

STARVIEW[☆]

H' HOLL'S
COMFORT DESIGN SAUNAS



UTOPIA

Your journey at the heart of the imaginary

4 to 6 persons
Traditional sauna

WARRANTY

2 YEARS

WARRANTY
WOODWORK

10 YEARS

“

Let yourself
be carried
away by your
dreams...”

”





It's a world of senses that opens up to you

A real invitation to you. Like a break in your day, a time for relaxation.

The warmth of a traditional sauna, the scent of solid wood, a large glass surface. You have it all. The Utopia communicates a sense of escape, of freedom. A cocoon where you find serenity and detachment that takes you on a journey of your own choosing.

Throw some water on the hot stones of the stove to create a spiral of steam. A little pleasure to the ear and the eye that preludes to a

moment of total relaxation under the effects of intense heat.

Your whole being glides towards harmony. Muscles relax and the pain eases. All stress dissipates. Mind and body are relieved, blood circulation improves, and the heart benefits from it.

In your Utopia steam sauna, you make the choice for a healthier lifestyle. You come out refreshed from your break. None other can offer you such rejuvenating experience.





Dare to dream bigger

STARRY SKY EFFECT CEILING

With your body completely relaxed and your mind at ease, your thoughts are free to move on to new adventures. As they wander away, your ideas have no limits. You feel that you are capable of fulfilling your wildest dreams.



Comfortably installed

SPACIOUS INTERIOR

Enjoy your session in full comfort thanks to a finely studied ergonomic design, which translates into wide benches offering ample space for everyone. The solid wood benches are enhanced with a fine layout of slats throughout the cabin.

The Utopia 6 two-tiered bench offers unparalleled comfort for you to enjoy a sauna session with your loved ones.

Like a sense of freedom

LARGE GLAZED SURFACE

Welcome this invitation to rediscover a certain sense of freedom. Comfortably installed in the Utopia, you can take full advantage of this moment of disconnection to find yourself.

The intense heat brings you physical and mental relaxation. Detached from the daily tensions, you find the ability to think freely and project yourself.

The Utopia sauna and its large glazed surface, free of any visual obstacle, offers you this opportunity to open up.



Spruce & Abachi

AND AT THE HEART OF YOUR EXPERIENCE, WOOD

Who says high-end sauna, says carefully selected wood types. In Holl's sauna cabins, the essence of spruce combines its elegance with properties that multiply the benefits and pleasures of your sessions, year after year.

The spruce that we use for the manufacture of our sauna cabins comes from sustainably managed forests. In addition to its rare elegance this very aromatic essence is sure to awaken your sense of smell.

Abachi wood that we use for the cabin's benches and headrests has low thermal conductivity, an essential component to seating comfort.



WHAT IS A TRADITIONAL SAUNA ?

A traditional sauna stems from an easy principle. It consists of exposing the body to high heat in order to induce intense sweating which has for effect to eliminate the numerous toxins accumulated in the body.

The body releases endorphins under the action of heat. This substance helps relieve stress

and promotes relaxation as well as sleep.

The traditional sauna, also known as the Finnish sauna, is classified as a steam sauna.

The volcanic stones are heated with an electric stove. You only need to plug in the heater to heat up the stones. You can then pour water over the stones to produce steam and release heat.

Enjoy the numerous benefits of a sauna:

-
- Stimulation of blood circulation leading to a greater oxygenation of the body.
 - Strengthening of the immune system against colds and chills.
 - Clearing of the respiratory tract by deep inhalation (with the use of essential oils).
 - Muscle relaxation and muscular tension relief.
 - Antistress relief.
 - Muscular pain, aches and arthritis relief.
 - Help with skin problems (acne, psoriasis, eczema, hives).

COMPLETE PACK

STOVE INCLUDED

Harvia Vega

The Vega stove is an elegant and easy-to-use stove. The stainless steel casing gives your sauna a modern appearance. The controls are ergonomically placed on the top side of the heater for easy operation.

The Vega stove is easily installed on a separate wall bracket. Thanks to its symmetrical design, this stove can easily be used from either side. The electrical connections are made from the side of the stove, which simplifies the installation.

Thanks to its structure, the Vega heater can be mounted low on the sauna wall. The heat is distributed evenly throughout the sauna and reaches the lower benches in sufficient capacity. The Vega heaters are controlled by an integrated control unit.



UTOPIA 4
6 kW
Stove included



UTOPIA 6
8 kW
Stove included



OPTIONAL

If you are looking for a stove with a bolder design, you can opt for the

Harvia Glow

An open design for a more enveloping warmth



HARVIA

Available in
6.8 kW and 9 kW

Your sauna ritual in 9 steps

*Before all, remember to drink water regularly and
remove all your jewellery.*



STEP 1

The sauna is switched on and takes about 30 minutes to warm up.



STEP 2

In the meantime, rinse off with a warm or hot shower to prepare yourself for your session in the sauna.

Dry yourself before entering the cabin. Remember to use a towel inside the sauna cabin.

STEP 3

Start first with a 10 minutes session in the lower part of your sauna. This will help you to get used to the heat.

At the end of this first session, lightly water the hot stones (the quantity of a ladle is enough) to humidify the atmosphere.



STEP 4

Proceed to leave the cabin and rinse yourself, starting with your feet and legs.

Then take a real cool shower to activate blood circulation.
Take a rest for 10 to 15 minutes.



STEP 5

After this relaxing moment, proceed with a hot shower. Completely dry off using a towel before returning to the cabin.





STEP 6

Return to the sauna. This time don't hesitate to sit on the upper level of the bench (higher temperature) for about 15 minutes.



STEP 7

Upon finishing your session, follow the same steps: rinse, cold shower, dry up, rest, hot shower, dry up.

STEP 8

If you feel that you have recovered sufficiently, you can go back to the cabin for a third and final time. You sit again on the higher bench for about 15 minutes.



STEP 9

After these 3 sessions in the sauna cabin, you can rest longer in a lying position between 15 and 20 minutes so your heart regains its normal rhythm.

Why not use the opportunity to rehydrate your skin with a cream or toning essential oils as well as your body by drinking plenty of water.



Expert advice

- *During your session: you can use essential oils: eucalyptus, lavender, mint, rosemary...*
- *After your session: Some useful accessories to perfect your moment of well-being: kessa glove, black soap, rhassoul, rose water, argan oil...*

3 rules

STAY HYDRATED RIGHT
THROUGH YOUR SESSION

TAKE YOUR TIME

LISTEN TO YOUR BODY
AND SHORTEN YOUR SESSION
IF NEEDED

“To
each
colour
a
benefit...”

Chromotherapy

With the touch control panel situated in the sauna, you can create a colourful atmosphere of your choice. LED lighting inside the cabin and its prism of seven colours inspired by the codes of chromotherapy offer you a complete body-mind relaxation session.

The waves specific to the colours red, orange, yellow, green, turquoise, blue and violet act differently on the organism through the skin, which is particularly sensitive to light energies and positively influence your state of well-being.

RED:

Increases physical energy, vitality, resistance, temperament, spontaneity, stability, passion.

ORANGE:

Stimulates creativity, productivity, pleasure, optimism, enthusiasm, emotional expression.

YELLOW:

Enhances cheerfulness, humour, radiance, personal strength, intelligence, logic, creativity.

GREEN:

Supports balance, harmony, love, communication, social character, acceptance.

TURQUOISE:

Calms and reduces inflammation and infections, helping the immune system. Enhances concentration.

BLUE:

Strengthens calm, love, affability, truthfulness, inner peace, depth of emotion, dedication.

PURPLE:

Stimulates intuition, imagination, meditation and artistic qualities.



SAUNA KIT

INCLUDED

- Wooden bucket
- Wooden laddle
- Hourglass
- Thermometer
- Hygrometer



Did you know?

Where should you install your new sauna?

Ideally, the room should be thermally insulated, but also ventilated and perfectly level. If you place it in a bathroom, make sure that it is equipped with a CMV ventilation.



If you place your sauna in an uninsulated room, it will be difficult to heat it properly during the winter months.



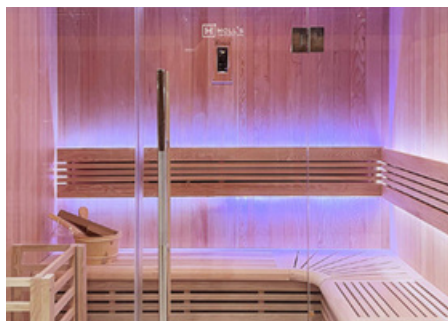
UTOPIA 4

4 

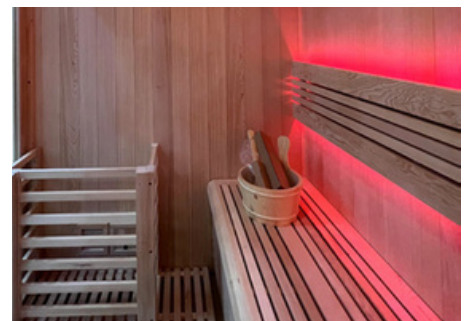
Technology
STEAM



STARRY SKY



LARGE GLAZED FAÇADE

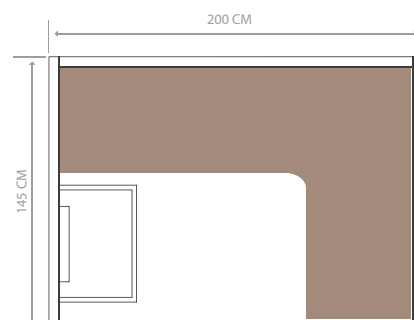


CONTEMPORARY DESIGN

	UTOPIA 4
Reference	HL-UTA04PK
Capacity	4 persons seated
Dimensions	200 x 145 x 196 cm
Stove included	Harvia Vega 6kW
Structure and Woodwork	Canadian Spruce
Equipment and accessories	Interior lighting Starry sky effect ceiling 7-colours LED chromotherapy Digital screen - Audio MP3 and Bluetooth Safety-glass door with wooden handle inside and stainless steel handle outside Traditional sauna kit included
Warranty	Electronics 2 years - Wood 10 years



LARGE L-SHAPE BENCH



UTOPIA 6

6 

Technology
STEAM



STARRY SKY



LARGE GLAZED FAÇADE

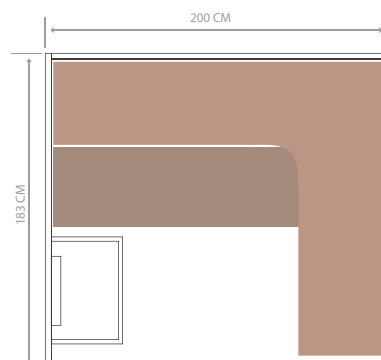


CONTEMPORARY DESIGN

	UTOPIA 6
Reference	HL-UTA06PK
Capacity	6 persons seated
Dimensions	200 x 183 x 210 cm
Stove included	Harvia Vega 8kW
Structure and Woodwork	Canadian Spruce
Equipment and accessories	Interior lighting Starry sky effect ceiling 7-colours LED chromotherapy Digital screen - Audio MP3 and Bluetooth Safety-glass door with wooden handle inside and stainless steel handle outside Traditional sauna kit included
Warranty	Electronics 2 years - Wood 10 years



TWO-TIERED BENCH + LARGE L-SHAPE BENCH



INFRARED CABINS CANOPÉE



Collection

CANOPÉE

Live a unique experience
where design and technology become one!
2 to 6 persons

WARRANTY

2 YEARS

WARRANTY
WOOD

10 YEARS



CANADIAN SPRUCE



INFRARED
TECHNOLOGY



Tailor-made design and finishes for a space of total freedom at home

Have you ever felt the need for a moment of pure relaxation after a long day? A space dedicated to resetting mind and body? Holl's has put all its know-how in the development of this new line of infrared cabins to give you all the relaxation you need. The innovative «Triple Care» technology enables you to take advantage of the entire range of infrared waves - long and short - and grant yourself that much sought-after "Reset & Restore" effect. Cleverly arranged shortwave carbon emitters provide a warm atmosphere to relax the mind, while quartz or magnesium emitters allow you to choose between muscle relaxation and detoxification. You can imagine a multitude of treatments and create a la carte well-being moments for you and your loved ones.

Detoxification of the body and deep relaxation of the mind



SELECTED WOOD TYPES THAT ARE HAND-CRAFTED

Deeply committed to the environment, Holl's uses spruce wood from only sustainably managed forests in Canada in the design of its sauna cabins. The wood, polished and worked by hand, is completely free of knots and resin. A real guarantee of the quality of the sauna that you will install in your home.



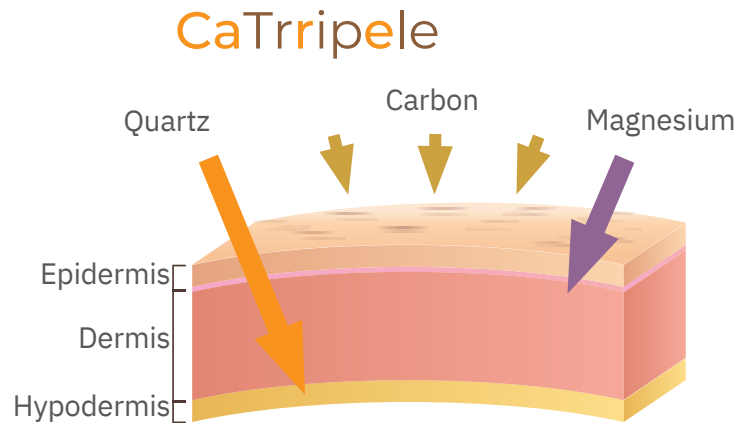
VERSATILITY AT THE SERVICE OF WELL-BEING

**Multiply our capacity to innovate
to better satisfy your desires!**

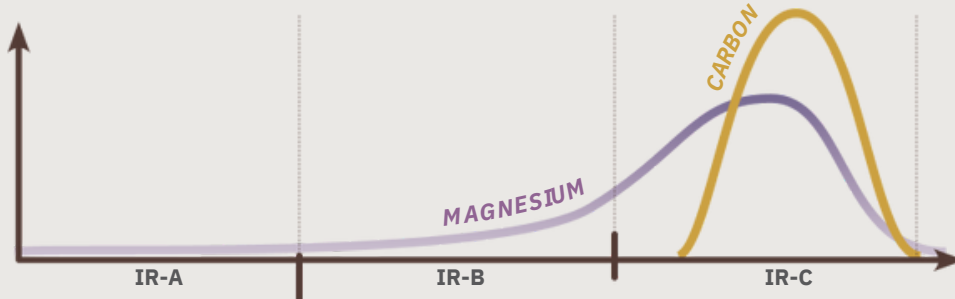
Once again, our R&D team has developed a combination of

infrared technologies that results in a complete sauna cabin
that reveals itself and will surprise you with each session.

Imagine a multi-care course or create à la carte well-being
moments for you and your loved ones thanks to a set of three
technologies - carbon, magnesium and quartz.



THE ASSOCIATION OF CARBON WITH DUAL HEALTHY TECHNOLOGY

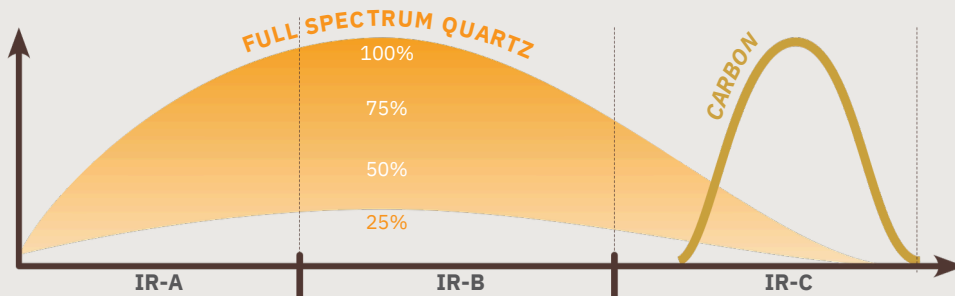


MAGNESIUM

Magnesium produces IR-C waves that stimulate the skin and promote sudation for deep detoxification.

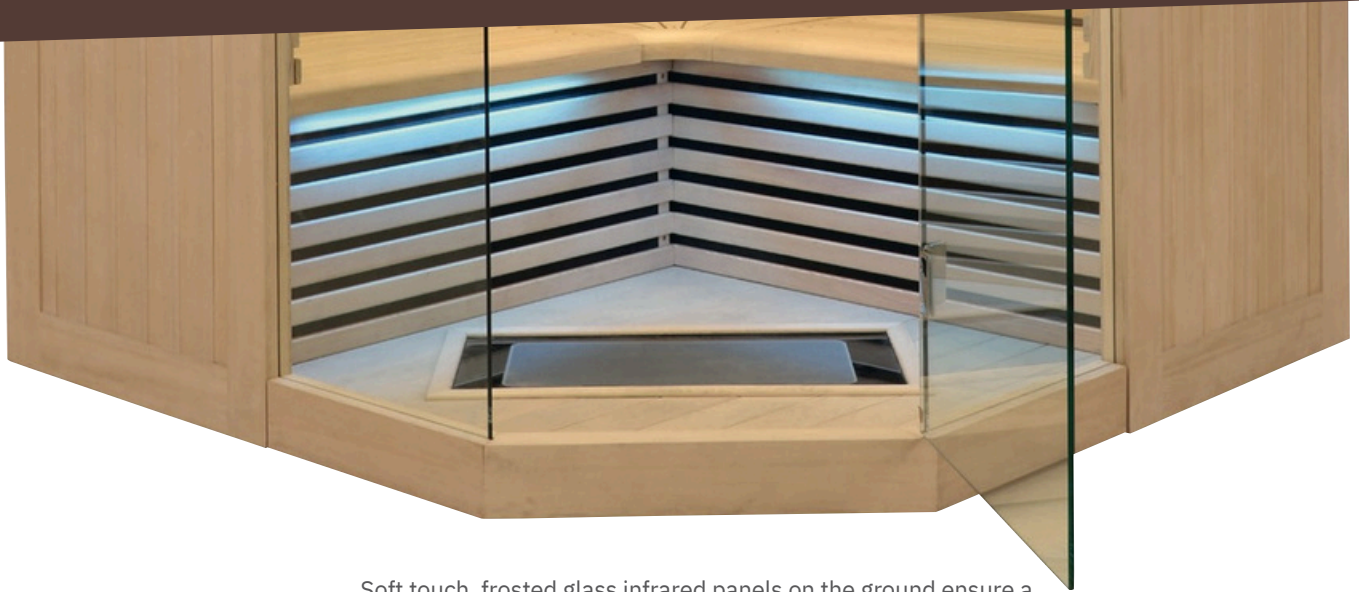
CARBON

Carbon ensures a warm and gentle heat with its long IRs. Panels on the walls distribute heat evenly throughout the cabin.



QUARTZ

Quartz creates an enveloping and very pleasant warmth that will relieve the entire nervous system, especially around the spine. Choose the intensity of the emitters at the start of the session and throughout your moment in the sauna.

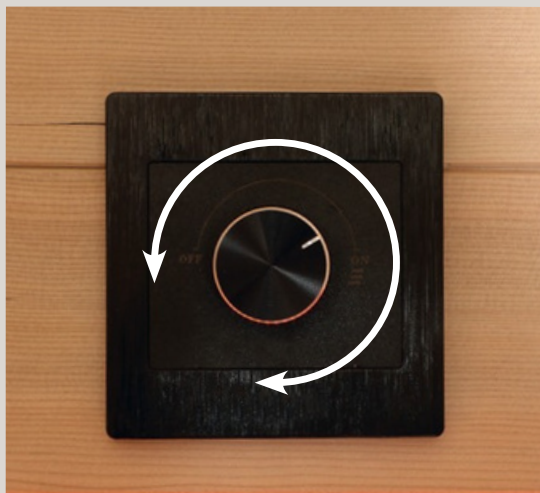


Soft touch, frosted glass infrared panels on the ground ensure a pleasant and homogeneous heat.

USEFUL INFORMATION:

Each emitter can also switch from Quartz to Magnesium independently during the same session. For this, a warm-up time must be provided.

PERSONALIZE YOUR SESSION WITH QUARTZ



Adjust the intensity of each Full Spectrum Quartz emitter at any time, at will, with a simple turn of the wheel.



40 %

80 %

100 %



CHROMOTHERAPY & AMBIENT LED



Enjoy the benefits of colorful atmospheres in your sauna Canopée.

Infrared waves specific to the colours red, orange, yellow, green, turquoise, blue and purple act differently on the body through the skin, which is particularly sensitive to light energies. This positively influences your state of well-being.

Red

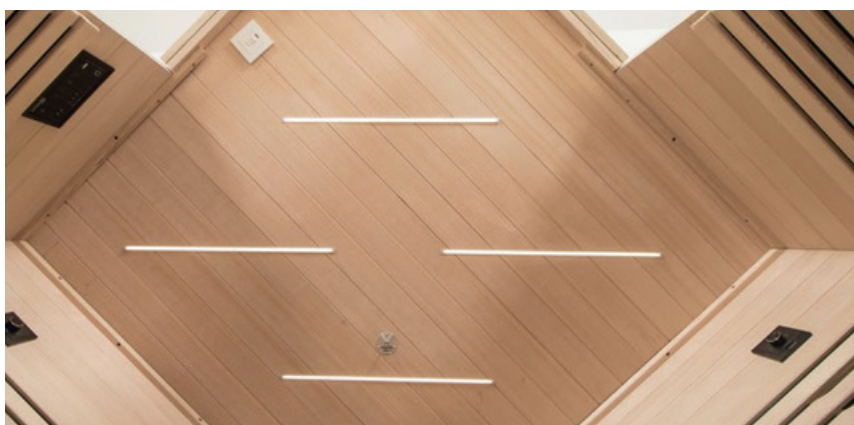
Red is a «boost» and this renewed energy is perceived very quickly by the body. It fluidifies blood circulation and promotes the dissolution of the fatty mass.

Green

Green brings balance, harmony and psychological stability. It is also active against skin aging and dehydration.

Blue

Blue is a peaceful colour that calms the mind and acts on skin inflammation.



Do you want a soft and pleasant classic light?

Ambient LEDs in natural colours are an invitation to read.

A SPACE WHERE COMFORT & ERGONOMICS MEET

Inside the Canopée, large solid wood benches are enhanced by a set of slats layed out on the cabin walls.

Once your session has been programmed (tailor-made or pre-programmed «Zen» mode), you can enjoy it in complete comfort thanks to finely studied ergonomics, which translates into a generous bench width offering

ample space for everyone.



ACCESSORIES TO MAKE YOUR LIFE EASIER

“ The Canopée includes a set of accessories to maximize relaxation and pleasure. ”

The air purifier (ozonator + ionizer) acts as a real lung in the sauna cabin to disinfect and sterilize the air particles as well as the walls of the cabin with ozone, producing negative ions..

The musical atmosphere is provided by a new avant-garde resonance audio system, allowing you to stream your favorite music via USB or Bluetooth without a visible speaker, and with unparalleled quality.

To perfect the ergonomics of the cabin, various supports are included such as a drink holder, a magazine holder, a telephone holder and a towel holder. These are obviously designed in the same type of wood as that of the cabin and are to be added if you deem it useful.



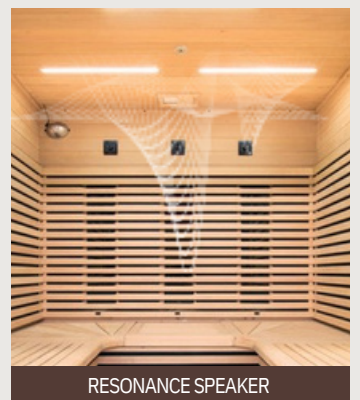
AIR PURIFIER



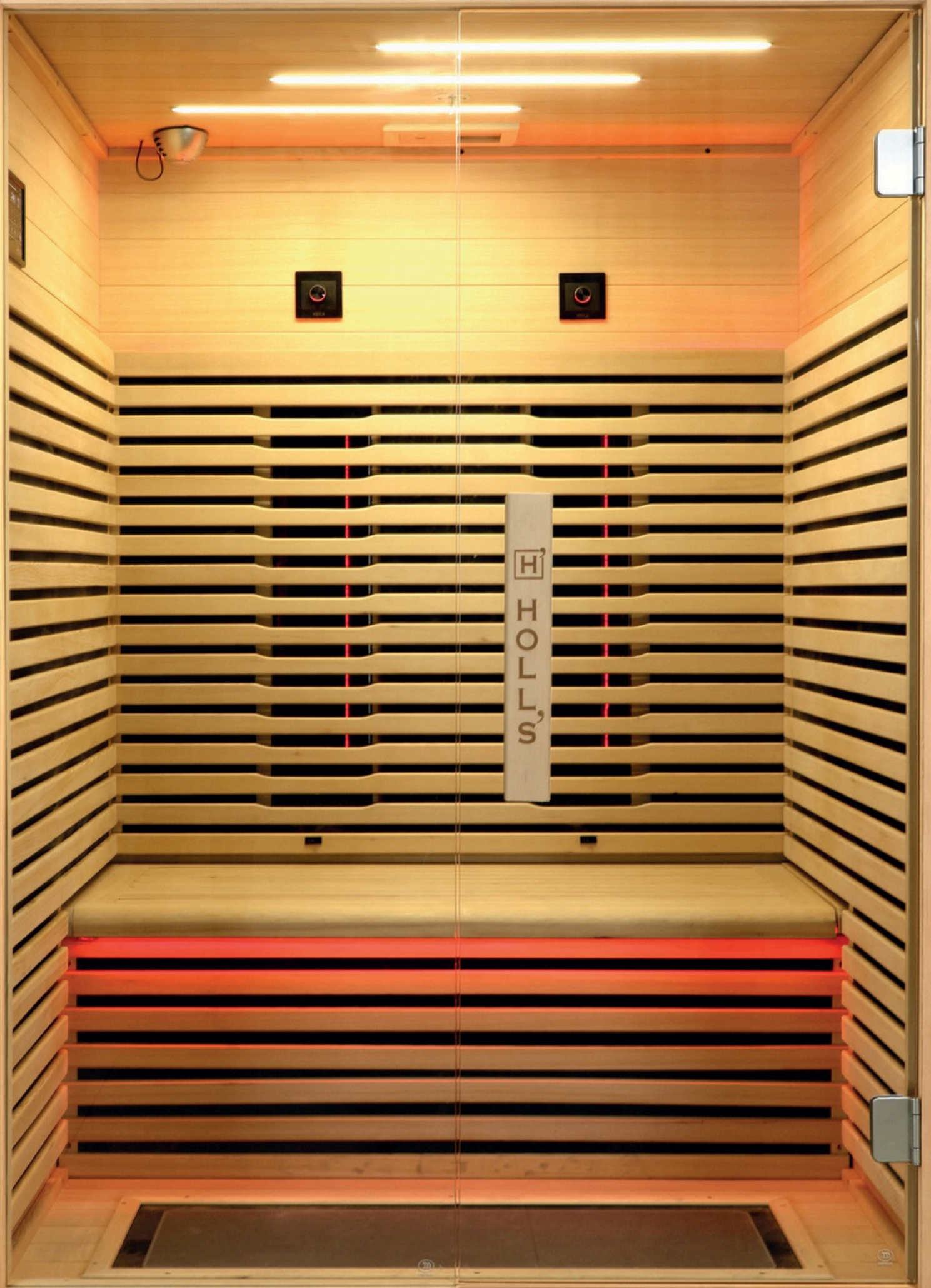
AUDIO BLUETOOTH



STORAGE



RESONANCE SPEAKER



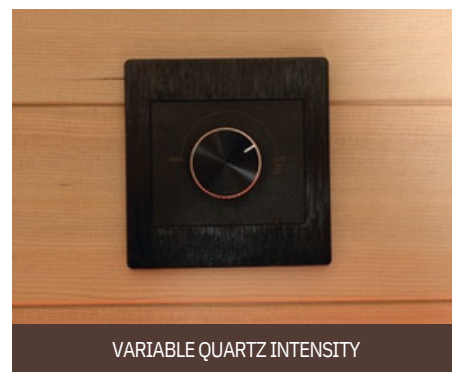


CANOPÉE 2

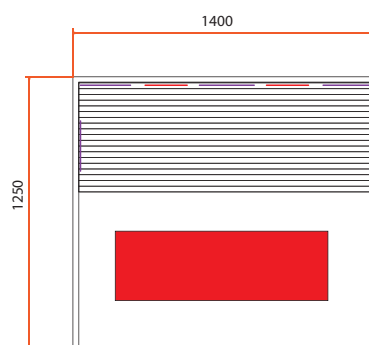
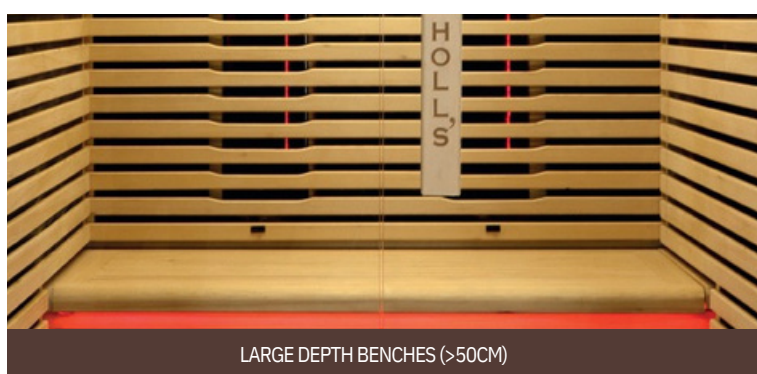
2

2 **Dual
Healthy**
Quartz
Magnesium

5 **Carbon**



	CANOPÉE 2
Reference	HL-CNP02
Capacité	2 seated
Dimensions	140 x 125 x 190 cm
Dual Healthy emitters	x2
Carbon panels	x5
Ambient floor emitters	x1
Total power	2150 W
Structure and wood	Canadian Spruce
Equipment and accessories	Interior lighting 7 colours LED chromotherapy Audio MP3 bluetooth with resonance speaker Automatic air purifier to cleanse the air Magazine holder, drink holder, smartphone holder and towel holder Secured glass door wooden handle
Weight	
Warranties	Electronics 2 years - Wood 10 years





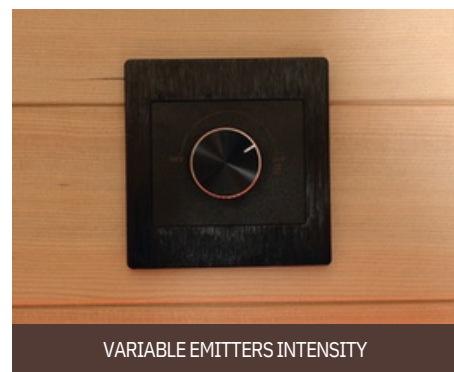


CANOPÉE 3C

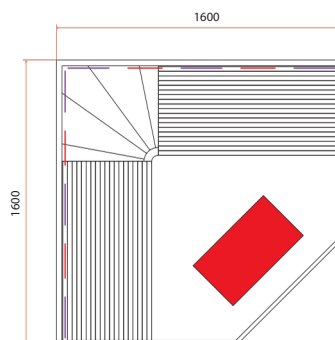
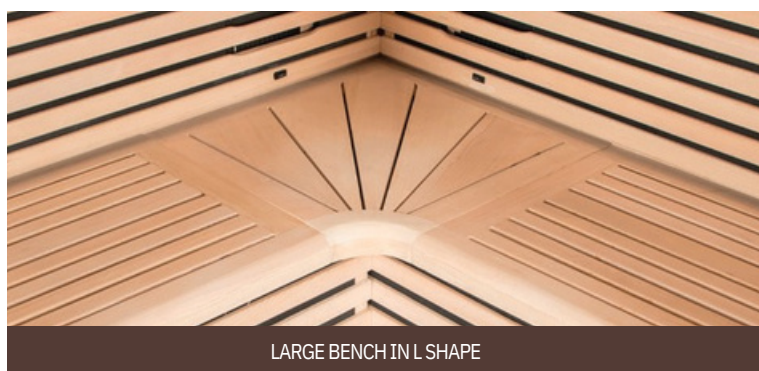
3-4 

4  Dual
Healthy
Quartz
Magnesium

6  Carbon



	CANOPÉE 3C
Reference	HL-CNP03C
Capacity	3 - 4 seated
Dimensions	160 x 160 x 190 cm
Dual Healthy emitters	x4
Carbon panels	x6
Ambient floor emitters	x1
Total power	3250 W
Structure and wood	Canadian Spruce
Equipment and accessories	Interior lighting 7 colours LED chromotherapy Audio MP3 bluetooth with resonance speaker Automatic air purifier to cleanse the air Magazine holder, drink holder, smartphone holder and towel holder Secured glass door wooden handle
Weight	
Warranties	Electronics 2 years - Wood 10 years





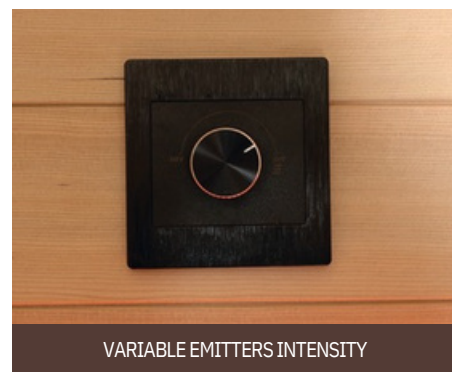


CANOPÉE 6

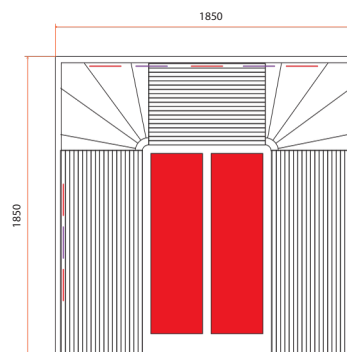
6 

7  Dual
Healthy
Quartz
Magnesium

5  Carbon



	CANOPÉE 6
Reference	HL-CNP06
Capacity	6 seated
Dimensions	185 x 185 x 190 cm
Dual Healthy emitters	x7
Carbon panels	x5
Ambient floor emitters	x2
Total power	4000 W
Structure and wood	Canadian Spruce
Equipment and accessories	Interior lighting 7 colours LED chromotherapy Audio MP3 bluetooth with resonance speaker Automatic air purifier to cleanse the air Magazine holder, drink holder, smartphone holder and towel holder Secured glass door wooden handle
Weight	
Warranties	Electronics 2 years - Wood 10 years



HYBRID SAUNA
HYBRID COMBI



HYBRID COMBI

Steam and infrared in one cabin
4 persons

WARRANTY

2
YEARS

WARRANTY

WOODWORK
GOLD 10
YEARS



INFRARED
FULL SPECTRUM
QUARTZ + MAGNESIUM

&



STEAM TECHNOLOGY

HYBRID SAUNA HYBRID COMBI

HYBRID COMBI

QUARTZ + MAGNESIUM STEAM
& EMITTERS

Is it difficult for you to choose between the joys of a traditional sauna or the benefits of infrared waves?

Holl's has thought of you by creating a cabin combining these two sauna designs!

The Hybrid Combi revolutionizes the practice of the sauna as it allows steam or infrared sessions to be carried out with quartz and magnesium radiation in the same cabin.

Dual Healthy Quartz + Magnesium transmitters are ideally located to provide maximum benefits.

STEAM
TECHNOLOGY



&

INFRARED TECHNOLOGY



Reflector



Quartz
transmitter



Magnesium
emitter



Protective
grid

MAIN FEATURES



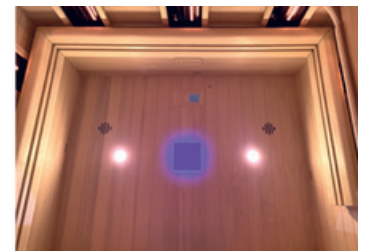
Hemlock &
Red cedar exterior



Ideal comfort with
benches and headrests in abachi

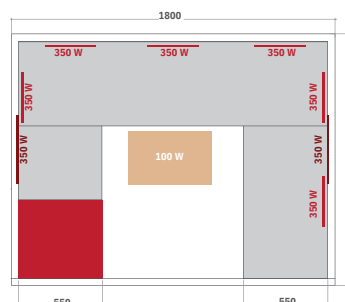


Control panel with digital display:
Integrated audio with Bluetooth / MP3
and FM reception



Choose the atmosphere you wish with
LED chromotherapy

CHARACTERISTICS



Dimensions 180 x 140 x 190 cm

8 Quartz + magnesium emitters
Total power 2800W

1 Carbon panel of 100 W

Hemlock &
Red cedar exterior
LED chromotherapy

FM / MP3 / Bluetooth audio

Secure glass door

Sauna kit included

3 SAUNA + STOVE PACKS

HL-HC04PK



Harvia stove included

HL-HC04PKUP



Harvia stove included

HL-HC04PKLX



Harvia stove included

Wall
Black
Steel