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**HELO**

the world's largest sauna & steam company

## *Commercial Sauna & Steam*

- Standard Commercial Sauna* ■
- Professional Commercial Sauna* ■
- Commercial Sauna Options* ■
  
- Roma Steam Rooms* ■
- Bespoke & Tiled Steam Rooms* ■
- Steam Room Options* ■
  
- Design Possibilities* ■
- Installation/After-Sales Support* ■

[www.helo.co.uk](http://www.helo.co.uk)



**HELO** the world's largest sauna & steam company



## *Sauna & Steam from Helo*

Saunatec started building saunas in Finland in 1949, and since then has grown to become the world's largest sauna and steam company, producing over 10,000 sauna cabins and 100,000 sauna heaters each year. The company has factories in Finland, Germany and the USA, and exports to more than 80 countries.

Helo is the company's UK subsidiary.

Our aim is to offer the best possible product and the best possible service for you at all times.

This brochure introduces you to our most popular commercial saunas, namely the industry benchmark 'Standard', and the heavy duty 'Professional' ranges, and two different approaches to commercial steam, Roma pre-formed modular cabins and designer bespoke. We also offer you a host of optional extras and a comprehensive installation and after-sales support package.

For more information on Helo products, please do not hesitate to contact us on 01342-300555.

*Helo factories build more than  
100,000 sauna heaters and  
10,000 sauna cabins every year*



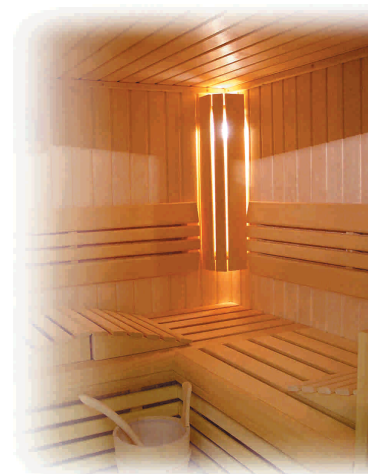
## Standard Commercial Sauna

*"Complete range available from stock"*



Helo's most popular commercial sauna system, the Standard Commercial range is available in 38 standard sizes (see chart) from stock. This model includes important commercial features such as hard wearing heavy duty benches and heater guard, the very best panel sauna insulation system available comprising T&G Scandinavian spruce panelling inside and out, a foil vapour barrier, rock wool insulation and a critical air gap, a simple insulator often omitted by other sauna suppliers.

Standard Commercial saunas feature either the wall mounted SoftHot sauna heater (4.5kW to 8kW) supplied with a stainless steel grill to cover the rocks, an extra large rock capacity to enable bathers to use more water and create a humid environment, or the SKLE floor standing heater (9kW to 26kW) which has either 60 or 120kg of rock and 6 or 12 heating elements making it an unbeatable heavy duty commercial heater.



Standard sauna sizes can be modified to suit specific site requirements either prior to delivery or on site by our installation team.

There is no compromise in build quality when you choose Helo. Carefully selected kiln-dried Spruce panelling with our unique softline profile is used on all surfaces, discreetly pinned to a strong frame. Interior fittings, including benches, bench aprons, duckboard and heater guard, are made from splinter-free Abachi wood which stays cooler than other materials for added comfort.



# HELO

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## Standard Commercial Sauna sizes

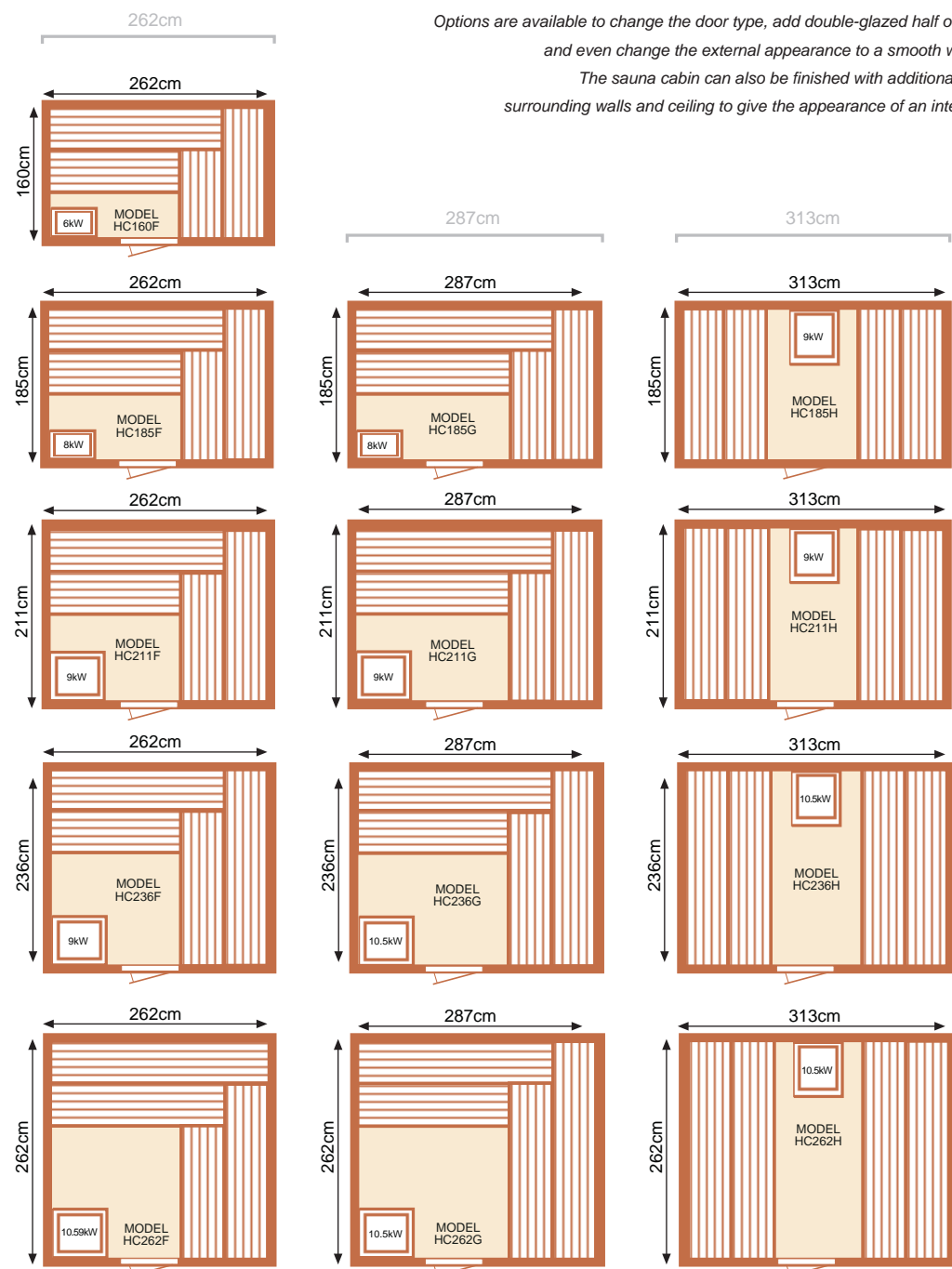
### Range Specification

- 75mm heat and vapour insulated wall & ceiling panels with invisible T&G joining system
  - 12.5mm kiln-dried Scandinavian spruce panelling to all surfaces
    - Corner-door option available on most models
- Choice of doors - triple rebate timber with long window or 8mm tinted safety glass
  - Concealed ventilation system with low level outlet for even heat distribution
  - All benches are 500mm deep with concealed fixings - slats are extra thick
  - Luxury backrests, bench aprons and headrests for upper benches in Abachi wood
- Complete kit includes ceramic light (with a wooden slatted light shade giving soft light), water pail & ladle, thermometer, hygrometer and sauna bathing instructions



Options are available to change the door type, add double-glazed half or full height windows and even change the external appearance to a smooth white laquered finish.

The sauna cabin can also be finished with additional spruce panelling to surrounding walls and ceiling to give the appearance of an integrated sauna room.



Doors can be hung left or right



## *What is Professional Commercial Sauna?*



It's a simple concept. A high-spec, heavy duty, custom-made commercial sauna that you can tailor to your own design.

Helo's Professional Commercial range is built to withstand the heaviest commercial use. Busy health clubs, hotels and sports centres require a sauna that can stand up to heavy, round the clock use and, in some cases, even abuse. Helo's Professional Commercial range is ideally suited to this type of environment.

The Professional Commercial Sauna features details like extra strong handmade benches designed to withstand prolonged heavy use. The benches, backrests and aprons create a box effect, so the bather does not see the waterproof adjustable feet or the reinforced racking system which you know are there. The sauna is protected from sitting water by a neoprene seal and a 200mm high splash board. Benches lift up to allow easy cleaning and maintenance. An efficient ventilation system is incorporated into the structure to ensure ultimate heating efficiency and a constant, fresh environment.

## *You get as standard...*

- 88mm thick wall panels
- Minimum 100mm thick ceiling panels
- Concealed nailing and fixings to improve overall visual appearance
- 16mm internal and external panelling
- 200mm deep laminated base frame complete with neoprene foot to prevent water damage
- Disabled-friendly threshold-free door
- Heavy duty removable benching with integrated bench aprons
- Independent bench racking system complete with adjustable waterproof feet
- 2200mm overall cabin height (2400mm available to allow for comfortable 3-tier benching)
- Every Professional Commercial sauna is custom-built offering total design flexibility

## Professional Commercial Sauna

*"High-spec, heavy duty, custom made"*

*...then add, to the standard specification, any of the following*

### Internal & External Paneling

- Red Cedar
- Hemlock
- Scandinavian Spruce
- Knotless Pine

### Optional extras

- Fibre optic lights
- Windows
- Automatic water dosing
- Entertainment systems

### Bench and Accessory Style

- Standard Profiklasse
- Maritime
- Temple

### Heating Systems

- Traditional Finnish heater
- Hidden heater
- Sauna/Steam combination (Climatherm)

*For example...*



- Spruce panelling, Temple benches and traditional Finnish heater



- Designer exterior finish with porthole window



- Multiple Windows



- Hemlock panelling, Maritime benches and fibre-optic lights

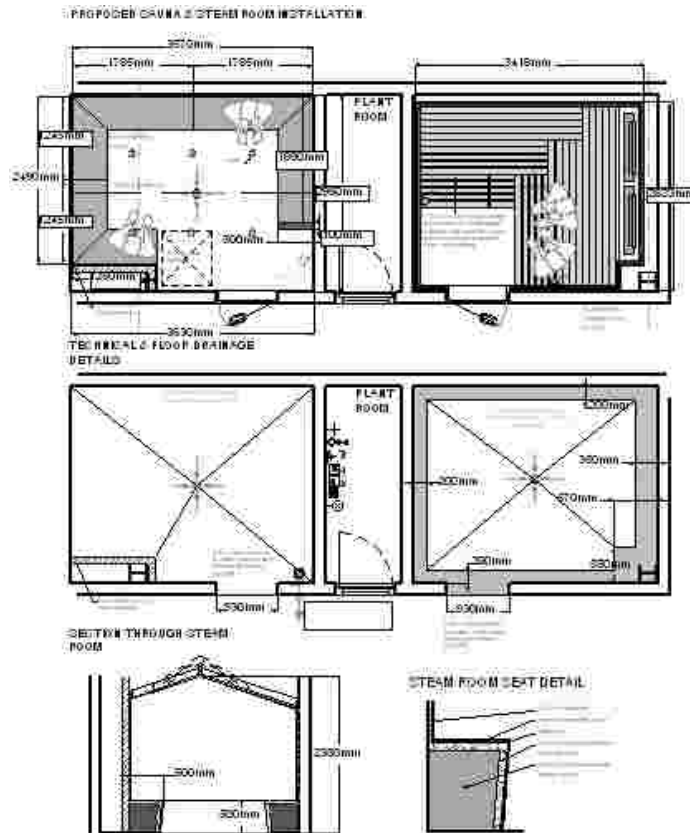


- Flat screen TV and DVD player

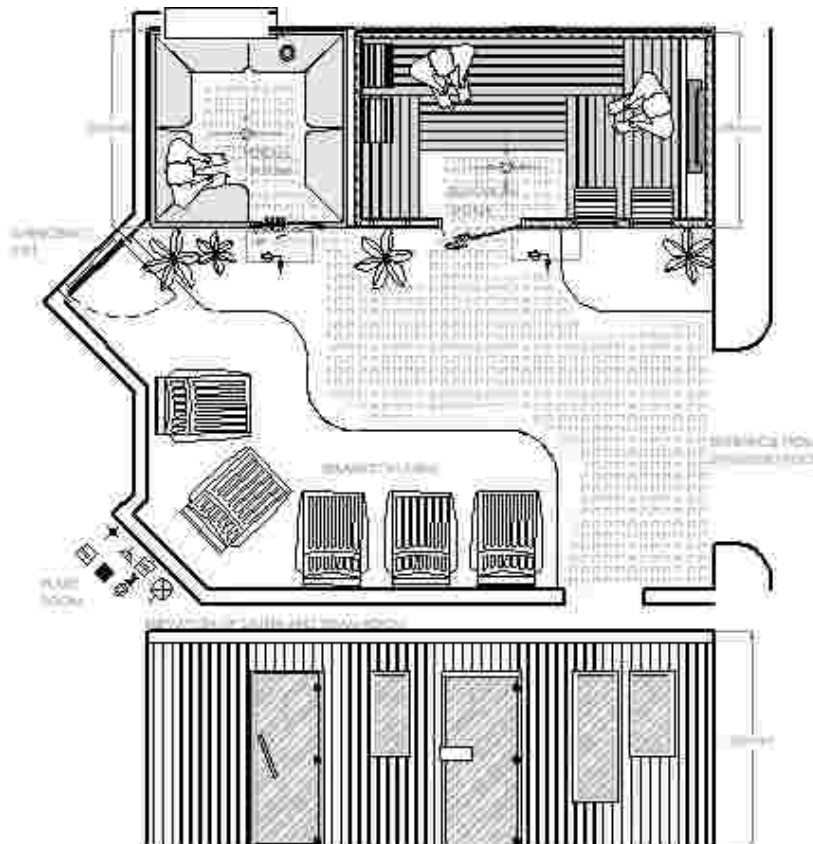


- Spruce panelling, Profiklasse benches and traditional Finnish heater





- Notes/Details of plan shown.
- Explanation of facility, process and involvement of Helo? Will await comments etc.



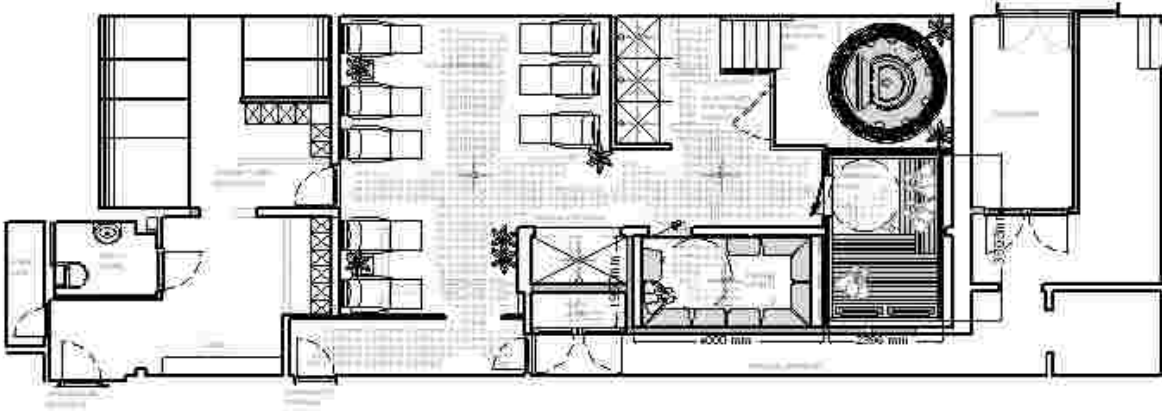
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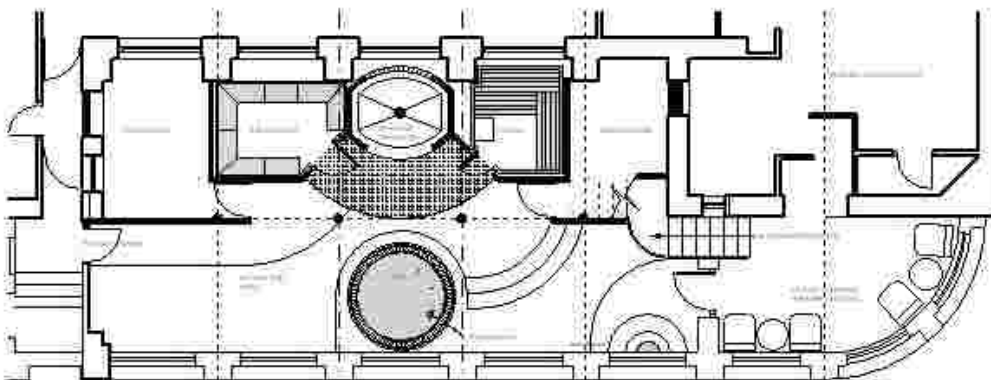


## Professional Commercial Sauna

### Health suite installations featuring the Helo Professional Commercial sauna

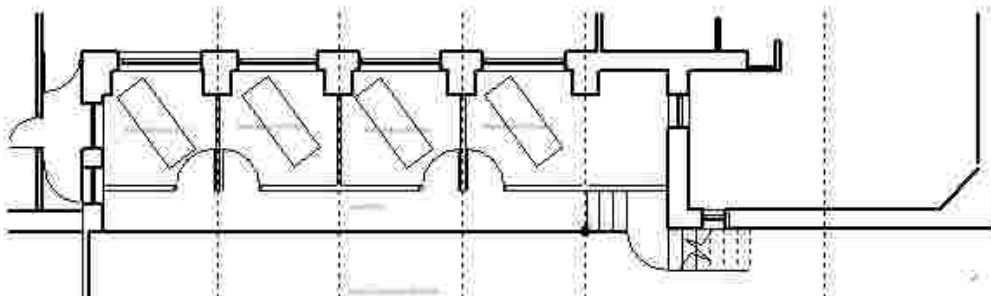


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GROUND FLOOR LAYOUT



FIRST FLOOR LAYOUT

Our in house designers have extensive experience in the field of health-facility design. This experience allows us to offer you a unique opportunity to exploit the real potential of your facility.

We offer a tailor made service which involves working in association with your project architects and designers giving advice and guidance where necessary.

- To find out more about the possibilities for your health suite or facility, contact Helo.



## Doors and Windows

- Safety glass door with 8mm thick bronze-tinted toughened glass
- Triple rebate timber door with a single, long slim-line double-glazed window

All doors are available in a number of different opening widths and with various door handle options. You can even have a design of your choice etched on the door glass. If you want your sauna to be a "one-off", our designers are there to help you make this happen.



Where local building regulations call for disabled access, the Helo Professional Commercial sauna comes with an extra wide, disabled-friendly, door opening with no threshold, meaning simple and comfortable wheelchair access.

Where your commercial sauna facility is mixed, our experience shows that windows create a more relaxed and open environment for both male and female clients. Choose from our range of standard half or full height windows.

## Light Therapy

- LED and Fibre-Optic Systems

The effects of sunlight and the colours that surround us every day are only just starting to



be fully understood. Scientists now know that light and colour play an increasingly important role in our emotional stability. Helo offers a number of systems to create what is now known as light therapy.

The corner-mounted LED Light Therapy System uses a combination of blue, green, red and yellow light to promote relaxation and emotional well-being, all controlled by a digital handheld control.

Fibre optics, whether added to the sauna as a primary light source or as a complimentary feature, are guaranteed to become the talking point of your health and sauna suite. A light projector is mounted remotely, transmitting light via fibre optic cables to the sauna. The light you see in the sauna is created in the plant room and therefore there is no electric or heat danger whatsoever. Fibre optics create a gentle glowing light which changes colour continuously. You can choose from a star effect with multiple light tails or fewer larger tails each emitting a stronger light glow.

## Behind-bench Heating

As an alternative to the traditional Finnish sauna heater, a popular choice in the commercial sector is the Helo behind-bench heating system.



Hidden behind a partition wall at the back of the sauna and protected by a safety grill, behind-bench heaters increase your sauna's seating capacity by freeing up the space normally used by a conventional heater. This heating system is particularly effective when combined with automatic water dosing to control humidity.

## Automatic heater water dosing system

The higher the humidity in a sauna, the hotter it feels. As an operator you can already control the temperature of your sauna, however you may also wish to control the humidity.

Helo has developed an automated dosing system which regulates the amount of water that is poured onto the heater rock. The system removes the need for any manual water dosing, reducing the risk of possible abuse of the heater and cabin. The water, which can be mixed with Eucalyptus, is automatically pumped from a holding tank at a rate and frequency set by you.

*The automatic doser system is especially effective when used in combination with behind-bench heating systems and sauna facilities with particularly heavy and frequent use.*



## Commercial Sauna Options

When considering the visual appearance of your Helo commercial sauna there are a range of options designed to suit any location or level of use.

### Climate Control

Helo's Climatherm System offers sauna operators complete environmental control with four defined sauna bathing experiences:



■ **Traditional Sauna**

Temperature 85-90c/relative humidity 3-11%

■ **Warm Air Bath**

Temperature 40-55c/relative humidity 10-20%

■ **Soft Steam Bath**

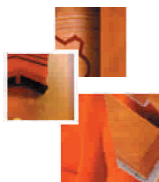
Temperature 40-60c/relative humidity 40-55%

■ **Herbal Vapour Bath**

Temperature 40-45c/relative humidity 60-65%

+ herbal infusion

*Climatherm systems create a high humidity which is only suitable for use with the Professional Commercial sauna range.*



### Infrared

Infrared light therapy is very popular on the continent. The infrared light (in no way related to UV or sunbeds) warms muscles, speeds up the



metabolism and enhances blood circulation.

Infrared light creates a pleasant, gentle perspiration. It is ideal for gyms and sports fitness centres, and is commonly used by professional athletes during both warm-up and recovery.

### Fire Suppression System



Helo offer a comprehensive sauna fire suppression system. The system is mechanical and totally independent, therefore failure is almost impossible. The concept is the same as that used on oil rigs and cruise liners.

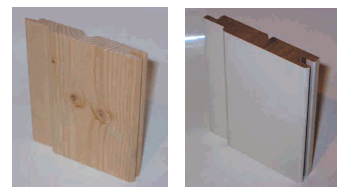
In the case of a fire, a cap in the sprinkler head breaks and allows pressure to be released setting off the system. Water is forced at pressure through the tiny nozzles in the sprinkler head creating a fine mist which quickly puts out the fire. The mist is so effective that only a small quantity of water is used, so if the system is activated (even in error) little or no damage is caused to the sauna.

*For more information on fire suppression systems please contact Helo.*

### Timber Finishes

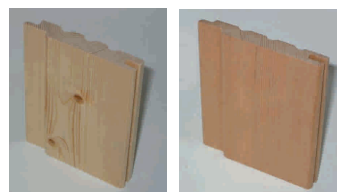
It is important to choose the right wood finish for your sauna to help create the right ambience and a welcoming atmosphere to enhance the sauna bathing experience.

The Standard Commercial sauna comes with a 12.5mm Scandinavian spruce exterior and interior as standard. This low resin, slow-grown wood is both durable and dense and is naturally textured.

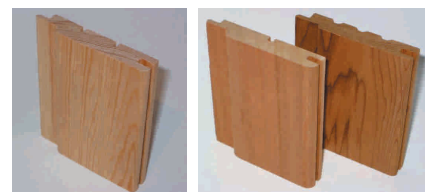


Also available within the Professional Commercial range is white-lacquered 16mm Canadian Hemlock panelling, which is a very strong and dense low resin wood.

The Professional Commercial sauna also comes with Scandinavian spruce panelling as standard, however this heavy duty sauna is built with 16mm boards.



As the Professional Commercial sauna is built to order, you can choose alternative wood finishes from knotless Canadian Hemlock (either white lacquered or natural), knotless Pine or American Red Cedar with its distinctive aroma.



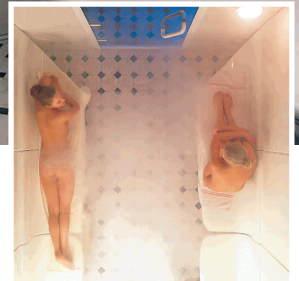
**HELO** the world's largest sauna & steam company

The relaxing atmosphere of steam bathing has been appreciated by those seeking luxury for hundreds of years. Roman steam baths were important meeting areas, with steam being produced by superheated rocks being dropped into a pool of cool water. Unlike the dry heat of a traditional sauna, a steam bath is taken in a warm, moist atmosphere with a humidity level that reaches 100% and a gentle ambient temperature of around 45c. High humidity increases the sensation of heat at a lower temperature.

Roma is the modern version of the Roman steam bath. Helo's Roma range of steam rooms represents the cutting edge of modular steam-room design. Constructed from sanitary grade acrylic capped ABS, the Roma steam room guarantees a comfortable, clean and hygienic steam-bathing environment.

This man-made material is warmer to the touch than tiles or stone surfaces, making bathing a more relaxing experience, and because the surface is non-porous, there is no build-up of sweat or body fat.

*External view of the Roma Steam cabin*



It is our attention to detail that sets the Roma steam room apart from the competition. With a seat cutaway to aid water run-off, profiled seat tops and backs, smooth and neat joints to allow bathers to sit or lie down, the Roma steam room promotes relaxed steam bathing. The unique corner entry designs enable you to consider a more creative approach to health suite design.

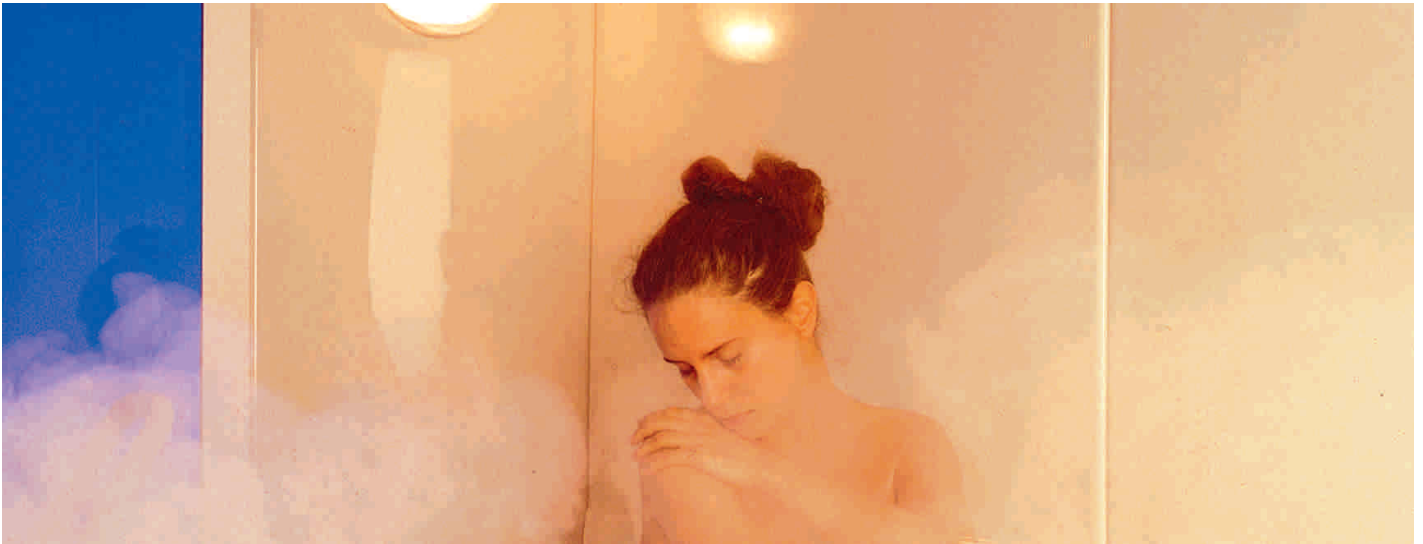
Roma steam rooms benefit from the tried and tested quality of Helo's steam generator. Designed for simple effective operation, the Helo steam generator allows for individual heater elements and water level probe to be replaced, which reduces service and maintenance costs.

Helo have been installing the Roma steam cabin in the UK for over fifteen years. Many of these original installations are still being used and even now are in near perfect condition - testimony to the incredible longevity of this industry-leading steam room product.



## Roma Steam Rooms

*"Modular cabins, proven in the UK commercial market for 15 years"*



As steam room reliability is always an issue in commercial installations, all Helo-installed steam rooms come with a water softening unit. The unit uses a resin tank to ensure a consistently pure water supply, heading off problems common amongst other manufacturers such as limescale damage. The result: the most reliable steam system available today.

Roma steam cabins use the HST commercial steam generator built in our Helo factory in Finland. The generator features a corrosion-resistant case, stainless steel tank, incolloy 825 replaceable elements, automatic water feed, dual low water level protection, pressure release valve, low voltage controls, autoclean automatic flushing system, a digital control unit mounted in the plant room with remote temperature sensor. The steam generator is available in many different power ratings from 3 to 14kW, and for larger areas two or more generators can be linked together.

Helo have developed a highly efficient steam outlet diffuser which is made from a safe, non-conductive material which stays relatively cool. The outlet distributes the steam evenly allowing even larger cabins to work with just one steam outlet, normally situated in a dedicated recessed area of the cabin. The combination of one highly efficient steam outlet located in a safe position, together with a steam shield and clear signage make Helo's Roma steam cabin one of the safest on the market.

### *Optional equipment*

#### ■ **Essence injection system**

*Eucalyptus (or other fragrance) is injected directly into the steam line at a rate set by the operator*

#### ■ **Disabled entry door**

*Available on most Roma steam cabins*

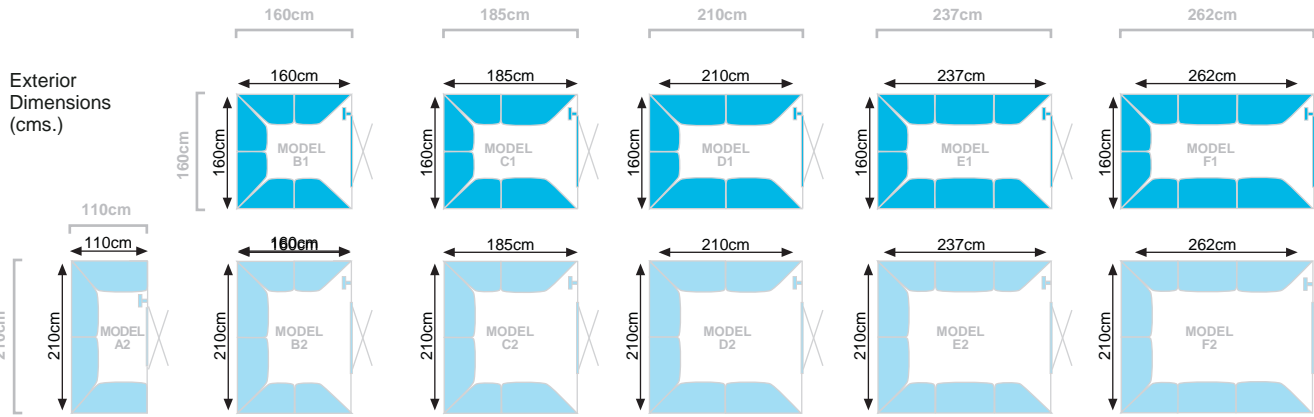
#### ■ **Fibre optic lighting system**

*Colour light therapy*



# HELO

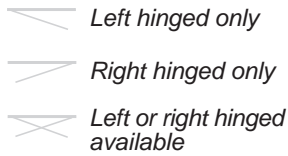
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Door width options

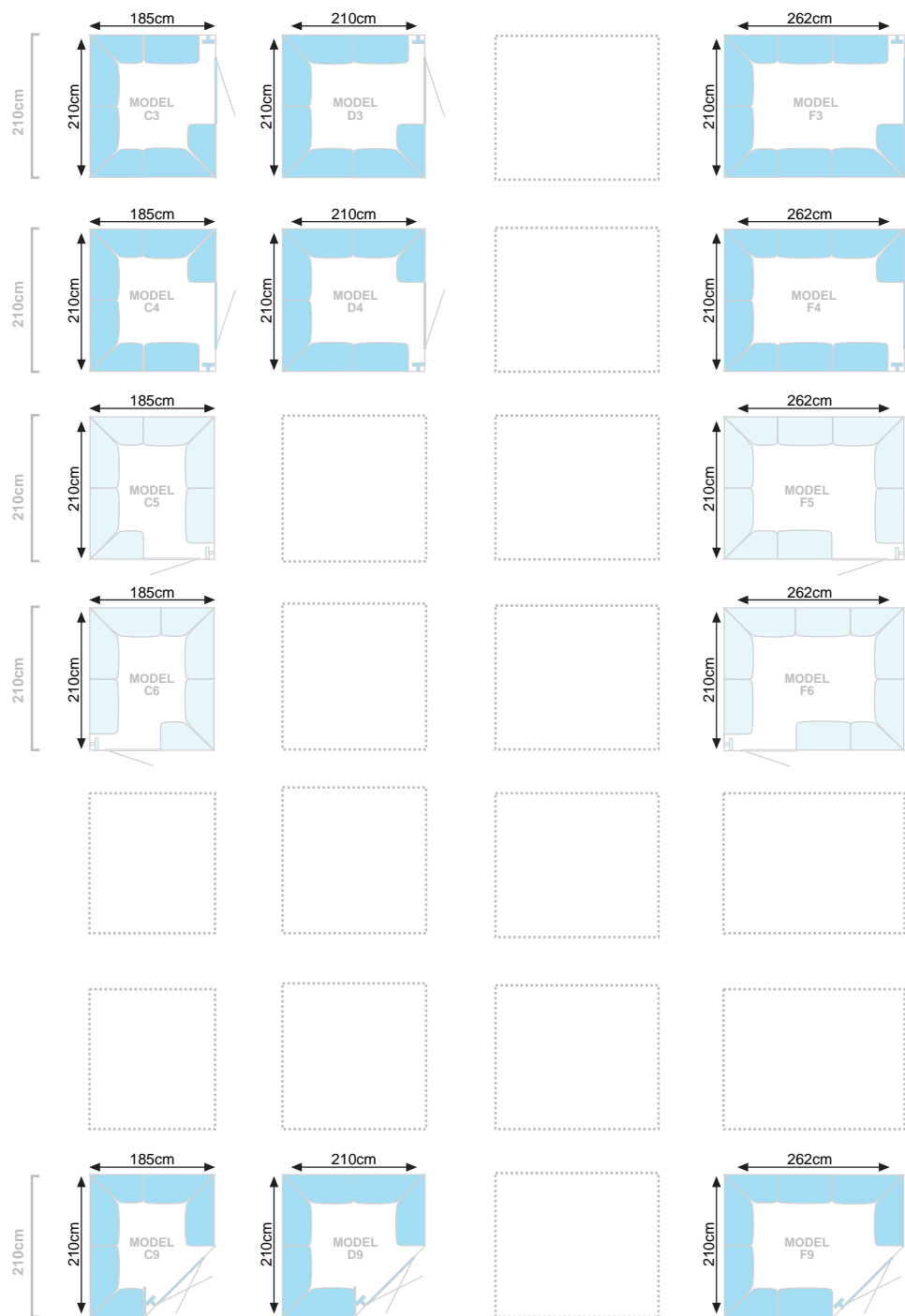
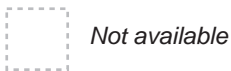


Door hinge options



Site requirements

- Suitable waterproof floor with falls to central drain
- Plant area with electrical, water and drainage facilities
- Roma cabins require space for assembly - Please check with Helo



# Roma Steam sizes



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 Above picture: Courtesy Opiocolor Mosaiques

A bespoke-built steam room designed by Helo's in-house designers and created by our own craftsmen is a truly unique facility.

We use modern, composite materials to create a fully watertight enclosure of virtually any shape and size. This is then lined with your choice of ceramic tiles, mosaics or granite to create an original and luxurious steam room.

As with the Roma steam cabin, your bespoke steam facility benefits from the tried and tested quality of Helo steam generators.



hand cra





## Bespoke & Tiled Steam

*"Hand crafted to your exact specification"*

Installed in some of the country's most prestigious hotels and leisure clubs, Helo UK's bespoke-built steam rooms enhance any facilities health suite.

The standard specification of Helo's tiled steam room can be enhanced with the addition of a range of features that include essence injection systems and fibre optic lighting.

### *Optional equipment*

#### ■ **Essence injection system**

*Eucalyptus (or other fragrance) is injected directly into the steamline at a rate set by the operator*

#### ■ **Disabled entry door**

#### ■ **Fibre optic lighting system**

*Colour light therapy*



ftea



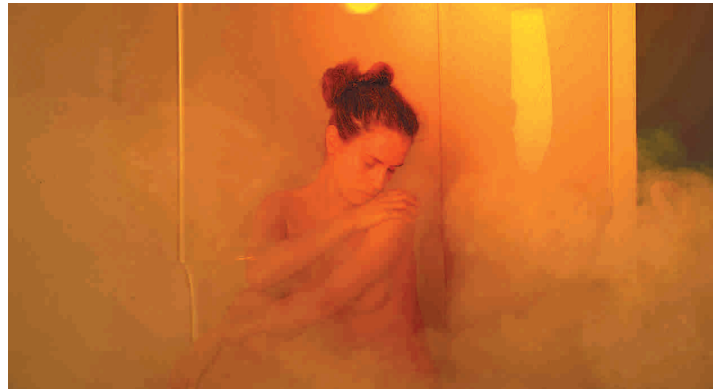
### *Disabled-Friendly doors*

Where local building regulations call for disabled access, both the Roma Steam Room range and Helo's bespoke-built steam rooms are available with a disabled-friendly, extra-wide door openings with no threshold.



### *Fibre Optic Systems*

As with sauna systems, the addition of a fibre-optic lighting system can dramatically change the ambience of your steam room facility. With a single light source, they are simple to both install and maintain.



### *Steamproof Speakers*

What could be more relaxing than listening to music while relaxing in a steam bath? Helo steamproof speakers are flush-fitting and can be connected to your music system to enhance the steam-bathing experience.



### *Essence Injection System*

Helo's Essence Injection System pumps diluted aromatherapy oils directly in to the steam pipe from a tank housed in the plant room. The system is fully automated and controllable to allow you to set the level of aroma you prefer.

Options...



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## Design possibilities

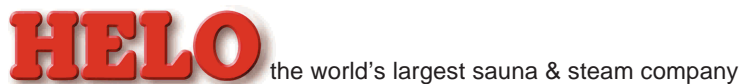
*"10 years of health suite design experience"*



Over the years we have gained a reputation for producing creative and imaginative proposals for both refurbishment and new build projects. In order to provide clients with a health suite that is functional in layout and appealing in design, we focus on practical, financial and aesthetic parameters throughout the design process.

*This page shows just a few of the hundreds of designs and health suite installations carried out by Helo. For further details, contact Helo.*



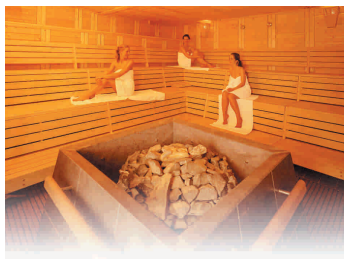


## Installation/After Sales Support

*"The best in the industry"*

### Installation Service

There's more to creating a professional sauna / steam facility than just buying the right equipment. A quality installation service can make the difference between an average facility and a great one. Helo's installation engineers are highly experienced and respected throughout the industry for the quality of their work. We guarantee you won't be disappointed with the results.



### Post-installation Visit

Once the installation is complete and the facility is in use, you want peace of mind. Helo offers a comprehensive after-sales service starting with a post-installation visit to double-check your new equipment now that it is in use. At this time, we also provide additional training and advice about how to get the most from your new facility.

### On-going Support

During the first 12 months, we come back to site (every 6 months for sauna, every 3 months for steam) to check the installation thoroughly. We do this primarily to ensure our equipment is still running at 100% in terms of safety and efficiency, but also to provide the latest operational advice to you and your staff. This support agreement is renewable annually for the life of the equipment - terms and conditions apply.

*Helos support agreement is optional - please contact us for further information.*



support

Dealer Stamp

*Specifications may change without notice*

