SAUNAS OFFER THERAPY FOR BODY AND MIND

POMONA, CA — Providing therapeutic benefits for both the mind and body, saunas have been enjoyed by the Finns for more than two thousand years. Today, modern technology has made personal sauna ownership easy and affordable.

Cal Spas, the world’s number-one manufacturer of home-resort products, offers a variety of saunas in six unique series: Custom, Home, Classic, Xtreme, Solo and Infrared.

Constructed of fine redwood, aspen or cedar; with heaters that go up to a sun-rivaling 8kw and prices ranging from $2,500-$8,000, there’s a Cal Spas sauna to suit every taste and budget.

**Custom Series (price range: $5,000-$8,000)**
Whether it’s the 8’x8’ octagon or the 7’x7’ corner unit, these top-of-the-line saunas are loaded with great features, such as CD stereo system with surround sound and tempered glass in a choice of six colors. **Custom Series** saunas can accommodate up to eight people.

**Home Series (price range: $4,000-$5,000)**
Using the finest in tongue-and-groove interior and exterior construction, the **Home Series** is available in three sizes: 5’x 5’, 6’ x 6’ and 7’ x 7’.
With seating for up to five people, these saunas provide all the pleasures and health benefits of sauna therapy in the convenience of your own home.

**Classic Series (price range: $3,000-$6,000)**
With six sizes available – from 4’x4’ to 8’x 8’ – fitting a **Classic Series** sauna into your floor plan has never been easier or quicker. Can be used either indoors or outdoors, thanks to the Classic Series’ choice of roof compositions and outdoor kits. The Classic Series seats up to six.

**Xtreme Series (pricing not available)**
Specifically designed for outside use, the **Xtreme Series** all-weather saunas are insulated with an r-19 factor, one of the best insulation factors in the industry. Multi-lap Cal Board siding also eliminates warping. Available in six sizes from 4’x 4’ to 8’x 8’, the **Xtreme Series** can be painted to match any home décor.

**Solo Series (price range: $2,500-$3,300)**
Compact and intimate best describes this series. Designed to fit almost anywhere, the **Solo Series** offers three sizes: 3’x4’, 3’x5’, 3’x 6’. For added convenience, the freestanding unit simply plugs into a standard 110v electrical outlet.

**Infrared Series (pricing not available)**
Enjoy immediate therapeutic benefits with the new **Infrared Series**. Available in 4’x 6’, the Infrared Series heats up quickly in just five minutes.

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Saunas FAQs

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<th>Question</th>
<th>Answer</th>
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<td><strong>Is a sauna just a steam bath?</strong></td>
<td>Far from it! Cal Spas saunas are insulated rooms constructed from wood, with a heater capable of reaching 180°F. This heat causes special stones to produce steam when water is sprinkled over them. Even though steam is produced, it is not a steam bath. The humidity is relatively low at a dry and comfortable 20-25%. This creates a more relaxing atmosphere and aids in the deep cleansing of pores.</td>
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<td><strong>Why does a sauna have rocks?</strong></td>
<td>Stones efficiently store heat and provide good surfaces for the release of steam when water is applied. The Cal Spas design ensures an even distribution of heat and better steam for a more comfortable sauna.</td>
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<td><strong>Why build a sauna out of wood?</strong></td>
<td>A soft wood such as redwood is chosen for its ability to absorb humidity in order to keep the atmosphere relatively dry while keeping the wood surfaces cool to the touch.</td>
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<td><strong>Where can saunas be installed?</strong></td>
<td>Cal Spas offers a complete line of saunas that can be placed just about anywhere there’s space. Master bathroom, garage, patio, deck and basement are all ideal places for saunas. All you need is a waterproof floor and a 220/240v hookup (110v for Solo Series).</td>
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<td><strong>Does it cost a lot to operate a sauna?</strong></td>
<td>Because the Cal Spa sauna reaches its operating temperature level quickly and retains heat more efficiently, the energy consumption and thus monthly electricity cost is very low, often less than $10 a month when used 1-2 hours 3 days a week.</td>
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<td><strong>How long will it take to have my sauna up and running?</strong></td>
<td>Cal Spas saunas can be set up and running almost immediately. Depending on the model, set-up time is usually between one and only two hours.</td>
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Health Benefits

Not only do saunas help cleanse the body of impurities, but regular use can help build cardiovascular strength, lower blood pressure, improve lung function, promote relaxation, boost the immune system and even relieve some skin disorders.

And the benefits don’t stop there. Contrary to popular belief, people lose more than just “water weight” in a sauna. *They actually lose weight.* In a single 30-minute sauna session, 500 grams of “actual weight” are commonly lost and 300-600 calories burned, just as if you’ve been jogging or rowing for the same amount of time.

Accessories

Cal Spas offers a complete line of sauna accessories, all fashioned from the finest woods and materials to complement your sauna experience. Accessories include backrest, leg rest, robe rack, towel rack, and bucket and ladle.

At a Glance

- Competitively priced from $2,500-$6,500
- Accommodates from 1 to 7 people (model dependent)
- 25 models, ranging in size from 4' x 4' to 8' x 8'
- Heaters range from 2.1kw (Solo Series) to standard 6kw (8kw optional).
- Series: Custom, Home, Classic, Xtreme, Solo, Infrared.

**Cal Spas** is the world's number-one manufacturer of home-resort products with more than 500 dealers worldwide. The company manufactures a broad line of home-resort products including hot tubs, barbecue grill islands, saunas, billiard tables and gazebos. Among the earliest companies to embrace the concept of total home-resort living, Cal Spas products have been turning ordinary backyards into paradise retreats for nearly a quarter century. For more information or to find the dealer nearest you, visit www.calspas.com or call 1-800-CAL-SPAS.

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EDITOR’S NOTE:
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