

**HEALTH  
MATE**®

EXCEPTIONAL  
INFRARED HOME SAUNAS



Step into the perfect home sauna



THE SIMPLE WAY TO GET FITTER, SLIMMER AND HEALTHIER



# Experience the natural beauty of red cedar wood saunas

Saunas are the perfect way to relax, detox and enjoy a healthier lifestyle. Discover the exceptional infrared saunas by Health Mate and enjoy all these benefits in the comfort of your own home, every single day.

## THE HEALTH MATE EXPERIENCE

With over 30 years experience, Health Mate has carefully selected the best materials and the latest technology to ensure an unbeatable sauna experience. Relax in the warmth and knowledge that you have chosen the finest quality infrared saunas with a lifetime warranty.

Our patented heaters provide unmatched therapeutic benefits, and are so energy efficient they cost the same as a hairdryer to operate.

Health Mate infrared saunas are easy to install and are available in a wide range of sizes and specifications so that you can find the perfect model to fit your home.

## MORE THAN A SAUNA...

### Infrared sauna therapy

The amazing health benefits of infrared therapy are now widely recognised, established by over 40 years of extensive scientific research. A daily session of as little as 20 minutes can naturally help to:

- Detox
- Boost immune system
- Reduce stress
- Improve blood circulation
- Burn calories and assist weight maintenance
- Reduce skin problems and enhance skin tone
- Relax muscles
- Relieve joint pain and stiffness

### Safe and effective

Our heaters use the same technology that keeps newborns warm and safe in hospital. Specifically designed for the human body, the infrared heaters warm your body without heating the air around you. No energy is wasted, allowing you to relax and unwind at a comfortable temperature, without worrying about the cost.

### Light therapy

The innovative colour light system allows you to choose from eight settings to enhance relaxation, or revive and refresh your mood.



# HEALTHIER, FITTER, SLIMMER

Doctors advocate infrared saunas to be the most effective method of detoxification

## The perfect way to stay in shape

A session in a Health Mate infrared sauna is equivalent to 15–30 minutes of exercise. As your body warms up, it sets your natural cooling system into action: you start to sweat. This increases your heart rate and blood circulation, requiring more energy as well as exercising your heart. While you sit and relax, your body naturally burns calories.

## Daily detox

Detoxification is one of the most important processes for your body. Sweating in an infrared sauna is the easiest and most effective method of expelling harmful toxins, and naturally boosts your immune system.



## Rejuvenate

And that's also good news for healthy skin. After detoxing and sweating, skin pores narrow, small scars can fade over time and your skin looks younger and fresher.

## Effective relief from Arthritis

Infrared technology has proved to be particularly effective for sufferers of Arthritis. The warmth of the far infrared light penetrates more deeply into the body than other types of heat therapy, effectively easing muscular and joint pain.

A session in a Health Mate far infrared sauna can offer relief from chronic pain. In addition to being a natural painkiller, infrared therapy is great for relieving stiffness of the joints that tend to come with this condition.

## Back, neck and shoulders

As infrared heat warms and relaxes the muscles, it makes them more flexible and eases the tension in the neck and shoulders. It relieves neck, shoulder and back pain, eases muscular and joint pain and stimulates muscle recovery.



## The perfect addition to your home

### THE FINEST RED CEDAR WOOD

Our luxury cabins are crafted from the finest quality Canadian Red Cedar, evoking the calm essence of the forest. The natural curative properties of cedar, its beauty and durability make it the best choice for infrared saunas. Relax in the knowledge that your cabin is certified green, produced from FSC sustainable forests.

### THE LATEST TECHNOLOGY

We use the very latest infrared sauna technology. Change settings via remote control, or on the digital panels inside and out – you can even programme times for it to preheat. Switch on for instant warmth, choose the light therapy to suit your mood, warm your toes on the underfloor heating, then sit back and relax to your favourite music from the built in audio system.

### BEST HEATERS FOR BEST RESULTS

Our patented state-of-the-art heaters are developed exclusively for Health Mate and provide superior therapeutic benefits. They are extensively tested to ensure they have the longest life-span, and are more energy efficient, costing as little as 30p per session, the same as a hairdryer.

### EASY INSTALL

Health Mate infrared saunas are so easy to install, you could be enjoying your first session in under one hour. Our Cedar range models simply plug into a regular socket and no plumbing is required. A range of sizes are available from just one square metre footprint, so there is the perfect size for every home.



**1 PERSON CEDAR RANGE CABIN**  
 4 HEATERS, DIMENSIONS 102 X 103 X 197 CM  
 PRICE £3495

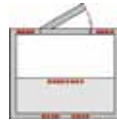


## THE CEDAR RANGE

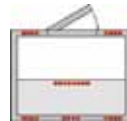
Ideal for every home, the Cedar range fits perfectly in small spaces, starting at just 1 sq m foot print.

These four models come with the full range of Health Mate features and are quick and easy to install, plugging into a regular 13 amp socket.

**2 PERSON**  
 5 HEATERS  
 122 X 113 X 197 CM  
 PRICE £3795



**2-3 PERSON**  
 6 HEATERS  
 137 X 113 X 197 CM  
 PRICE £4195

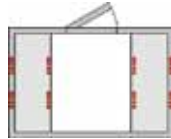


**3 PERSON**  
 6 HEATERS  
 152 X 113 X 197 CM  
 PRICE £4495

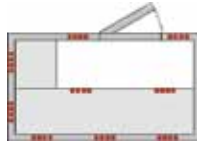




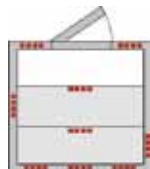
**VANCOUVER**  
8 HEATERS  
179 X 126 X 197 CM  
PRICE £5395



**MALIBU LOUNGE**  
9 HEATERS  
212 X 126 X 197 CM  
PRICE £6395



**BALI CLUB**  
9 HEATERS  
178 X 160 X 197 CM  
PRICE £6395



**NEW**

**MONTE CARLO LOUNGE**  
12 HEATERS, DIMENSIONS 212 X 160 X 197 CM  
PRICE £8295

## THE CEDAR SPA RANGE

Our Cedar Spa models are a luxury range of infrared home saunas, perfect for your family and friends to relax in. These spacious infrared saunas are designed for up to six people to enjoy and are the ideal companion for your hot tub, or installed in home leisure rooms such as an indoor pool, home gym, or spa area. 16–20 amp socket.



# EXCEPTIONAL QUALITY SAUNAS

## GUARANTEED FOR A LIFETIME

Choose a Health Mate infrared sauna and relax in the knowledge that you will have the finest quality and most advanced technology for your home.

Our specialist team check every single Health Mate infrared sauna to ensure superb quality, and we're delighted to back our confidence in every cabin with lifetime warranties on the heaters and wood.

## MEASURED BY SUCCESS

Health Mate has over 30 years experience of manufacturing infrared saunas, and we continue to maintain our number one position, year after year, with our exceptional products and service.

More than 20,000 Health Mate infrared saunas were sold to satisfied customers in Europe and the US last year, and we're confident they will be delighted with their purchase for a lifetime. We'd like you to become one of our happy customers too.



The perfect addition to your home

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