



Visscher



The Benefits of Sauna

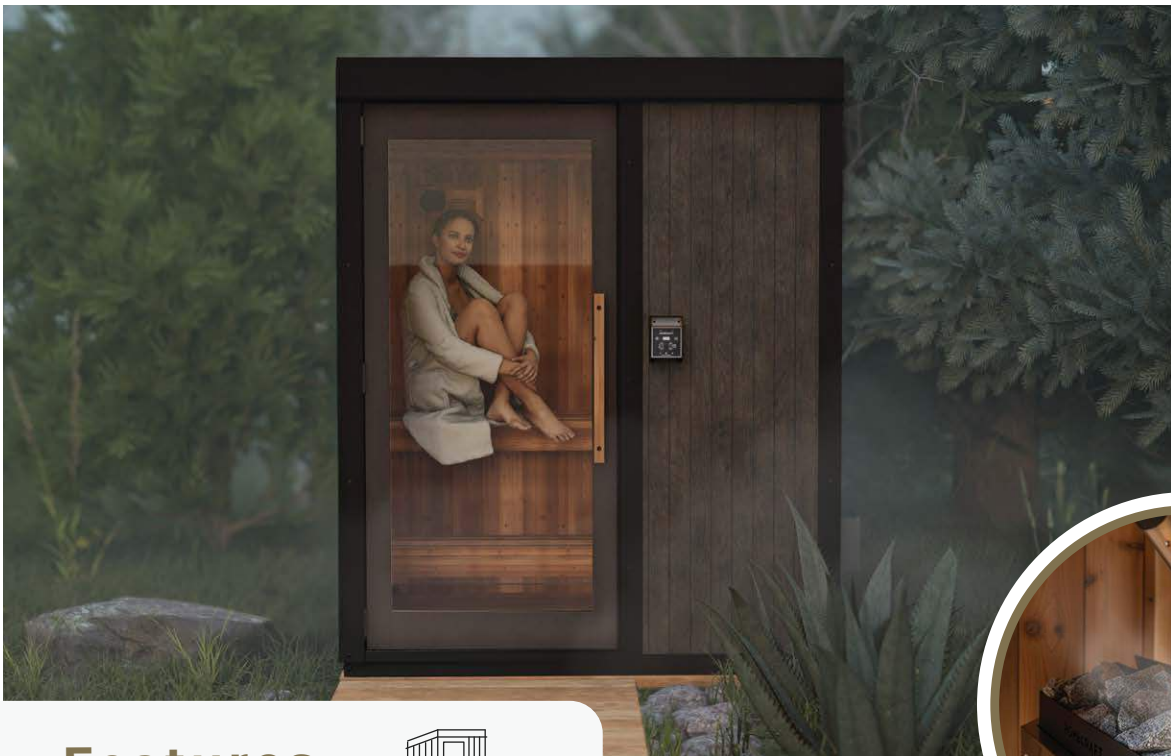
- ✓ Using a sauna at **least twice a week** increases life expectancy
- ✓ Improves **cardiovascular health** and reduces the risk of heart disease
- ✓ **Reduces stress** and promotes **restorative sleep**
- ✓ Speeds up **muscle recovery** and reduces inflammation
- ✓ Boosts **memory and concentration** while lowering the risk of neurodegenerative diseases such as **Alzheimer's**

Sources :

The information presented is based on scientific literature, notably the studies by Laukkanen, as well as the detailed content available on hubermanlab.com.

SAUNA SERIES





Features



**Premium
Western
Red Cedar**



100% Western Red Cedar
For better sauna experience

Powerful 9 kW Heater
Ready for use in less than an hour

Perfect for 2-3 Users
Dimensions: 6'x6'

Heat up to 90 °C (194 °F)
Unlike an infrared sauna

Sturdy Metal Roof
Made to support snow load

Unique Insulation/Vapor Barrier
Between the wood layers

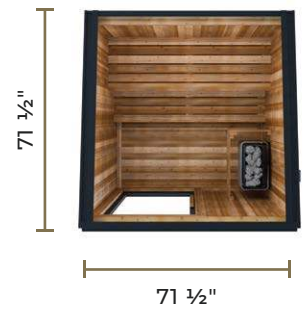
Comfortable Bench and Step Depths
Bench: 22 ⁷/₁₆" Step: 14 ³/₄"



Side view



Top view



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