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ONE POOL &  
**SPA**  
WELLNESS MANUFACTURER

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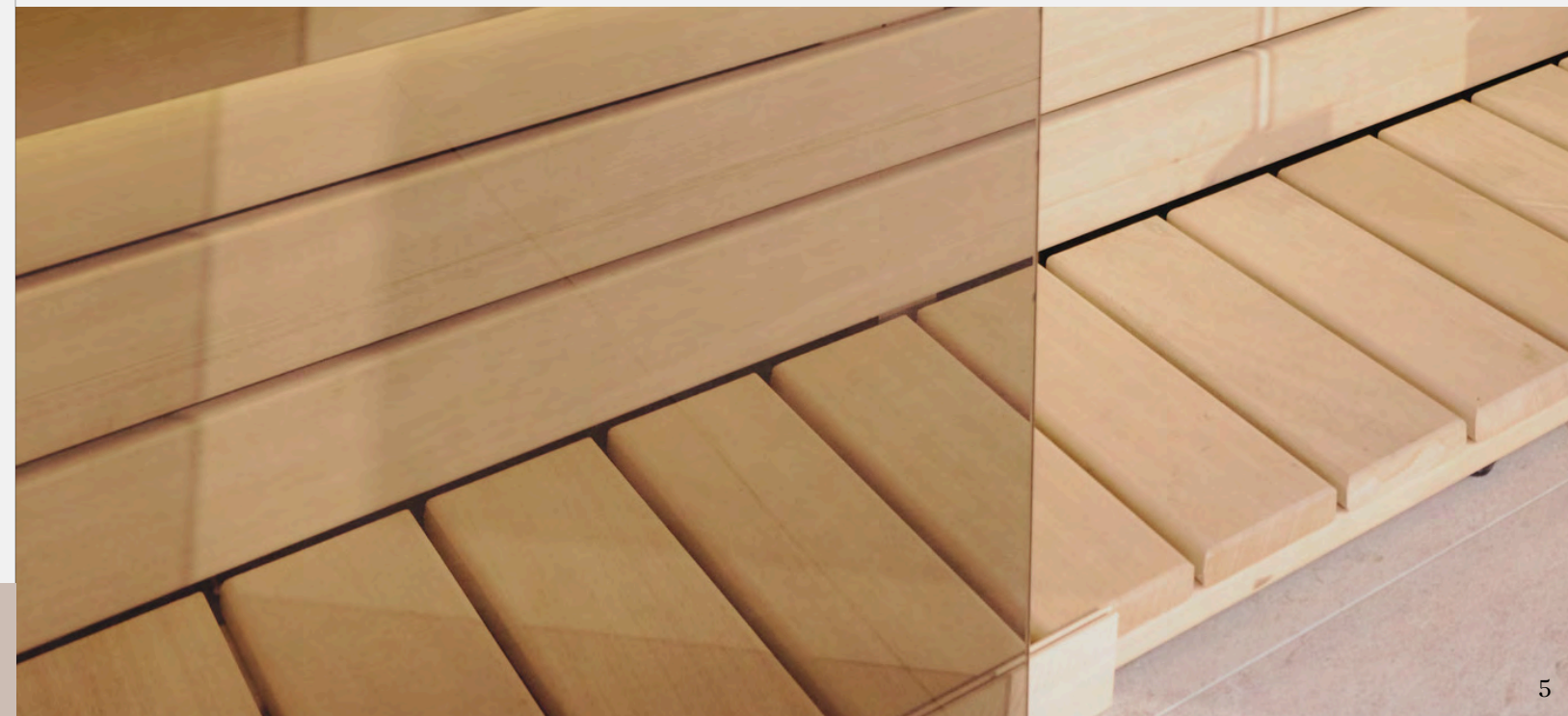
**BESPOKE SAUNA AND STEAM ROOMS**

# CONTENTS

- 04** About Us
- 06** Traditional Finnish Sauna
- 20** Sauna Heaters
- 22** Infrared Sauna
- 28** Mosaic Salt Wall
- 32** Cladding Options
- 34** Heated Loungers
- 38** Steam Rooms

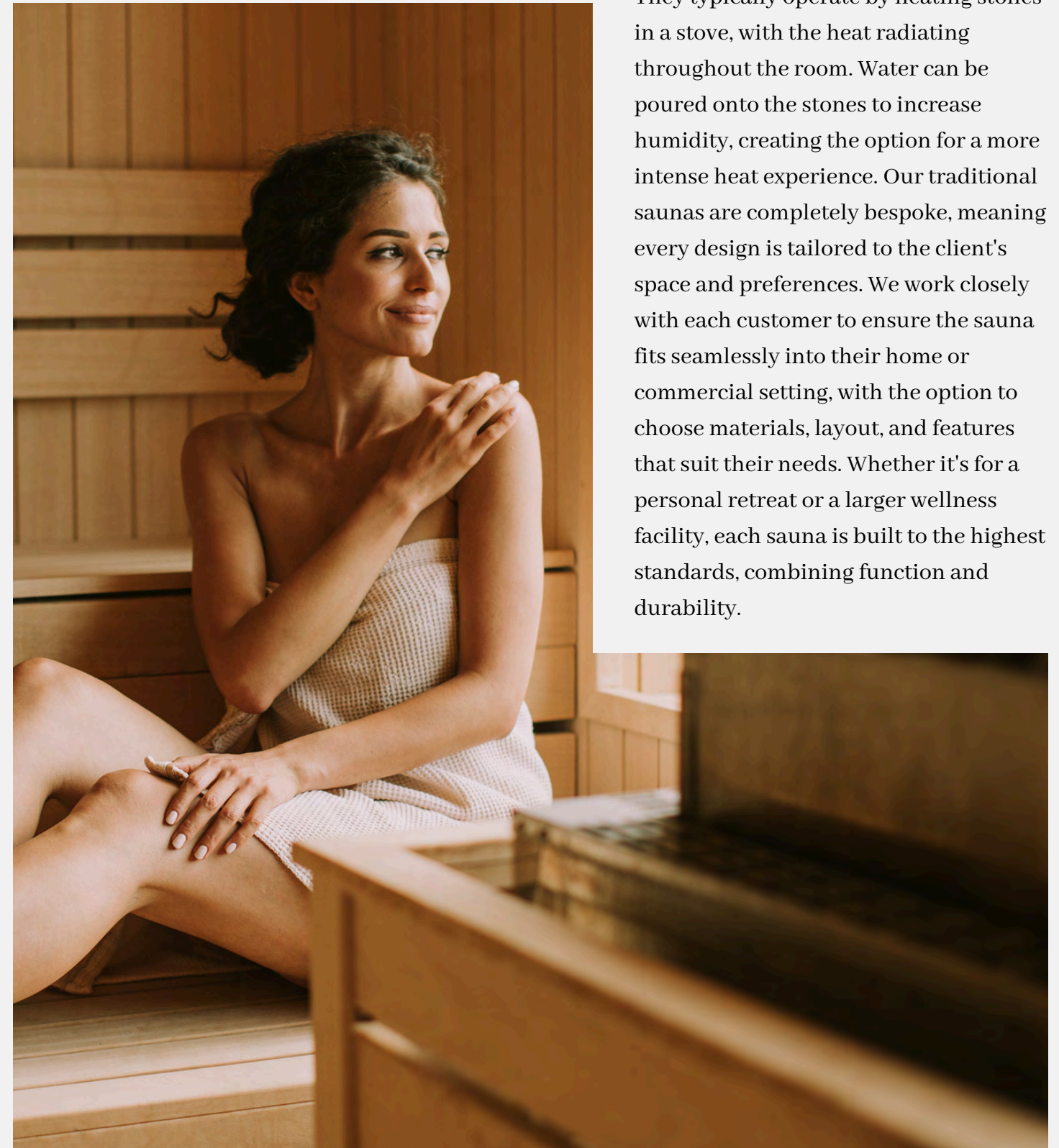
# ABOUT US

At One Pool and Spa, we design and manufacture custom sauna and steam rooms in our own factory, ensuring complete control over quality and craftsmanship. We import premium timbers from Estonia, known for their strength, beauty, and sustainability, to create a product that is both functional and durable. Each sauna and steam room is made to order, allowing us to tailor the design to meet the unique needs of our clients, whether it's for a private residence or commercial space. Our experienced team works closely with every customer to ensure the final product meets the highest standards, offering a refined, reliable solution that enhances any wellness environment. From initial concept to final installation, we take pride in delivering a product that reflects our commitment to precision and quality.



# TRADITIONAL FINNISH SAUNA

Traditional saunas use heat to create a dry, high-temperature environment that promotes relaxation and health benefits. They typically operate by heating stones in a stove, with the heat radiating throughout the room. Water can be poured onto the stones to increase humidity, creating the option for a more intense heat experience. Our traditional saunas are completely bespoke, meaning every design is tailored to the client's space and preferences. We work closely with each customer to ensure the sauna fits seamlessly into their home or commercial setting, with the option to choose materials, layout, and features that suit their needs. Whether it's for a personal retreat or a larger wellness facility, each sauna is built to the highest standards, combining function and durability.







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# BENEFITS:

## Deep Detoxification

The highest heat (70-90°C) of a Finnish Sauna induces intense sweating, helping to flush out toxins and impurities from the body more effectively than lower heat alternatives.

## Muscle Recovery & Circulation

The high temperature cause blood vessels to dialate, increasing circulation and promoting faster muscle recovery.

## Relaxation Through High Heat & Steam

Traditional saunas use heated stones to create steam, offering a more immersive and soothing experience compared to dry heat or infrared panels.

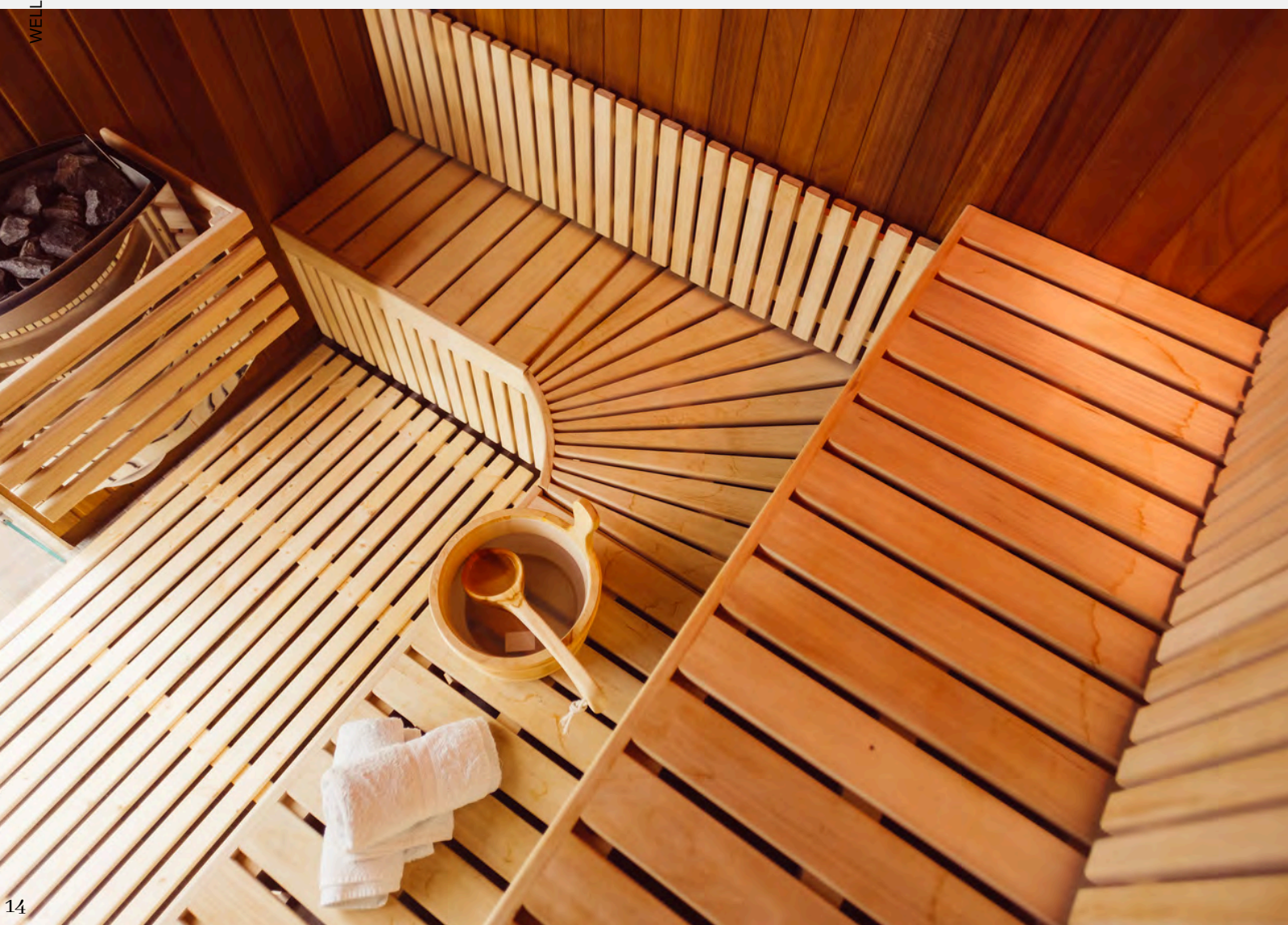
## Strengthens Immune Systems

The heat exposure stimulates white blood cell production, helping to boost the immune system and improve the body's ability to fight off illnesses.

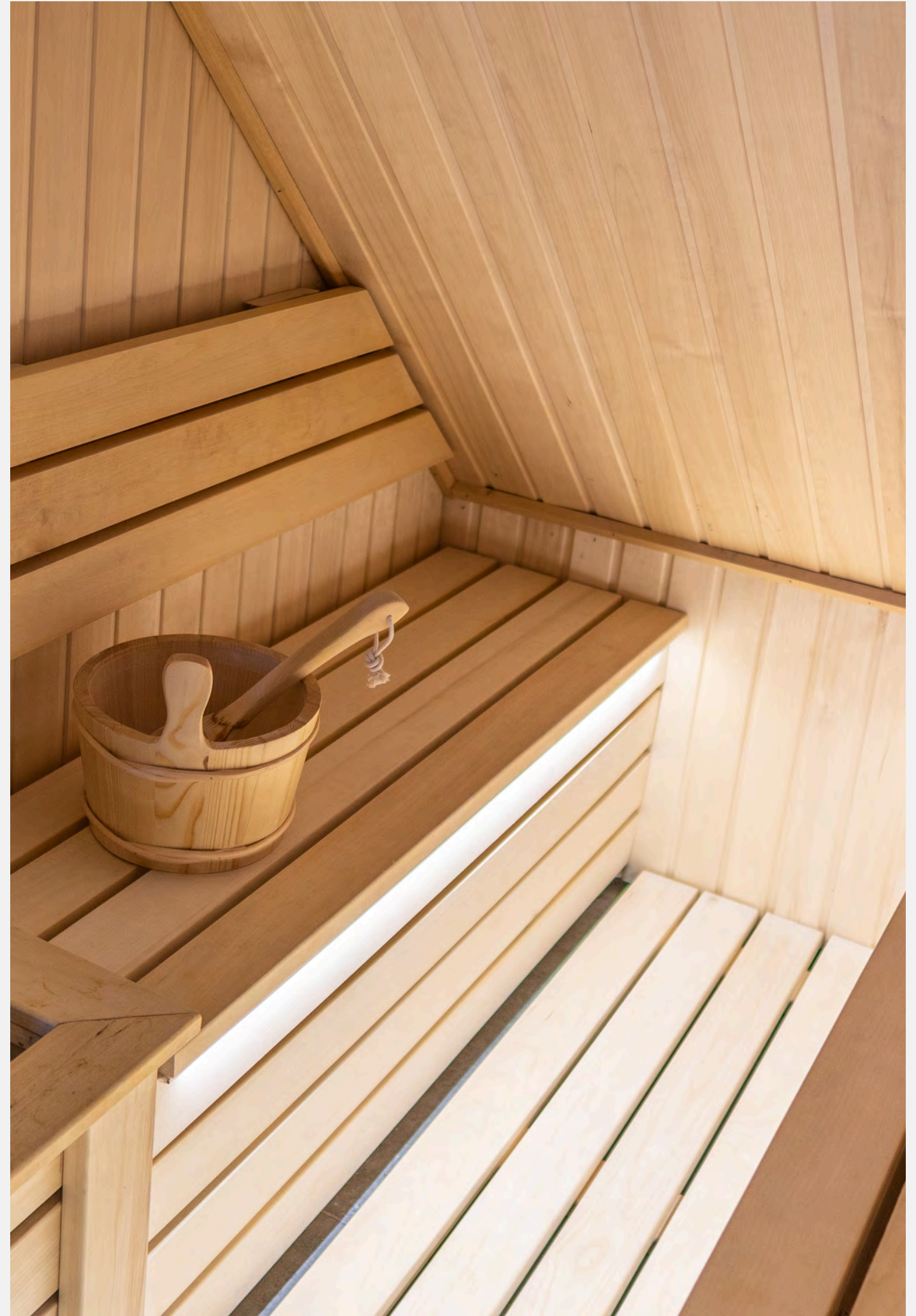
## Promotes Deeper Sleep

The high heat exposure followed by a cooldown mimics the body's natural sleep cycle, promoting relaxing and deeper, more restorative sleep.





“Just had our sauna and  
steam room complete.  
It’s beyond our wildest  
dreams, first class  
service”.





**Drop**

At One Pool and Spa, we use HUUM electric sauna heaters and controls to provide a premium sauna experience. HUUM combines traditional craftsmanship with modern technology, offering efficient, mild heat and smart controls for easy temperature management. Their sleek, nature-inspired designs enhance both the function and aesthetics of your sauna.

# HUUM

**PRODUCTS**

**Core**



**Hive**



**Steel**



# INFRARED SAUNA

An infrared sauna offers a modern approach to traditional heat therapy, using advanced infrared technology to provide a deeply relaxing and therapeutic experience. Unlike traditional Finnish Saunas, which heat the air around you, a infrared sauna emits infrared light waves that penetrate directly into your body, warming you from the inside out.

This gentle yet effective heat works at lower temperatures, making it more comfortable while still delivering powerful health benefits.

We design and build bespoke infrared saunas tailored to your space and needs. Our custom saunas are made with high quality materials and advanced infrared technology to provide an effective and comfortable sauna experience. Whether for a home or a commercial setting, we create saunas that fit seamlessly into your environment.





# BENEFITS:

## Gentle & Efficient Heating

Unlike Finnish Saunas, which heat therapy air, infrared saunas use infrared light to penetrate the skin directly, providing warmth at a lower temperatures (45-60°C) while still including deep sweating.

## Targeted Muscle & Joint Relief

Infrared heat penetrates deeper into muscle and joints, helping to relieve tension, reduce inflammation, and ease conditions like arthritis or chronic pain.

## Enhanced Detoxification

Infrared saunas promote detoxification at a cellular level, helping to remove heavy metals, chemicals, and other impurities from the body more effectively.

## Supports Weight Loss & Metabolism

The infrared heat increases heart rate and metabolic activity, mimicking the effects of moderate exercise and potentially aiding calorie burn.

## Improves Skin Health & Collagen Production

The deep penetrating heat stimulates circulation and collagen production, promoting clearer skin, reducing wrinkles, and helping with conditions like acne or eczema.

## Convenient & Energy Efficient

Infrared saunas heat up quickly and require less energy than traditional saunas, making them a more convenient and eco-friendly option for home use.





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For an added touch of luxury and wellness, we offer a Mosaic Salt Wall feature as an optional addition to all our saunas.



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# CLADDING OPTIONS

We offer a wide selection of high-quality sauna cladding in various finishes and materials, all imported from Estonia and made from Grade A materials for exceptional durability and style.



## Alder Sauna Wood Cladding



Our STP sauna wood cladding offers a refined, easy-to-install option for sauna walls and ceilings. With narrow grooves and rounded edges, it provides a soft finish while allowing steam to drain. It can also be paired with other wood profiles for a unique look.

## Thermo Aspen Sauna Wood Cladding



Thermory STS4 sauna wood cladding is a sustainable, durable option for sauna walls and ceilings. With slender, angular grooves, it creates a bold look and can be combined with other wood profiles for a modern, unique design.

## Aspen Sauna Wood Cladding



Our Thermory STP sauna wood cladding offers a refined, easy-to-install solution for sauna walls and ceilings. With narrow grooves and rounded edges, it creates a soft, sleek finish while allowing steam to drain efficiently. The STP profile can be paired with other wood profiles for a unique, contrasting look.

## Thermo Aspen Sauna Wood Cladding Step



Our Thermory STEP sauna wood cladding features broad grooves for an angular look and is easy to install. Perfect for sauna walls or feature walls, it can be paired with other wood profiles for a unique, contrasting finish.

## Alder Sauna Wood Cladding Step



Thermory STEP sauna wood cladding offers a distinctive, angular look with its broad grooves. Easy to install and versatile for different interiors, it works well for sauna walls or as a feature wall, and can be paired with other wood profiles to add contrast and unique details.

# HEATED LOUNGERS

Our mosaic heated loungers provide warmth and comfort, making them a great addition to spas, wellness areas, and poolside spaces. The gentle heat helps relax muscles and enhance overall relaxation. Designed with ergonomic shaping, they offer a comfortable place to unwind. With customisable tile options, you can create a design that suits your space while enjoying the benefits of a heated surface. Whether for post-treatment relaxation or as a feature in a wellness area, our heated loungers provide a practical and stylish seating solution.



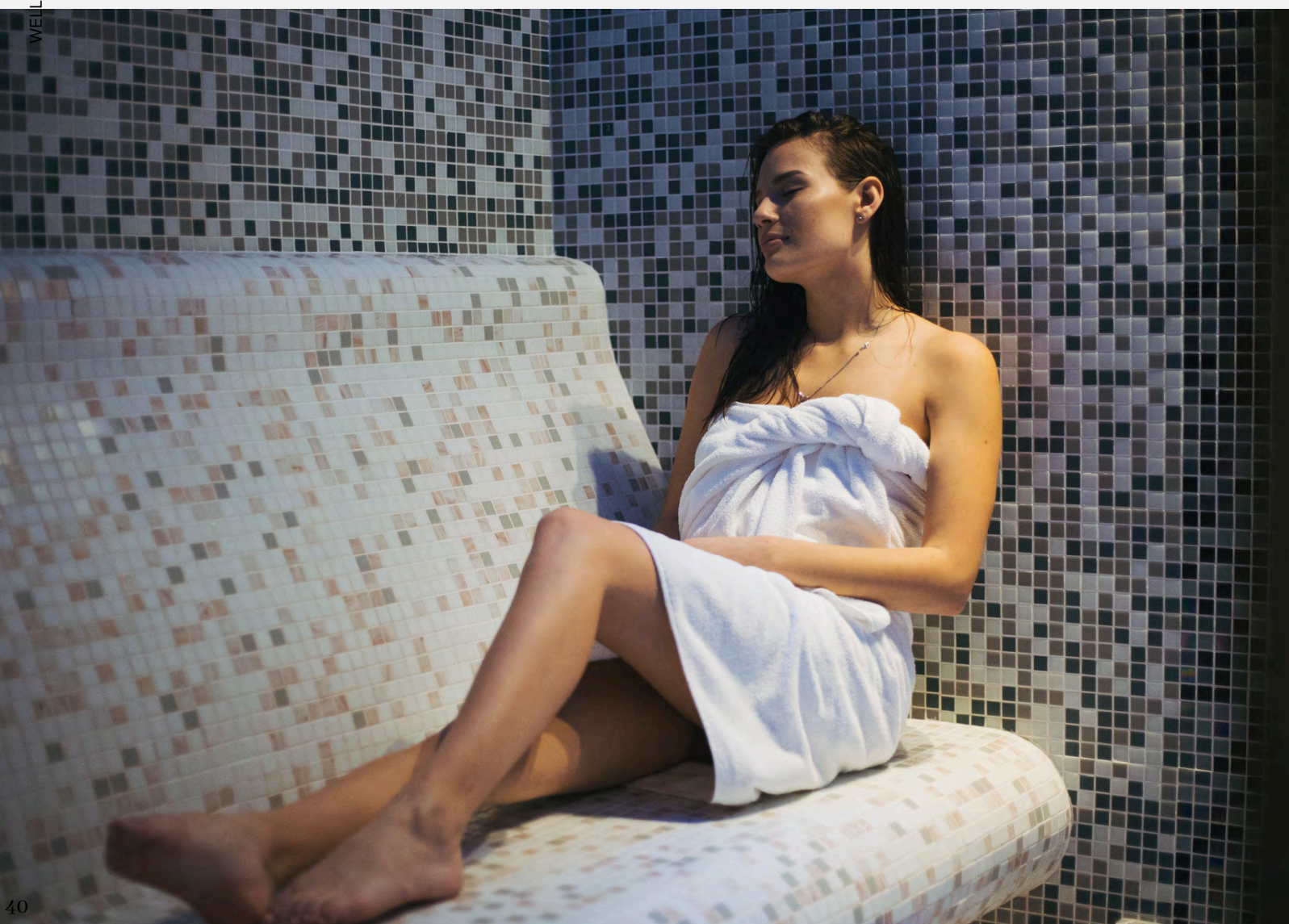


# STEAM ROOM

A steam room is a heated space designed to create a warm, humid environment that promotes relaxation, detoxification and overall well-being. Unlike dry saunas, steam rooms generate moist heat by producing steam, typically through a steam generator that boils water and releases Vapor into the enclosed space. This high humidity opens pores, soothes muscles, and enhances circulation, offering a rejuvenating spa-like experience.

At One Pool and Spa, our steam rooms are manufactured with precision, using high quality materials and advanced steam technology to ensure consistent temperature and humidity control. Customisable features, bespoke designs, and expert craftsmanship make our steam rooms a luxurious addition to any home or commercial wellness space.





# BENEFITS

## Deep Hydration

Unlike dry heat, the humidity in a steam room keeps the skin hydrated, leaving it soft and refreshed.

## Respiratory Health

The warm, moist air helps open airways, clear congestion, and ease breathing, making it beneficial for those with asthma, allergies, or colds.

## Muscle Joint Relief

The penetrating heat relaxes muscles, reduces stiffness, and soothes joint pain, aiding in recovery after exercise.

## Detoxification

Steam induced sweating helps flush out toxins, similar to a sauna, but with added hydration benefits.

## Stress & Mental Well-Being

The enveloping warmth promotes relaxation, eases tension, and supports overall mental well-being.

## Gentle & Soothing Experience

Steam rooms offer a more gentle heat experience compared to the intense dryness of a sauna, making them ideal for those who prefer a milder, enveloping warmth.







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