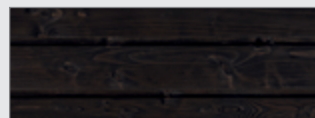


SHL3499US01

LEGEND

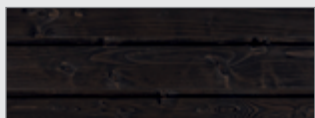
- The Legend sauna comes as a ready-made on-site module, with plug-and-play electricity connections
- The sauna includes pre-installed, atmospheric LED lights and liftable benches which makes cleaning the sauna easy
- Harvia's Legend sauna is insulated, so the sauna is energy efficient and suitable for even colder areas. Insulation also speeds up heating and affects the retention of heat in the sauna
- Inside and outside material black painted softwood plywood and waned softwood
- Smoke gray tempered heat glass window
- Smoke gray glass door with magnetic lock. The sauna door can be locked only when the sauna is not in use. The lock prevents the door from opening in harsh weather and secures that children cannot enter the sauna without the presence of adults
- Delivered assembled (heater and chimney are installed on site)

Inside wall material



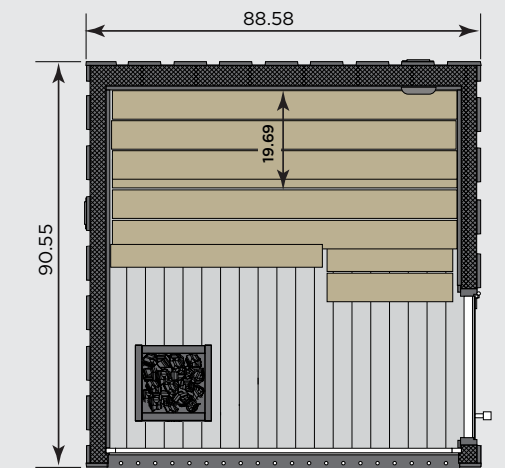
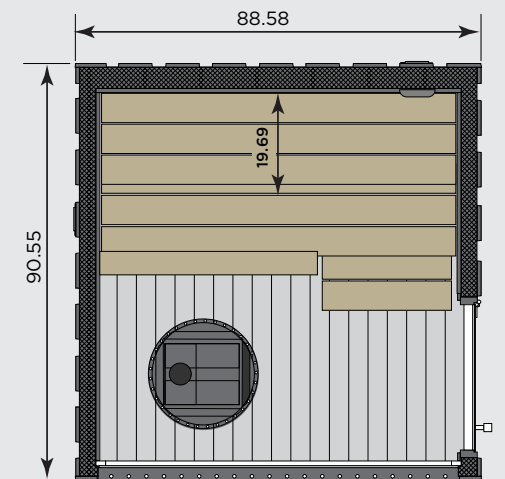
Black painted softwood plywood and waned softwood

Outside wall material



Black painted softwood plywood and waned softwood

Features	SHL3410	SHL3499US01
Glass	Doble-glazed glass (0.31+0.24 in)	
Hardware	Black Harvia Legend door hinges and handle	
Lighting	LED lights	
Specifications		
Persons	1-6	
Exterior dimensions, inch	88.58W x 90.55D x 100.39H	
Interior dimensions, inch	80,71W x 78,74D x 82,68H	
Bench dimensions, inch	2 x 77.32L x 19.69W	
Door size, inch	35W x 74.41H	
Window size, inch	76.77W x 72.44H	
Shipping size, inch	92.91W x 89.37D x 101.18H	
Assembly weight, lbs	3086	3086
Shipping weight, lbs	3086	3086
Heater included	Harvia Legend 240 Greenflame (WKLE20GM) with chimney set	Harvia Virta HL110E 11,0kW, 240 VAC (HL11U1), Harvia Xenio CX45 208V/240V Wifi control unit (CX45-U1-U3-XW)





SHL3498

LEGEND CHANGING ROOM

- The Harvia Legend sauna is available with or without a dressing room
- The Harvia Legend dressing room is made from the same material as the Legend sauna, and it fits into the sauna perfectly and seamlessly
- The dressing room module has four walls and can be bought separately without the sauna or together with the sauna
- The Legend dressing room can also be retrofitted
- Smoke gray tempered heat glass window
- Harvia Legend glass door. The dressing room door can be locked only when the sauna is not in use. The lock prevents the door from opening in harsh weather and secures that children cannot enter the sauna without the presence of adults
- Delivered assembled

Inside wall material



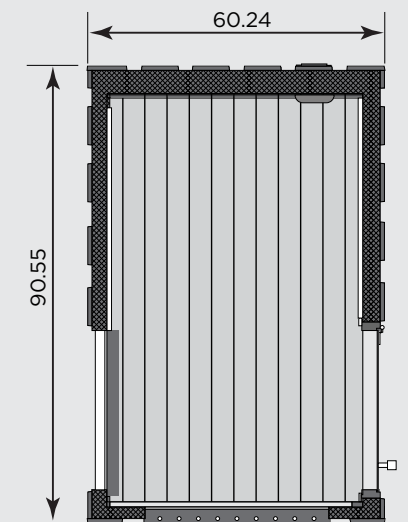
Black painted softwood plywood and waned softwood

Outside wall material



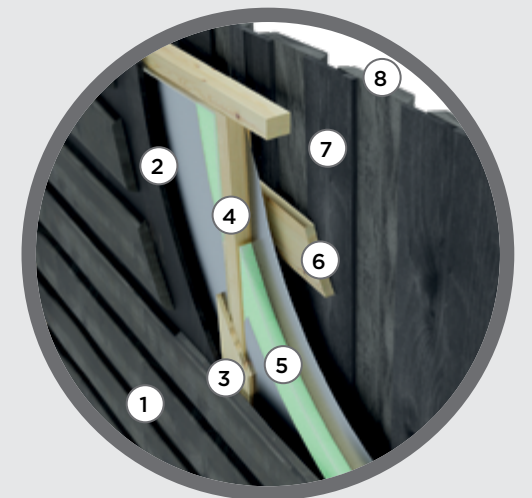
Black painted softwood plywood and waned softwood

Features	SHL3498
Glass	Doble-glazed glass (0.31+0.24 in)
Hardware	Black Harvia Legend door hinges and handle
Lighting	LED lights
Specifications	
Exterior dimensions, inch	90.55W x 60.24D x 100.39H
Interior dimensions, inch	80.71W x 49.61D
Bench dimensions, inch	49.60L x 19.69W
Door size, inch	35W x 74.41H
Window size, inch	15.75H x 35.43W
Shipping size, inch	92.91W x 61D x 101.18H
Assembly weight, lbs	1764
Shipping weight, lbs	1764



Cross-section of the wall

1. Inner wall – sheathed horizontal panel 0.87 inch
2. Plywood 0.35 inch
3. Inner wall vertical framing 0.35 inch
4. Frame 1.77 inch (Note: the frame on the rear wall is 2.76 inch)
5. Aluminum-coated insulation 1.18 inch (polyurethane)
(The insulation is inside the frame and creates a 0.59 inch air gap)
6. Outer wall horizontal framing 0.59 inch
7. Plywood 0.35 inch
8. Outer wall – sheathed vertical panel, 0.87 inch



SAUNA HEATERS

Harvia offers a wide variety of sauna heaters to optimize your sauna experience.

What type of sauna experience do you prefer?


When designing your sauna, you will want to consider what type of steam you may prefer. This is largely determined by the type of heater chosen. When choosing the sauna heater you should also keep in mind your sauna preferences. Do you prefer a more humid and gentle sauna or do you like it hot and dry? Pillar heaters containing large amounts of stones take more time to heat up, and thanks to the stone amount, they give you a nice, gentle, and humid sauna experience that lasts long. If you prefer a hot and dry sauna then the box heaters with smaller stone amounts are a perfect choice as they heat up fast using less energy and give you the desired sauna experience.

The traditional sauna is hot and dry – with temperatures ranging from 158-194 °F. Humidity is added by throwing water to the heater one scoop at a time to the stones of a typical wood-burning or electric heater.

A combi heater is a fitting choice when a "gentle sauna" or "humid sauna" is desired. The combi heater is heated to lower temperatures (104-167 °F) and from the heater's steam generator, a constant stream of steam is produced to achieve the desired humidity.


Choose a heater according to your sauna bathing preferences

Do you like dry and hot saunas, do you prefer moist and gentle saunas, or perhaps a combination of these? With the help of our chart, you can find the right heater for your use. Remember to also the size of your sauna when choosing the heater.




Soft and gentle sauna

Heaters with a large stone mass are the right solution if you like a soft and gentle sauna. The temperature of the sauna remains moderate and the large stone mass guarantees moist and long sauna baths.



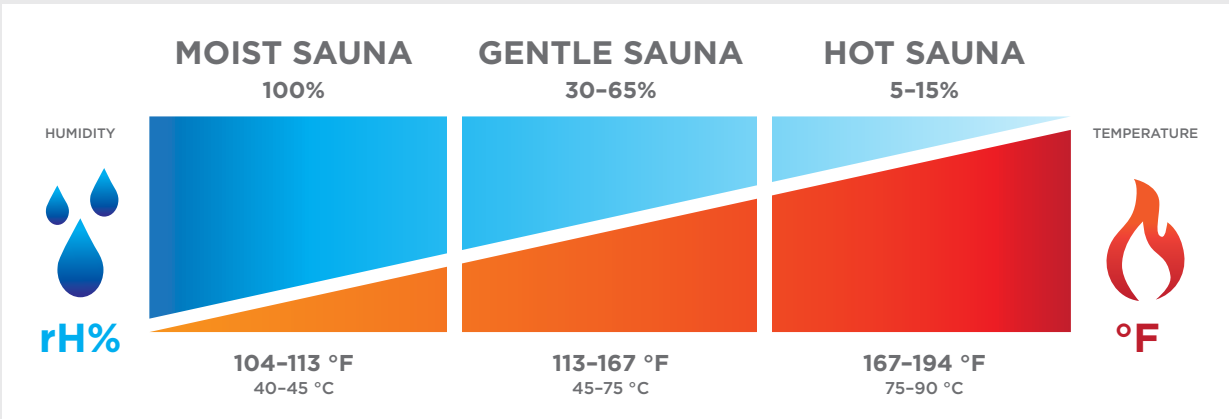
Hot and dry sauna

For lovers of hot and dry saunas, we recommend heaters with a smaller amount of stones rather than the pillar model heaters. The sauna heats up quickly and you can feel the steam on your skin with every throw of water.



Moist sauna

Combi heaters are a combination of an electric heater and a vaporizer that keeps the heat of the sauna very pleasant. Combi heaters are perfect for sauna bathers who enjoy the atmosphere of soft and moist sauna baths and sauna scents.



FIVE TIPS

for energy-efficient sauna bathing

- ✓ 15 to 20 minutes are enough to enjoy the healing impact of heat
- ✓ Start bathing as soon as the sauna is ready – MyHarvia reminds you if needed
- ✓ Renew sauna stones regularly; the sauna room heats up faster
- ✓ Lower the temperature – already 158°F (70°C) generate good bathing experience
- ✓ If your sauna has a drying valve, close it during sauna bathing

Considerations when choosing the heater power:

- Start the selection process by measuring the cubic volume of your sauna.
- For each non-insulated square meter, add 35.3 cubic feet to the volume of the sauna.
- If the interior walls of the sauna room are made of non-insulated logs, the corresponding factor is 1.5.
- A handy tool is available for these calculations at www.harvia.com

The heat of the sauna is often used to heat up the building. The vast majority of the sauna's heat transfers through the glass door and structures to other parts of the building. Most of the sauna's heat is used for heating of the building if heat recovery or air heat pump is in use.

Read more tips for energy-efficient and sustainable use of sauna from www.harvia.com





SAFETY EQUIPMENT

Safety equipment is an essential and important part of the sauna experience. Harvia offers a comprehensive selection of different kinds of solutions to improve safety, including these and more:



The Safety railing is a wooden railing installed around the heater which prevents sauna bathers from accidentally touching the heater. It is recommended for every sauna.



The Protective sheath is installed to the sides and rear of the heater to protect the walls of the sauna from intense heat. Depending on the model, one or two sheathes may be used.

LIGHTING

Lighting adds safety and creates a unique style for your sauna. Atmosphere and safety are enhanced with a variety of lighting options for your sauna.

LED strips provide indirect lighting, which adds a warm atmosphere to your sauna. They can easily be integrated beneath the sauna benches or into the backrests. Length of the LED tube is customizable to whatever measurements are necessary. Available as white or RGBW LEDs.



ACCESSORIES

Helmi sauna accessories



Helmi sauna accessories set terracotta, SA010R



Helmi sauna accessories set ivory, SA010V



Helmi sauna accessories set chocolate, SA010B



Helmi sauna bucket terracotta, SAC01001



Helmi sauna bucket ivory, SAC1003



Helmi sauna bucket chocolate, SAC01002



Helmi sauna ladle terracotta, SAC01004



Helmi sauna ladle ivory, SAC01006



Helmi sauna ladle chocolate, SAC01005



Helmi thermo-hygro meter terracotta, SAC01007



Helmi thermo-hygro meter ivory, SAC01009



Helmi thermo-hygro meter chocolate, SAC01008



Helmi sandglass terracotta, SAC01010



Helmi sandglass ivory, SAC01012



Helmi sandglass chocolate, SAC01011



Sauna accessories set, Black steel SA007



Sauna accessories set, steel SA006



Sauna bucket and ladle SAC01011



Legend bucket SASPO100

Legend ladle SASPO101



Legend firewood rack SASPO102



Find more sauna accessories at www.harvia.com



Sauna & steam scent set 5x10 ml SAC25100



Sauna scent 400 ml Eucalyptus SAC25021, Pine SAC25023, Peppermint SAC25024, Birch SAC25022, Tar SAC25025



SAC10640 SAC10003



SAC10650 SAC10107



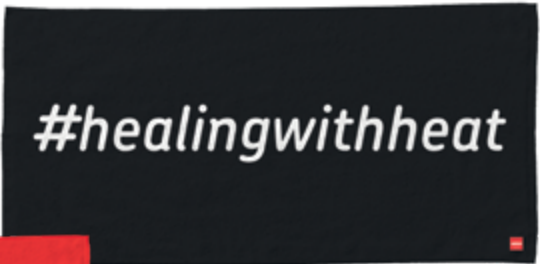
Thermo-hygrometer A-210-THS



Legend thermometer SASPO104



Harvia logo towel, 70x140 cm, SAC80401 35x55 cm, SAC80402



#healingwithheat towe, 90x170 cm SAC80400



Legend clothes hanger SASPO103



Sauna care set SAC25070



Sauna heater cleanser 500 ml SAC25041



Sauna Cleanser 500 ml SAC25040



HARVIA

Sauna & Spa

HARVIA US HEAD OFFICE

3567 N Jefferson St
Lewisburg, WV 24901
USA

Tel: +1 877 842 7842
Email: sales@harvia.us

HARVIA US SALES

Tel: +1 877 842 7842
Email: sales@harvia.us

HARVIA US PRODUCT SUPPORT

Tel: +1 877 842 7842
Email: support@harvia.us