

# SAUNA: A COMPLETE BUYER'S GUIDE

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PERFECT WELLNESS



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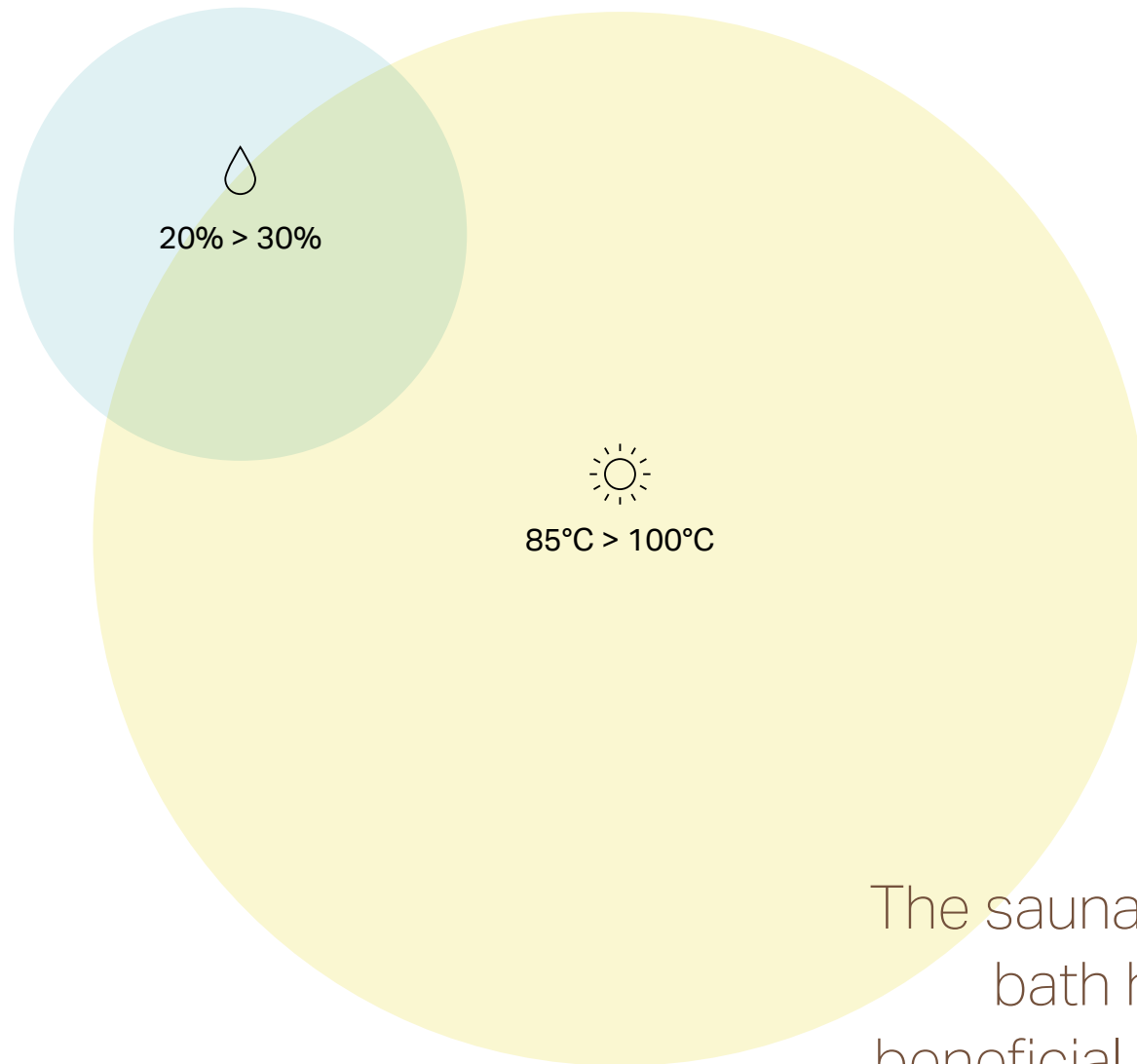
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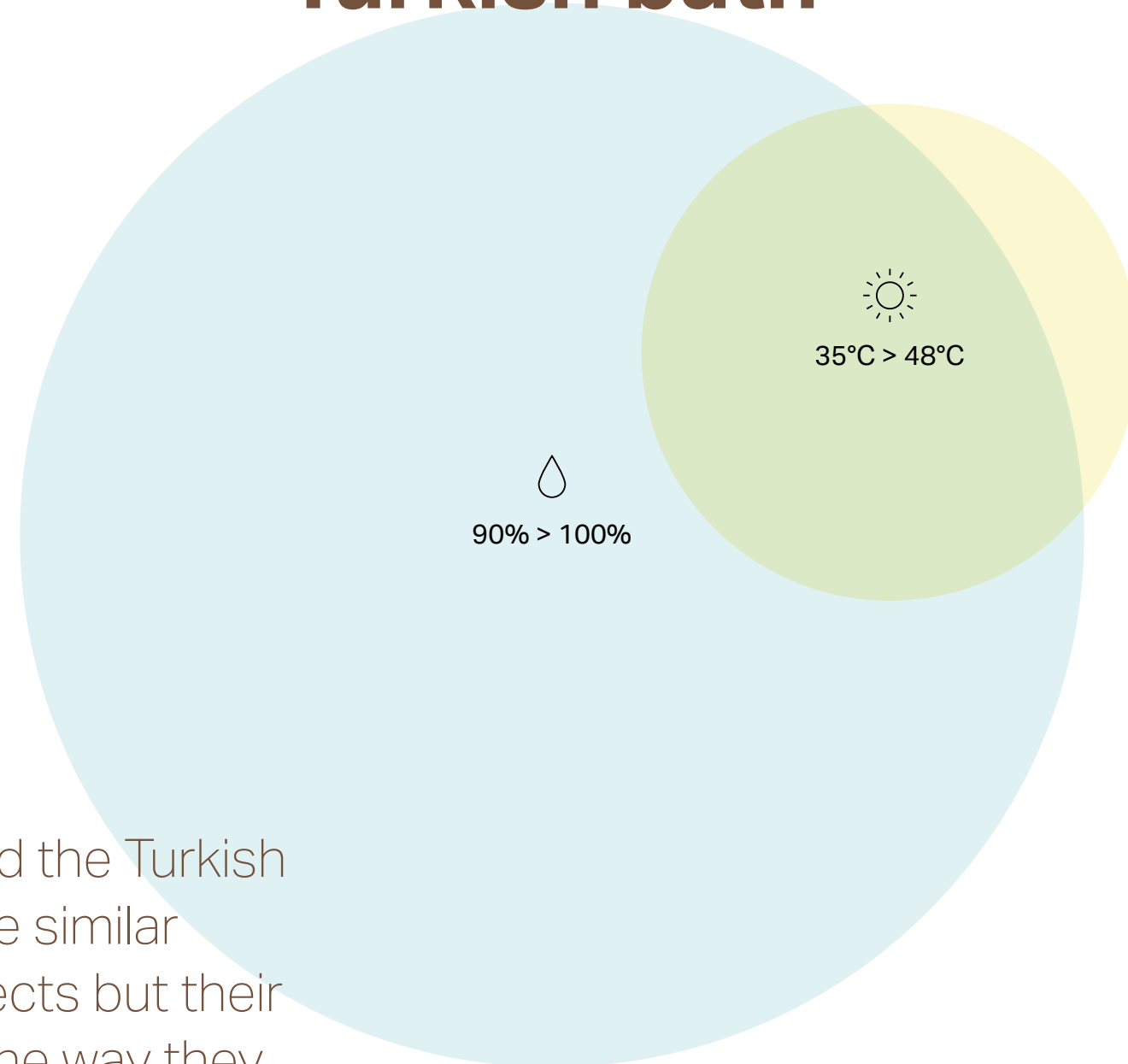
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## Finnish sauna



## Turkish bath



The sauna and the Turkish bath have similar beneficial effects but their origins and the way they are used are very different.

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# WHAT IS A SAUNA

The origins of the Finnish sauna are lost in the mists of time. It began as one of the purification rituals common to many ancient religions.

Its therapeutic and aesthetic benefits were known to the Ancient Greeks, but it was primarily the Baltic people, particularly the Finns, who developed it as a supreme source of wellbeing that has spread all over the world.

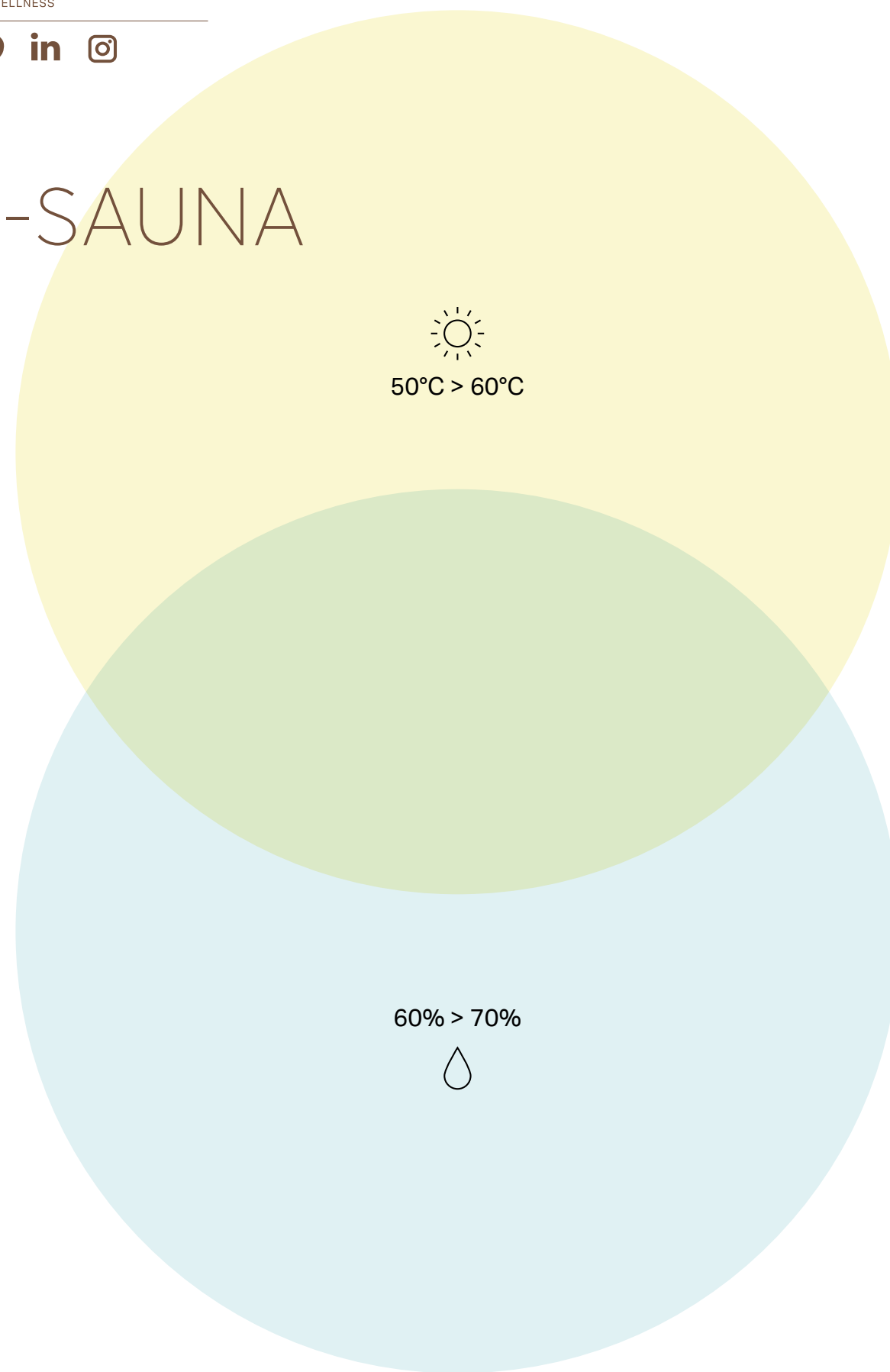
The sauna is a bath of very warm, dry air taken in a closed environment made of natural wood in which a special appliance heats and dehumidifies the air.



# THE BIO-SAUNA

The Bio-sauna is a sauna whose temperature ranges from 50 to 60°C with humidity between 60-70%.

A special bio-sauna stove creates the perfect balance between heat and humidity, a halfway house between the Finnish sauna and the Mediterranean nature of the steam bath.







TRADITIONAL  
SAUNA HEATER



BIO-SAUNA  
HEATER

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THE BENEFITS OF A SAUNA

# THE BENEFITS OF A SAUNA

## LETTING GO OF TENSION

The sauna has extraordinary relaxing and detoxing properties, with positive influences on both body and mind. There is no more effective way of banishing nervous tension and soothing anxiety because the sauna stimulates the natural process of restoring physical and mental balance.

## SKIN CLEANSING

The skin is purified as sweating eliminates acids and toxins. The autonomic nervous system is stimulated, improving overall metabolism. The deep-cleansing action leaves your skin looking clear and glowing.

## A MORE SUPPLE BODY

On the beauty front, regular use of the sauna teamed with a healthy diet, reduces cellulite and makes the body tissues more elastic.

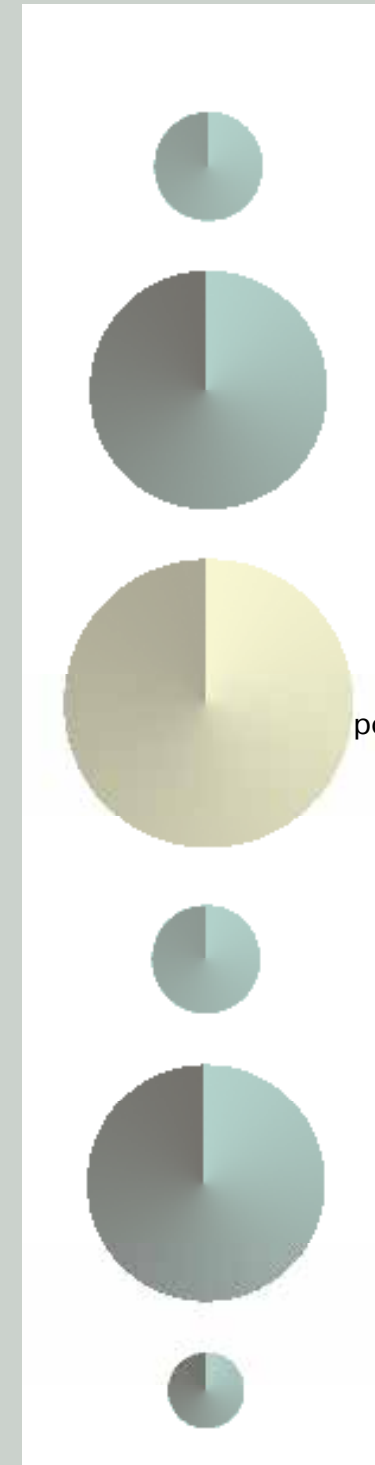
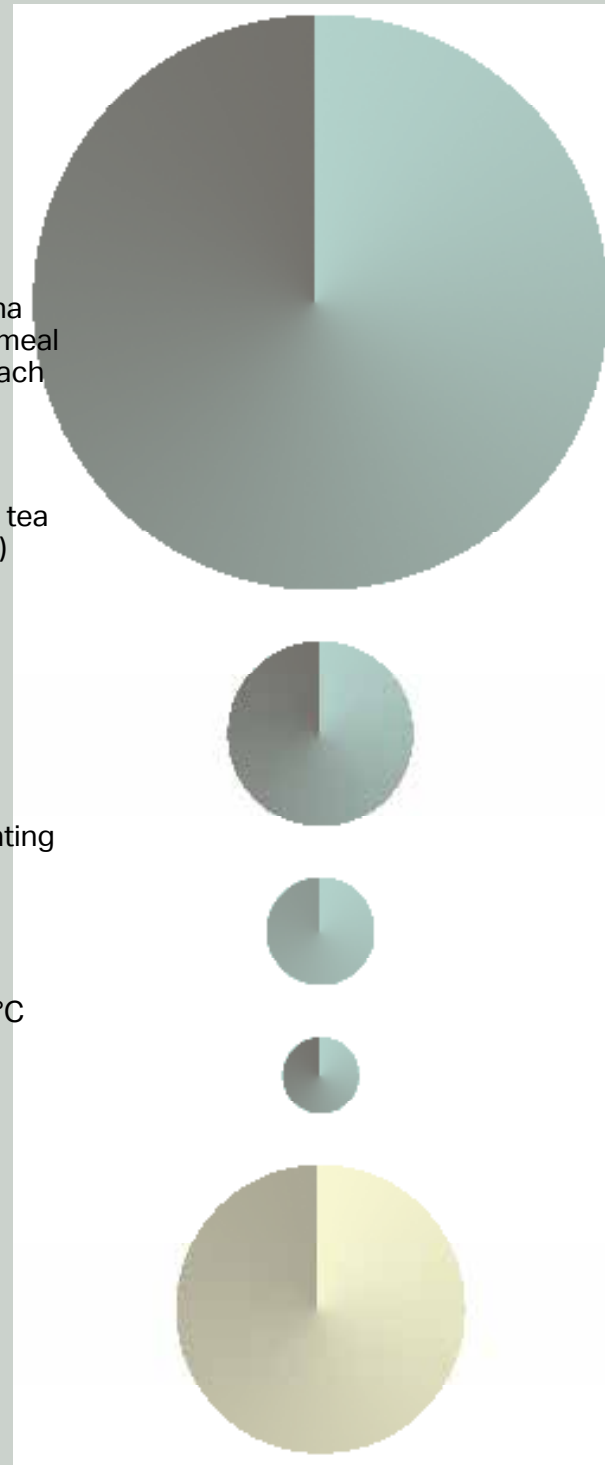


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HOW TO TAKE A SAUNA

TAKING A SAUNA MEANS WARMING THE BODY UP  
THEN COOLING IT DOWN.  
TO GET THE BEST OUT OF YOUR SAUNA SESSION  
WE RECOMMEND YOU DRINK SOME WATER OR  
HERBAL TEA BEFORE ENTERING AND HAVE A  
WARM SHOWER.  
DRY YOURSELF THOROUGHLY BECAUSE YOU  
BEGIN TO SWEAT MUCH QUICKER IF YOUR SKIN IS  
DRY.

# HOW TO TAKE A SAUNA

- A.**  
(60 minutes)  
Get ready to enter the sauna  
at least 1 hour after your last meal  
but never on an empty stomach
- ↓
- B.**  
(6 minutes)  
Drink some water or a herbal tea  
(lime-blossom, camomile)
- ↓
- C.**  
(2 minutes)  
Take a warm shower
- ↓
- D.**  
(1 minute)  
Dry yourself to increase sweating
- ↓
- E.**  
(15 minutes)  
Sauna.  
First bath in dry air 90-100°C  
20% humidity



- F.**  
(2 minutes)  
Cool shower  
to close open pores
- ↓
- G.**  
(10 minutes)  
Stretch out and relax  
on the lounger
- ↓
- H.**  
(15 minutes)  
Sauna.  
Second bath in heated steam,  
pouring water over the red-hot stones
- ↓
- I.**  
(2 minutes)  
Cool shower
- ↓
- J.**  
(10 minutes)  
Stretch out and relax  
on the lounger
- ↓
- K.**  
(1 minute)  
Drink some water





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HOW TO CHOOSE A SAUNA

A woman with long dark hair is lying on a wooden bench inside a sauna, wrapped in a white towel. She has her eyes closed and appears to be resting. The sauna has light-colored wooden walls and benches. A glass door with a metal handle is visible on the left side of the frame. The lighting is warm and soft.

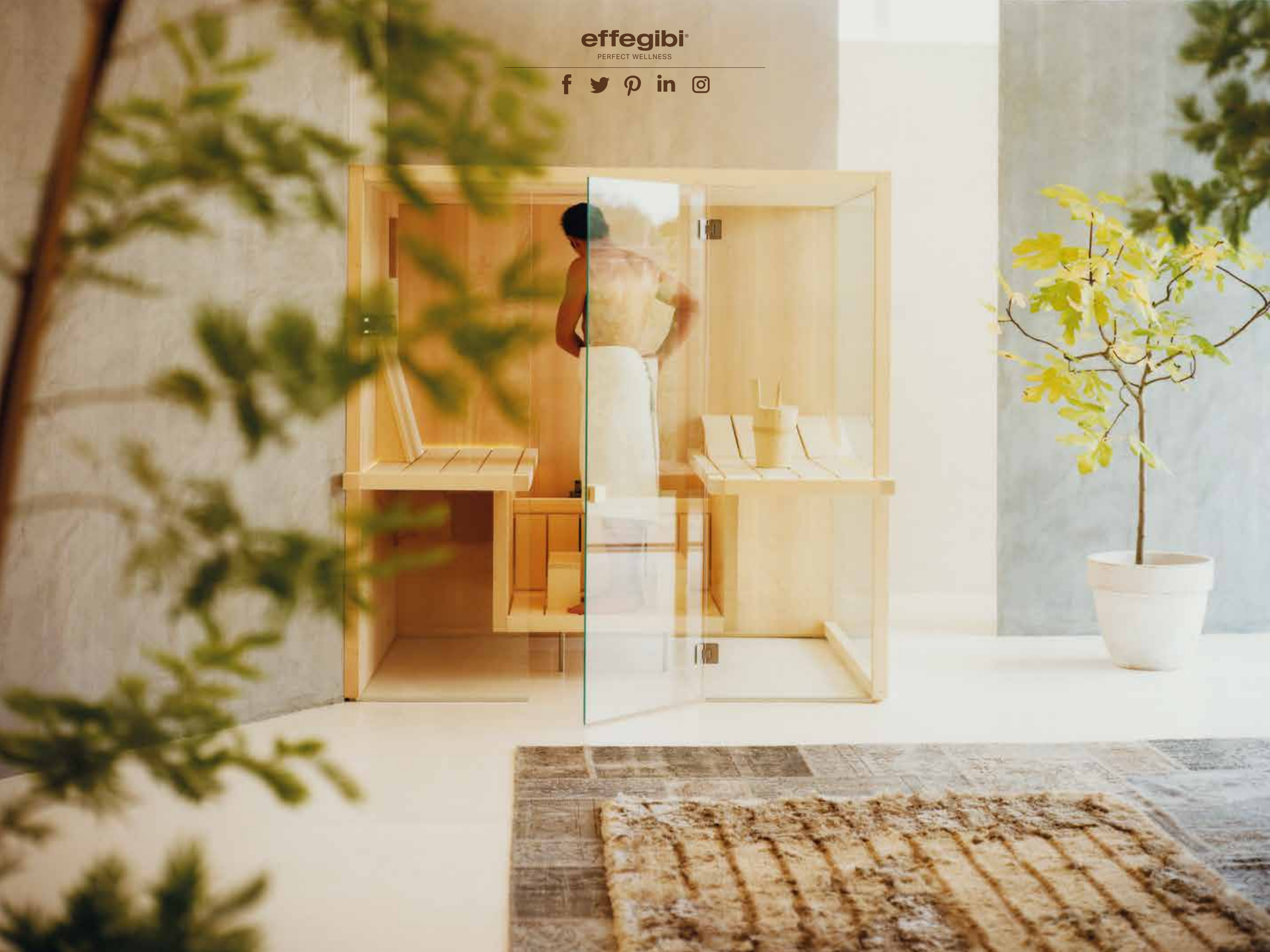
**effegibi®**  
PERFECT WELLNESS



EFFEGIBI HAS BEEN MAKING FINNISH SAUNAS  
FOR OVER 25 YEARS, ENGAGING IN CONSTANT  
RESEARCH TO IMPROVE THE PRODUCT IN TERMS  
OF ITS DESIGN, THE QUALITY OF ITS MATERIALS  
AND HIGH-TECH INNOVATION.



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# HIGH-TECH INNOVATION

## RELIABILITY

The temperature fluctuations in the sauna mean the environment is subject to considerable physical stress. A selection of top quality materials and construction techniques are the basic requirements for a long life.

## MANAGING CONSUMPTION

The safety thermostat built into the heater and the electronics enable smart management of the three heating elements to optimise power consumption. All our high-tech research is aimed at delivering maximum quality and reliability. Every sauna is fully tested for operating efficiency and safety before being delivered to the customer.

## SAFETY

It is a good idea to choose products certified by third parties to guarantee that the construction techniques and materials used come up to international safety standards. Effegibi saunas are certified by IQM, Italy's major certification body.





## USER-FRIENDLY

The control panel instantly operates the on/off function, regulates the temperature set by the user, switches on the warm lighting and runs the colour-therapy sequences fitted as standard to every Effegibi sauna.



# TOP QUALITY MATERIALS

Rigorous aesthetic and reliability standards are the hallmarks of all Effegibi saunas.

Different types of wood are used, all tested for optimum functioning, that maintain the sauna tradition and are compatible with the thermal stress suffered over the years. Our saunas are constructed from over 10 different types of wood, from Canadian hemlock to the traditional Swedish pine, all painstakingly selected and rigorously quality controlled to provide a vast range of aesthetic solutions.



CANADIAN HEMLOCK



TULIPWOOD



NATURAL ASPEN WOOD



SWEDISH PINE



TEAK



HEAT-TREATED ASPEN WOOD



WENGE



OAK



CEDAR



CANALETTO WALNUT



PINE/LARCH AGED INDOORS



PINE/LARCH AGED OUTDOORS



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Personalise your sauna with a  
very special type of wood, unique  
stylish finishes that bear the  
hallmark of history.





# DESIGN

Bodycare is becoming an ever more relevant choice in our daily lives. The time we are able to devote to ourselves is precious and so it is vital for our home to have a place in which to practice it. Effegibi puts a great deal of care into the design of our saunas, calling on the vision of talented architects able to enhance the aesthetics of the sauna with ample glass panels, extreme attention to detail, clever use of lighting, producing designs that are the perfect marriage of the ancient and modern, the hallmark of all Effegibi products.





ALL THE QUALITY AND AESTHETIC  
FEATURES ARE PRESERVED INTACT  
AND EVEN ENHANCED IN OUR MADE-  
TO-MEASURE MODELS THAT ARE  
FULLY PERSONALISED TO BLEND IN  
HARMONIOUSLY WITH ANY  
ENVIRONMENT IN WHICH THE SAUNA  
IS INSTALLED.



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WHERE TO INSTALL  
A SAUNA





THERE ARE NO LIMITS TO  
WHERE A SAUNA CAN BE  
INSTALLED, IT CAN FIT  
PERFECTLY INTO ANY HOME  
ENVIRONMENT.





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THE ONLY PREPARATION NEEDED IS AN  
ELECTRICAL CONNECTION ABLE TO TAKE THE  
POWER USED BY THE SAUNA, THAT WILL VARY  
WITH ITS SIZE.



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## HOW TO CLEAN THE SAUNA

## CLEANING A SAUNA

A sauna is really easy to clean. Clean the benches, walls and floor grille with a cloth lightly moistened with neutral detergent suitable for wood, and then dry them.

We recommend first removing any hair, dust and other residues from the benches and the floor.

The natural wood used for the sauna has not been treated, therefore it must not absorb any detergent.

If there are any stains on the wood, these should be removed by lightly sanding the surface down with sand paper and then removing any dust this creates.

PUT YOUR TRUST  
IN EFFEGIBI EXPERIENCE,  
TECHNOLOGY  
AND QUALITY DESIGN.  
CONTACT US NOW!



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