

HEAVENLY SAUNAS AUSTRALIA

LEADERS IN QUALITY CRAFTED SAUNAS

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info@heavenlysaunas.com.au

heavenlysaunas.com.au

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HEAVENLY SAUNAS



QUALITY CRAFTSMANSHIP

SOLID CONSTRUCTION

40 YEARS EXPERIENCE



SUPREME DESIGN



FOR HOME



FOR HOLIDAY



FOR RETREATS



FOR EVERYWHERE

HEAVENLY SAUNAS

Welcome to Heavenly Saunas Australia

Heavenly Saunas Australia are the Australian and New Zealand sole representative of Almost Heaven Saunas (USA), who have been handcrafting beautiful sauna models in the Finnish tradition for over 40 years.



Renowned throughout the world for their exceptional quality, durability and design these beautiful saunas are the benchmark and industry leader in manufacturing home, recreation and wellbeing saunas.

Heavenly Saunas Australia is proud to provide the Australian and New Zealand market with their signature outdoor steam barrel saunas, which is a great addition to the outdoor lifestyle that both of these countries enjoy and are known for. We are also able to offer for special orders the extended range of indoor, cabin and luxury saunas.

Our barrel saunas blend into to any landscape feature and use the best quality Western Red Cedar timber, providing the ultimate in steam sauna experiences.

Saunas are not only a great recreational addition to your outdoor activities but they also provide many amazing and wonderful health benefits.

Whether you are looking to enhance your backyard vista and lifestyle with a home sauna or you are looking to value add to your retreat location or add that special 'WOW' factor to your accommodation offering – we have the right sauna for you. From intimate saunas to larger models we can offer the right style to suit your location and needs.

Now its time for you to enhance your life, home entertainment area or your getaway setting by having a saunas as part of the daily activity and offering.



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More about us and who we are.

Heavenly Saunas Australia is a family-owned business operating from Melbourne and was inspired by Mark Millers who loved the way he felt after having a sauna. To be honest he is a little obsessed with saunas and really why wouldn't you be when you do the research on all the health benefits.

So he researched, investigated, travelled and then came across Almost Heavenly Saunas - from there on he did not look back.

He flew to their headquarters and factory in the USA and was so impressed with the standard, the design and the professionalism - that he knew he had to bring these to Australia and New Zealand so others could enjoy them and reap the health benefits that they provide. He spoke with his sisters Catherine and Anna - and pretty soon they were hooked too.

Catherine is a Personal Trainer and has run many marathons and since having regular saunas has assisted in her recovery time and improved fitness performance. Anna is not as physical but with an autoimmune disease, she finds saunas a great combat for some niggly annoying physical issues that tend to pop up every now and then.



HEALTH BENEFITS



CALORIE BURN & WEIGHT LOSS

- Sauna use causes an aerobic effect: your heart rate increases which causes your metabolism to rise which prompts your body to burn more calories, improve metabolic function and assist weight loss.



SKIN PURIFICATION & ANTI-AGEING CAPABILITIES

- Regular saunas help remove dead cells, relaxes facial tension, improves skin elasticity, and rinses out bacteria, leaving your skin soft, moist, and glowing.



RESPIRATORY RELIEF

- Sauna use can assist to relax smooth muscle in the bronchioles of the lungs, allowing for more efficient respiratory function and improvement.
- Asthma, chest congestion, bronchitis, or congested sinuses and pulmonary disease sufferers have indicated improved symptoms and ease of breathing from sauna use.



ENHANCED IMMUNE SYSTEM

- As your core temperature increases during a sauna session, your body is tricked into believing that you have a fever, so it kicks up its production of white blood cells.
- Taking regular saunas is one way to decrease your chances of getting knocked off your feet by cold or flu and can assist in the protection against many ailments.



PAIN RELIEF

- Being immersed in a pocket of hot air can successfully assist in the relief of muscle aches, stiffness and joint pain.
- Sufferers of arthritis or other inflammatory conditions have benefited from having regular saunas for effective symptom treatment.
- For active individuals and physically demanding lifestyle, regular sauna use aids, promotes and can accelerate recovery.



IMPROVED BLOOD CIRCULATION

- Using a sauna gets your heart working faster which pumps the blood harder. To accommodate this increase in blood flow, the blood vessels expand raising your blood pressure. This rise in blood pressure is the direct result of an increased heart rate.
- Studies show that after a sauna session, both blood pressure and heart rate begin to drop lower than when you initially entered the sauna. Ultimately resulting in lower blood pressure after a sauna session.



MENTAL HEALTH & WELL BEING

- Evolving research regarding psychological sauna health benefits indicate that heat can improve mental health, relieve depression and exert calming effects on people with mild to moderate anxiety.
- Scientists think that stimulating the skin and underlying tissues with heat activates serotonin-releasing cells in the brain. A neurotransmitter regulating mood, appetite, sleep, and motivation, serotonin is also vital to enhancing feelings of well-being and happiness.



ENDORPHIN RELEASE, STRESS RELIEF & IMPROVED SLEEP CYCLE

- Endorphins are responsible for the sense of wellbeing and satisfaction you get at the end of a workout. The heat in the sauna has been shown to simulate this and stimulates the endorphin release.
- Sauna use is a great way to release stress and tension.
- Recent research suggests that a sauna increases longer stage 4 sleep, which provides a deeper, more restful sleep and healthier dream activity.
- Sleep affects many aspects of health like mood, immune function, and the ability to handle stress.

GETTING SET UP & STARTED

- **No plumbing** is required.
- Electricity is required and it must have its own circuit breaker.
- Your electrician will need to hard-wire the heater back to your switchboard—just like an air conditioner unit.
- The sauna will require **240v power** with the **4.5kw and 6.0kw Harvia heater** requiring a **32-amp** and the **8kw 40-amp breaker**.

DECIDING WHERE TO PUT YOUR SAUNA

Things to consider

- Two rules: **firm** and **flat** is ideal for your sauna location.
- You can place your sauna on a deck, concrete, paved stones, pressed gravel, etc.
- Our barrel saunas come with moulded cradle supports that **protect the sauna from moisture** when it is placed directly on the ground.

ASSEMBLING YOUR SAUNA

- Assembling your new sauna is **very easy** to do and you will have an assembly manual to take you through this. Or you can **view the following link to assist**.
<https://www.youtube.com/watch?v=LL-qhpFffHk&t=165s>
- It is made easy due to the clever **pre-assembly already provided** when you get your sauna.
- All the panel, ceiling, bench and end sections are pre-assembled at the factory, and all of the holes are pre-

- drilled for easy assembly.
- Generally **two or three people** can put a sauna together in approximately **3-4 hours**.
- Heavenly Saunas offers an interactive phone service that you have **free access** to at the time you decide to assemble your unit.
- Or contact our team to arrange an Heavenly Sauna Assembly Team member to do it all for you. Fees apply.

GETTING YOUR SAUNA HOT

- As a rule of thumb, the sauna will heat up in **20-30 minutes** and can increase in temperature with adding water to the stones.
- Note: The time it takes a sauna to heat up is contingent upon the ambient temperature surrounding the sauna.

THE COST OF RUNNING YOUR SAUNA

- Depending on your electricity supplier it will cost between **25-35 cents (AU) per hour** to run your sauna.
- The sauna will **only draw power when you use it**. You turn on the heater, allow it time to heat up, use the sauna, and then set your timer for required period and it will automatically turn off.

LOOKING AFTER THE EXTERIOR

- You don't really have to do anything or treat the sauna.
- Over time the Western Red Cedar will weather naturally as a result of sun and rain, but this doesn't harm the wood or impair the sauna's performance.

- If you wish to retain the natural colour of the wood, you can apply a stain with a UV inhibitor that resists weathering. **Note: never treat the interior of the room, and never apply paint or varnish to the exterior.**

MAKING SURE YOUR SAUNA STAYS IN GOOD SHAPE

- If you purchased an outdoor barrel sauna, you may need to tighten the bands or add additional filler staves after a period of time, usually within the first few months. **Extra staves are provided with your sauna.**
- Depending on the humidity and weather conditions in your area, the wood will either shrink or expand based on the amount of moisture absorption. The desired effect is to have the wood expand into the bands.
- To keep the inside clean, you can periodically scrub the floor or benches with a mild solution of water and baking soda.

INDOOR – OUTDOOR, ITS ALL GOOD!!

- Our barrel saunas are **designed with the outdoors in mind**; the barrel shape sheds water and moisture, and the Western Red Cedar is weather resistant
- But it **works equally as well indoors** as it does outdoors.

WHAT'S IN THE PACKAGE

- Every Heavenly Sauna package comes with **all the pieces you need to assemble your sauna room, a Harvia heater, stones, and LED light.**



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