



Simply Spas Alpine Collection: Sauna Features

- ✓ Moulded Design, rot-resistant polyethylene cradle
- ✓ Milled from solid 35mm clear thick kiln-dried, Western Red Cedar heartwood
- ✓ All natural wood components resist stains and odour absorption
- ✓ Ball and socket construction for long-lasting durability
- ✓ Stainless steel bands for extra rigidity
- ✓ Tinted, tempered glass door
- ✓ Wall-mount Light, Thermometer and towel rack
- ✓ Wooden bucket and Ladle to control the humidity
- ✓ The barrel saunas "breathe", making humidity low so very high temperatures can be tolerated



Key Benefits of Using the Barrel Sauna

- ✓ Aid weight loss
- ✓ Reduce signs of ageing
- ✓ Fight cellulite
- ✓ Give natural pain relief
- ✓ Strengthen your cardiovascular system
- ✓ Boost your mood
- ✓ Improve your immune system
- ✓ Fight insomnia, jet lag and hangovers
- ✓ Promote healing (i.e. sports injuries)
- ✓ Prevent injuries (through effective warm-ups)

