

# LUKSUS™

## SAUNAS



THERMOZEN™

OUTDOOR SAUNA RANGE



# ESTONIAN FOR LUXURY

**Relax, unwind, and reap the therapeutic  
benefits of a sauna with the luxurious  
ThermoZen outdoor sauna from  
LUKSUS™**

Our refined saunas merge traditional sauna therapy with modern features to deliver the perfect blend of relaxation, health benefits, and Estonian craftsmanship in your garden.

Each sauna is constructed using the highest quality materials, guaranteeing longevity and peak functionality. Whatever your wellness goals, our outdoor saunas deliver.

Luksus, where traditional sauna therapy meets cutting-edge design for superior home wellness.

Made In  
Estonia 

# EXCEPTIONAL BUILD QUALITY

Outdoor saunas are exposed to the extremities of weather all year round so exceptional build quality is a must. When it comes to building high-quality, long-lasting saunas, Luksus heavily scrutinise every aspect of design and build to ensure the pinnacle of durability is achieved without sacrificing user experience.

## Premium Materials

Poor quality timber can quickly fall into disrepair when exposed to the elements outdoors, so Luksus saunas only use Thermowood, the highest quality wood for saunas. With tinted glass front panels that give more privacy and let in more light, they provide a more open and spacious feel to the sauna oozing luxury.

## Durability

Luksus Saunas are built to last. With 42 mm thick weather resistant side walls, 28 mm thick back wall, and 8 mm thick toughened glass front, Luksus Saunas can handle the toughest weather conditions thrown at them.

## Expert Craftsmanship

Premium grade materials are only as good as how they are put together. Luksus utilise traditional carpentry joints for strength, and smooth edges for comfort & safety. The expert Estonian craftsmanship and attention to detail can be seen throughout every Luksus Sauna.

# WHAT IS THERMOWOOD?

Thermowood is a type of wood that has been heat-treated (usually at temperatures between 160°C and 230°C) in a controlled environment. This process alters the wood's chemical structure, making it more durable, resistant to decay, and less prone to shrinking or warping. Thermowood is the best material for sauna construction, as it has several benefits that make it particularly well-suited for the high heat and humidity conditions typical of saunas.

**Enhanced Durability:** The heat treatment process makes Thermowood more resistant to mold, fungi, and insects, extending the life of sauna materials.

**Stability:** Thermowood is less likely to warp, crack, or shrink compared to untreated wood. This is particularly important in saunas, where temperature and humidity levels fluctuate.

**Low Maintenance:** Because it is more resistant to moisture, Thermowood requires less maintenance than regular wood. It doesn't need as frequent sealing or chemical treatments, making it more eco-friendly.

**Sauna Health Benefits:** Thermowood's smooth texture and resistance to moisture prevent the growth of harmful bacteria or fungi that could be a concern in high-humidity environments like saunas.

**Eco-Friendly:** The heat treatment is a natural process that does not involve the use of chemicals, making Thermowood an environmentally friendly option.



Made In  
Estonia



ALSO  
AVAILABLE  
IN LITE

# THERMOZEN S

**The ThermoZen S has the smallest footprint of our outdoor sauna range, perfect for those seeking soothing heat therapy in a compact unit.**

Despite the sauna's small size, it can seat up to 3 people on its sophisticated, curved bench while they look out through the stunning full glass front. Perfect for health enthusiasts and homeowners alike, this sauna provides a private retreat for heat therapy, relaxation, and rejuvenation. Whether you're unwinding after a long day or enhancing your fitness regime, the ThermoZen S Sauna offers a premium sauna experience.



Outdoor



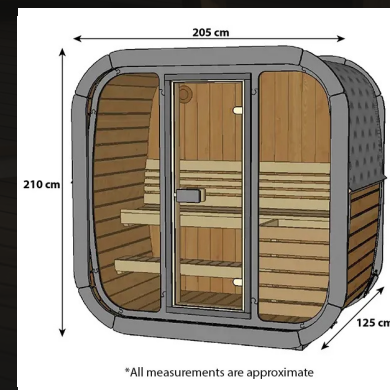
Steam



Thermowood



3 Person





# THERMOZEN M

**With its twin level, L shaped benches, the ThermoZen M outdoor sauna seats 4 people while still maintaining a small footprint in your garden.**

Utilising an innovative design to maximise space but still give fast heat up times, the ThermoZen M cuts no corners when it comes to quality. From the thick 42mm side walls to the 8mm tinted glass front, it's a masterpiece of Estonian craftsmanship, engineered to elevate your wellness routine.



Outdoor



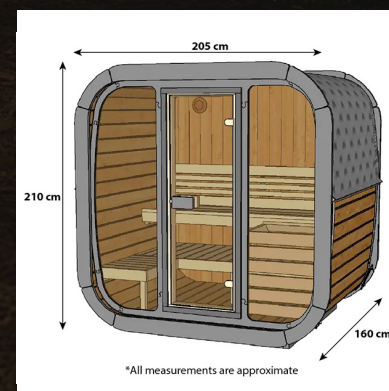
Steam



Thermowood



4 Person



# THERMOZEN L

Featuring twin height benches on both sides of the sauna, the ThermoZen L is great for those looking for a spacious & sociable sauna experience.

Striking the perfect balance between practicality, comfort, and eye-catching aesthetics, up to 6 people can enjoy the soothing powers of sauna at the same time.

As you would expect from a Luksus Sauna, every aspect has been built to the highest standards of luxury and durability by world leading Estonian craftspeople. From the 42mm thick timber construction, to the tinted full glass panel front, the ThermoZen L oozes quality.



Outdoor



Steam



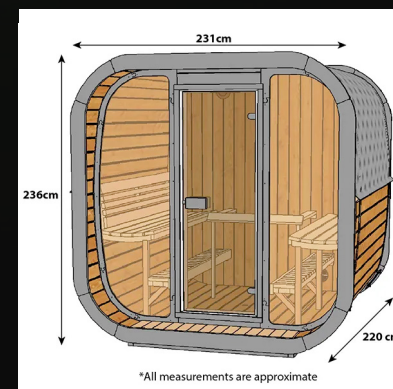
Thermowood



6 Person



ALSO  
AVAILABLE  
IN LITE





# THERMOZEN R

**Its distinctive barrel sauna aesthetic makes the ThermoZen R sauna stand out from the rest of the ThermoZen range.**

The barrel style of sauna originated in Finland, but Luksus have enhanced it further with our expert Estonian craftpeople. With all the premium features that Luksus Saunas have as standard such as its 8mm tinted glass front and 42mm thick Thermowood construction, the twin level, L shaped benches are perfect for up to 4 people to enjoy the ultimate sauna



Outdoor



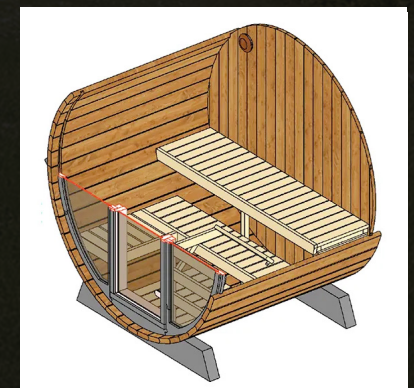
Steam



Thermowood



4 Person



# HEALTH BENEFITS

**Saunas aren't just another wellness trend; they lead to better health which is backed up by numerous scientific studies.**

These health benefits are well understood in Finland where their nation of 5.5 million people maintains over 3.3 million saunas, showing just how beneficial saunas can be to daily life.

Luksus' premium saunas deliver remarkable health improvements similar to moderate exercise. Whether you're looking to boost your heart health, strengthen your immune system, or improve your mental health, our range of luxury saunas offers these powerful benefits.

## Heart Health

**Increased Heart Rate:** The heat from a sauna can cause your heart rate to rise, which is similar to moderate physical exercise.

**Enhanced Circulation:** The heat causes blood vessels to dilate, improving blood flow and circulation.

## Muscle Relaxation and Pain Relief

**Reduced Muscle Tension:** The heat from a sauna can help relax muscles and alleviate pain or tension.

## Detoxification

**Sweating:** Saunas induce heavy sweating, which helps to expel toxins from the body through the skin.

## Weight Loss

**Calorie Burn:** While the heat itself does not directly burn fat, the increase in heart rate during sauna use can lead to a temporary boost in metabolism and calorie expenditure.

## Mental Health Benefits

**Relaxation:** The heat and calming environment of a sauna promote relaxation by triggering the release of endorphins, which are natural mood elevators.

**Reduced Stress:** Regular sauna use can help reduce stress and anxiety levels by allowing time to unwind and de-stress in a peaceful environment.

## Immune System

**Increased White Blood Cell Production:** The heat in a sauna can stimulate the production of white blood cells, which play a key role in fighting off infections and illnesses.

**Enhanced Blood Flow to Organs:** By increasing circulation, saunas help deliver oxygen and nutrients to vital organs.

## Improved Respiratory System

**Clearing Air Passages:** Inhaling hot air can help clear nasal passages and alleviate symptoms of colds, asthma, or allergies.

## Improved Skin Health

**Open Pores:** The heat helps open up pores, promoting deep cleansing and removing impurities.

**Increased Blood Flow to Skin:** Enhanced circulation can provide more oxygen and nutrients to the skin.

THERMOZEN<sup>TM</sup>  
OUTDOOR SAUNA RANGE

LUKSUS<sup>TM</sup>  

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SAUNAS

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