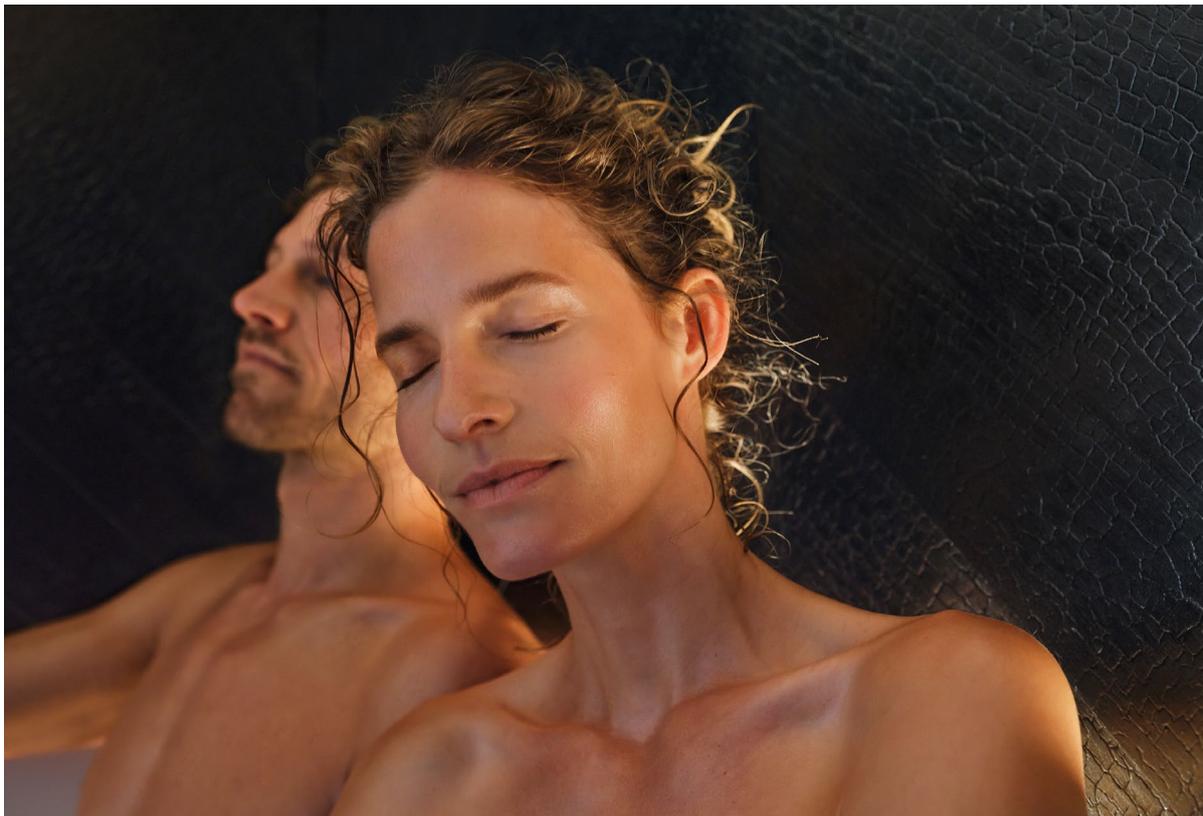


Sauna, steam bath, SANARIUM® or infrared: how do the different heat treatments work?



The heat in a traditional sauna, the moist heat in a steam bath, the SANARIUM® function and infrared radiation offer a wide range of health benefits and, when used regularly, can be a real game changer. How heat works best depends entirely on the individual needs of each person. KLAFS – the global market leader for saunas, pools and spas – has long understood that wellness is not a one-size-fits-all solution and enables relaxation experiences tailored to personal preferences through a wide range of innovative saunas, steam baths and infrared products. Because at the end of the day, there is only one rule: the best heat treatment is the one you use and enjoy regularly. But which type of heat is right for you personally? The expert from Schwäbisch Hall sheds light on the subject and explains the advantages of saunas, steam baths, SANARIUM® and infrared.

Healthy through heat: the power of the Finnish sauna

Sauna enthusiasts understand why our Finnish neighbours approach life with such a relaxed attitude: the Finnish sauna is an essential part of their daily routine, providing deep relaxation and a sense of inner peace with its powerful, dry heat. With temperatures between 75 and 100 °C and low humidity of 3 to 15 %, it creates a climate that makes us sweat profusely and has a proven positive effect on body and mind. This is because the heat in the sauna releases endorphins and reduces stress hormones, dilates the blood vessels and activates the cardiovascular system, promotes blood circulation, strengthens the immune system and alleviates muscle and joint pain. A true reset for body and mind.

The Finnish sauna is ideal for people who want to improve their physical health. Regular sauna bathing – 4 to 7 times a week for approx. 10–15 minutes – not only has a positive effect on the immune system, but also reduces the risk of sudden cardiac death and fatal cardiovascular disease by up to 63%, as impressively demonstrated by a long-term study from Finland. However, beginners should take shorter sauna sessions and sit on the lowest bench, where the heat is not quite as intense as on the top bench.



The hot Finnish sauna offers an intense experience for body and mind.

Gentle and versatile relaxation: the SANARIUM®

If you find the classic sauna too hot or too dry, the KLAFS SANARIUM® offers soothing alternatives. This specially developed heater technology creates a unique thermal climate and offers five different bathing options with varying climate zones. The sauna can be transformed into a tropical bath, warm air bath, soft steam bath or aromatic bath, depending on your preference. The SaunaPUR® function also enables a traditional Finnish-style relaxation experience. The heater is switched off at 80 to 85 °C, resulting in gentle radiant heat.

The SANARIUM® is ideal for anyone who prefers a milder, more individual or varied experience: Depending on your preferences and how you feel on the day, you can choose the type of bath you feel most comfortable with and enjoy a climate that is perceived as pleasantly warm and significantly less stressful on the circulation, with milder temperatures between 40 and 75 °C and regulated humidity of around 10 to 55 %.

The relaxation offered by the SANARIUM® is not only particularly pleasant, but has also been proven to promote good health: a study conducted by Charité in Berlin has shown that visiting a low-temperature sauna twice a week can lower blood pressure and cholesterol levels in the long term and alleviate circulatory disorders. 'While Finnish saunas typically have temperatures of 75 to 100 °C and humidity of around 3%, lower temperatures of 45 to 60 °C and higher humidity are recommended for people with high blood pressure,' explains Prof. Dr. Resch from the German Institute for Health Research.

The SANARIUM® is therefore not only ideal for sauna beginners and people who are sensitive to heat, but can also be a gentle way for people with circulatory problems or pre-existing conditions such as high blood pressure or venous disorders to enjoy the positive effects of a sauna.



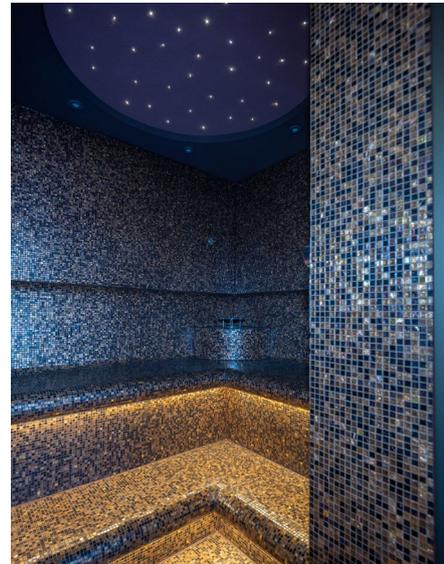
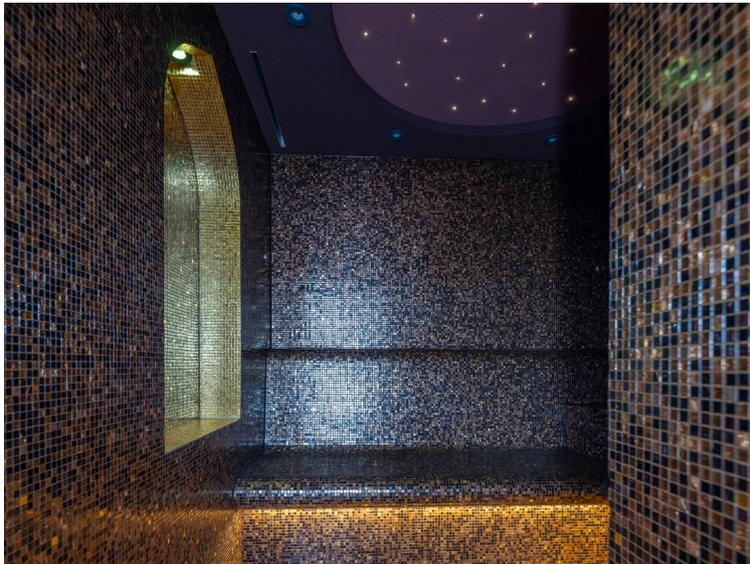
SANARIUM® stove with SaunaPUR for individual, gentle sauna baths

Steam bath: self-care with gentle warmth

If you want to enjoy warmth that is moist and close to your skin, the steam bath offers a particularly mild yet effective form of relaxation. With temperatures around 45°C and 100% humidity, a gentle, humid climate is created that envelops the body in a pleasant way.

In modern home spas, the steam bath is becoming increasingly popular as a self-care experience – it nourishes the skin, clears the airways and promotes inner

balance. Compared to the classic sauna, the moist heat is much gentler and is therefore also ideal for people with sensitive circulation. Despite the low temperature, the steam bath provides a deep feeling of warmth and offers an effect that is both soothing and beneficial to health.



Enjoy moments of self-care in the steam bath with its gentle, moist heat.

Infrared: pain relief through targeted deep heat

Infrared heat offers a gentle, completely different type of application – but is just as beneficial. Instead of heating the air, it works with mild radiant heat that penetrates directly into deeper tissue layers, thereby contributing to pain relief and cell regeneration. With pleasant temperatures between 40 and 46 °C, it is the gentlest option in the heat quartet.

90 °C
This targeted heat treatment has a particularly intense effect on the back area and relieves painful tension around the back, shoulders and neck. Infrared treatments can also alleviate wear-related joint pain and other non-specific back pain. This makes the heat ideal for people with muscle tension and for anyone who wants to combat back pain – the number one widespread ailment – in a completely natural way. But infrared treatment is also the perfect choice after an intensive workout or a long day at work: the mild heat stimulates blood circulation and metabolism, promotes muscle regeneration and supports inner peace.

60 °C
While traditional saunas cause heavy sweating, infrared cabins offer gentle, deep relaxation – without high temperatures. Thanks to their gentle heat emission, they are also particularly suitable for people with sensitive cardiovascular systems.

From compact to combined: KLAFS infrared innovations

40 °C
KLAFS offers numerous innovative solutions for this purpose – from space-saving infrared cabins and



additional equipment for saunas to practical infrared seats. When retracted, the extendable KLAFS S1 INFRARED MANUAL measures only 45 cm in depth and can be easily extended to its full size by hand using a smooth-running, synchronised mechanism. The comfortable InfraPLUS SMART SEAT requires even less space: like the infra-

0 °C
S1 Infrared: the extendable infrared cabin can be used anywhere

redcabin, it can be conveniently connected to any household socket, can be flexibly installed and thus integrated into any room. Those who combine a KLAFS infrared seat with a sauna can choose the type of heat experience they want and enjoy the respective benefits. This is possible with the KLAFS InfraPLUS additional equipment. It is the perfect addition that turns every sauna into a versatile dream oasis.



InfraPLUS SMART SEAT: space-saving infrared seat for home use



InfraPLUS infrared seat as an optional extra for the sauna

Whether sauna, steam bath, SANARIUM® or infrared – KLAFS' individual, tailor-made solutions pamper you with cosy warmth, giving you greater well-being and health in your own home.



Combination of sauna, SANARIUM® and infrared for maximum variety when using the sauna

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About KLAFS:

KLAFS has been creating places of relaxation for body and soul since 1928. Time and again, the company manages to surprise with groundbreaking innovations – such as the space-saving sauna KLAFS S1, which transforms from the size of a wall cabinet to a fully functional sauna within 20 seconds at the push of a button. Thanks to this innovative strength, KLAFS advanced from what was once a small family business to a global industry leader. Today, more than 800 employees work to meet - and exceed - the ever-increasing demands of customers. From small private sauna rooms to luxurious hotel spas. And they do this all over the world, with expert advice from carefully trained technical consultants and on-site service from experienced teams. As a trendsetter in the sauna, pool and spa industry, KLAFS continuously invests in research and development, for example to further increase the energy efficiency of its products.