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, technology has made personal sauna ownership easy and affordable.

**Cal Heat by Cal Spas®,** the #1 Global Manufacturer of Home Resort Products, offers infrared, stainless-steel heater and outdoor models in a variety of shapes, sizes and seating arrangements.

All Cal Heat Saunas feature vinyl or hemlock wood flooring for barefoot comfort, and are double-walled with foam core and fully insulated. All saunas are backed by a five-year warranty on the heater and one-year warranty on the wood. With UL-approved heaters that go up to a sun-rivaling 8kW; optional integrated CD stereo system, satellite-or cable-ready TV and LED lighting; and prices ranging from $3,200 to $13,900, there’s sure to be a Cal Heat Sauna to please everyone.

**Cal Heat Extreme Outdoor Sauna Series**

With two models, Cal Heat Extreme Outdoor Saunas are specifically designed to withstand whatever Mother Nature dishes out. They are finished with Exclusive Cal Board Extreme Outdoor Paneling, which allows for maximum heat retention and weatherproofing, and topped with a 70-lb. live load gable roof. They can be upgraded to include Cal Stone with Cal Board exterior siding. Plus, the siding can be painted to complement any home décor or landscape.

These 7-foot saunas can seat up to five people, and feature two floor-to-ceiling acrylic vista windows and an acrylic door (upgradeable to tempered glass) that provide an open, airy feel. The stylish exterior light and interior vapor-proof light make relaxing safe and easy — even at night. To generate the soothing heat, each model comes with an 8kW, 240V, stainless-steel heater. “Finnish” off the sauna with optional LED lighting and an integrated CD stereo system.

**Cal Heat Infrared Indoor Sauna Series**

Enjoy immediate therapeutic benefits with four models offered in the Infrared Sauna Series that seat up to four people. Crafted from aspen or hemlock wood, these indoor-only saunas simply need to be plugged into a standard wall outlet, and feature doors with acrylic windows that can be upgraded to tempered glass. They’re equipped with energy-efficient, low-wattage infrared heaters that evenly distribute heat, warm up quickly in five to 10 minutes, and are recessed into the walls where they are aesthetically concealed by wooden grills.

While traditional saunas transfer heat by circulating hot air, the Infrared Saunas allow heat rays to warm the body directly; there are no rocks in these saunas. The IR103 and IR104 models feature the Air Ozone system that purifies the air. Standard on the IR103 and IR104 (optional on the IR100 and IR200), an integrated CD stereo system for entertainment.

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Cal Heat Home Sauna Indoor Series

With so many styles and sizes, finding the perfect sauna to create a spa-like experience in the bathroom or spare room has never been easier. With seating for up to six, these eight models offer such features as aspen wood vertical paneling, bench seating, full-length glass doors (upgradeable to tempered glass), acrylic windows on most models, vapor-proof interior lighting, model-dependent optional interior LED lighting and Splash stereo system.

Models in this series come square, rectangular or pentagonal in shape with a flat roof, and while they come standard at 7 feet tall, a 6-foot model is available. Each model is heated by an 8kW, 240V unit (except the HO100, which uses a 2.1kW, 120V heater).

Cal Heat Custom Sauna Series

Characterized by their unconventional shapes, saunas in the Custom Series are designed for style, function and easy positioning. These eight models are available in hexagonal, square, rounded hexagonal, pentagonal and quarter-rounded shapes.

These saunas offer aspen wood vertical paneling, full-length door with acrylic window and up to three more acrylic windows that can be upgraded to tempered glass, one- or two-level seating for up to four people, flat roof, vapor-proof lighting, model-dependent optional interior LED lighting and Splash stereo system. The CU800 model also features the option of an integrated 17” LCD flat-panel satellite or cable-ready TV and a DVD/CD player, ensuring you’ll never miss a second of your favorite show.

Available in 6- or 7-foot models, each is heated by an 8kW, 240V unit (except the CU100, which uses a 2.1kW, 120V heater).

Health Benefits

Not only do saunas help cleanse the body of impurities, but regular use can also 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 pounds. 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.

Cal Spas is the #1 Global Manufacturer of Home Resort Products with more than 500 retail outlets worldwide. The company manufactures a broad line of Home Resort Products including hot tubs, swim spas, gazebos, villas, indoor and outdoor saunas, barbecue islands and carts, drop-in grills, modular islands, outdoor fireplaces and firepits, entertainment cocktail bars, billiard tables and game room accessories. 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 more than a quarter century. For more information or to find the dealer nearest you, visit www.calspas.com.

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