

H Æ K L A

Bringing Wellness Home

Sauna Collection UK





Inspired by Nordic tradition.
A space for calm in every home.
Indoor or outdoor.
Infrared or traditional.
Where the noise of the day fades,
restoring mind and body.

HEKLA

Hekla is an active stratovolcano in the south of Iceland with a height of 1,491m (4,892 ft). Hekla is one of Iceland's most active volcanoes.

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“[Hekla] A mountain whose floods of incessant fire... keeps its crest in an everlasting blaze. This thing awakens our wonder, namely, when a land lying close to the extreme of cold [has such] heat as to furnish eternal fires”

Saxo Grammaticus
(12th-century Danish historian)

Ancient sauna tradition, updated for modern living.

Across Northern Europe, regular sauna use has been part of daily life for centuries, not as an exclusive luxury, but as an essential ritual for living well.



Bringing wellness home, Hekla creates spaces for everyday wellness, without the need for memberships or reservations.



Indoor Collection

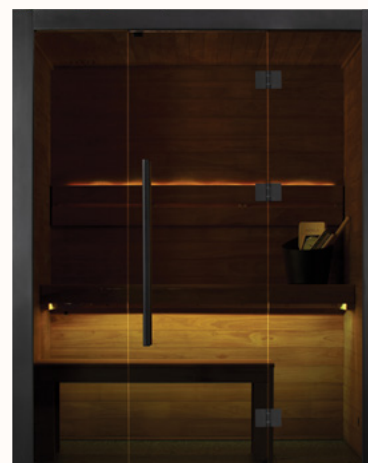
Designed to complement any home interior, gym or wellness studio. Our indoor collection balances timeless Scandinavian sauna craft with refined design aesthetics. An authentic spa experience without leaving your home.



Infrared

Full-spectrum targeted heat for recovery. Minimal warm-up time and gentler air temperatures, designed for effortless daily practice.

See page 18



Traditional

High-temperature, high-intensity heat. Precision electric heating for authentic dry heat and steam, built for the sauna traditionalist.

See page 26

Outdoor Collection

An outdoor sanctuary of your own, turning any outdoor space into a wellness retreat. A place to reconnect and restore.

With a range of sizes, finishes, and heating options, a tailor-made solution is available for any outdoor space.



Cabin

Compact footprint and light-filled panoramic views. Tailored for smaller gardens, with efficient electric heating, designed for daily outdoor retreats.

See page 34



Cube

Bold, architectural, and minimalist in design. Featuring an expansive glass frontage for panoramic views, crafted to complement modern outdoor living.

See page 40



Barrel

Iconic curved timber design delivers optimal heat circulation and efficiency, bringing you the classic outdoor sauna experience.

See page 48

The Sauna Ritual

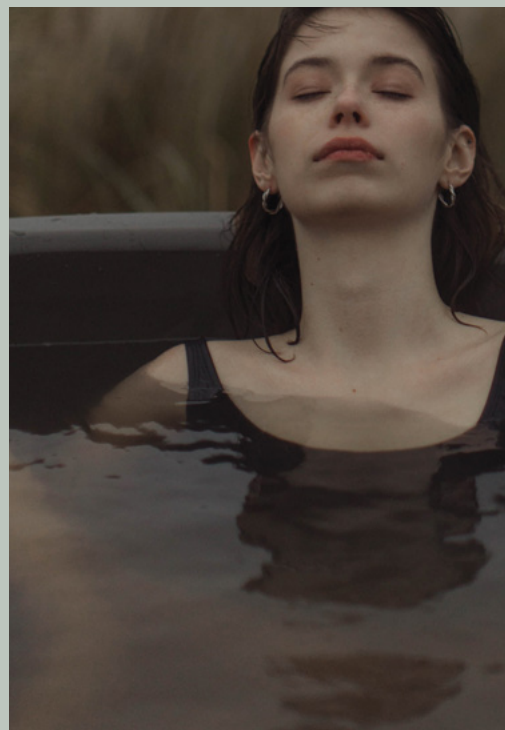
Heat

Step into the enveloping warmth of the sauna for 10 to 15 minutes, allowing a deep, restorative sweat to ease muscular tension and boost circulation.



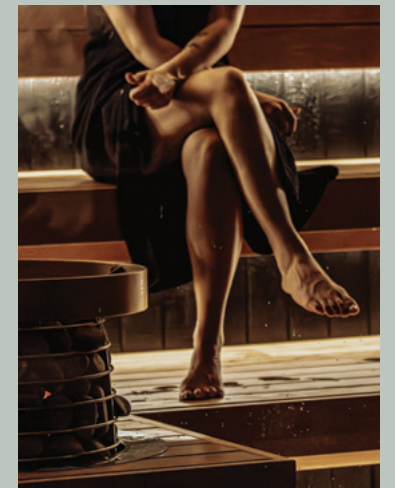
Cool

Step out of the heat and reset with an invigorating cold shower, an ice plunge, or the cool outside air, instantly sharpening focus and waking up the senses.



Rest

Pause and rehydrate. Let your heart rate settle and your breath steady as lingering stress fades away.



Repeat

Move through the cycle two to three times to further deepen physical recovery and quieten the mind. Finish refreshed and fully renewed.

An Investment in Living Well

Sauna bathing offers a range of benefits including:



Relaxation

Stillness calms the body and mind, melting stress to reveal a deep, quiet focus.



Sleep

The peaceful calm after heat lulls you into a more restful sleep.



Recovery

Softens tight, overworked muscles to help joints recover after activity.



Circulation

Gentle enveloping heat supports healthy blood flow and oxygenation.



Pain Relief

Eases tension, soothes joint stiffness and everyday aches.



Skin Health

Deep warmth and sweat thoroughly cleanses, skin feels softer and smoother.

i Saunas are best enjoyed in moderation, with plenty of hydration. If you are pregnant or have existing health conditions, please check with a healthcare professional before use.



Peace of Mind

Regular heat sessions increase blood flow to the brain, clearing daily fatigue while building natural protection against memory loss. It's a quiet space to reset your focus today while helping protect your mind as you age.

66% lower risk of developing dementia*
(Laukkanen et al., 2017)

65% lower risk of developing Alzheimer's disease*
(Laukkanen et al., 2017)



*When using the sauna 4-7 times per week

Choosing a heating source

The right heating source shapes the entire sauna ritual from warm-up time to the depth of physical restoration. Here is a breakdown comparing Infrared, Electric, and Wood-Burner heaters to help guide your choice.



Infrared saunas heat your body directly with gentle infrared energy, rather than warming the air.

Infrared

Operating at a lower ambient temperature (40–60°C), infrared heaters allow for longer, more comfortable sessions. Hekla uses premium full-spectrum heaters which emit a balanced blend of near, mid, and far wavelengths. Each wavelength interacts with the body differently, helping support relaxation, circulation, recovery, and overall wellbeing.

- | | |
|---------------|---|
| Near Infrared | Stimulates circulation,
Supports skin rejuvenation,
Creates fast initial warmth. |
| Mid Infrared | Penetrates soft tissue,
Helps relax muscles,
Supports improved mobility. |
| Far Infrared | Elevates core body temperature,
Drives deep sweating response,
Supporting recovery. |



Certified EMF Safety

Hekla saunas are tested under peak conditions to ensure a safe ultra-low EMF environment. Maintaining levels between 0.1 and 2.0 mG, far below our strict 6.0 mG limit and below many common household appliances like microwave ovens or vacuum cleaners.

Compatible Models

Infrared 100, 130 & 160.



Electric Heating

Electric heating provides a clean, efficient, and low-maintenance way to enjoy traditional heat therapy.

Electric heaters have consistent temperature control and quick warm-up times. They eliminate the need for fuel management or chimney flues.

Their compact footprint and flexible installation make them the ideal solution for integration into modern home saunas.

Compatible Models

Traditional 160, 210, 210x, 220, Vision 160, 210, 210x, 220, Mini Cabin, Cabin, Mini Cube, Cube 160, 210, 250, Barrel 210 & 250.



Accessories Kit

Included with electric and wood burning compatible saunas. Including a water bucket, ladle, hygrometer and thermometer, and a sauna timer.



Wood Burners

Wood burners offer organic heat and deep löyly steam, the experience is complemented by the soothing crackle and aroma of natural timber.

Completely independent of electrical power, they are ideal for remote landscape installations where a power supply is impractical.

Designed for the true sauna purist, their heavy metal construction holds exceptional heat to deliver an authentic, high-temperature ritual.

Compatible Models

Cube 210, 250, Barrel 210 & 250.

Löyly

More than steam, löyly is the soul of authentic heat therapy. Water hitting red-hot stones releases an enveloping wave of heat that dramatically deepens muscle relaxation, transforming a simple session into a restorative ritual.





Indoor Collection

Infrared

Infrared Overview

Full-spectrum infrared technology targets the body directly, warming you in seconds. Lower air temperatures allow for longer, comfortable sessions, while rapid warm-up times and flexible sizing make heat therapy an effortless daily practice.

Key Features



Thermo-Aspen
Wood Construction



Integrated
Bluetooth Audio



Full-Spectrum
Infrared



LED Chromo-
Therapy Lighting

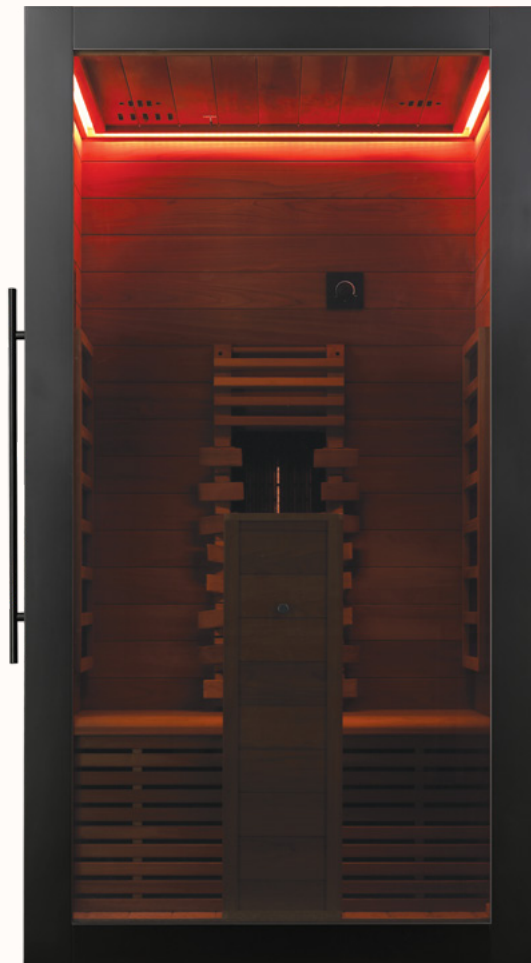


Wi-Fi
Connectivity



Precision
Assembly





Infrared 100

1 Person

W 100 x D 125 x H 200cm



Infrared 130

2 Person

W 130 x D 115 x H 200cm



Instant warmth
at your fingertips,
precise heat control
that makes a daily
reset effortless.



Infrared 160

2 Person

W 160 x D 115 x H 200cm



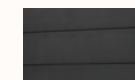
Indoor Collection

Traditional

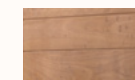
Traditional Overview

Bringing the authentic sauna experience home, powerful electric heaters deliver high-temperature, high-intensity heat. Humidity can be controlled by ladling water over hot stones for bursts of intense steam or infused with essential oils to create a full spa-like atmosphere. Available in a range of sizes and finishes to complement any interior space.

Colour Options



Nero



Scandi

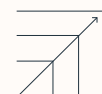
Key Features



Thermo-Aspen
Wood Construction



Integrated
LED Lighting



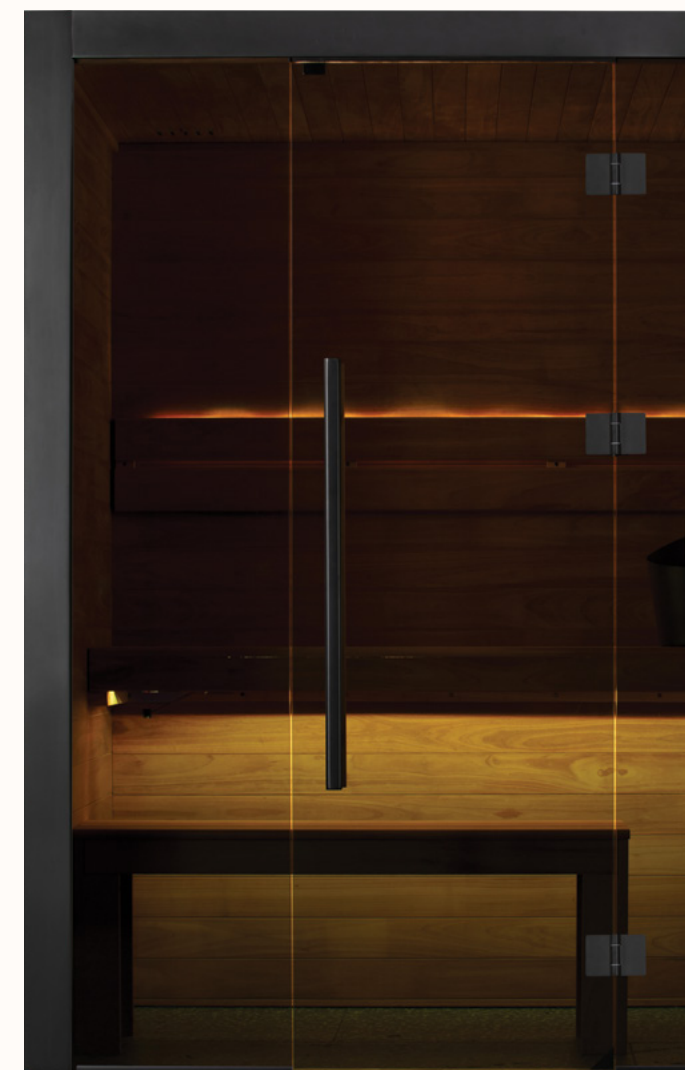
Precision
Assembly

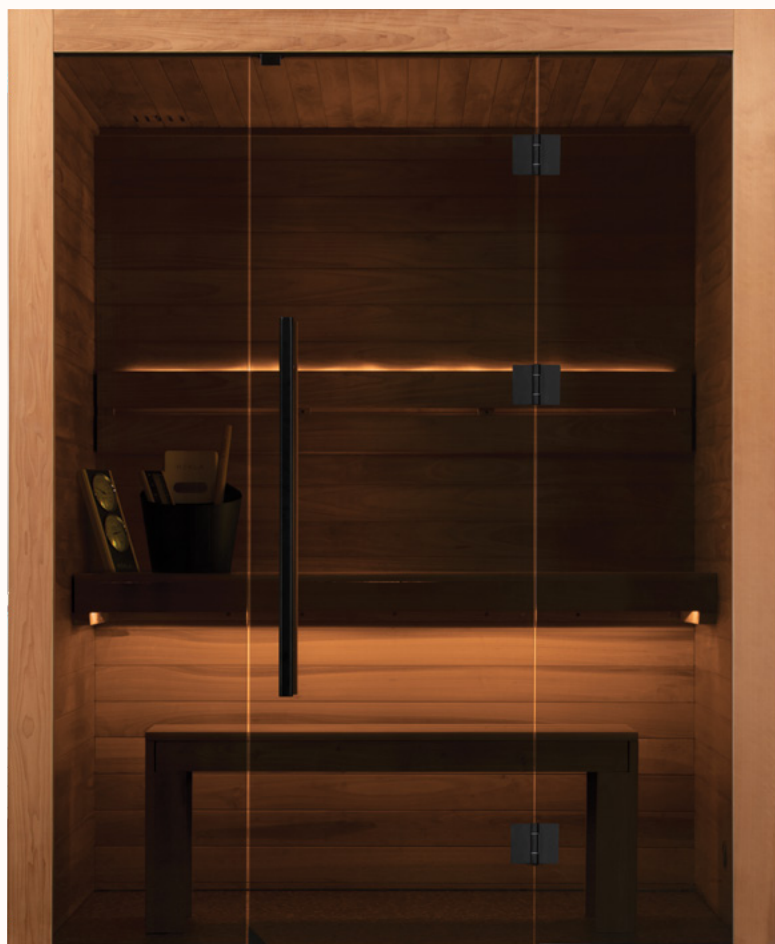


Löyly
Compatible



Aroma-therapy
Compatible





Traditional 160

2-3 Person

W 161 x D 120 x H 200cm



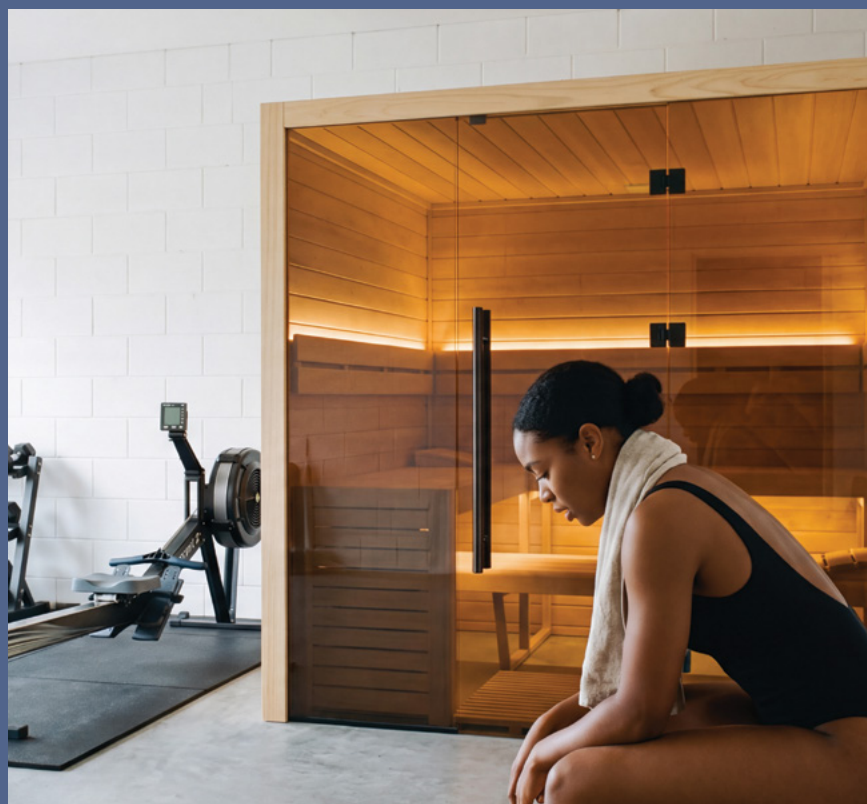
Traditional 210

3-4 Person

W 211 x D 160 x H 200cm



A space for quiet, solitary reflection or shared moments with family and friends.



Traditional 210x

4-5 Person

W 211 x D 205 x H 200cm



Traditional 220

6 Person

W 221 x D 215 x H 200cm





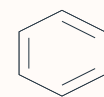
Cabin Overview

Designed to maximise smaller garden spaces, a small footprint combines with panoramic glass to create a light-filled outdoor sanctuary. Powered by high-efficiency electric heaters for fast, reliable heat therapy, it offers a daily garden retreat without compromising on space. Sized and finished to blend effortlessly into your natural outdoor surroundings.

Key Features



Thermo-Aspen
Wood Interior



WPC Durable
Outer Shell



Integrated
LED Lighting



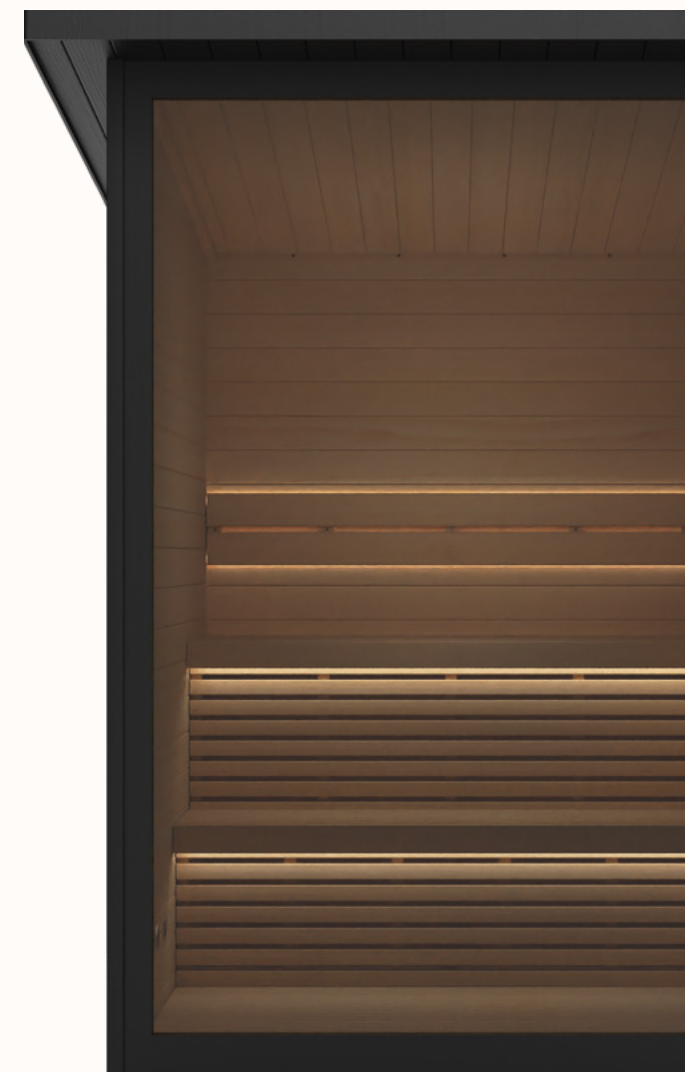
Precision
Assembly



Löyly
Compatible



Aroma-Therapy
Compatible





Mini Cabin

2 Person

W 162 x D 198 x H 234cm



Step out of the noise and
into the heat. Crafted for
slow, unhurried rituals.



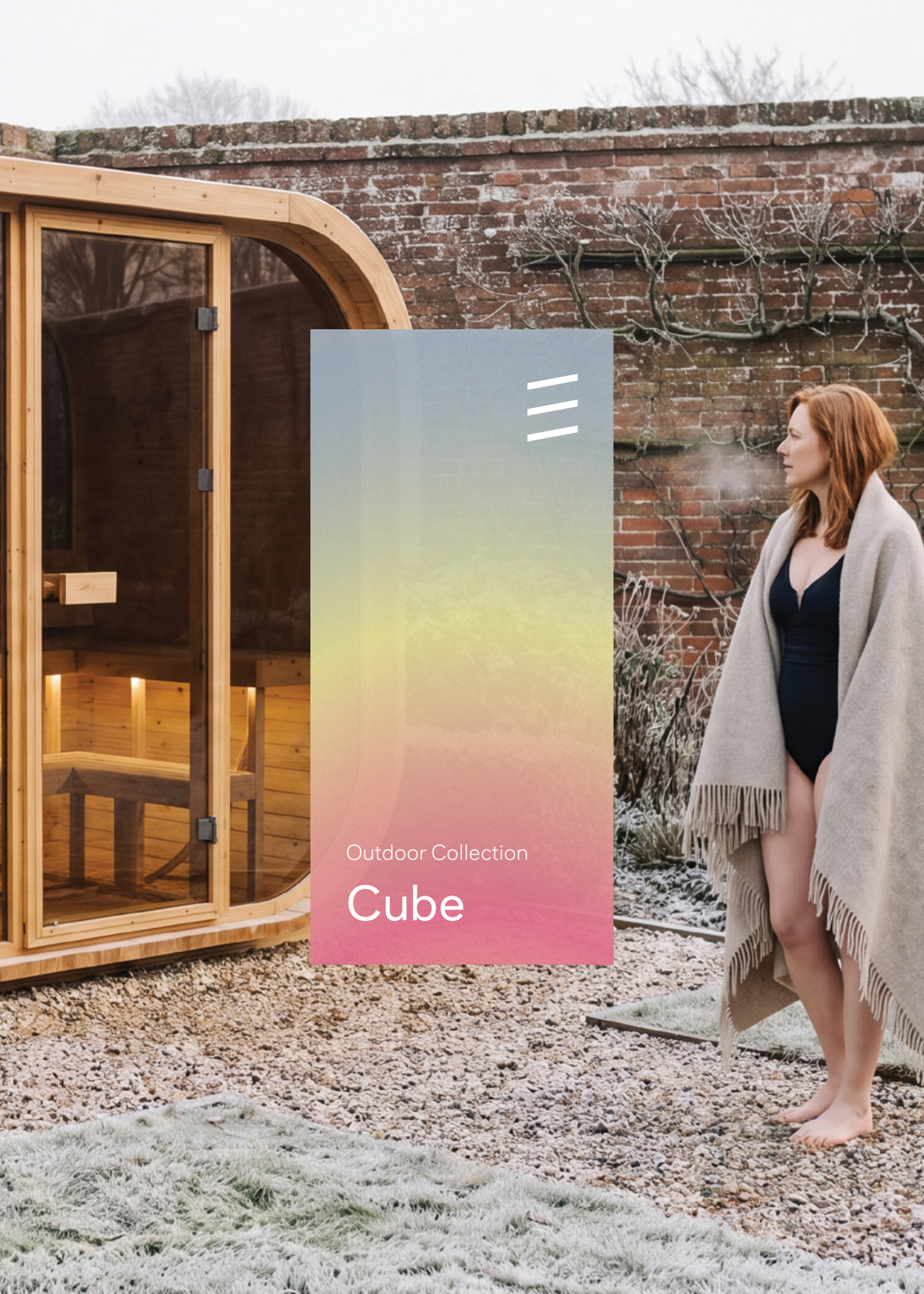


Cabin

4 Person

W 182 x D 198 x H 234cm





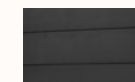
Outdoor Collection

Cube

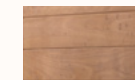
Cube Overview

Bringing the authentic sauna experience home, powerful electric heaters deliver high-temperature, high-intensity heat. Humidity can be controlled by ladling water over hot stones for bursts of intense steam or infused with essential oils to create a full spa-like atmosphere. Available in a range of sizes and finishes to complement any interior space.

Colour Options

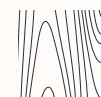


Nero



Scandi

Key Features



Thermo-Spruce
Wood Construction



Integrated
LED Lighting



Precision
Assembly



Löyly
Compatible



Aroma-therapy
Compatible

Configuration:



Full Wood
Back



Half
Panoramic
Window*

*Cube 160, 210 & 250





Mini Cube

2 Person

W 133 x D 145 x H 221cm



Cube 160

2 Person

W 225 x D 169 x H 235cm



Framed by natural wood with open views, bringing you closer to nature with every session.



Cube 210

4 Person

W 225 x D 209 x H 235cm

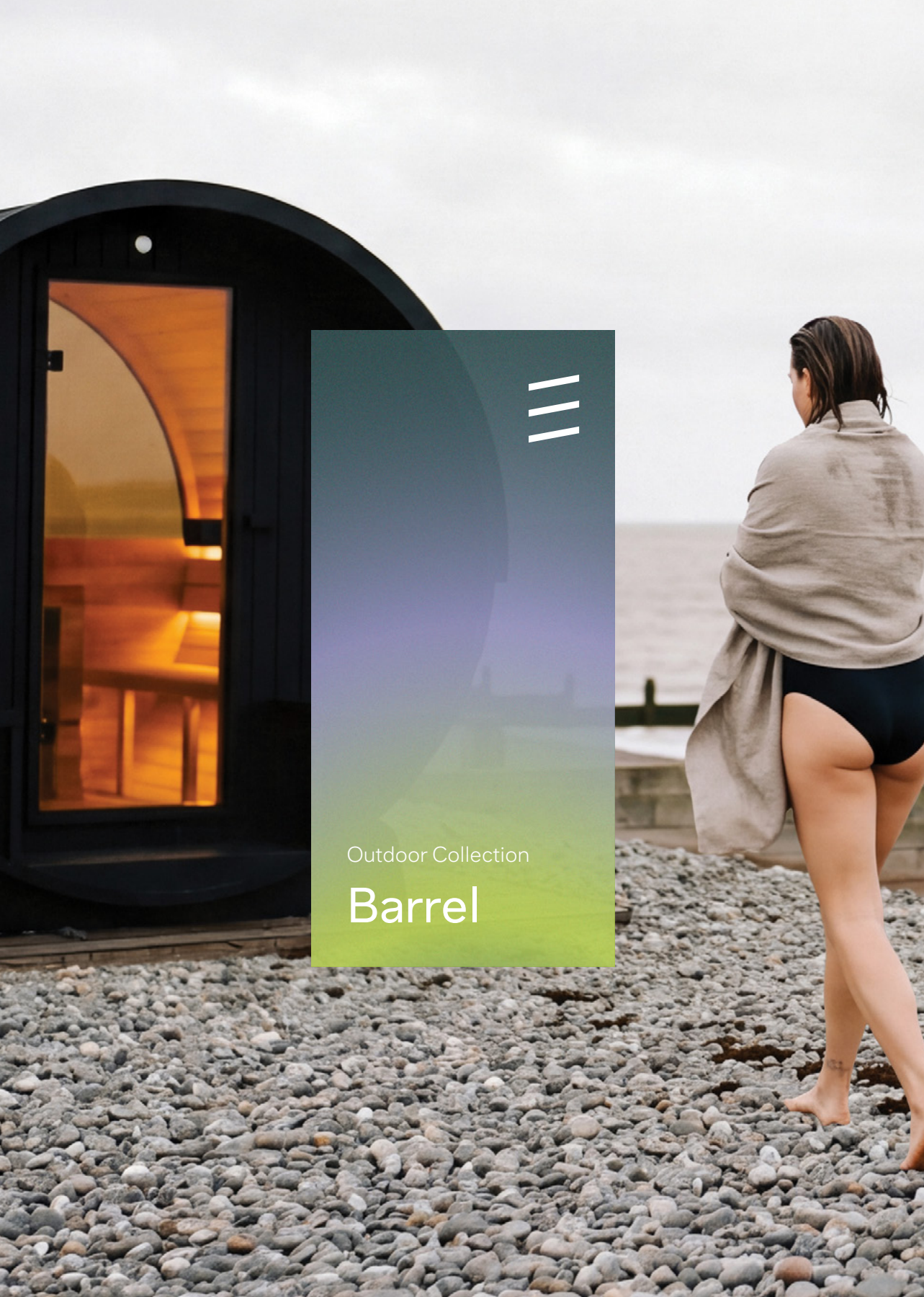


Cube 250

6 Person

W 225 x D 250 x H 235cm





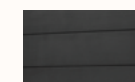
Outdoor Collection

Barrel

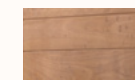
Barrel Overview

Bringing the authentic sauna experience home, powerful electric heaters deliver high-temperature, high-intensity heat. Humidity can be controlled by ladling water over hot stones for bursts of intense steam or infused with essential oils to create a full spa-like atmosphere. Available in a range of sizes and finishes to complement any interior space.

Colour Options



Nero



Scandi

Key Features

Thermo-Spruce
Wood ConstructionIntegrated
LED LightingPrecision
AssemblyLöyly
CompatibleAroma-therapy
Compatible

Configuration:

Full Wood
BackHalf
Panoramic
Window



Barrel 210

4 Person

W 223 x D 209 x H 234cm



Curved walls and
an uninterrupted view.
The original heat ritual.

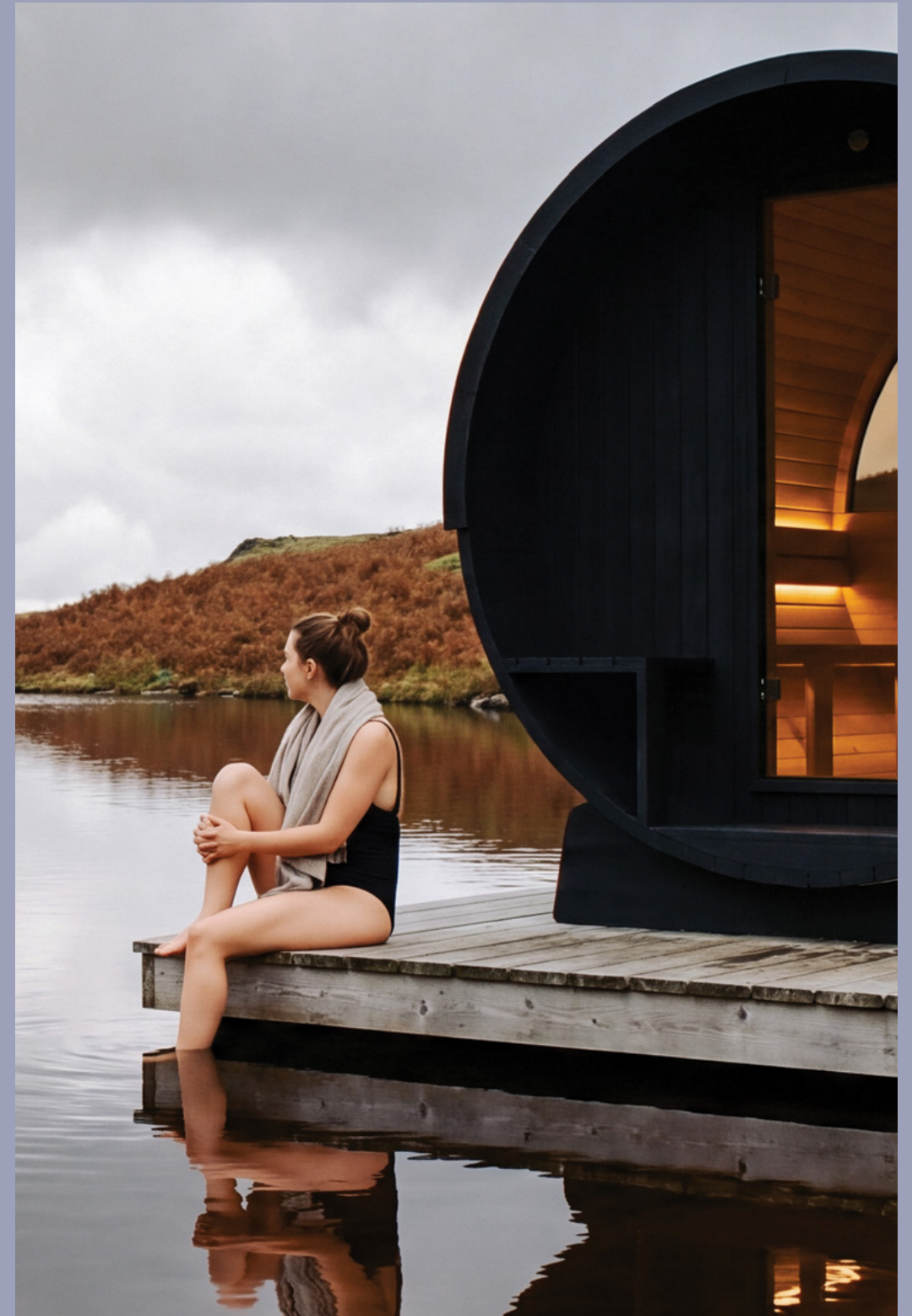




Barrel 250

6 Person

W 223 x D 250 x H 234cm





Sauna Craftsmanship

Every detail of a Hekla sauna is engineered for material integrity, structural longevity, and uncompromised safety. Here is a breakdown of the design standards, premium materials, and certified engineering behind every build.

Tailor made, wellness for every space.

Whether you are creating a secluded indoor sanctuary or an outdoor social retreat, Hekla saunas are tailored for every space and purpose.

With an aesthetic crafted to complement any contemporary or rustic setting, they bring the restorative power of heat therapy effortlessly into your home.



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Adaptable Spaces

Thoughtfully proportioned for indoor rooms or outdoor settings. Our layouts adapt to every lifestyle, offering intimate, quiet retreats or spacious, light-filled environments for shared moments.

Quietly Considered

Inspired by Scandinavian simplicity. Natural wood finishes, clean silhouettes, and concealed fixings ensure every sauna sits naturally in its environment, whether paired with modern, minimalist architecture or traditional textures.

Stress-free Setup

Assembly is made easy, with components pre-engineered and milled to exacting tolerances. Requiring no invasive groundworks or planning permissions, transforming your space into a private wellness sanctuary is completely effortless.



Hekla saunas are built to last, combining natural beauty, durability, and thoughtful design.



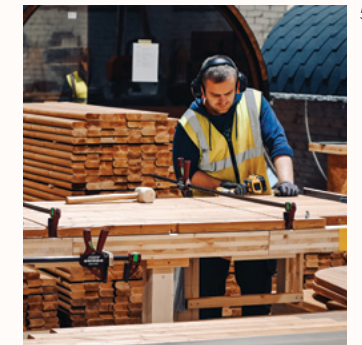
Thermally modified woods, a natural choice

Transformed Through Heat

Just as heat restores the body, it transforms our timber. Our saunas are crafted from thermally modified, Aspen and Spruce. Treated using heat and steam, this process fundamentally alters the wood, enabling it to withstand constant thermal shifts and outdoor weather.

Sustainably Sourced

Crafted from timber sourced from responsibly managed forests to prevent deforestation. Free from added chemicals or synthetic preservatives, it protects global ecosystems while ensuring air quality inside your sauna.



Tactile Comfort

Low thermal conductivity keeps the wood cool to the touch even in intense heat, ensuring benches and backrests remain comfortable against skin.

Naturally Durable Construction

Thermally modified at a cellular level, our timber resists warping, twisting, and decay through endless heat cycles. Free from chemical treatments, it naturally prevents mould and rot for long-lasting durability.

Finish Detail

Naturally smooth, uniform, and resin-free. Thermally modified woods have been selected for their rich, warm colour and a sleek, flawless finish free from defects like knots, sap, and splinters.

Tested VOC Safety

Built with non-toxic, water-based adhesives, Hekla saunas deliver pure, uncompromised air quality. Independent testing by SGS confirms our VOC levels are more than thirty times lower than the safety threshold.

Sauna Comparison

Model	Outdoor / Indoor	Capacity	Dimensions
Infrared 100	Indoor	1	W 100 x D 125 x H 200cm
Infrared 130	Indoor	2	W 130 x D 115 x H 200cm
Infrared 160	Indoor	2	W 160 x D 115 x H 200cm
Traditional 160	Indoor	2-3	W 161 x D 120 x H 200cm
Traditional 210	Indoor	3-4	W 211 x D 160 x H 200cm
Traditional 210x	Indoor	4-5	W 211 x D 205 x H 200cm
Traditional 220	Indoor	6	W 221 x D 215 x H 200cm
Mini Cabin	Outdoor	2	W 162 x D 198 x H 234cm
Cabin	Outdoor	4	W 182 x D 198 x H 234cm
Mini Cube	Outdoor	2	W 133 x D 145 x H 221cm
Cube 160	Outdoor	2	W 225 x D 169 x H 235cm
Cube 210	Outdoor	4	W 225 x D 209 x H 235cm
Cube 250	Outdoor	6	W 225 x D 250 x H 235cm
Barrel 210	Outdoor	4	W 223 x D 209 x H 234cm
Barrel 250	Outdoor	6	W 223 x D 250 x H 234cm

Heater Type	Bluetooth Audio	Löyly	Aroma Therapy	LED Lighting
Infrared	✓	✗	✗	✓
Infrared	✓	✗	✗	✓
Infrared	✓	✗	✗	✓
Electric Heater	✗	✓	✓	✓
Electric Heater	✗	✓	✓	✓
Electric Heater	✗	✓	✓	✓
Electric Heater	✗	✓	✓	✓
Electric Heater	✓	✓	✓	✓
Electric Heater	✓	✓	✓	✓
Electric Heater	✗	✓	✓	✓
Electric Heater	✗	✓	✓	✓
Electric Heater / Wood Burner	✗	✓	✓	✓
Electric Heater / Wood Burner	✗	✓	✓	✓
Electric Heater / Wood Burner	✗	✓	✓	✓
Electric Heater / Wood Burner	✗	✓	✓	✓



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