



Bespoke Sauna and Steam Rooms

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There are many benefits to using a sauna and steam room, including:

- Clearing skin impurities
- Relieving tension and relaxing muscles
- Reducing stress by the release of endorphins
- Post exercise relaxation
- Opening sinuses

# Nordic





## Why choose Nordic?

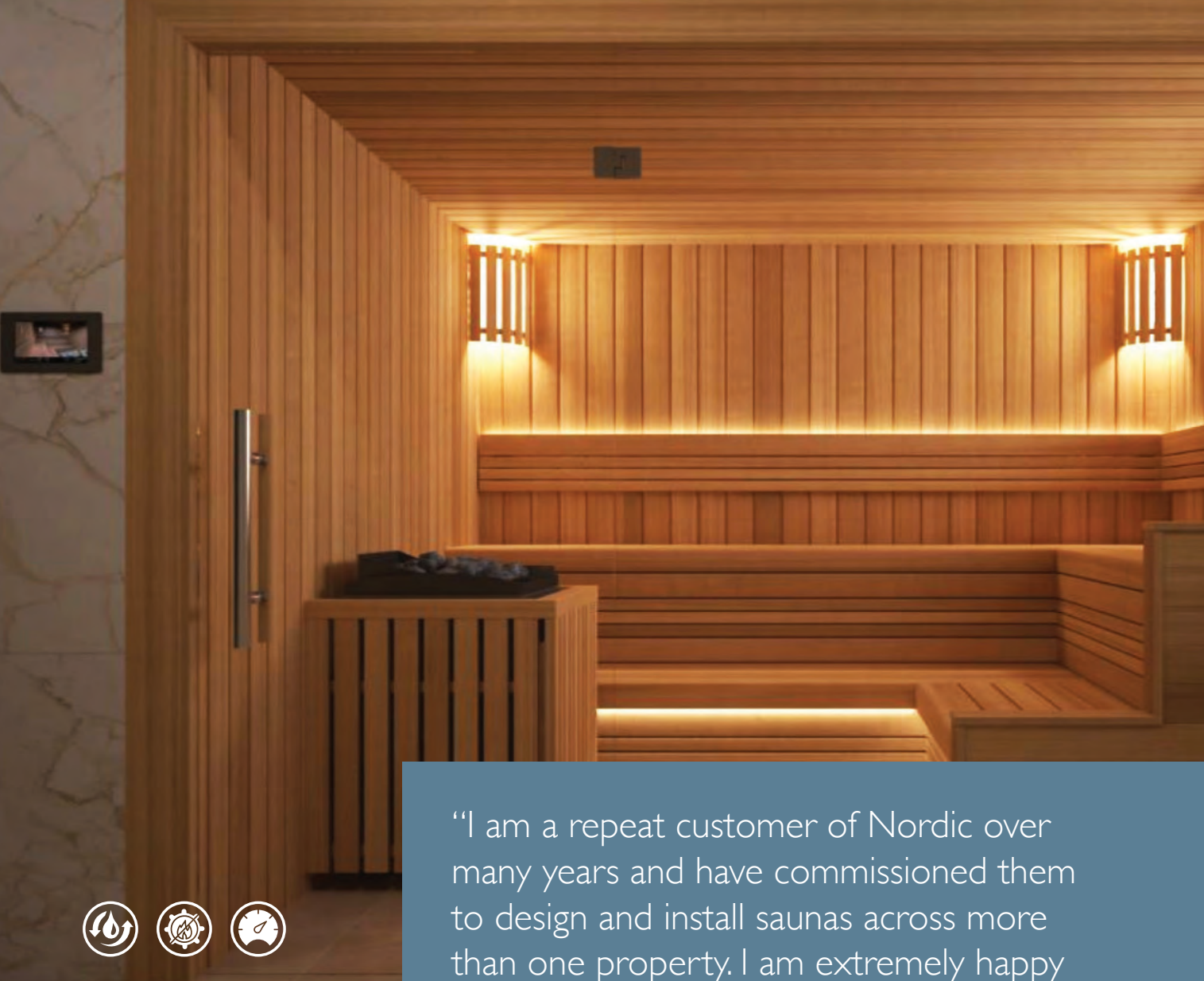
Nordic are a leading UK, independent company who create outstanding bespoke sauna and steam rooms.

We are passionate about what we do and offer an end to end service, from design through to installation and after care servicing.

Your project will be designed, hand built and installed by our own in-house team of craftsmen.

We create indulgent, luxurious experiences for home and commercial spas.

Our rooms can be installed almost anywhere in your home or commercial spa – get in touch with us at [info@nordic.co.uk](mailto:info@nordic.co.uk) or call the team on **01342 888188**.



“I am a repeat customer of Nordic over many years and have commissioned them to design and install saunas across more than one property. I am extremely happy with the design, quality of the build and the service I received. They are now my automatic choice and I would happily recommend Nordic to others.”

Ross Brawn OBE





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## A piece of well-being and luxury in your home or commercial space.

- ◆ Expertly designed
- ◆ Skilfully hand-built
- ◆ Professionally managed
- ◆ Proudly fitted

Since 1965 the name Nordic has been synonymous with high quality spa and wellness experiences. From our foundation to the modern day, expert craftsmanship and impeccable materials, sourced from the biggest and best names in the industry, have been at the heart of what we do.

Specialists in the design and installation of fully bespoke thermal rooms, Nordic provides truly personalised expertise to create high quality sauna and steam rooms to your exact requirements. We work with you to keep your ideas at the forefront of the project to ensure your finished room fulfils your aspirations.

“The bio sauna is fantastic and its clean lines and glass doors are very stylish. Installation was quick and efficient and the after sales service helpful and informative.”

Private client.





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Nordic have a wide range of finishes and accessories to choose from when designing your sauna or steam room.

We pay particular attention to the finishes including the lighting effects, optimising the layout, tile and timber options.



“We are very pleased with the look, style and finish of the bespoke shaped seating and lighting in our sauna.”

Private client.







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# SAUNA

For many generations, saunas have been much more than just leisure. They are a vital part of life, an ancient ritual that grounds us to the natural world and brings us closer to our ancestors. They cleanse our bodies, relax our minds and give us a deep-down sense of serenity.

An inherently dry room, our custom saunas are created to meet the individual needs of each and every one of our clients.

We build stand-out saunas in homes and design premium saunas for commercial spas.

## **Traditional, bio or infra-red?**

Our traditional saunas, have a dry heat and high temperatures, ranging from 70-110 degrees C. This is the 'Finnish' sauna experience most people have come to expect, which allows you to add water to the rocks to create traditional Finnish sauna 'löyly'.

Our bio/ humid saunas, in addition to being traditional, have the ability to run at lower temperatures, around 45-65 degrees C, but with a higher humidity level. These are ideal for those who want to spend more time relaxing in their sauna, with a lower, more comfortable temperature.







## Löyly:

Löyly is the envelope of heat and steam that surrounds you in the sauna as water is poured on the hot rocks.







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Nordic also offer infra-red technology, which is becoming increasingly popular. Ideal for smaller spaces and for those particularly interested in the health benefits of the infra-red spectrum.

The light emitted is absorbed by the skin, heating you up before the air around you. Infrared sources can also be incorporated into traditional saunas for a combined solution.

### Sauna Timbers

Our FSC approved timbers are slowly grown in the forest of Northern Europe and harvested sustainably.

We have a wide selection of timbers and profiles to choose from when designing your sauna including, Alder, Aspen, Poplar, Magnolia, Cedar as well as thermally treated options.

Together with the traditional timber options, we have a great range of feature wall finishes including stone surfaces, coloured sauna board and tiles.



### Salt walls

From the foothills of the Himalayas, the glistening crystals of our therapeutic salt bricks carry an ancient story. Formed millions of years ago from ancient seas, they are rich in purity and minerals and glow like exotic jewels. Salt in a sauna can help those suffering from colds as well as have a cleansing and purifying quality that promotes good health.



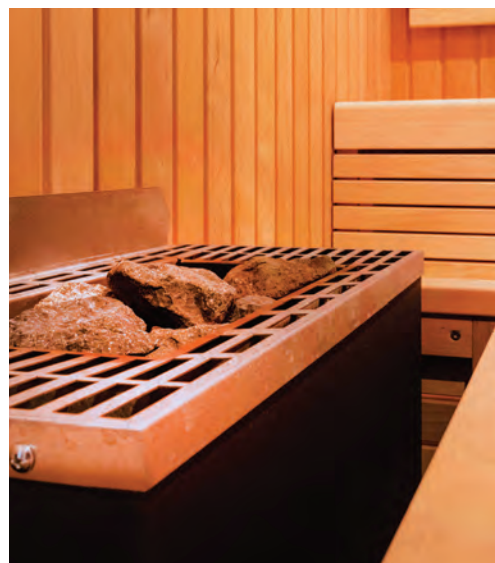




"I have had a Nordic traditional and infra-red bespoke sauna for three years now.

I expect to use it for many years, so consider I absolutely made the right decision."

Private Client.





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Call Nordic to discuss the range of features your sauna could include: from salt walls and coloured lighting, to pillar heaters and tiled feature walls.



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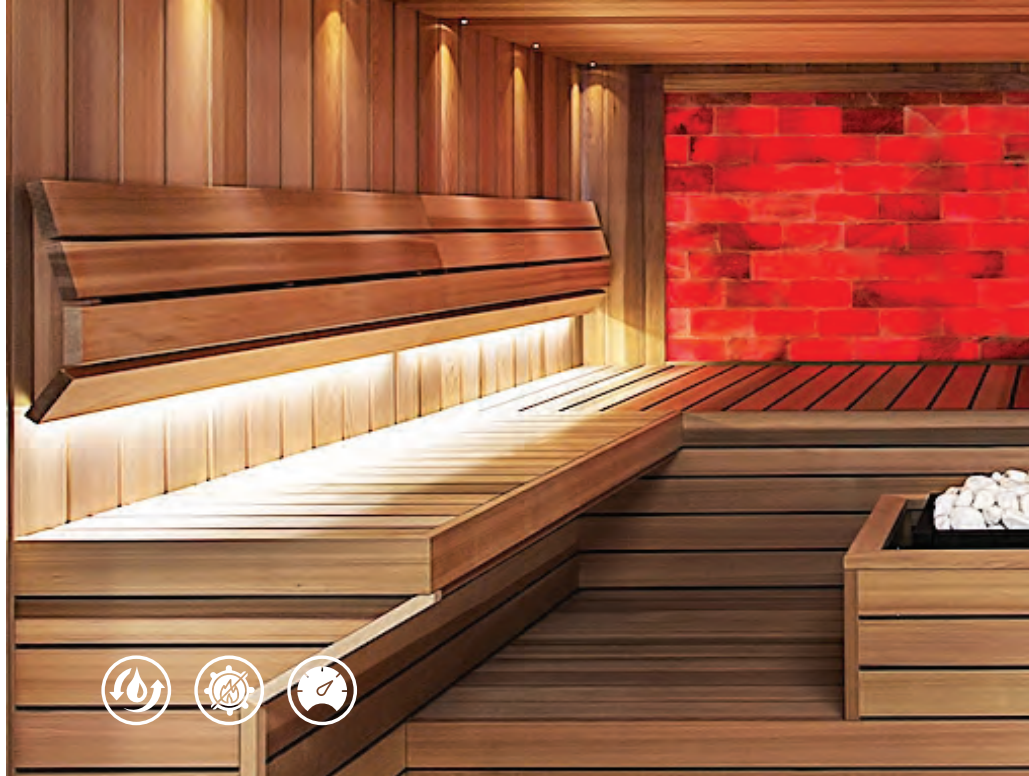
The specialists in  
designing, building and  
installing bespoke saunas  
and steam rooms.





We offer an extensive range of the latest high-end sauna heaters.

All of our heaters are made in Germany and equipped with the very latest technology and design features.







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Every heater is complemented by a collection of control systems which range from impressive touchscreen LCD panels that allow the user to control all the systems inside the sauna to simpler, more functional commercial grade systems.





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# STEAM

The benefits of steam are numerous and diverse. From relieving stress, to the cleansing of skin to promoting deep and restful sleep, your own personal steam sanctuary is closer than you think.

Nordic designs a range of spa rooms, from traditional Hammams to contemporary steam rooms.

Unlike a sauna, a steam room is a wet environment with a lower ambient temperature.

There are a number of options for your steam room seating; from tiled & marble loungers, floating benches, back rests, soft seating, heated or unheated, bull-nose edged or square edged.

A kneipp hose or ice chute is a great addition to wash or cool down after your steam experience.





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The temperature inside a steam room is generally between 42°C and 50°C with a humidity level of 100 percent. There are lots of design elements and features to think about when designing the space.

Might music appeal to you whilst you are unwinding in steam?

We think about it all; from the lighting experience, to the inspiration behind your tiling choices, to the aroma you bathe in and how best to operate the room based on your requirements.

Heated seating and floors are another way to increase the luxurious nature of a steam room.

Go the extra mile and create the perfect ambiance.







"It is easy to use  
and we have  
enjoyed some  
great family time  
relaxing and  
listening to music."

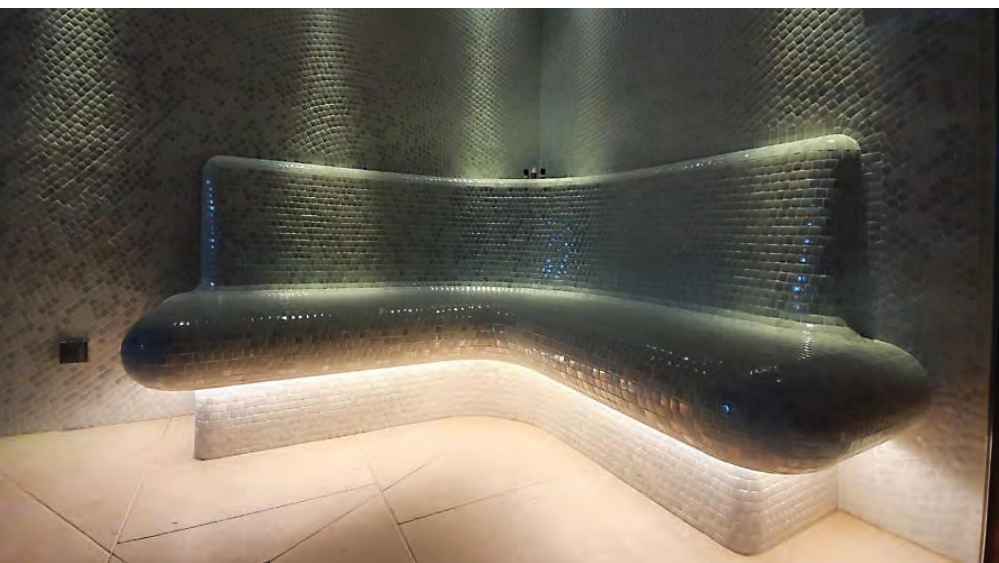
Private client.





With a clean and dry body, head to your sauna for some intense, dry heat therapy, then to the steam room for perhaps a longer period than in the sauna.

After that sweat session, cool down with a cold water dip or shower to boost your body's circulation. Allow your body temperature to slowly cool down and hydrate yourself well.







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We have a range of top end loungers, made from marble. Each model is unique combining both design and technology. With an adjustable tilt angle and an option to be heated, by infrared. The ergonomics of these loungers make them the perfect choice for professional use as well as in your spa at home.





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## **Tiles**

We have a large range of tiles to choose from transforming your bespoke steam room into a unique space designed to match your interior design. Ranging from mosaics to larger format, colourful and contemporary to neutral tones and traditional designs.

## **Seating & heating**

There are a number of options for your steam room seating: including tiled and marble loungers, floating benches, back rests, waterproof soft seating, bull-nose and square edged profiles. Your floor and seating can be heated using the latest in thermal technology.

## **Showers**

It is now more popular than ever to add a shower to your bespoke steam room. It can be a simple hand held shower, cold water kneipp hose or a complete shower system experience including music and lighting. We highly recommend this feature adding another element of luxury to your steam experience.

## **Lighting**

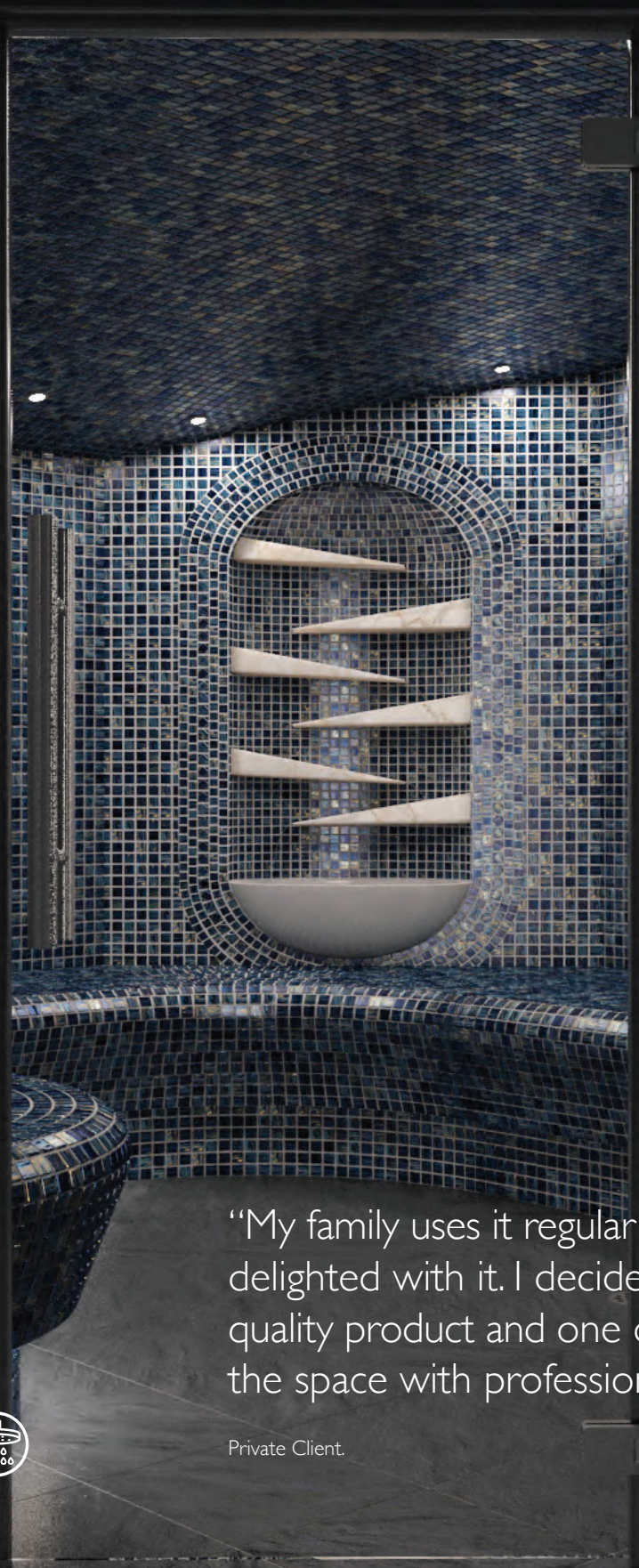
Nordic offer a wide variety of feature lighting that make use of cutting edge LED technology. LED's offer flicker free colour change across the complete colour spectrum. The lights can be hidden in the ceiling, flush to the surface – creating a twinkling starry sky effect, concealed in the wall or under the benching. Colour changing fibre optic lighting is an alternative to creating a relaxing, mood-lifting atmosphere.

## **Generators**

Steam generators are an integral part of your steam room. We will ensure you get the optimum steam output to suit the nature of your room. We partner with the worlds leading manufacturers based in America and Europe. Why not add an Ultrasteam option; the ultimate in steam density, a steam boost beyond what you have seen before!



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“My family uses it regularly and we are delighted with it. I decided to go with a quality product and one designed to fit the space with professional installation.”

Private Client.





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Your bespoke sauna is built by our own team of craftsmen, working from our offices in Surrey. Each and every aspect of the build and installation is done by hand.





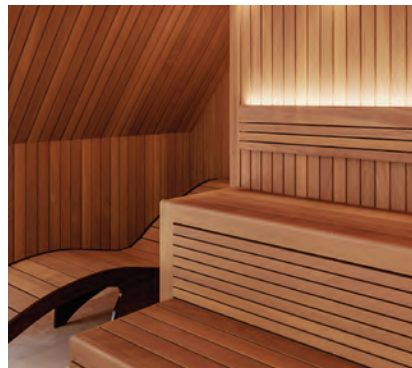
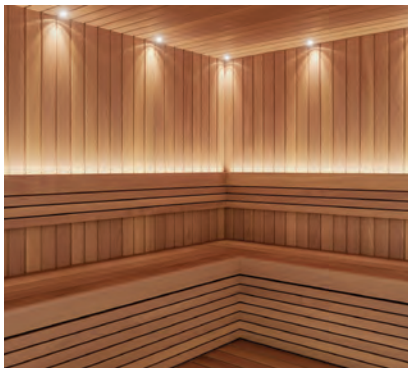
Please call us on **01342 888188** to arrange a meeting with a member of the team at our offices.

We'd be happy to discuss your project and talk you through the costed options.





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### **3d rendered digital illustrations:**

We offer a 3d render design option to help you visualise your project. The images above are an example, helping to bring to life the initial 2d drawing concept.





## Bespoke

You can expect to be personally involved in every step of the process as we explore possibilities, design, build and install your bespoke room.

### Initial meeting

We always meet you and visit your property. This is our opportunity to explore with you the art of the possible in terms of design ideas and to understand fully the dimensions and nature of your space.

We discuss material options such as timber or tiling choices, and to focus on areas such as lighting and sound. This is very much a two-way process and we are always keen to understand your own individual preferences and style choices which we translate into our final designs.

### Stage one design

Further to meeting with you, we will use the findings of our visit to task our team of talented designers with producing a stage one design. This will be produced using the latest in CAD techniques and will provide an overview of what your sauna or steam room could look like, including dimensions and features such as seating and heater location. There is also the option of having a 3D render produced to give a comprehensive idea of what your project will look like. A quotation will be provided at this stage considering previously discussed choices and style preferences.

### Final design stage

If appointed to undertake your project, the designer who produced initial drawings for your project will be assigned formally to develop the concept into a final design. This is a thoroughly two-way conversation, and it is at this stage that final decisions on the finer details of your sauna or steam room will be made.

### Construction, installation and after-care

With a set of approved drawings, our teams will get to work on procuring what's needed for your project and begin the construction phase. We have our own team of carpenters and fitters who all have a part to play in the construction and installation of your project.

You will be appointed with a lead fitter who will talk you through each step of the installation as they arrive on site.

Our General Manager will keep you updated throughout the process and is your single point of communication following the approval of our designs – right up to completion and commissioning.

Our rooms can be installed almost anywhere in your home or commercial spa – get in touch with us at [info@nordic.co.uk](mailto:info@nordic.co.uk) or call the team on **01342 888188**.



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