

Sauna Day: find inner balance with sensual experiences from KLAFS



90 °C

60 °C

40 °C

0 °C

24th of September is Sauna Day. This year's theme is 'inner peace', reminding us how beneficial a moment of silence can be. When the world outside becomes hectic, a sauna bath provides what is often lost in everyday life: inner balance and regeneration. With innovative wellness offerings that combine warmth, light and sound, KLAFS – the global market leader for saunas, wellness and spas – transforms the classic sauna bath into a holistic experience that stimulates the senses and enables deep relaxation. Especially now, when the days are getting shorter and nature is slowly changing, there is a growing longing for deceleration, security and moments of pause. While sauna enthusiasts enjoy the intense heat even in summer, for many, now is the time for soothing sauna baths to consciously give their body and mind a break.

Saunas as the key to inner balance

A visit to the sauna means much more than just working up a sweat. It is a ritual that brings body, mind and soul into harmony. The heat opens the pores, stimulates blood circulation and strengthens the cardiovascular system. The alternation between heat and cold trains the body's defences – a natural protective shield that helps us get through the cold season more easily. But in addition to all the physical effects, it is above all the mental effect that makes the sauna so valuable. Stress hormones are broken down, tension is released and the mind is freed. The rhythm of infusion and

cooling almost automatically induces a deep sense of calm – a feeling that carries us through the challenges of everyday life.

Multisensory experiences for deep relaxation

In addition to the interplay of heat and cooling, inspiring innovations turn a visit to the sauna into a journey for all the senses. Soft colour schemes soothe the eye, harmonious soundscapes create a meditative space and the enveloping warmth conveys a feeling of security – this interplay creates moments in which stress fades away and inner peace becomes palpable. Through targeted sensory perception, we focus on ourselves. Multisensory experiences make a visit to the sauna a source of mental strength: they help us to let go of our thoughts and develop a feeling of balance that continues to have an effect even after our time-out is over.

Wellness at home: design meets innovation

To enjoy these intense moments at any time, your own home takes centre stage. Here, you can take short breaks exactly when you need them most. With this in mind, KLAFS develops a wide range of solutions that take individual needs and architectural conditions into account. Sophisticated design that blends harmoniously into the living space meets smart functions that fulfil all your personal well-being needs. For example,

the extendable S1 SAUNA opens the door to inner peace even in small flats. As compact as a cupboard when retracted, it transforms into a fully-fledged sauna at the touch of a button.

Thanks to the combination of state-of-the-art technology and elegant aesthetics, this wellness oasis can be installed anywhere.



An invitation to ourselves

Sauna Day on 24th of September is not just the start of the season. It is an invitation to treat ourselves to some conscious breaks. Because our lives are loud, fast-paced and full of stimuli. A sauna offers the opportunity to detach from all of this and return to ourselves. In the silence and warmth of the sauna, your pulse slows down, your thoughts become clearer and a feeling of clarity and deep satisfaction spreads. Every sauna session gives us the opportunity to combine health, well-being and balance. With innovations from KLAFS, this experience becomes even more intense – an interplay of sensory experiences that gently guides us to our centre. Because inner peace is perhaps the most valuable commodity of all today. And sometimes it is only an infusion away.

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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.