WELLNESS AT HOME

CUSTOM SAUNAS & SPA SUITES

KLAFS USA

TABLE OF CONTENTS

THE PROCESS	**1**
SAUNAS	**6**
AURA SAUNA	8
AURORA SAUNA	11
CASENA SAUNA	13
CHALET SAUNA	15
EASY SAUNA	17
HOME SAUNA	19
MATTEO THUN SAUNA	21
PREMIUM SAUNA	23
PURE SAUNA	26
SHAPE SAUNA	28
EXCLUSIVE SAUNA HEATER TECHNOLOGY	**30**
BONATHERM HEATER	31
MAJUS HEATER	32
FERO HEATER	33
SANARIUM®	34
INFRAPLUS BACKREST (SENSOCARE INFRARED HEAT TECHNOLOGY)	35
STEAM ROOMS	**36**
D12 STEAM ROOM	37
D12 ORO NERO STEAM ROOM	38
MATTEO THUN STEAM ROOM	39
QUADRANO STEAM ROOM	40
CUSTOMIZABLE STEAM ROOM	41
RELAXATION	**42**
MICROSALT SALTPROX	43
SWAY LOUNGER	45
LINEA HEATED LOUNGER	47
MOLLIS® SAUNA CUSHIONS	49
INSPIRATION	**51**

THE PROCESS

OUR SAUNA AND SPA SUITES ARE CUSTOMIZED
TO YOUR SPACE, STYLE AND NEEDS.

THE PROCESS

01.

YOUR CUSTOM DESIGN

Every KLAFS sauna is made to order to fit seamlessly with a home's unique style and decor. All our saunas and spa suites are customized to match each individual client's needs. We work with you and, ideally, your appointed interior designer and/or architect to create your perfect wellness environment. The process starts with a design consultation to establish your unique design parameters. This is when you'll specify the exact sauna style, features and finishes you love, as well as any additional equipment, including a steam room, cool down experience or relaxation area. We encourage clients to consider including both the cool down and relaxation elements of at-home wellness in order to experience the full benefits of hydrothermal care. Next, our team of hydrothermal design experts will create technical drawings and equipment specifications for your design and construction team to review. Only once all plans are approved and signed off on do we move to the manufacturing phase.

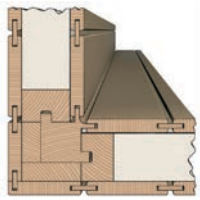
THE PROCESS

02.

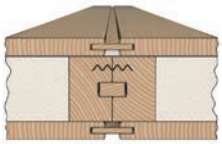
MADE-TO-MEASURE, HANDS-ON MANUFACTURING

Expert craftsmen located in KLAFS' factory in Germany execute the designs established in phase one. We manufacture in batches of one—meaning every order is unique and no two KLAFS saunas are ever the same. Our unique manufacturing process means we are hands-on throughout the entire manufacturing process of your personal sauna. Numerous quality controls take place during the course of production, beginning with incoming goods (we meticulously match woods to create a visually consistent product) and continue with visual checks during each stage of production to make sure the end product is exceptional.

When it comes to quality, KLAFS makes no compromises. This is reflected in everything we do—in the way we purchase, handle and process wood; in how we manufacture our sauna heaters and control panels; as well as our approach to customer service, safety and equipment certification for the North American market.



1. Corner post with tongue-and-groove joint.



2. Connection of the wall panels with deep tongue-and-groove joints.

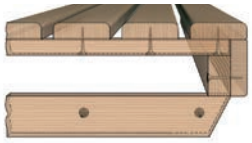
3. Wall to ceiling connection with deep-groove joint.

4. Frame with double-groove, double-tenon joints for optimum stability.

5. Wood at socket joint is specially treated to insure extra durability.

6. Stable door frame.

7. Head block and bench both glued and screwed.



8. Supporting lath, screwed.

THE PROCESS

03.

EXPERT INSTALLATION

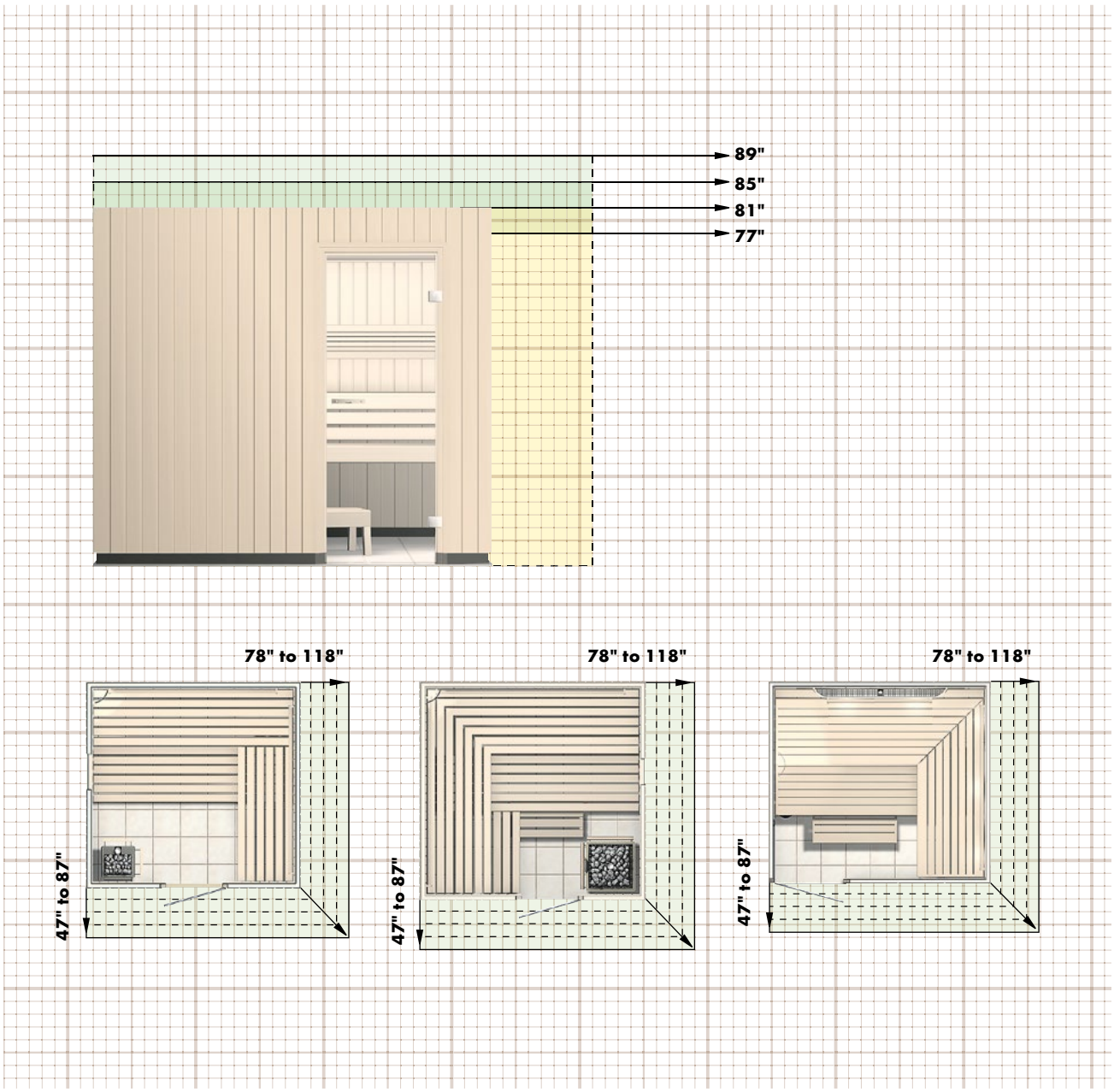
Hydrothermal areas for private use not only require detailed planning, but also expert installation. Once your customized wellness suite is handcrafted, KLAFS USA handles all the details to ensure its safe arrival from Germany to your project site in North America. Then, factory-trained technicians schooled in installing KLAFS wellness products will be deployed to work with your contractor and any necessary electrical engineers and plumbers to install your world-class, prefabricated sauna, as well as any additional features. Our installation managers will walk you—and anyone in your household—through all its functions so you can begin enjoying the benefits of at-home wellness immediately.

Rest assured, when buying from KLAFS USA, you will receive luxury treatment from beginning to end. KLAFS USA is your trusted wellness resource.

SAUNA SIZING GUIDE

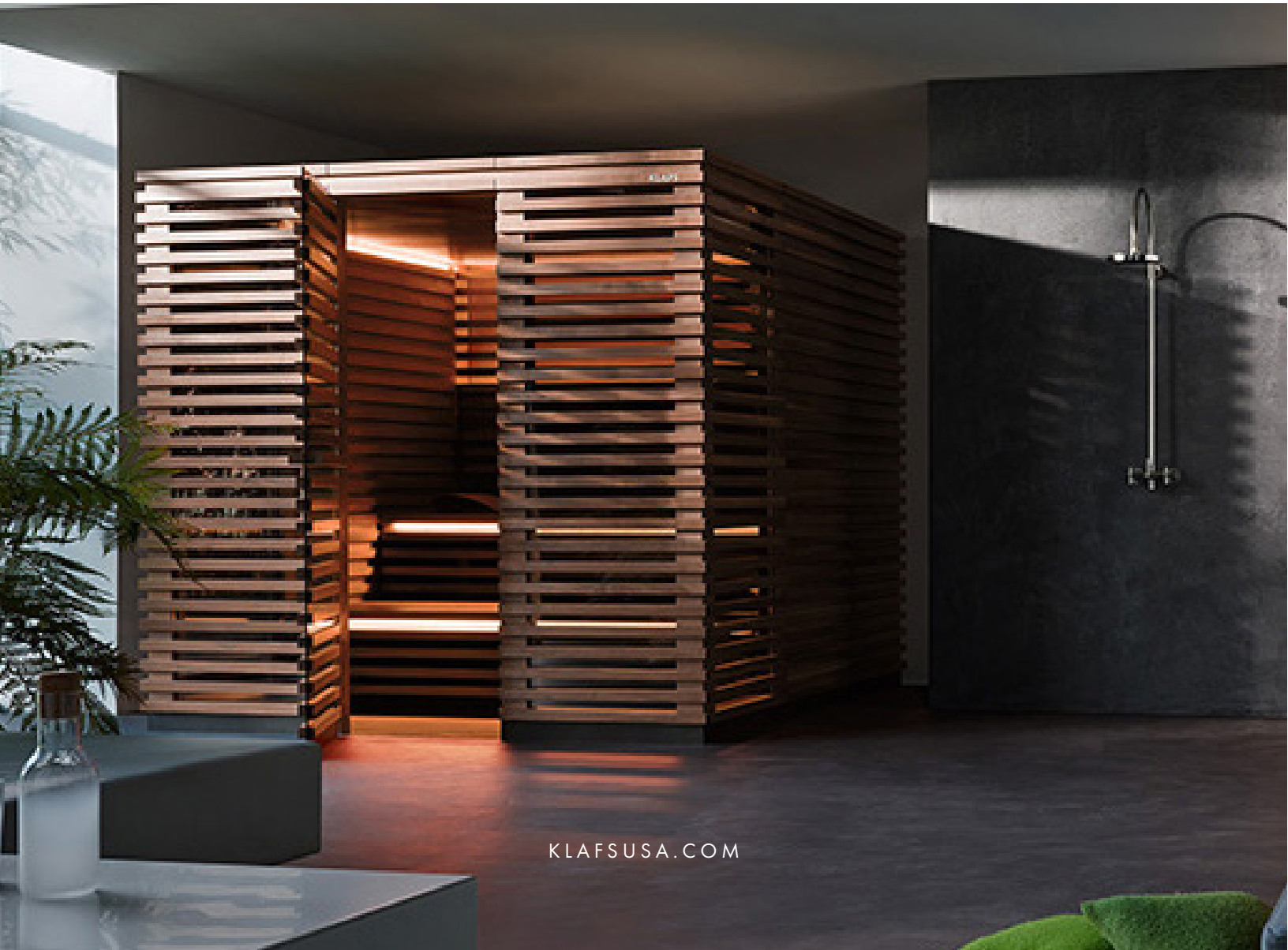
FLEXIBLE SOLUTIONS FOR ALL ROOMS

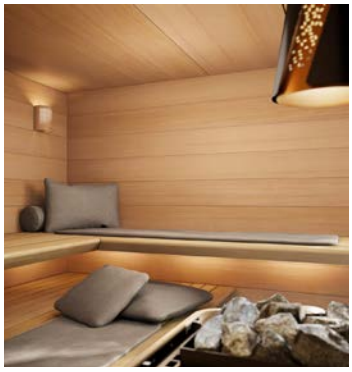
Most KLAFS saunas feature flexibility for width, depth and height. Our tailor-made solutions can be adjusted in increments of 4 inches (10cm). Further variations available upon request.



SAUNAS

IT ALL STARTS BY PICKING YOUR STYLE.





WHAT'S YOUR VIBE?

We offer a wide range of sauna styles to suit all tastes and wellness needs. The hardest part will be picking your favorite. Though we offer some standard-sized sauna models, most of our units are customizable to your unique needs. Our expert craftsmen in Germany create made-to-measure solutions to fit even the most difficult spaces—no nook or cranny is too difficult to navigate. Choose between hundreds of finishes and special features as unique and individual as your home.

AURA SAUNA

Modern meets cozy in the AURA Sauna. The continuous glass fronts show off the sleek benches, creating the illusion that the benches are floating. The interior has a streamlined yet homey atmosphere thanks to our hygienic MOLLIS sauna cushions, a comfortable alternative to traditional wooden headrests and backrests.

AURA SAUNA

FEATURES

Benches
Standard benches available in obeche, optional upgrades available in solid hemlock or walnut. Bench configuration will vary depending on the sauna size.

Exterior
Available in a variety of finishes.

Additional Features
Comes standard with our innovative MOLLIS sauna cushions, but can also include traditional wooden headrests and backrests upon request.

Interior Finishes
See the next page for swatches.
Available in 11 different finishes. Vertical or horizontal panelling available.

Size: Available in rectangular and 5-corner layouts. Sizes start at 77” x 75” x 83” (W x D x H).

AURA SAUNA

Interior Finishes

SCANDINAVIAN SPRUCE

SCANDINAVIAN SPRUCE MHQ

SCANDINAVIAN SPRUCE MMQ

SCANDINAVIAN SPRUCE GPQ

SCANDINAVIAN SPRUCE MBQ

HEMLOCK SOFTLINE

HEMLOCK VENEER
CROSS JOINTS

HEMLOCK VENEER

WALNUT VENEER

WENGE VENEER

SWISS STONE PINE VENEER

OBECHE
(Available for Benches Only)

AURORA SAUNA

The AURORA Sauna transforms your home into an exclusive spa oasis. One highlight inside the elegant hemlock interior, with its 'floating' benches and comfortable sauna cushions, is the organic, EUKLID illuminated ceiling. Even when viewed from the outside through the large glass front, the sculptural ceiling and streamlined benches create an elegant interior statement—making the AURORA Sauna both a relaxing retreat and a work of art.

AURORA SAUNA

FEATURES

Benches
'Floating' benches in obeche, hemlock or walnut. Bench configuration varies depending on sauna size.

Exterior
Exterior panelling with large, frameless glass front upon request.

Additional Features
The EUKLID illuminated ceiling, which curves organically in 3D, creates unique ambient light and a visual statement.

Interior Finishes

HEMLOCK VENEER

WALNUT

OBECHE
(Available for Benches Only)

Size: Numerous standard sizes available. Minimum size requirement: 83" x 83" (W x D).

CASENA SAUNA

Large-scale wenge or hemlock interior panelling, benches made from the same wood and a clear glass door all add up to a sauna that exudes symmetry, harmony, elegance and spaciousness. Nothing will distract you from the zen-like experience the CASENA Sauna delivers.

CASENA SAUNA

FEATURES

Benches
'Floating' benches available in hemlock. Bench configuration varies depending on sauna size.

Exterior
Exterior panelling available in a variety of wood finishes.

Additional Features
STARRY SKY lighting in a unique CURVE ceiling structure creates a very special atmosphere (available upon request).

Size: A tailor-made solution, size can be adjusted in increments of 4 inches (10cm). See our guide on page 5.

Interior Finishes

HEMLOCK

WENGE

Ceiling Panels

HEMLOCK

WENGE

CHALET SAUNA

Alpine charm radiates from the vividly marked wood of the Swiss stone pine. The stepped ceiling and decorative elements on the walls create traditional accents, while the streamlined benches bring a modern touch.

CHALET SAUNA

FEATURES

Benches
Benches available in obeche. Bench configuration varies depending on sauna size. Matching backrests and headrests also available.

Exterior
A variety of wood finishes, including Swiss stone pine.

Additional Features
Drop ceiling and ornamental elements on the walls.

Interior Finish

SWISS STONE PINE

OBECHE
(Available for Benches Only)

Size: A tailor-made solution, size can be adjusted in increments of 4 inches (10cm). See our guide on page 5.

EASY SAUNA

The EASY Sauna can be installed in smaller apartments or houses, proving that a personal spa haven does not require cumbersome logistics or an excessive amount of space. Simply choose your preferred size and look, and away you go!

EASY SAUNA

FEATURES

Benches
Benches available in obeche (see page 10 for image), hemlock or walnut. Bench configuration will vary depending on the sauna size.

Exterior
Available in white or a selection of wood finishes. Glass and mirror fronts also available upon request.

Additional Features
Removable padded headrests and backrests provide extra comfort.

Interior Finishes

HEMLOCK VENEER

WALNUT VENEER

SWISS STONE PINE VENEER

Size: Available in rectangular and 5-corner layouts. Sizes start at 77″ x 75″ x 83″ (W x D x H).

HOME SAUNA

The HOME Sauna's appeal lies in its quality standard fittings and comprehensive features. The size can be adjusted in 4-inch (10cm) increments and various options are available for the exterior panelling. With additional details available, including mirrors, windows, and towel rails/hooks, this sauna is well-rounded in all aspects. Inside, ergonomically shaped backrests and headrests continue the well-rounded theme.

HOME SAUNA

FEATURES

Benches
Benches available in obeche (see page 10 for image). Backrests and headrests also included.

Exterior
Available in the same finishes as the interior. Features a clear glass door with our ORIGINAL door handle.

Additional Features
Add-on mirrors, towel rails/hooks and lighting features also available.

Size: A tailor-made solution, size can be adjusted in increments of 4 inches (10cm). See our

Interior/Exterior Finishes

SCANDINAVIAN SPRUCE

SCANDINAVIAN SPRUCE MHQ

SCANDINAVIAN SPRUCE MMQ

SCANDINAVIAN SPRUCE GPQ

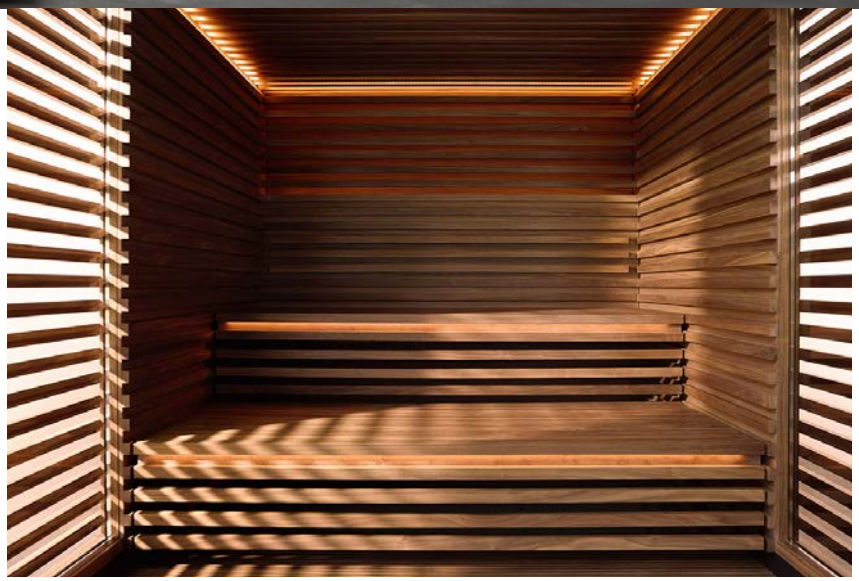
SCANDINAVIAN SPRUCE MBQ

HEMLOCK

MATTEO THUN SAUNA

Designed by Matteo Thun and Antonio Rodriguez, the unique design of the MATTEO THUN Sauna is characterized by the interplay of wooden strips and joints. The visual opening to the outside creates a virtuoso performance using the incidental light. Yet, it is almost impossible to see into the sauna from the outside.

See the coordinating MATTEO THUN STEAM ROOM on page 38.



MATTEO THUN SAUNA

FEATURES

Benches
Benches available in hemlock or walnut. Bench configuration will vary depending on the sauna size.

Exterior
Unique slat panelling in hemlock or walnut. The entire front wall and part of the side walls feature floor-to-ceiling glass with an integrated glass door.

Interior Finishes

HEMLOCK

WALNUT

Size: A tailor-made solution, the can be adjusted in increments of 4 inches (10cm). See our guide on page 5.

PREMIUM SAUNA

The PREMIUM Sauna is more than a luxury sauna—it's a personal design statement. Let your imagination run wild—the variety of layouts and fittings are surpassed only by the large range of special features and accessories you can select from to create your perfect interior and exterior. A tailor-made solution, the PREMIUM Sauna can accommodate challenging spatial conditions and angled rooms/ceilings.

PREMIUM SAUNA

FEATURES

Benches
Benches available in obeche and hemlock. Standard equipment includes headrests, backrests and panels between the benches. Upper corner bench also available.

Exterior
Available in a variety of wood finishes, prepared surface cladding or painting. Design can incorporate existing windows.

Additional Features
MOLLIS sauna cushions, a DUET door handle and a DELUXE hourglass.

Interior Finishes
See the next page for swatches.
Available in 11 different finishes. Vertical or horizontal panelling available.

Size: Available in rectangular and 5-corner layouts. Sizes start at 77” x 75” x 83” (W x D x H).

PREMIUM SAUNA

Interior Finishes

SCANDINAVIAN SPRUCE

SCANDINAVIAN SPRUCE MHQ

SCANDINAVIAN SPRUCE MMQ

SCANDINAVIAN SPRUCE GPQ

SCANDINAVIAN SPRUCE MBQ

HEMLOCK SOFTLINE

HEMLOCK VENEER
CROSS JOINTS

HEMLOCK VENEER
PANELS

WALNUT VENEER

WENGE VENEER

SWISS STONE PINE VENEER

OBECHE
(Available for Benches Only)

PURE SAUNA

This award-winning sauna embodies simple elegance. The mere sight of it is enough to make you relax. A high-gloss exterior panel blends stylishly into any room, while the interior hemlock wall panelling looks particularly elegant thanks to fine, horizontally mounted slats. The simple and elegant design has won prestigious product design awards.

PURE SAUNA

FEATURES

Benches
Benches available in hemlock for a uniformed look. Bench configuration will vary depending on the sauna size. Matching headrests and backrests also available.

Exterior
Exterior panelling available in white high-gloss finish with large glass door.

Interior Finish

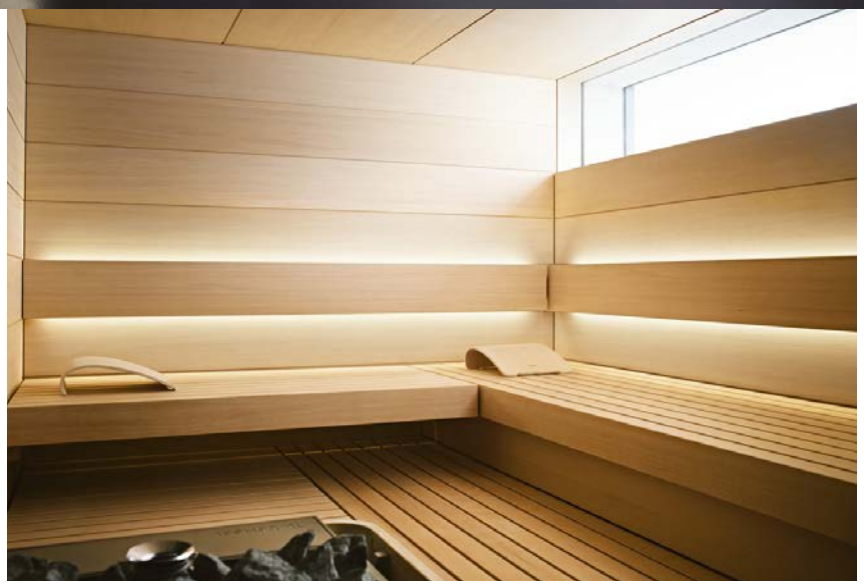
HEMLOCK VENEER

Features real wood veneer panels with horizontal staves in solid hemlock.

Size: A tailor-made solution, size can be adjusted in increments of 4 inches (10cm). See our guide on page 5.

SHAPE SAUNA

The SHAPE Sauna's distinctive character is manifested in the elaborate exterior panelling, which creates a very special feel. The corner glass front and eye-catching vertical door handle complete the high-quality impression, which continues confidently in the interior.



SHAPE SAUNA

FEATURES

Benches
Standard benches available in hemlock with matching headrests and backrests for uniformed look. Obeche benches also available. Bench configuration will vary depending on the sauna size.

Exterior
Painted exterior panelling with 3D effect in black or white. Also includes a corner glass front with circumferential screen printing, upon request.

Interior Finish

HEMLOCK VENEER
(Matching Benches Available)

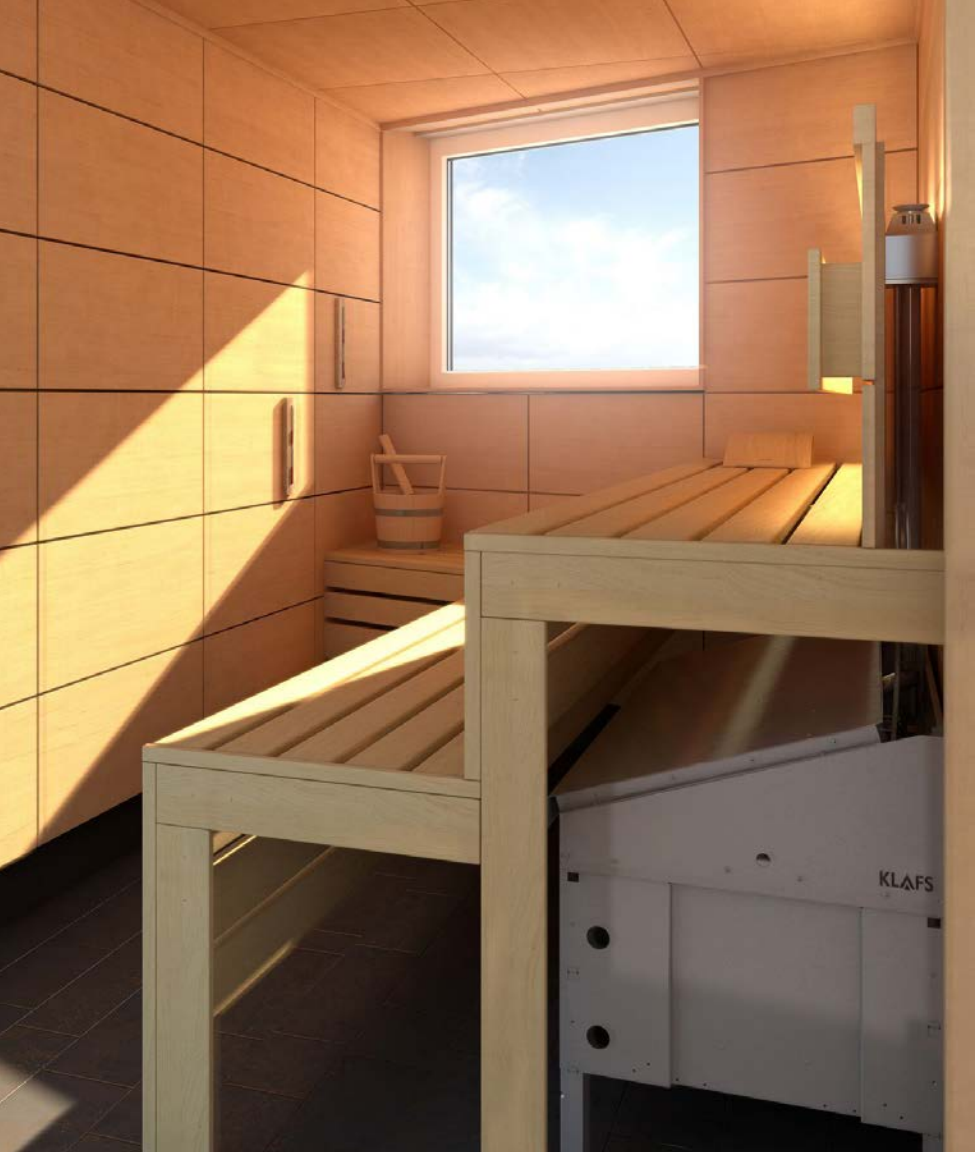
OBECHE
(Available for Benches Only)

Size: A tailor-made solution, size can be adjusted in increments of 4 inches (10cm). See our guide on page 5.

EXCLUSIVE SAUNA HEATER TECHNOLOGY

KLAFS HEATERS ARE ONLY SOLD WITH A KLAFS SAUNA.

KLAFSUSA.COM



BONATHERM HEATER

KLAFS creates another first in sauna technology: under bench heating. BONATHERM heaters make space for additional seats and ensures a balanced temperature in the sauna, while being conveniently tucked away to prevent any accidental burns.

Note: KLAFS Sauna Heaters are only available for use in KLAFS Saunas and can not be purchased separately.

FEATURES

- Only under bench heater of its type certified for use in North America
- With large air outlet, air deflection hood and additional air deflector
- With large stone basket for a filling quantity of approx. 220 lbs of original Finnish olivine stones – for greater heat storage and intensive infusions
- Also available as a SANARIUM® heater (see page 34)
- 31″ x 47″ x 23″ (H x W x D)
- Heater weight approx. 330 lbs (including olivine sauna stones)
- Two heater sizes: 6kW and 9kW

MAJUS HEATER

Our MAJUS free-standing sauna heater looks like a traditional sauna heater, but it's far more high tech with a turbo heat function to heat up your sauna in no time. Add the SANARIUM® option to create a multi-functional sauna experience.

Note: KLAFS Sauna Heaters are only available for use in KLAFS Saunas and can not be purchased separately.

FEATURES

- Certified for use in North America
- Free-standing heater with patented Turboheat function
- Extra-large stone basket for a filling quantity of approximately 132 lbs original Finnish olivine stones – for greater heat storage and intensive infusions
- Also available as a SANARIUM® heater (see page 34)
- Dimensions 38" x 19" x 19" (H x W x D)
- Heater weight approx. 251 lbs (including olivine sauna stones)
- Three heater sizes: 6kW, 9kW, and 12kW

FERO HEATER

With its elegant design based on the MAJUS heater, the FERO sauna heater blends harmoniously into our saunas. The FERO heater is compact, free standing and is also available with SANARIUM® function. Flocked sides protect against combustion, while the aluminum-framed stone basket houses authentic Finnish olivine stones.

Note: KLAFS Sauna Heaters are only available for use in KLAFS Saunas and can not be purchased separately.

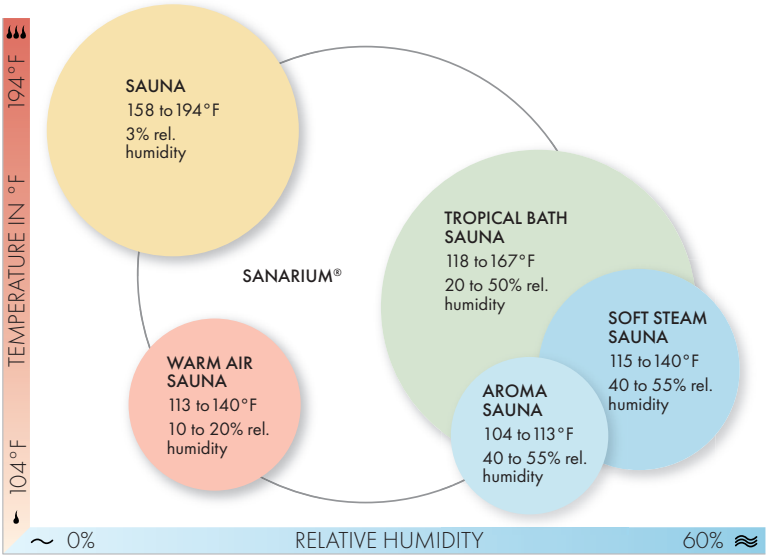
FEATURES

- Certified for use in North America
- Elegant, compact free-standing sauna heater matching the MAJUS design line
- Outer casing and rail protect against risk of burning
- Stone basket made from cast aluminum frame
- Original Finnish olivine stones
- Steam outlet with aroma cup on front
- Quiet, pleasant evaporator noises
- Water tank level indicator
- Also available as a SANARIUM® heater (see page 34)
- Two heater sizes: 3.3kW and 4.5kW

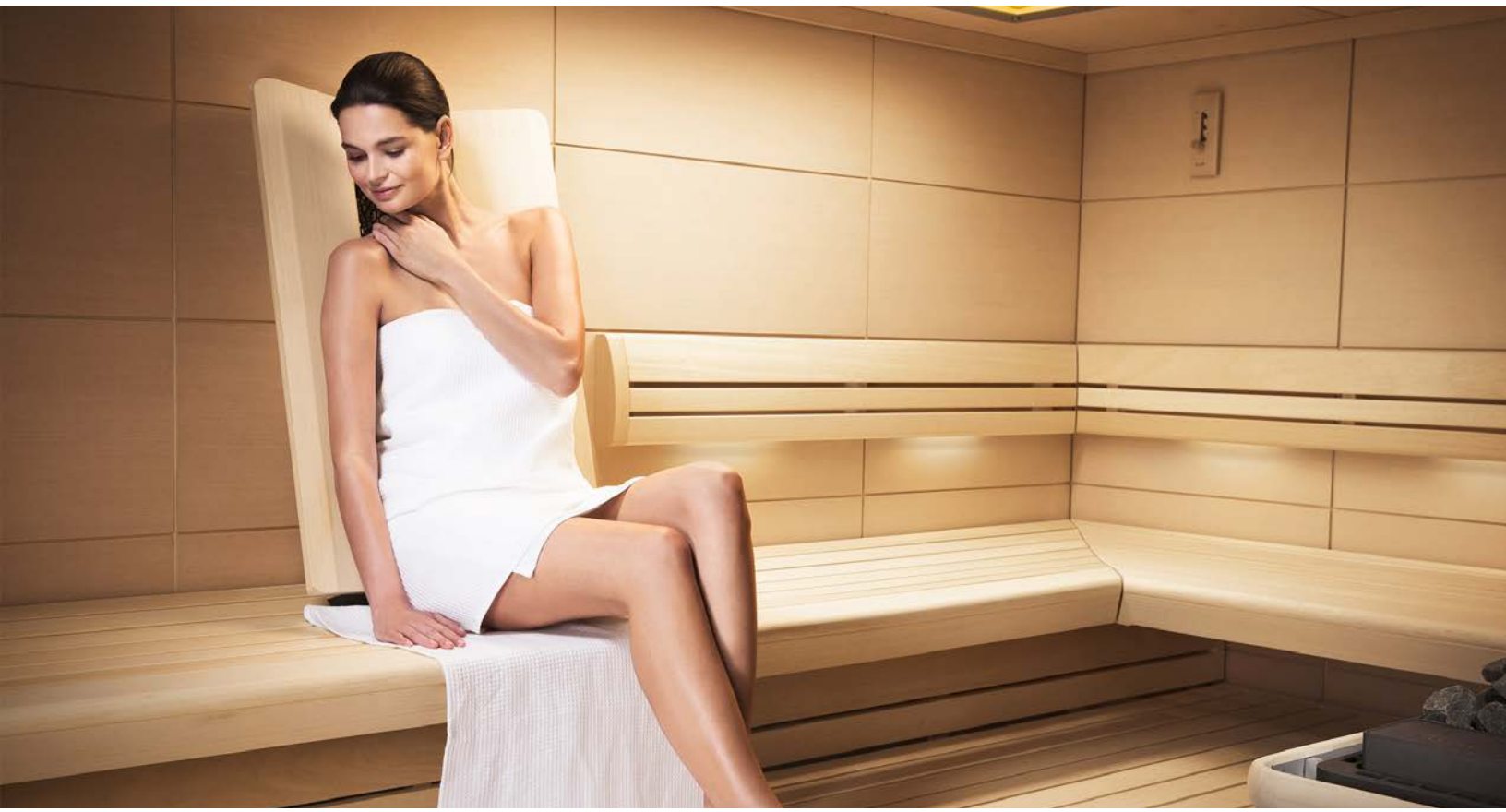
SANARIUM® TECHNOLOGY

TURNS ONE SAUNA INTO FIVE HYDROTHERMAL EXPERIENCES

Each of KLAFS USA's sauna heaters (BONATHERM, MAJUS and FERO) are compatible with KLAFS SANARIUM® system. On demand, a classic Finnish sauna is transformed into a tropical steam room, soft steam sauna, aromatherapy experience or warm air sauna. KLAFS' patented climate regulation enables you to choose between high temperature/low humidity and low temperature/high humidity. By increasing the humidity, the perceived temperature remains constant even when the thermometer drops. This humidity can also be created using fragrant steam. An added bonus is a speaker integrated in the humidity sensor that can fill the sauna with music.



INFRAPLUS BACKREST



TARGETED INFRARED TREATMENT

The InfraPLUS Backrest option works with all KLAFS Sauna models, providing a “best of both worlds” solution: a multifunctional sauna that combines the therapeutic benefits of targeted longwave infrared-C radiation therapy with the proven physical and mental benefits of traditional, high-heat sauna bathing.

The InfraPLUS Backrest can be adjusted into a number of comfortable positions. So whether you’re enjoying an infrared treatment or a relaxing sauna session, you will always experience luxurious comfort.

SENSOCARE INFRARED HEAT TECHNOLOGY

The unique SensoCare heat technology is motion activated—and operates at 107°F. The ceramic heaters will automatically adjust in intensity to keep the user comfortable while the deep infrared heat penetrates under the skin’s surface.

STEAM ROOMS

TAKING YOU ONE STEP CLOSER TO RELAXATION.

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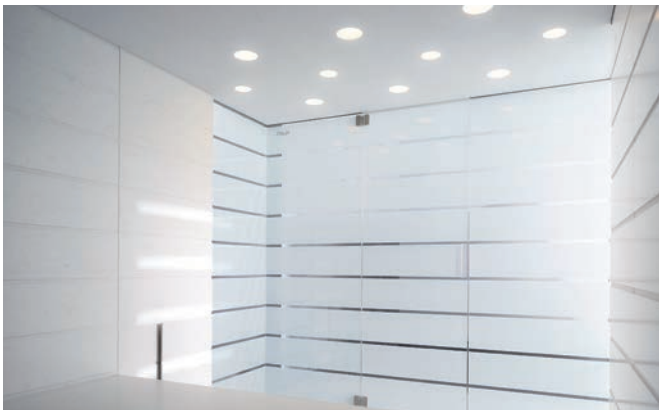
D12 STEAM ROOM

The aluminum and glass construction of the D12 STEAM ROOM creates a fluid transition between your own personal spa and the rest of your home. And thanks to the innovative modular design, the cabin size and seating arrangements are available in multiple configurations to best work within your available space. The D12 STEAM ROOM features luxury teak seats that can be exchanged for natural stone or porcelain stoneware, an elegant hand-held shower and fitted ceiling lights.

D12 ORO NERO STEAM ROOM

The D12 ORO NERO STEAM ROOM is a contemporary variation of the modular D12 glass steam room. A gold floral pattern, set against a black background, stands out in stark contrast, giving the D12 ORO NERO a wholly unique character.



MATTEO THUN STEAM ROOM

Designed by Matteo Thun and Antonio Rodriguez to complement the **MATTEO THUN Sauna (see page 21**), this steam room is a modern take on the traditional all white steam room. Your eye is instantly drawn to the horizontal pattern on the frosted-glass front. As you step inside, you see the pattern continues on the rear and side walls with the deep grooves in the moisture-resistant white quartz. Unique lighting features in the ceiling and back wall complete the light and airy feel.

QUADRANO STEAM ROOM

Everything about the QUADRANO STEAM ROOM speaks to simplicity. The shell of the room is made of hygienic, low-maintenance acrylic. The cabin door is made of clear safety glass, and the benches, which blend seamlessly with the walls, are wide enough to lie down on comfortably. Those who prefer a sitting position can also enjoy the same humidity and temperature from head to toe.

CUSTOMIZABLE STEAM ROOM

This is the right choice for anyone looking to fully customize a steam room's finishes to match their home's decor. We deliver a constructed, waterproofed pre-fabricated cabin that will slot right into the space—and you choose the porcelain tile, ceramic, granite or acrylic finish that matches your home's unique decor.

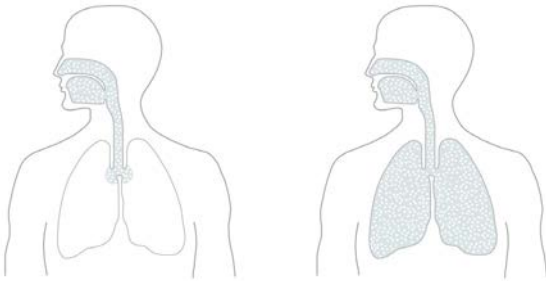
RELAXATION

CUTTING-EDGE ACCESSORIES & TECHNOLOGY
TO ELEVATE YOUR AT-HOME SPA.

MICROSALT SALTPROX

TURNS ANY ROOM INTO AN IMMUNE-BOOSTING SALT INHALATION ROOM

The Microsalt SaltProX's invisible grinding technology generates a particularly fine salt aerosol, which spreads gently throughout a sauna. The natural rock salt used in the SaltProX is 99% sodium chloride, the highest purity level available in nature. Unlike conventional salt applications, these minute salt particles spread across the entire respiratory system, from the nose, the sinuses, and the throat to the extreme lung areas and can have an expectorant effect.



Penetration depth of salt-enhanced air using conventional technology (on left) versus groundbreaking Microsalt (on right).

CLEAR AIRWAYS
Use of the Microsalt results in an in-depth cleaning of the airways and is recommended for hay fever, asthma, bronchitis, cystic fibrosis and other chronic lung diseases.

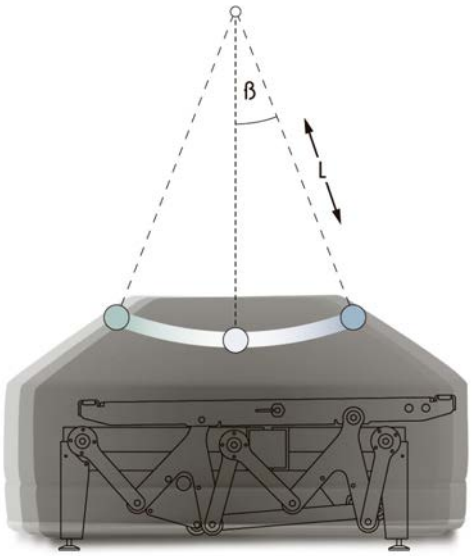
BOOST IMMUNE SYSTEM
Regular salt inhalation can also support the immune system and is considered helpful for people that suffer frequent colds and sinusitis.

REVITALIZE SKIN
In addition, salt therapy is used to treat skin disorders like acne, rashes and eczema.

HOW MICROSALT SALTPROX WORKS

The SaltProX is designed to produce a sufficient salt concentration in a sauna or infrared cabin no bigger than 500 cubic feet. The relative humidity must not exceed 40%. Microsalt SaltProX uses specially portioned salt sticks that contain the optimal dose of dry, high-grade salt for one application. Simply preheat the sauna, place the device inside, turn on the main switch and insert the salt container. Press the start/stop button and the SaltProX begins to produce its dry salt-aerosol and ten minutes later, it produces an optimal dry salt concentration for inhalation. After an hour the device automatically switches off. The installation of a SaltProX is simple. The device is fastened to the wall with a supplied wall holding bracket which can be easily removed at any time.

SWAY SLEEP LOUNGER



SWAY was designed in collaboration with scientists from the Fraunhofer IAO. The motor runs almost silent for optimal comfort.

THE FIRST LOUNGER ENGINEERED TO ROCK YOU TO SLEEP

Relaxation is at the heart of any home wellness suite and every wellness area should be constructed with this key activity in mind. The SWAY's unique pendulum technology gently cradles you to sleep—for a rejuvenating daily power nap or as a precursor to bedtime.

The SWAY Sleep Lounger soothes you into a relaxing short nap with a gentle oscillating movement that has been engineered to sway at the optimum frequency for synchronizing and slowing the brain waves. The SWAY's pendulum swing was user tested and studied at Germany's Fraunhofer Institute, where users were monitored and shown to have a significantly improved Heart Rate Variability (HRV) within moments of laying down, allowing sleep to take hold much faster.

BRING THE POWER OF "POWER NAPS" INTO YOUR HOME

The SWAY is suitable as a resting lounger near the sauna/steam room or wherever you may want to catch a quick nap (some will even choose to use it to sleep through the night).

The lounger features a high-quality viscoelastic foam layer for an optimal fit to the body's contours. The firmly padded layer is covered with waterproof, high-quality synthetic leather, with stitching in contrasting colors. The oscillating movement is provided by an electric drive with specially developed kinematics, lasered precision components and high-grade, long-lasting deep groove ball bearings.

SWAY SPECS

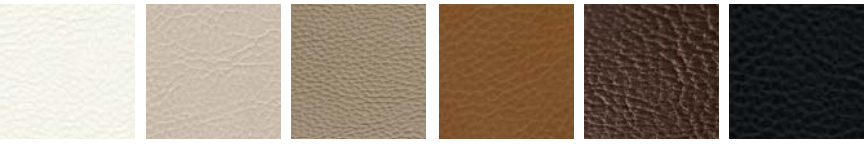
Power: 120V, 60 Hz, 150W

Size: 84" x 48" x 20" (LxWxH)

Wall Clearance: Minimum 18" on sides

Weight: Approximately 375 lbs.

AVAILABLE COLORS



White | Beige | Taupe | Cognac | Chocolate | Black

LINEA HEATED LOUNGER

WONDERFUL WARMTH, ERGONOMIC DESIGN

After leaving the sauna and taking an icy cold shower, nothing could be more pleasurable than stretching out and relaxing on a heated lounger.

Our LINEA HEATED LOUNGER is ergonomically shaped to hug the body and can be warmed up before you lie down.

Available in a choice of six glass mosaic tile colors (white, green, black, purple, beige, blue) or with a beautiful teak finish, and two styles of bases, the lounger can be tailored to your individual preference and style.

LINEA with optional teak finish and standard bridge base.

A PERFECT ADDITION TO YOUR KLAFS WELLNESS ROOM

Mosaic Tile Colors

Beige | Black | Blue | Green | Purple | White

FEATURES

- Ergonomic shape hugs the body
- Generously sized laying surface with electric radiant heating system and programmable thermostat
- Bespoke design with easy to clean surfaces
- Finished in glass mosaic tiles or teak, sides in alpine white
- Neck cushion also available

LINEA SPECS

Power
120V

Lounger Dimensions
78.75″ x 30″ x 34″ (LxWxH)

Wall Clearance
Minimum 4″ clearance on all sides

MOLLIS® SAUNA CUSHIONS

YES, YOU CAN USE CUSHIONS IN A SAUNA

MOLLIS sauna cushions add luxurious wellness to any sauna and are a perfect accessory to your KLAFS custom sauna. Thanks to ingenious inserts and high-quality fabric, these pillows will make your sauna sessions cozier than ever and you can relax in complete confidence knowing that:

1. Fabric does not retain heat; meaning there is virtually no heat transfer from the cushions to your skin.
2. Pillow inserts do not retain moisture, and, therefore, remain dry and mold-resistant.

In addition, KLAFS MOLLIS cushions are washable, easy to disinfect, allergy friendly, and completely recyclable.

A.

B.

C.

D.

UNIQUE MOLLIS® TECHNOLOGY

Covers Made from TENCEL® Fabric

TENCEL is an eco-friendly fabric of botanic origin (extracted from wood) that is more absorbent than cotton, softer than silk, and cooler than linen. Unlike other fabrics that can not be used in a sauna because of the risk of mold and mildew, bacteria growth is virtually impossible with MOLLIS cushions. The fabric is also extremely heat resistant.

Inner Cushion Withstands Heat & Moisture

The Mollis insert is constructed from a 3D spacer fabric. The double-knit fabric is manufactured using state-of-the-art weaving technology that helps ensure the cushion does not retain heat or moisture. Therefore, cushions stay cool and dry even in high sauna temperatures.

Styles

A-B. MOLLIS Sauna Cushion: Available in Small & Large Square or Medium Lumbar

C. MOLLIS Sauna Neckroll

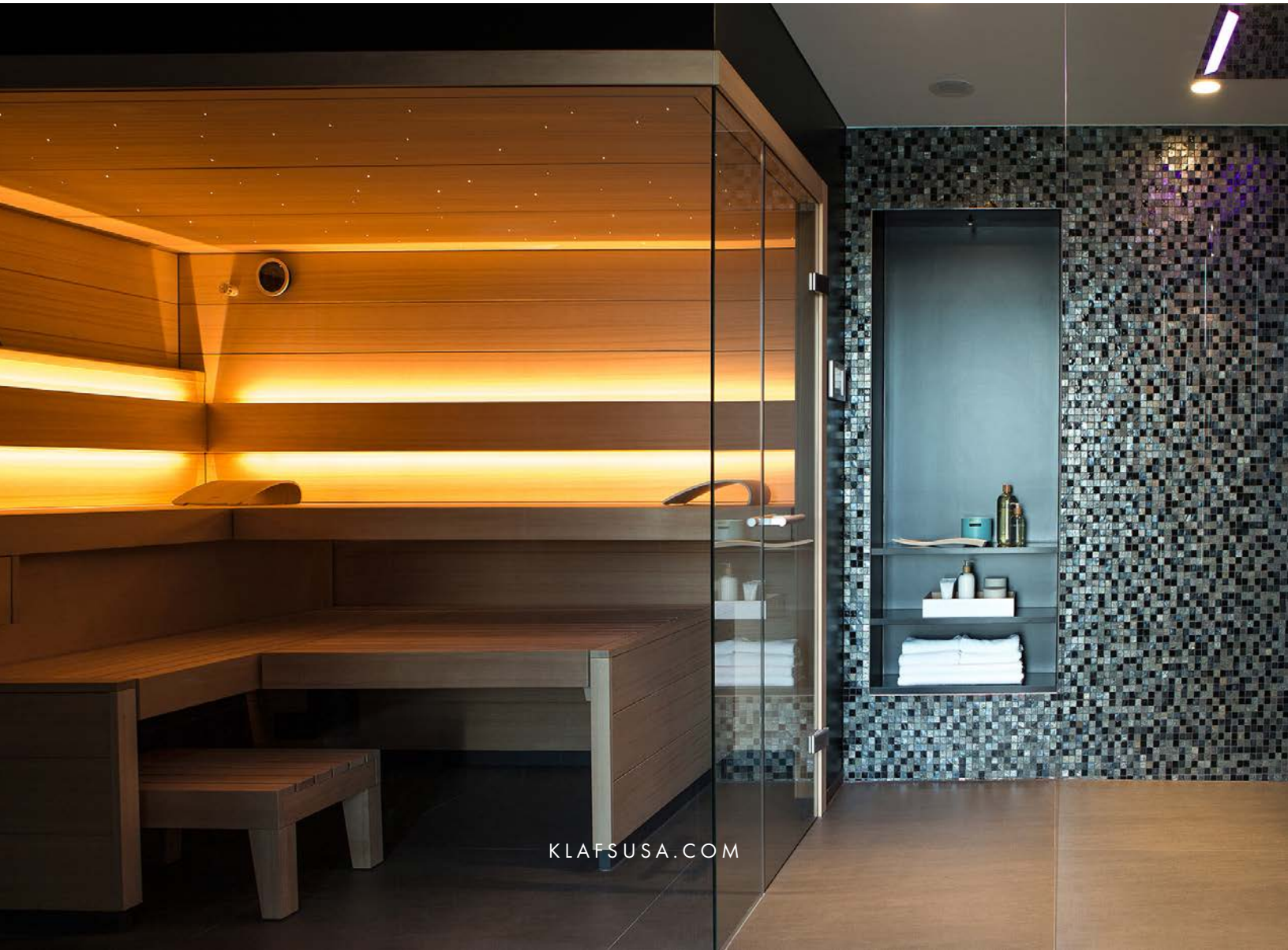
D. MOLLIS Sauna Mat: Available in Medium & Large

Colors

Blue, Brown, Ivory & Light Green

INSPIRATION

EXPLORE THE HEALTH BENEFITS AND LUXURIOUS POSSIBILITIES OF AT-HOME WELLNESS.



CONTRAST THERAPY

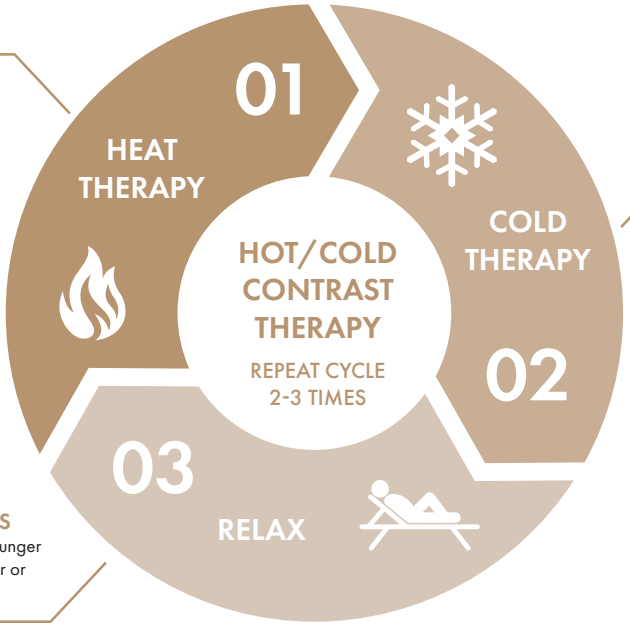
THE THERAPEUTIC COMBINATION OF HOT AND COLD

KLAFS USA transforms your home into a wellness sanctuary that both relaxes and invigorates your mind and body. The benefits of repeated cycles of contrast therapy are many, including decreased muscle soreness, increased blood flow and improved immune system response. The bottom line: it not only feels good, it does good.

FINNISH SAUNA
158°F to 212°F
(70°C to 95°C)

KLAFS SANARIUM®
104°F to 194°F
(40°C to 90°C)

STEAM ROOM
104°F to 116°F
(40°C to 47°C)



COLD ROOM
40°F to 55°F
(4°C to 13°C)

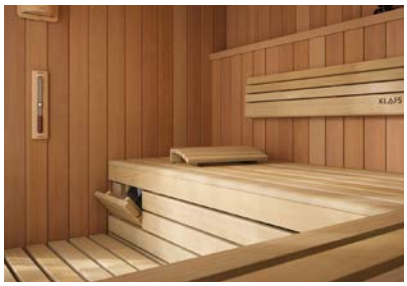
ICE ROOM
40°F (4°C)

SNOW ROOM
5°F to 32°F
(-15°C to 0°C)

PLUNGE POOL
41 °F to 68°F
(5°C to 20°C)

EXPERIENCE SHOWER
Temperatures Vary

RELAXATION LOUNGERS
Relax at room temperature using a lounger like our KLAFS Sway Sleep Lounger or KLAFS Linea Heated Lounger.



HEAT THERAPY

The practice of warming up the body to then give it a good shock with a cold treatment is a centuries-old therapy. In the first few minutes in heat, muscles loosen, the mind quiets. As the heat builds, a detoxifying sweat breaks out and the heat starts to do its real work, penetrating deeply into the body. After 12-15 minutes, your body will crave the euphoric relief of freezing temperatures.

COLD THERAPY

Next immerse your body in freezing cold for as long as you can take it—a few minutes does the job! Some prefer the shock of a plunge pool, ice bath or cold shower, but as the benefits of cryotherapy (including pain reduction, improved immune function and overall resilience) become more mainstream, at-home spa suites are including more comfortable cold therapies, like a snow room, cold room or ice room (temperatures as low as 5°F).

RELAX

Rest and relaxation is essential during this process and especially on the last round of your hot/cold journey. Take a refreshing shower and then wrap yourself up in a warm towel or blanket and settle in on a KLAFS SWAY Sleep Lounger or LINEA Heated Lounger. A short (5-20 minute) rest allows your entire body the opportunity to fully recover, while encouraging the respiratory and cardiovascular systems to regenerate.

AT-HOME SPA FEATURES

THE UNIQUE QUALITIES AND BENEFITS OF HYDROTHERMAL BATHING

SAUNA

Generally a timber cabin with a heat source radiating warmth from the wood-clad walls via heated stones, operating between 158°F and 212°F (up to 194°F in US).

Saunas are traditionally used to relax and ease muscle tension, as well as boost circulation and improve the immune system. When a person sits in a sauna, their heart rate increases and blood vessels widen. This increases circulation, in a similar way to low to moderate exercise depending on the duration of sauna use. Increased circulation may help reduce muscle soreness, improve joint movement, and ease arthritis pain.

See KLAFS Sauna options starting on page 6.

EXCLUSIVE KLAFS SANARIUM® HEATING SYSTEM

Virtually all KLAFS sauna heaters can benefit from the advantages offered by the SANARIUM® system, which was developed exclusively by KLAFS. At first glance, a SANARIUM-equpped sauna looks no different than a "conventional" sauna, but the unique heating technology creates a multi-functional sauna experience. The SANARIUM offers five different climate zones. By increasing the humidity, the perceived temperature in the SANARIUM remains constant even when the thermometer drops.

Learn more about the SANARIUM system on page 34.

INFRARED THERAPY

This type of heat is very different to that of the high heat found in a traditional Finnish sauna. Generated by special heat lamps, the benefits of infrared heat therapy is best realized when directly targeting parts of the body. KLAFS InfraPLUS Backrests target longwave infrared-C radiation on the full back, providing invisible waves of energy that penetrate heat deep into the muscles, tendons, ligaments, joints and bones to ease and relieve pains and strains.

Learn more about InfraPLUS on page 35.

STEAM ROOM/STEAM SHOWER

A steam room is not as hot as a sauna, with temperatures between 104°F to 116°F. Unlike a dry sauna, steam rooms can reach 100% relative humidity, creating the element of steam/fog. When fine droplets of water come in contact with air, they provide a negative, energizing charge. Bathers absorb these negatively charged oxygen ions, which can stimulate the metabolism, aid in workout recovery, clear congestion and promote skin health. Where space is at a premium, consider a steam shower, which doubles as a steam room and experience shower.

See KLAFS Steam Room options starting on page 36.

ICE ROOM

For those with the space, an ICE ROOM offers a great cool-down option after a sauna. A combination of cold air with ice or cool mist provides a gentle cool down with the added benefit of inhaling cold air deep into the lungs, providing respiratory system benefits.

Contact us about various cold therapy options.

DEPENDING ON SPACE, YOUR WELLNESS ROOM WILL TYPICALLY INCLUDE A SAUNA OR STEAM ROOM (OR A COMBINATION OF BOTH) AND SOME FORM OF A COOLING EXPERIENCE AND RELAXATION AREA.

SNOW ROOM

The sensation of melting snow on the skin is another choice for cooling down after a hot cycle in the sauna or steam room. The near-freezing atmosphere of a snow room is also much gentler than a cold shower or an ice bath. Snow making technology produces the equivalent of natural snow just using air and water—no additives are required.

Contact us about various cold therapy options.

SALT THERAPY

Salt inhalation is a natural, evidence-based therapy for common respiratory issues, and is also credited with improving common skin disorders, like acne, rashes and eczema. While Himalayan salt walls are eye-catching and look beautiful, the truth is that the only way to truly benefit from salt is via inhalation. Our Microsalt SaltProX produces a sufficient salt concentration in a room up to 500 cubic feet. Relative humidity should not exceed 40%, making saunas a perfect place to enjoy salt therapy.

Learn more about the Microsalt SaltProX on page 43.

ENGAGING AN EXPERIENCED PROFESSIONAL HELPS YOU AVOID COSTLY MISTAKES WHEN DESIGNING AND BUILDING YOUR AT-HOME WELLNESS ROOM.

Photo courtesy of Dornbracht

EXPERIENCE SHOWER

There are a huge variety of showers—cold, waterfalls, mists, body jets and dramatic "experience showers"—offering multi-sensory experiences that incorporate smells, sound and visual effects that help take the bather to another world.

Contact us about our shower options.

RELAXATION LOUNGERS

Relaxation is an incredibly important part of the hot/cold contrast therapy cycle. Relaxation loungers are a perfect compliment to your sauna or steam room.

See our lounger options starting on page 45.

WE SPECIALIZE IN PLANNING AND DESIGNING WELLNESS AREAS

EXAMPLE SUITE #1

Do you have limited space or rooms with irregular-shaped walls? Our experts help plan your sauna so it's tailor-made for your home. Just like this example featuring our **PURE Sauna** (page 26).

EXAMPLE SUITE #2

Our specialist designers can help you create the a wellness room with all the features you desire, like this example featuring our **PREMIUM Sauna** (page 23) with an infrared panel and **SWAY Lounger** (page 45).

EXAMPLE SUITE #3

Your wellness sanctuary will reflect your personality and lifestyle. The glass front of the **AURA Sauna** (page 8) beautifully displays the **MAJUS free-standing sauna heater** (page 32) and **MOLLIS cushions** (page 49).

AVOID COMMON MISTAKES

THE OLD ADAGE IS TRUE...you really do get what you pay for when it comes to realizing the wellness sanctuary of your dreams.

KLAFS USA offers the very best in the design, planning, craftmanship and implementation of your personal wellness sanctuary. We are experts with over thirty years of experience in this very specialized arena. This experience gives us the know-how required to avoid the common mistakes that builders, designers and architects often make. Having us involved in the early design stages is crucial if you want to avoid costly re-fits and delays.

If your designer or builder lacks wet area experience, you risk building with substandard materials and using subpar equipment that won't be able to withstand the test of time. You'll likely find yourself making costly repairs or even needing to completely re-build the area within a few years. No one wants that. It's not just costly, it's also wasteful. Do it right the first time and you'll thank yourself.

Common mistakes include:

- Not planning for the extra square footage that is required to house the plant room and mechanical equipment that will run the spa area. This typically means going back to the drawing board.
- Or—even if a plant room is planned for—it's often placed too near the spa area and ends up emitting irritating and distracting sounds. Not conducive to relaxation!
- By nature, spa areas are extremely hot and humid—having access to the correct building materials is crucial to avoiding water egress, bacteria and mold.
- Because of all the heat and moisture, drainage and ventilation need to surpass the local building standards.

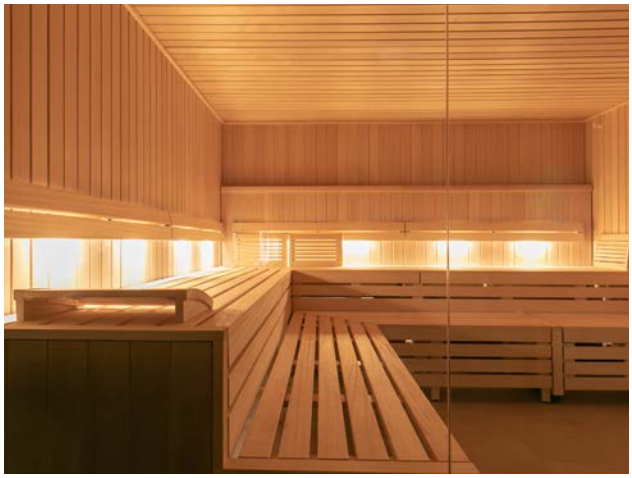
ENJOY 5-STAR LUXURY

BE INSPIRED BY KLAFS SAUNAS FOUND AT 5-STAR RESORTS THROUGHOUT THE WORLD

Faena Hotel, Miami Beach, Florida

Nizuc Hotel and Spa, Cancun, Mexico

Awana Spa Resorts World, Las Vegas, Nevada



CIVANA, Carefree, Arizona

The Spa at Villa La Coste, Provence, France

The Standard Spa, Miami Beach, Florida

KLAFS USA

WELLNESS AT HOME

KLAFS USA

Owned & Operated by Design for Leisure

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MY SAUNA AND SPA