

ALMOST HEAVEN SAUNAS

COMPLETE INDOOR SAUNA COLLECTION



BARREL SAUNA

Name	Size	Capacity	Sauna Size	Room Length	Heater Size
Salem	6x4	2-person	72″ x 47″	39″	4.5kw heater
Watoga	6x5	4-person	72″ x 59″	51″	4.5kw heater
Pinnacle	6x6	4-person	72″ x 72″	64″	6.0kw heater
Princeton	6x8	6-person	72″ x 95″	87″	8.0kw heater



CANOPY BARREL SAUNA

Name	Size	Capacity	Sauna Size	Room Length	Heater Size
Audra	6x6 (5+1)	4-person	72″ x 72″	51″	4.5kw heater
Huntington	6x8 (7+1)	6-person	72″ x 95″	75″	8.0kw heater
Charleston	6x8 (6+2)	4-person	72″ x 95″	64″	6.0 kw heater



7′ BARREL SAUNA

Name	Size	Capacity	Sauna Size	Room Length	Heater Size
Lewisburg	7x8	8-person	84″ x 95″	88″	8.0kw heater
Grandview	7+1	6-person	84″ x 96″	75″	8.0kw heater

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WHAT'S IN IT FOR YOU?

Almost Heaven Saunas® has set the standard for all other sauna manufacturers. For nearly 40 years, we've used only the finest materials to create the best authentic sauna experience for true sauna lovers.

Skilled, experienced artisans hand-make each sauna using only high-grade, thick lumber selections. Once fit together in a traditional cooperage fashion, the cedar expands to form a tight seal and constantly circulates the air for a fast-heating, consistent, hot sauna environment.

Our barrel saunas are designed to be used outdoors and are backed by our lifetime warranty and our top-of-the-line customer service.

When you demand an authentic sauna experience - a beautiful, high-quality sauna that performs beyond your expectations - you're demanding a barrel sauna from Almost Heaven Saunas®.



Molded Cradle Supports



Stainless Steel Brackets



Polished Stainless Steel Banding

FEATURES

- Handcrafted quality
- Molded Cradle Supports
- Western Red Cedar, Rustic Fir, Clear Cedar
- Stainless steel banding and fasteners
- Stainless steel hinges and hardware
- Tempered glass door
- 1 3/8" thick, solid cedar staves
- LED Lighting with interior switch
- Genuine cooperage construction
- Ball and socket stave profiles
- Pre-assembled ends and benches
- Stainless steel, Finnish heater
- Includes sauna stones
- Indoor | Outdoor application
- Easy assembly
- Limited Lifetime Warranty
- Manufactured in USA

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8 REASONS THAT A BARREL SAUNA IS SO EFFECTIVE

QUICK HEAT-UP

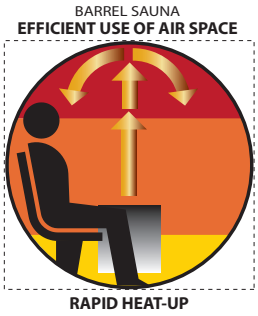
1

A heater will heat the entire room, no matter the shape. With less unused space (imagine a circle inside a square), the barrel design lets the heater do its job faster and more efficiently. You get just as much usable space, but none of the excess.

HEAT DISTRIBUTION

2

Heat rises, so the top of the sauna naturally wants to be hotter than the lower parts of the room. In a square sauna, the heat gets trapped at the ceiling. In a barrel sauna, the heat is pushed back down the curved sides and into the sauna as new heat rises from the heater. This creates a constant flow of heat evenly distributed throughout the room.



ENERGY EFFICIENT

3

Because there is less unused airspace to heat, less energy is required to heat the room. The thick staves are excellent insulators, and the exterior of the sauna will remain cool to the touch. Most likely, you won't notice a difference on your utility bill, even with regular use of the sauna.

THE WOOD ACCOMMODATES THE TEMPERATURE

4

For an ideal sauna experience, the wood needs to be able to expand and contract with the high temperatures. Excessive use of nails and other fasteners can result in split wood. The ball-and-socket assembly of a barrel sauna lets the wood expand and contract within the steel bands, creating a tight seal that won't shatter.

THE COOPERAGE DESIGN CREATES STRUCTURAL INTEGRITY

5

Built with solid wood staves, the structural integrity of a barrel sauna withstands even the harshest outdoor environment. The notched staves create a tight, secure fit that will last a lifetime without the excessive use of fasteners. Conversely, a sauna with dual-wall construction expands and contracts at different rates, reducing structural integrity over time.

THE RADIUS DESIGN CREATES COMFORTABLE SEATING OPTIONS

6

Sit opposite another sauna bather with your back nicely cradled in the curvature of the sauna wall with enough room for your neck to remain straight. Recline on the bench and lean against the flat wall with a back support if desired. No matter how you sit, red cedar remains cool and is comfortable and soft on your skin.

REQUIRES NO MAINTENANCE

7

Barrel saunas naturally shed water and, due to their structural integrity, can handle a substantial snow load. The polymer support cradles let you put the barrel on any flat surface, and the lumber is naturally resistant to water and insects. The result: virtually no ongoing maintenance.

BEAUTIFUL ADDITION TO YOUR LANDSCAPE

8

Specifically designed for outdoor use, a barrel sauna is a beautiful backdrop in your landscaping. You can place the sauna anywhere and enhance the setting with vegetation, landscaping and even vines growing over the sauna.

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HEALTH BENEFITS OF SAUNA USE

Sauna enthusiasts recognize the many health benefits that result from regular sauna use. While the specific health benefits will vary depending on the individual and how the sauna is used, there is no debate in the sauna community that sauna use enhances both lifestyle and wellness. The following is based on information published by the North American and Finnish Sauna Societies and is provided to assist you in determining if a sauna is right for you. Be sure to consult your doctor for specific health benefits or risks that may apply to you.

IMPROVED CIRCULATION AND LOWER BLOOD PRESSURE

As blood vessels expand to accommodate increased blood flow, circulation improves and blood pressure gets lower. Research shows that frequent sauna bathing can assist in temporarily lowering blood pressure.

CARDIOVASCULAR WORKOUT

Finnish researchers have reported that regular sauna use helps maintain the health of blood vessels. Vessels become more elastic and pliable due to the process of heating and cooling the body repeatedly. Medical research shows that the heart rate can rise from 60-70 beats per minute to 110-120 beats per minute in the sauna, and to 140-150 beats per minute with more intensive bathing. The elevated heart rate burns calories and creates a mild workout for the heart. Following the sauna, the heart rate will decrease, often to a lower rate than what was normal before using the sauna.

IMMUNE SYSTEM

Finnish and German studies have shown that regular sauna bathing can reduce the chance of cold and influenza by up to 30%. Sauna heat puts the body into an artificial fever state, and fever is part of the body's natural healing process. This "fake fever" stimulates the immune system resulting in an increased production of disease-fighting white blood cells and antibodies.

RESPIRATORY BENEFITS

Sauna bathing can relieve sinus congestion from colds or allergies—especially when used with steam (water on the heater rocks!). The steam vapor action helps clear up uncomfortable congestion.

RELAXATION

As your heart rate decellerates following the sauna session and as your body cools, you will feel exceptionally relaxed.

RELIEVED TENSION, STRESS AND MENTAL FATIGUE

Stress has become a significant problem in the course of modern day life, and it is a primary reason behind several serious illnesses. Sauna bathing greatly relaxes body and mind, and promotes a sense of wellbeing.

BURNING CALORIES

U.S. Army research shows sauna use can burn as many as 300 calories during one sauna session. This happens both due to the sweating process itself, and due to increased heart rate. Even though most of the weight lost in a sauna is water, regular sauna bathing can complement a weight-loss program

MAINTAINING CLEAR AND HEALTHY SKIN

In the sauna, skin is cleansed and dead cells are replaced, keeping the skin healthy. Sauna heat also relaxes facial tensions, and improves skin elasticity. Sweating rinses bacteria out of the epidermal layer and sweat ducts.

RELIEF FOR SORE JOINTS AND MUSCLES

In a traditional sauna the entire body is immersed in the heat of the sauna room. Sauna use is very helpful in reducing the pain of sore joints and muscles. Additionally, those suffering from arthritic pain may also find substantial relief when using a traditional sauna due to the pain-reducing effect of heat.

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BARREL SAUNA FAQs

WHAT IS THE DIFFERENCE BETWEEN A WET SAUNA AND A DRY SAUNA?

They are one and the same. When you enter the hot sauna, and before any water is sprinkled on the rocks, it is considered a dry sauna due to the dry heat and absence of humidity. The minute you generate steam by sprinkling water on the rocks, it is considered a wet sauna. Essentially it is a sauna room, and the wet or dry terminology relates to the level of humidity in the room.

WHY IS A SAUNA CONSIDERED GOOD FOR YOUR HEALTH?

An authentic sauna is designed to get hot, and the health benefits are generated due to the hot temperature in the sauna. As your body heats, your heart rate accelerates, leading to all the benefits of aerobic activity. Some of the many benefits include weight loss due to increased calorie burn, improved circulation, relief to sore muscles and joints, respiratory enhancement due to the moist steam, and detoxification due to intense perspiration. Additionally, it is a very relaxing and therapeutic experience that helps many people reduce stress and sleep better.

WILL USE OF A SAUNA HELP ME LOSE WEIGHT?

According to the North American Sauna Society, sauna use can burn up to 300 calories in a single session. Weight loss is due both to calorie burn from an elevated heart rate and water loss due to sweating. The addition of regular sauna use is a great compliment to a weight-loss program.

CAN AN ALMOST HEAVEN SAUNA GO OUTDOORS?

Unlike most saunas, Almost Heaven Barrel Saunas are designed for both indoor and outdoor use. Red Cedar and Nordic Spruce are naturally resistant to decay, and the ball and socket design of the staves makes for a robust seal and solid structure for outdoor use. Additionally, the thick softwood staves are excellent at retaining the heat of the sauna and the circular barrel shape provides excellent distribution of heat.

WHAT TYPE OF LUMBER IS BEST FOR SAUNA CONSTRUCTION?

Our barrel saunas are available in a variety of lumber options: clear Western red cedar, rustic Western red cedar, and Nordic spruce. These are our preferred lumber choices because they are all naturally resistant to rot, decay, and mildew, making them great for outdoor application. They carry no harmful toxins or respiratory discomfort, which is an important feature due to the extreme temperatures of a sauna.

HOW DO I TREAT THE EXTERIOR OF THE SAUNA?

The great thing about Western Red Cedar and Nordic spruce is that you don't need to treat it. Left natural, the wood will weather over time due to the effect of sun and rain with no detrimental effects on the wood itself. If you wish to retain the natural coloring, you should treat the exterior of the sauna with a UV inhibitor stain that will resist the weather effects of sunlight and rain. Your local paint professional can assist with a suitable product. Note: never treat the interior of a sauna room.

WHAT SORT OF SITE PREPARATION IS REQUIRED?

An Almost Heaven Barrel Sauna can be used in any environment, but in all cases it is important that the surface supporting the sauna is firm and level (a slight taper for rain run-off is fine.) Suitable surfaces include wood decks, concrete patios, paver stones, pressed gravel, etc. The Barrel Sauna can be placed directly on the ground due to the synthetic plastic cradle supports which create a barrier between the red cedar and the ground.

HOW DIFFICULT IS ASSEMBLY?

Almost Heaven Saunas are very easy to assemble and can typically be put together by two people in only a few hours. The saunas come partially assembled and the sections simply need to be fitted in place. The Barrel Sauna comes with pre-assembled front and back ends and requires the staves to be placed around the ends and then tightened with the stainless steel bands. Bench sections are prebuilt and simply need to be installed after the room is assembled. Easy to follow instruction manuals are included with the sauna or can be viewed in the manuals section of our web site.

WHAT ARE THE OPERATIONAL COSTS?

The costs of operating a wet/dry sauna are minimal for a couple of reasons. First, the unit operates on efficient 220 volt electricity and draws less than 30 amps of power. Second, unlike a spa or other household appliance, it only runs when you want to use it. You heat up the sauna no more than an hour or so before you want to use it and then shut it off when you're finished, usually twenty to thirty minutes later. The costs of operation are negligible under normal use, much like the cost of a clothes dryer or electric oven.

HOW LONG WILL THE SAUNA TAKE TO HEAT UP?

Heat-up time is based on ambient temperature, so the sauna will heat faster when the outside air is 50F when compared to, say, 20F. Also, the optimal sauna temperature varies by individual; some people like their sauna at 165F while others like it at 190F. However, as a rule of thumb, the sauna will heat to 165F in 30-40 minutes, and to 190F in less than 60 minutes.

WHAT SORT OF ELECTRICAL SERVICE IS REQUIRED?

The sauna heater will require 220v power and must be hard-wired to the electrical source. A 4.5kw and 6.0kw heater will require a 30 amp breaker and 10/2 wire and an 8.0kw heater will require a 40 amp breaker and 8/2 wire. The LED light has a built-in on/off switch and can be plugged into any 110v outlet. You should always have a licensed electrician do your wiring according to local electrical codes.

WHAT SORT OF ONGOING MAINTENANCE IS REQUIRED?

From an operational standpoint, very little maintenance is required. Depending on the humidity and weather conditions in your area, you may need to tighten the bands or place additional filler staves in the sauna after a period of time, usually in the first few months. This is because any swelling and contraction of the wood will occur due to moisture absorption, and the desired effect is to have the wood "swell" or expand into the bands. You may want to periodically scrub the floor or benches of the sauna with a mild solution of water and baking soda, but other than that, simply enjoy your sauna!

WHAT MAKES ALMOST HEAVEN SAUNAS SO EXCEPTIONAL?

Almost Heaven Saunas are hand crafted in the U.S. by experienced professionals. We have been building saunas for nearly forty years, and our longevity underscores our commitment to quality and service. By using only high quality materials throughout, Almost Heaven Saunas is able to produce a sauna that will last a lifetime. Over the course of nearly four decades we have built literally thousands of saunas, which have been purchased by sauna enthusiasts throughout the world. With Almost Heaven Saunas you can be confident of an authentic sauna experience in a sauna built by a recognized leader in quality and craftsmanship.