



SAUNA PRICE LIST

SAUNAX INFRARED SAUNAS

Name	Size	Price
Pieni	100 x 100cm	£2,599.00 inc.vat
Keski	110 x 125cm	£2,799.00 inc.vat
Suuri	120 x 180cm	£3,549.00 inc.vat
Mahtava	150 x 200cm	£4,499.00 inc.vat

SAUNAX TRADITIONAL SAUNAS

Name	Size	Price
Pieni	120 x 120cm	£2,999.00 inc.vat
Keski	150 x 150cm	£3,405.00 inc.vat
Suuri	120 x 180cm	£3,950.00 inc.vat
Mahtava	150 x 200cm	£4,519.00 inc.vat

SUNSOKA INFRARED SAUNAS

Name	Size	Price
1 Person	110x100x190cm	£1,375.00 inc.vat
2 Person	120x105x190cm	£1,499.00 inc.vat
3 Person	150x120x190cm	£1,849.00 inc.vat
4 Person Corner	155x60x120x190cm	£2,099.00 inc.vat

'We also supply bespoke custom built saunas to meet your requirements'

[WWW.BZC.CO.UK](http://www.bzc.co.uk)

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FREQUENTLY ASKED QUESTIONS

Is infrared really safe?

Absolutely! Infrared light energy is beneficial and not at all damaging to the body. Infrared has been researched and used in medical practices for many years. Many maternity wards in hospitals use infrared lamps to warm newborn babies. Sports medicine has long accepted and used infrared to promote healing of sprains and strains. NASA has also concluded after lengthy trails in the 1980's that infrared therapy is the best way for astronauts to maintain cardiovascular fitness on long cramped space flights.

How often can I use an Infrared Sauna?

As with any form of exercise, it is important to build up a tolerance. Use a lower temperature (35°C) for about 15-20 minutes, initially 3 times in a week. Once conditioned, many people enjoy daily sessions of up to 35-40 minutes.

How will using an Infrared Sauna benefit my skin?

Infrared heat helps develop the body's capillary network. This increases the blood circulation to your skins surface. Together with infrared heats super cleaning effect, you will see a noticeable improvement in your skins texture, complexion and tone.

How do I burn calories and get a cardiovascular workout by sitting in a infrared sauna?

When our body heats up, the heart pumps blood faster around the body and to the extremities of the body. Muscles worked during exercise produce heat, and the body needs to compensate. The best defence the body has to overheating is sweating because sweat evaporates from the skin taking the heat with it. Our body expends energy to produce sweat - 1g of sweat requires 0.586 kcal. A moderately conditioned person can easily sweat off up to 1000gms or more in a single sauna session - the equivalent in sweat to run 10 - 15km. So, by sitting in your Sauna your body will start to sweat, raise the heart rate and dilate the capillaries and other parts of the cardiovascular system - offering many of the same cardiovascular benefits as from running or rowing.

Dealer Stamp

Manufacturers reserve the right to change dimensions or products supplied in kits without notice.



LUXURY SAUNAS
DESIGNED FOR HOME



CREATE YOUR OWN LUXURY SAUNA IN YOUR HOME



Design your own personal high-to

With a BZc personal sauna you can enjoy health and relaxation in your own home - at a totally affordable price. Our home-assembly kits make owning your own sauna easy and inexpensive, so you can treat yourself to a luxury heat treatment without visiting a health spa or fitness club. What's more, our home saunas are designed to fit the snugest of home spaces - you'll be pleasantly surprised to find where you can fit yours.

WHY BUILD A SAUNA AT HOME?

Hot Health Benefits

Relaxing in our saunas increases your heart rate and speeds blood circulation in a similar way to rigorous exercise, meaning you'll experience a gentle cardiovascular workout whilst luxuriating in warmth and comfort. Our saunas soothe tired or sore muscles after exercise and alleviate lower-back pain. Sauna heat - particularly infrared heat - is also thought to be very beneficial for relieving muscular and skeletal aches and pains.

See Excess Weight Evaporate...

The cardiovascular benefits of a sauna session mean you'll burn calories and control weight just by relaxing in your own personal heated cabin. Simply step into your sauna and let the gentle heat work its magic. Heat therapy is recommended as a safe way to increase the heart rate and burn fat, so our saunas put your body through a weight-loss regime while you relax and unwind.

Total Cleansing and Detox

A personal sauna session cleanses the body, releasing toxins from deep within the skin and internal tissues. The result: cellulite reduction, glowing skin and a younger, softer complexion.

Relaxation and Rejuvenation

A personal sauna offers total relaxation - a place where you can unwind in peace, letting go of stress and tension, whilst actively boosting your health and appearance. During your sauna sessions, increased circulation enriches your blood with oxygen, meaning you'll feel totally revived, rejuvenated and raring to go.



Saunax Mahtava Infrared Sauna



Saunax Pieni Infrared Sauna

Each or traditional sauna – the choice is yours

OUR REVOLUTIONARY INFRARED SAUNAS

Our infrared saunas produce light-rays scientifically proven to be deeply therapeutic, removing more body impurities at lower temperatures than traditional heat treatments. Healthy infrared light gently warms your body without over-heating the air around, meaning you enjoy the health benefits associated with a sauna session in a drier, more pleasant atmosphere.

Sunsoka Infrared Saunas

Our easy-to-assemble Sunsoka Saunas are a totally cost-effective home-health solution. Within two hours your sauna will be assembled and ready to use, and at less than 30p a session anyone can afford the healthier lifestyle these quality saunas have to offer. All our self-construction products are high-end luxury items, so you won't be surprised to learn your Sunsoka Sauna features a CD player and radio for personal sounds while you sauna.

Saunax Infrared Saunas

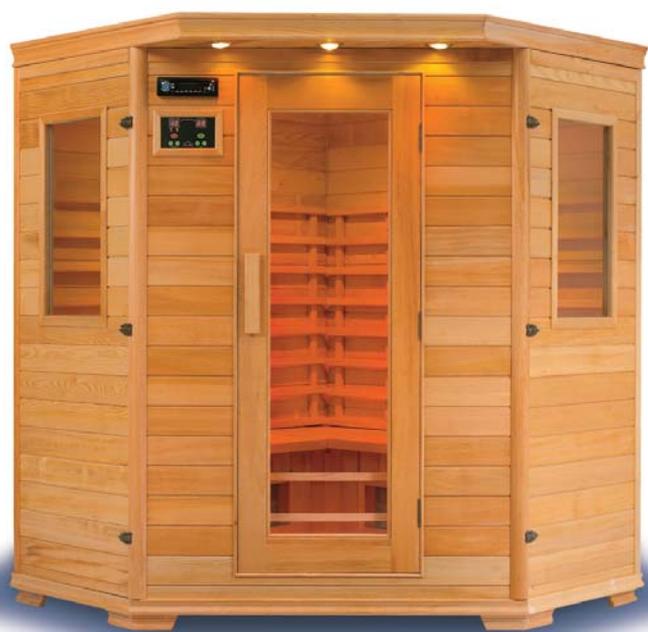
For total luxury and style, choose a sturdy, heat-treated-timber sauna from our Saunax range. These designer cabins use chic natural-wood styling to create a totally exclusive sauna experience - unadulterated luxury in your own home. Our Saunax home saunas have all the benefits of easy assembly and compact styling, whilst providing a beautiful interior-designed space for total relaxation.

OUR RANGE OF TRADITIONAL SAUNAS

Within the deluxe Saunax range we also offer traditional saunas, which provide the genuine 'hard' heat of a Scandinavian sauna. Essentially, you'll create the identical facilities of an elite day spa in your own home. Our traditional saunas offer all the health benefits of our infrared models - with an extra touch of authenticity for pure sauna enthusiasts. With a 'hard' heat sauna, you'll experience the sensations of a centuries-old European health practice at a highly accessible price.



Example of a bespoke customer order



Sunsoka 4 Person Corner Sauna



Sunsoka 2 Person Sauna