

Step into the Ritual



Experience the next generation of the SAUNA EXPERIENCE —

Inspired by the natural rhythm of Iceland, where thermal waters, volcanic heat, fresh air, and restorative rituals have shaped wellness for centuries. Our complete sauna collection brings that spirit home with traditional, hybrid, infrared, red light, and outdoor models designed for the way people relax, recover, and recharge today.

More than just another sauna line, **Icelandic Wellness** offers a full-spectrum approach to personal wellness — blending heat, light, nature-inspired design, and every-day comfort into one elevated experience.

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SWIM. SOAK. COOL. SWEAT. RESTORE.

Sauna and Health

The **POWER** of HEAT. The SCIENCE of **WELLNESS.**

DETOXIFICATION
Deep sweating helps support the body's natural elimination of toxins.

IMPROVED CIRCULATION
Heat promotes blood flow, delivering oxygen and nutrients more efficiently.

MUSCLE RECOVERY
Relieves soreness, reduces inflammation, and supports faster recovery.

STRESS REDUCTION
Encourages relaxation by lowering cortisol and releasing endorphins.

HEART HEALTH
Supports cardiovascular function and may help lower blood pressure.

BETTER SLEEP
Post-sauna cooling helps regulate sleep cycles and improve rest.

SKIN REJUVENATION
Helps promote circulation to the skin, promoting clarity and vitality.

IMMUNE SUPPORT
Supports white blood cell production and strengthens defenses.

MENTAL CLARITY
Enhances focus while reducing anxiety and mental fatigue.

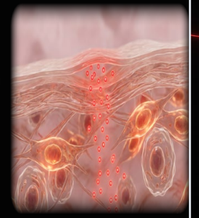
BURNS CALORIES
Encourages calorie burn and supports overall metabolic health.

IMPROVED BREATHING
Supports clearer breathing by opening nasal passages through steam and optional eucalyptus.

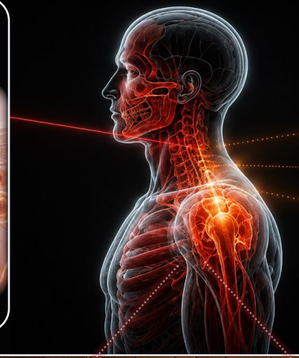
Go Beyond the Heat

The benefits of traditional sauna therapy, infrared therapy and red light therapy—and why combining them could deliver a more complete wellness experience.

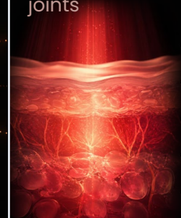
Red Light Therapy
Penetrates the epidermis and upper dermis



- ✓ Hair Growth
- ✓ Collagen Production
- ✓ Skin Rejuvenation
- ✓ Cellular Health
- ✓ Better Circulation



Infrared Therapy
Penetrates deep into the muscles and joints



- ✓ Deep Tissue Recovery
- ✓ Pain Relief
- ✓ Muscle Repair
- ✓ Joint Comfort
- ✓ Reduced Inflammation

Traditional Sauna
Penetrates from all sides due to enveloping heat and steam

- ✓ Reduced Risk of Cardiovascular Disease
- ✓ Lower risk of fatal heart disease and stroke
- ✓ Promotes deep relaxation & stress reduction
- ✓ Promotes deeper sleep
- ✓ Burns calories
- ✓ Removes Dead Skin Cells



SCAN TO LEARN MORE

With Icelandic Wellness, choosing your sauna is about more than selecting a cabin — it's about finding the heat experience that best supports how you relax, restore, and recharge.

VALO 410

Compact infrared wellness with a clean, modern feel

Infrared | 1-Person

Dimensions	39”D x 39”W x 78”H
Seating Capacity	1 Person
Control Panel	LED Inside & Out
Electrical	1550W / 120V 15 Amp
Heater Type	6 Infrared Mica Carbon Heater Panels
Construction Material	Canadian Hemlock
Lighting	LED

The Valo 410 is designed for those who want the restorative benefits of infrared sauna therapy in a compact, beautifully finished cabin. Ideal for personal wellness spaces, this model delivers soothing heat in a refined footprint, making it easy to bring daily relaxation, recovery, and renewal into the home. With its warm wood interior, intuitive controls, and calming atmosphere, the Valo 410 proves that a powerful wellness experience does not require a large space.



Standard Features

- ✓ In Floor Heat
- ✓ Reading Light
- ✓ Bluetooth Speakers
- ✓ User-Friendly Controls
- ✓ Premium Canadian Hemlock Construction
- ✓ Efficient Infrared Heat Distribution
- ✓ Compact Space-Saving Design









VALO 420

A spacious infrared experience made for daily restoration

Infrared | 2-Person

Dimensions	39”D x 47”W x 78”H
Seating Capacity	2 Person
Control Panel	LED Inside & Out
Electrical	1938W / 120V 15 Amp
Heater Type	6 Infrared Mica Carbon **Low EMF** Heater Panels
Construction Material	Canadian Hemlock
Lighting	LED

The Valo 420 offers a comfortable infrared sauna experience with room to relax, recharge, and reset. Featuring **Low EMR infrared technology**, this model combines gentle infrared heat, clean craftsmanship, and an inviting interior that supports everyday wellness. Whether used after exercise, during a quiet morning routine, or as part of an evening wind-down, the Valo 420 creates a peaceful retreat right at home



Standard Features

- ✓ In Floor Heat
- ✓ Reading Light
- ✓ Bluetooth Speakers
- ✓ Valance with 2 Lights
- ✓ Low EMF Heater Design
- ✓ Premium Canadian Hemlock Construction
- ✓ Spacious 2-Person Layout









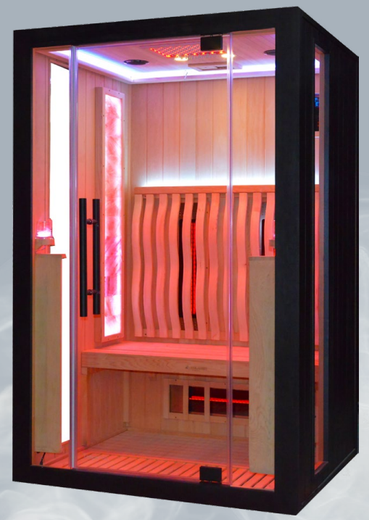
HIMALAYAN 620

Classic infrared comfort with the added beauty of Himalayan salt

Full Spectrum | 2-Person

Dimensions	43”D x 51”W x 78”H
Seating Capacity	2 Person
Control Panel	Touchscreen with Temperature Control
Electrical	1940W / 120V 15 Amp
Heater Type	Full Spectrum + Carbon Infrared
Construction Material	Canadian Hemlock
Lighting	LED

The Himalayan 620 brings together the warmth of **Full Spectrum Infrared** technology and the natural visual appeal of Himalayan salt accents. Designed for a calming, spa-inspired setting, this sauna surrounds you with gentle warmth, warm wood tones, and the soft glow of Himalayan salt. Its compact footprint makes it a beautiful option for personal wellness spaces, while the salt feature adds a peaceful ambiance that elevates the entire experience



Standard Features

- ✓ Red Light Therapy
- ✓ Himalayan Salt Diffusers
- ✓ Himalayan Salt Block
- ✓ Lumbar Back Rest
- ✓ Bluetooth Speakers
- ✓ Reading Light
- ✓ 7-Color LED System
- ✓ Chromotherapy Lighting
- ✓ User-Friendly Controls









HIMALAYAN 630

A larger salt-infused infrared retreat for shared wellness

Full Spectrum | 4-Person

Dimensions	43”D x 72”W x 78”H
Seating Capacity	4 Person
Control Panel	Touchscreen with Temperature Control
Electrical	3450W / 240V 20 Amp
Heater Type	Full Spectrum + Carbon Infrared
Construction Material	Canadian Hemlock
Lighting	LED

The Himalayan 630 expands the infrared sauna experience with additional space, serene Himalayan salt detailing, and **Full Spectrum Infrared** technology. This model is ideal for those who want a more open cabin feel or prefer to enjoy sauna time with another person. The combination of gentle infrared warmth, natural wood, and softly illuminated salt creates an environment that feels peaceful, grounding, and distinctly elevated.



Standard Features

- ✓ Red Light Therapy
- ✓ Himalayan Salt Diffusers
- ✓ Himalayan Salt Block
- ✓ Lumbar Back Rest
- ✓ Bluetooth Speakers
- ✓ Reading Light
- ✓ 7-Color LED System
- ✓ Chromotherapy Lighting
- ✓ User-Friendly Controls









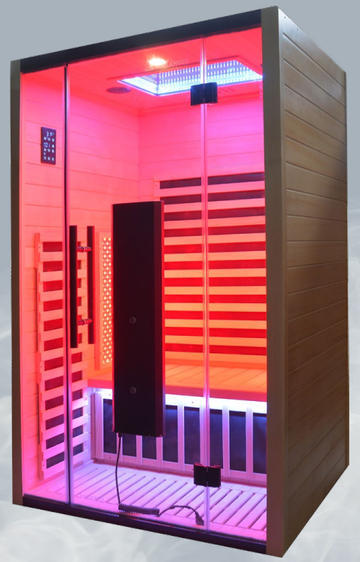
AURA 620

Red light therapy meets the comfort of personal sauna wellness

Red Light/Low EMF | 2-Person

Dimensions	41”D x 47”W x 79”H
Seating Capacity	2 Person
Control Panel	Touchscreen LED
Electrical	1900W / 120V - 15 Amp
Heater Type	Low EMF Carbon + Red Light Therapy
Construction Material	Canadian Hemlock
Lighting	LED

The Aura 620 is designed for the wellness-minded user who wants more than traditional relaxation. Featuring red light therapy in a comfortable two-person cabin, this model supports a modern recovery-focused routine while creating a calm and beautiful environment. The Aura 620 is ideal for those who value self-care, beauty, recovery, and daily restoration, offering a distinctive wellness experience that feels both advanced and deeply relaxing.



Standard Features

- ✓ Red Light Therapy
- ✓ Carbon Far-IR Wall, Calf and Floor Emitters
- ✓ Low EMF Heater Design
- ✓ Reading Light
- ✓ Bluetooth Speakers
- ✓ 7-Color LED System
- ✓ Infinity Light Cavity

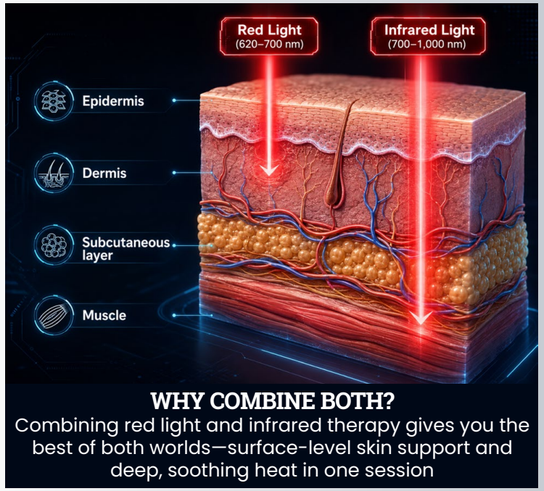






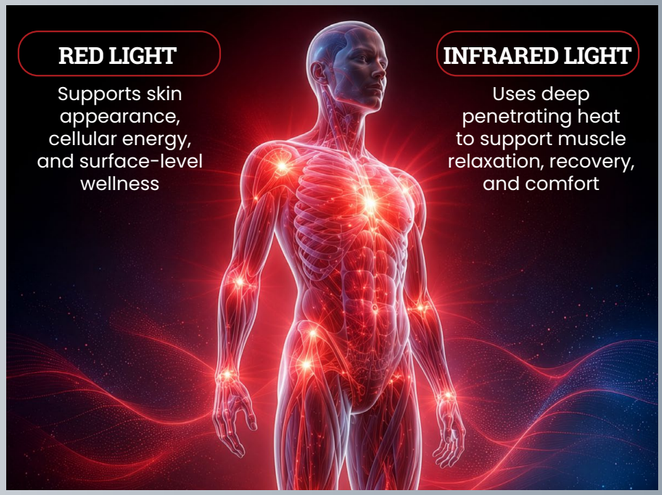


RED LIGHT | INFRARED THERAPY



WHY COMBINE BOTH?

Combining red light and infrared therapy gives you the best of both worlds—surface-level skin support and deep, soothing heat in one session



Features	Red Light Therapy	Infrared Therapy
Wavelength	620 to 700 nanometers (nm)	700 to 1,200+ nanometers (nm)
Visibility	Visible to the human eye (appears red)	Invisible to the human eye (feels like gentle heat)
Penetration Depth	Shallow (mostly surface skin cells and the upper dermis)	Deep (penetrates through skin into muscles, joints, and bones)
Primary Use	Anti-aging, boosting collagen, reducing acne, and wound healing	Pain relief, reducing joint stiffness, and muscle recovery

FUSION COMBO 720

An experience combining traditional and infrared wellness

Full Spectrum + Traditional | 2-3 Person

Dimensions	52D" x 52W" x 79H"
Seating Capacity	2-3 Person
Control Panel	Touchscreen LED for IR Integrated Rock Heater Controls
Electrical	IR: 1850W / 120V - 15 Amp Rock: 2200W / 120V - 20 Amp
Heater Type	Full Spectrum + Carbon Infused Traditional Rock
Construction Material	Canadian Hemlock + Aluminum Frame
Lighting	LED

The Fusion Combo 720 is built for those who want more than one way to sauna. By combining traditional sauna heat with infrared technology, this model allows users to choose the experience that best fits their mood, routine, or wellness goals. Enjoy the deep, enveloping heat of a traditional sauna or the targeted comfort of infrared therapy in one beautifully crafted cabin. It is a versatile choice for modern wellness spaces where flexibility matters.



Standard Features

- ✓ Red Light Therapy
- ✓ Bluetooth Speakers
- ✓ Heat Radiating Slate Wall
- ✓ 7-Color LED System
- ✓ Full Spectrum Infrared Heat
- ✓ Bucket + Ladle









FUSION COMBO 830

A larger hybrid sauna designed for comfort and connection

Full Spectrum + Traditional | 4-Person

Dimensions	52D" x 72W" x 79H"
Seating Capacity	4 Person
Control Panel	Touchscreen LED for IR WiFi Touchscreen Rock Heater Controls
Electrical	IR: 3300W / 240V - 15 Amp Rock: 6000W /240V - 30 Amp
Heater Type	Full Spectrum + Carbon Infused Traditional Rock
Construction Material	Canadian Hemlock + Aluminum Frame
Lighting	LED

The Fusion Combo 830 offers a spacious hybrid sauna experience with room to stretch out, share the moment, and choose the style of heat that feels right. Combining traditional and infrared technology, this model gives users the freedom to enjoy a classic high-heat sauna session or a more gentle infrared experience. With its generous cabin size and refined design, the Fusion Combo 830 is ideal for families, couples, or anyone looking to create a complete in-home wellness destination.



Standard Features

- ✓ Red Light Therapy
- ✓ Bluetooth Speakers
- ✓ Heat Radiating Slate Wall
- ✓ 7-Color LED System
- ✓ Full Spectrum Infrared Heat
- ✓ Bucket + Ladle









TIMBERSTEEL 420

Traditional sauna character in a compact, modern cabin

Traditional | 2-Person

Dimensions	48D" x 48W" x 80H"
Seating Capacity	2 Person
Control Panel	Integrated Rock Heater
Electrical	2200W / 120V - 20 Amp
Heater Type	2.2kW Traditional Rock
Construction Material	Canadian Hemlock + Aluminum Frame
Lighting	LED

The TimberSteel 420 delivers the authentic feel of a traditional sauna in a space-conscious design. With its clean lines, natural wood warmth, and durable steel-inspired exterior presence, this model brings a bold yet refined look to any wellness setting. Its compact footprint makes it an excellent choice for smaller spaces while still offering the heat, atmosphere, and ritual that make traditional sauna bathing so timeless



Standard Features

- ✓ Red Light Therapy
- ✓ Thermo Aspen Benches and Accents
- ✓ 7-Color LED System
- ✓ Himalayan Salt
- ✓ Bucket + Ladle
- ✓ Thermo-Hygrometer + Sand Timer









TIMBERSTEEL 430

A beautifully balanced traditional sauna for everyday wellness

Traditional | 3-Person

Dimensions	48D" x 73W" x 80H"
Seating Capacity	3 Person
Control Panel	Integrated Rock Heater
Electrical	6000W / 240V - 25 Amp
Heater Type	6kW Traditional Rock
Construction Material	Canadian Hemlock + Aluminum Frame
Lighting	LED

The TimberSteel 430 offers more room to relax while maintaining the clean, modern profile of the TimberSteel collection. Designed for those who appreciate the classic sauna experience, this model surrounds the user in steady, enveloping heat that encourages relaxation, recovery, and quiet time away from the noise of the day. Its balanced size makes it a strong fit for homes, wellness suites, and boutique spa environments.



Standard Features

- ✓ Red Light Therapy
- ✓ Thermo Aspen Benches and Accents
- ✓ Bluetooth Speakers
- ✓ WiFi Controls
- ✓ 7-Color LED System
- ✓ Himalayan Salt
- ✓ Bucket + Ladle
- ✓ Thermo-Hygrometer + Sand Timer









TIMBERSTEEL 450

A spacious traditional sauna with a classic stone ritual experience

Traditional | 5-Person

Dimensions	61D" x 85W" x 80H"
Seating Capacity	5 Person
Control Panel	Touchscreen LED
Electrical	9000W / 240V - 37.5 Amp
Heater Type	9kW Traditional Rock
Construction Material	Canadian Hemlock + Aluminum Frame
Lighting	LED

The TimberSteel 450 is designed for those who want a larger, more immersive sauna experience. With added space, powerful traditional heat, and a refined modern exterior, this model creates a true destination within the home or wellness environment. Whether used for post-workout recovery, relaxation, or shared sauna rituals, the TimberSteel 450 delivers a premium traditional sauna experience with impressive visual appeal.



Standard Features

- ✓ Red Light Therapy
- ✓ Thermo Aspen Benches and Accents
- ✓ Bluetooth Speakers
- ✓ WiFi Controls
- ✓ 7-Color LED System
- ✓ Red Light Therapy
- ✓ Himalayan Salt
- ✓ Bucket + Ladle
- ✓ Thermo-Hygrometer + Sand Timer











Icelandic Lava Heaters The Heart of the Traditional Sauna

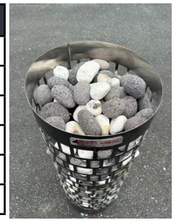
The heart and soul of every traditional sauna is the heater (kiuas). At Icelandic our goal was to produce the best performing, safety listed, heater on the market. Tower design has become popular in recent years due to the amazing heat and steam but also for the great looks. We have made tower heaters standard–not an upgrade. Pairing the two larger heaters with the included Wi-Fi / digital control provides you a sauna that can turn on from anywhere you have a signal. And, you don't have to worry about annual subscription fees or other costly upgrades just to use your phone app function.
This is included free of charge with your Icelandic Sauna heater purchase (6kW and 9kW).

MORE ROCK. SOFTER HEAT. BETTER STEAM.

Icelandic Lava **2.2kW** Heater

This floor-standing heater comes with its own water/dust tray and hooks up to 120V 20 amp power. Timer and thermostat controls for this heater come on-board the heater, allowing for simple use and ease of hookup.

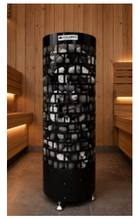
Lava built-in control heater	Lava 2.2kW
Sauna size (cu ft)	70-106
Heating power (kW)	2.2
Sauna Rocks (lbs)	35
Amps/voltage/Phase	18.3/120/1
Dims (inches) (Diam x H)	13 x 28 1/2"
Control unit	On board

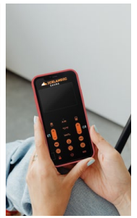


All Icelandic heaters maximize the amount of rocks for a softer heat and better steam. The large amount of rocks not only looks great, the bathing environment feel is second to none

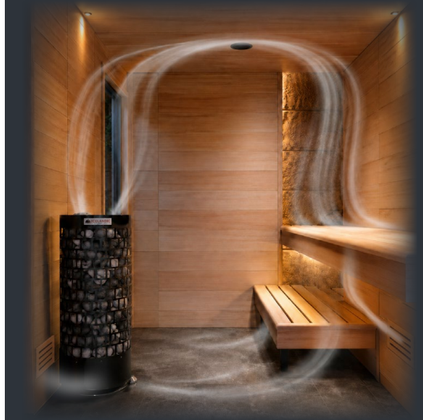
Icelandic Lava **6kW & 9kW** Heaters

These floor-standing heaters come with their own water/dust tray and hook up to 240V power. Includes a dedicated power box, digital controls, and Wi-Fi connectivity for seamless, convenient operation.





Lava Wi-Fi heater	Lava 6kW	Lava 9kW
Sauna size (cu ft)	177-300	280-420
Heating power (kW)	6	9
Sauna Rocks (lbs)	120-144	120-144
Amps/voltage/Phase	25/240/1	37.5/240/1
Dims (inches) (Diam x H)	13 x 36 1/4"	13 x 36 1/4"
Control unit	Digital Wi-Fi	Digital Wi-Fi



Icelandic heaters feature free-flow design allowing fresh air to travel quickly through the heated rock compartment and into the sauna providing fresh air into the sauna with minimal heat loss. For best feel and understanding, we recommend test driving the Icelandic heaters and steam capability in your local Icelandic Sauna showroom

REYK 520

Outdoor traditional sauna inspired by Icelandic simplicity

Traditional Outdoor | 2-Person

Dimensions	63"D x 63"W x 79"H
-with roof at largest dimensions	67"D x 72"W x 79"H
Seating Capacity	2 Person
Control Panel	Touchscreen LED
Electrical	6000W / 240V - 25 Amp
Heater Type	Traditional Rock
Construction Material	Canadian Hemlock with Thermo Aspen components and exterior aluminum cladding
Lighting	LED

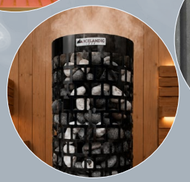
The Reyk 520 brings the timeless tradition of outdoor sauna bathing into a clean, modern design. Built for exterior spaces, this model creates a peaceful escape where heat, fresh air, and natural surroundings come together. With a powerful 6kW traditional rock heater and convenient Wi-Fi controls, you can step into deep, steady heat whenever you're ready to unwind. Its compact outdoor footprint makes it ideal for patios, decks, cabins, and wellness gardens, offering an authentic sauna experience that feels grounded, restorative, and connected to nature.



Standard Features

- ✓ Red Light Therapy
- ✓ Full One-Piece Waterproof Roof System
- ✓ Aluminum Cladding Exterior
- ✓ Lava Rock Tower Heater
- ✓ Bluetooth Speakers
- ✓ Aluminum Bucket + Scoop
- ✓ 7-Color LED System
- ✓ Sand Timer
- ✓ Thermo-Hygrometer
- ✓ Stones
- ✓ Backlit Himalayan Salt Block







REYK 550

A larger outdoor sauna made for scenic wellness escapes

Traditional Outdoor | 5-Person

Dimensions	64”D x 84”W x 79”H
-with roof at largest dimensions	72”D x 88”W x 79”H
Seating Capacity	5 Person
Control Panel	Touchscreen LED
Electrical	9000W / 240V - 37.5 Amp
Heater Type	Traditional Rock
Construction Material	Canadian Hemlock with Thermo Aspen components and exterior aluminum cladding
Lighting	LED

The Reyk 550 expands the outdoor sauna experience with additional space and a strong Nordic-inspired presence. Designed for those who want a true backyard or resort-style wellness retreat, this model features a robust 9kW traditional rock heater with WiFi controls, delivering powerful, consistent heat with the convenience of modern operation.
Whether placed near a cold plunge, overlooking a view, or integrated into an outdoor spa setting, the Reyk 550 offers an authentic sauna experience that feels grounded, restorative, and beautifully connected to nature.



Standard Features

- ✓ Red Light Therapy
- ✓ Full One-Piece Waterproof Roof System
- ✓ Aluminum Cladding Exterior
- ✓ Lava Rock Tower Heater
- ✓ Bluetooth Speakers
- ✓ Aluminum Bucket + Scoop
- ✓ 7-Color LED System
- ✓ Sand Timer
- ✓ Thermo-Hygrometer
- ✓ Stones
- ✓ Backlit Himalayan Salt Block









HUSAVIK 520

Build Your Own Icelandic-Inspired Retreat

Traditional Outdoor | 2-Person

Dimensions	54”D x 52”W x 87”H
-with porch at largest dimensions	73”D x 52”W x 87”H
Seating Capacity	2 Person
Control Panel	Built in Controls
Electrical	3.6kW / 240V - 15 Amp
Heater Type	Wall Heater with Rocks
Construction Material	Thermo Spruce with Thermo Aspen Components
Lighting	LED

Bring the warmth and tradition of sauna bathing into your outdoor space with the Husavik 520. Crafted from natural spruce and designed with the hands-on homeowner in mind, this DIY-friendly sauna makes it easier to create a personal wellness retreat at home.
Its clean architectural lines, contrasting dark trim and full-glass entrance give the Husavik a modern Icelandic presence, while the traditional rock heater delivers the deep, enveloping heat at the heart of an authentic sauna experience.



Standard Features

- ✓ Full One-Piece Waterproof Roof System
- ✓ Reading Light
- ✓ Wall Heater
- ✓ Wooden Bucket + Scoop
- ✓ Hourglass Sand Timer
- ✓ Thermo-Hygrometer
- ✓ Stones









OUR MISSION IS SIMPLE:

Bring the purity of Iceland's wellness tradition into your daily life

Inspired by Iceland's elemental balance of water, warmth, movement, and cold, Icelandic Wellness brings together a complete collection of products designed for everyday well-being. From invigorating swim spas and restorative hot tubs to refreshing cold plunges, every experience offers a purposeful way to move, recover, reconnect, and recharge.

ICELANDIC WELLNESS

Wellness in every Element

LEARN MORE

THE COMPLETE ICELANDIC WELLNESS EXPERIENCE

Swim. Soak. Cool. Sweat. Restore.

SWIM SPAS *Move with purpose.*

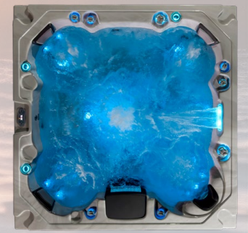
Enjoy low-impact exercise, resistance training, hydrotherapy, and year-round recreation—all within the convenience of your own home. Icelandic swim spas combine performance and relaxation in one versatile wellness experience.



Our four swim spa models offer something for every wellness journey—from spacious performance swimming to convenient plug-and-play relaxation, exercise, and hydrotherapy.

HOT TUBS *Restore in warmth.*

Settle into soothing water, targeted hydrotherapy, and meaningful time with the people who matter most. Icelandic hot tubs transform daily relaxation into a restorative ritual.



From social round designs to spacious eight-person seating, our eight hot tub models offer a thoughtfully designed experience for relaxation, hydrotherapy, and connection.

COLD PLUNGES *Reset with Cold.*

Refresh the body and awaken the senses with an invigorating cold-water experience. Designed for personal recovery routines, Icelandic cold plunges provide a powerful contrast to heat, exercise, and the demands of the day.





Carry the Ritual Home

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