



Cedarland Lumber & Sauna Co. Ltd.

# YOUR SAUNA GUIDE

## WIDE VARIETY OF SAUNAS TO FIT YOUR NEEDS

The traditional sauna has been around for many years, providing people with comfort and relaxation. At Cedarland, we carry several traditional saunas that will be your perfect match, whether you're looking for the quiet serenity of your own personal sauna indoors, or surrounded, outdoors, by the beautiful Canadian wildlife. Our saunas consist of:

- Modular Sauna
- Log Cabin Sauna
- POD Sauna
- Barrel Sauna
- Luna Sauna
- Do-It-Yourself Sauna
- Tranquility Modular Sauna

## WHAT MAKES OUR SAUNAS GREAT?

### WESTERN RED CEDAR

We use Western Red Cedar for our designs so we can provide you with a fantastic look while delivering a long-lasting sauna. It is one of nature's most impressive materials used for building projects. Aside from its beauty, aroma, endless adaptability, and moderate environmental footprint, the Western Red Cedar has great natural characteristics that make it the perfect material for sauna designs.

## FEATURES OF THE WESTERN RED CEDAR

### ALL-WEATHER CAPABILITIES

It is one of the few kinds of wood that are naturally at home outdoors. When Western Red Cedar is properly finished, it has the capability of lasting for decades, even through the harshest environments.

### WORKABILITY

With its lightweight lengths of timber that have fine, straight grain and uniform texture, it makes it the perfect material for cutting, sawing, and nailing with common tools.

### NATURAL PRESERVATIVE

For durability, the Western Red Cedar is one of the world's finest. With its natural resistance to moisture, decay, and insect damage it's the top choice for interior and exterior home use.

## RATINGS FOR FLAME SPREAD AND SMOKE DEVELOPMENT

Western Red Cedar has flame spread and smoke development classifications that are first-rate to the minimums set by most building codes. This permits the use of cedar heartwood without preservative treatments.



BARREL SAUNAS



LOG CABIN





## HEALTH BENEFITS OF A TRADITIONAL SAUNA

A lot has been made of the health benefits when it comes to sauna bathing. There is nothing more reinvigorating than a deep, healthy sweat daily. Mentally, we surface more relaxed and revived.



POD SAUNAS

HERE ARE 5 GREAT HEALTH BENEFITS TO USING A TRADITIONAL SAUNA:

### 1. SAUNAS ARE GREAT FOR STRESS RELIEF

The heat provided from these saunas stimulates the body to help release endorphins. The endorphins are the body's "feel-good" chemical, and when this is released, it allows for an afterglow.

### 2. SAUNAS HELP RELAX MUSCLES AND SOOTHE ACES

When your endorphins are heat-stimulated, they can have a tranquilizing effect, which minimizes muscle pain and soreness. With the sauna heat, it increases blood flow that speed's up the body's healing process.

### 3. SAUNAS ARE GOOD FOR FLUSHING TOXINS

By deep sweating in a sauna, it can help reduce the levels of lead, copper, zinc, nickel, mercury, and chemicals (these are most commonly absorbed by interacting with our environments).

### 4. SAUNAS HELP CLEANSE YOUR SKIN

When our bodies sweat, our skin is cleansed and the dead skin cells get replaced, which keeps skin in great condition.

### 5. SAUNAS HELP YOU GET RESTFUL SLEEP

Research shows that the slow, waning effect of decreased endorphins, after sauna use, can help you sleep.



KOTA SAUNA



LUNA SAUNA

