Indoor Infrared &
Traditional Saunas

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.

HEKLA

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Create your own sanctuary with Hekla

Inspired by ancient sauna tradition, we craft sustainable, high-quality spaces designed for calm, connection and everyday restoration. A Hekla sauna brings Nordic wellbeing into your home, warmth, stillness and a simpler way of living.





Experience wellness at home

Regular sauna bathing is shown to improve wellbeing, aid recovery, and support everyday performance.

Hekla offers traditional and infrared saunas for both indoor and outdoor spaces, making it easy to create a calm retreat at home, one that fits your space, routine, and health goals.

Relaxation	Calms the body and mind.
Circulation	Gentle heat supports healthy blood flow.
Detox	Sweating helps the body release impurities.
Pain Relief	Eases tension, stiffness and everyday aches.
Skin Health	Warmth and humidity soften and refresh the skin.
Sleep	Deep relaxation encourages steadier, more restful sleep.
Recovery	Helps muscles and joints restore after activity.
Connection	A quiet space for yourself, or shared time with others.

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

The sauna ritual

Heating

Sessions in a hot room (70–100°C in a traditional sauna) for 10-15 minutes to induce deep sweating.

Cooling

An invigorating cool-down period, often involving a cold shower, a plunge into a cold pool or lake, or even a roll in the snow.

Resting

A period of relaxation with hydration (water or herbal tea) before repeating the cycle.





Terminology

Löyly

Pouring water onto hot stones to create a wave of steam and a temporary spike in humidity, often considered the ‘spirit’ of the sauna.

Vihta

Gently whisking the skin with a bundle of fresh birch twigs to stimulate circulation and exfoliate the skin, especially popular in summer.

Aufguss

The sauna master uses specific, often choreographed, towel-waving techniques to circulate hot, scented air (using essential oils) throughout the sauna.

Hekla Infrared Saunas

Embrace a deeper sweat.
Support your recovery.
Find balance.



What an Infrared sauna does

Infrared saunas warm your body directly using gentle infrared energy. Instead of heating the air like a traditional sauna, infrared heat travels deeper into your skin, muscles and joints. This gives you a more powerful, more comfortable sauna session at a lower temperature.

You warm up faster, stay relaxed longer and feel the benefits throughout your whole body.

Infrared benefits



Efficient Heating

High-intensity near-infrared warms the body within seconds, creating a smooth, enveloping heat instead of the slow, surface warmth typical of value heaters.



Deeper Muscle Relief

Mid-infrared penetrates deeply into muscle and soft tissue, easing tension where you actually feel it. Cheaper panels, with narrow and weak spectrum, rarely reach this depth.



Sweat More Freely

A strong far-infrared output raises core temperature from within, enabling a clean, natural sweat at comfortable air temperatures. Most value saunas struggle to achieve this internal heat response.



Even, Balanced Comfort

Hekla's natural full-spectrum blend creates a stable, soothing heat curve with no hot spots, just a refined, spa-level warmth throughout the cabin.



Stronger Therapeutic Effect

You enjoy a deeper, more nourishing sauna experience without the intensity of overly hot air. Each session feels gentler on your body, yet more comforting, restorative, and effective.

What does Full Spectrum Infrared Heating mean

Near Infrared (0.75 - 3 µm)

- Stimulates circulation,
- Supports skin rejuvenation,
- Creates fast initial warmth.

Mid Infrared (3 - 8 µm)

- Penetrates soft tissue,
- Helps relax muscles,
- Supports improved mobility.

Far Infrared (8 - 20+ µm)

- Elevates core body temperature,
- Drives deep sweating response,
- Supports detoxification and recovery.

Hekla Infrared Spectrum Output

Near Infrared	Mid Infrared	Far Infrared
IR-A	IR-B	IR-C
0.8%	21.1%	78.1%
0.75 - 3 µm	3 - 8 µm	8 - 20+ µm



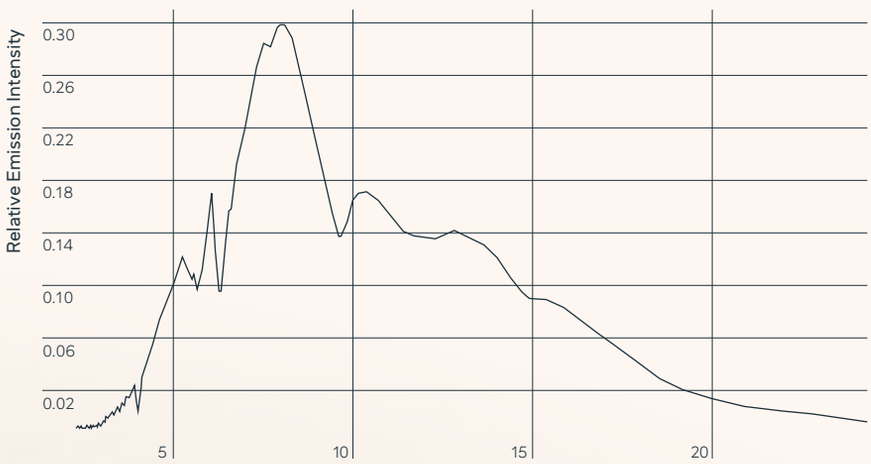
Independently Tested Performance

Hekla Infrared saunas emit near, mid and far infrared wavelengths. With a predominantly far-infrared output for deep, restorative heat.

Independent Test Report No. (2025)WT-HW-01339(E)
Wuhan Product Quality Supervision & Inspection Institute
Test standard: GB/T 7287-2008 (Infrared Heater Test Method)

Relative Emission Curve

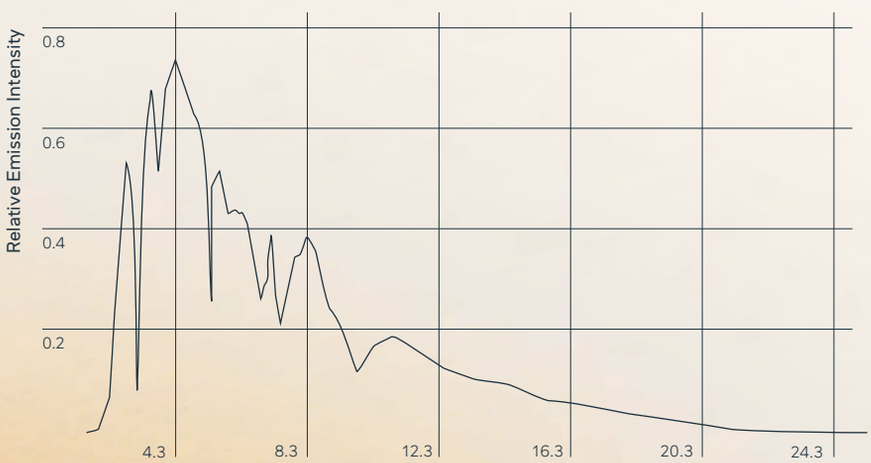
Mica Heater M001



Test environment condition 21°C 60% RH

Relative Emission Spectrum Curve

Full Spectrum Heater F001



Test environment condition 21°C 60% RH

Spectral energy distribution measured in accordance with GB/T 7287-2008 using a Clear Halogen Heat Lamp at controlled temperature and humidity. Results relate only to the tested sample.



Specifications

- Thermo aspen wood frame
- Black veneer exterior
- Sauna ventilation valve
- 0.3in gray safety glass
- Chromotherapy led lights
- USB and bluetooth sound system
- Two internal speakers
- 2.4m^3 sauna room volume (IR100)
- 3.1m^3 sauna room volume (IR130)
- 3.85m^3 sauna room volume (IR160)





Infrared 100

1 Person

W 39 x D 47 x H 79in

Heater Breakdown

Power Output - 1195w

1 x 400w Halogen (Back)

1 x 600w Halogen (Front)

1 x 195w Carbon (Legs)

Internal touch control panel

Infrared 130

2 Person

W 51 x D 47 x H 79in

Heater Breakdown

Power Output - 2260w

2 x 400w Halogen (Back)

2 x 600w Halogen (Front)

1 x 260w Carbon (Legs)

Internal touch control panel

Infrared 160

2 Person

W 63 x D 47 x H 79in

Heater Breakdown

Power Output - 2390w

2 x 400w Halogen (Back)

2 x 600w Halogen (Front)

2 x 195w Carbon (Legs)

Internal touch control panel

Hekla Traditional Saunas

Sink into the warmth.
Let your body recover.
Feel balanced again.



What are traditional indoor saunas

Traditional saunas heat the air around you, creating the classic, enveloping warmth that has defined sauna bathing for centuries. Using powerful electric heaters, the room temperature rises evenly, encouraging deep, cleansing sweat and total-body relaxation.

This is the authentic sauna ritual, grounding, social, and deeply restorative, brought into the heart of your home.



Authentic Sauna Heat

Traditional electric heaters warm the entire cabin, surrounding your body in steady, penetrating heat. This full-room warmth promotes a deep, satisfying sweat and a timeless sauna experience.



Steam or Dry Heat Control

Pour water over the hot stones to create soft, rising steam or enjoy a dry, intense heat, the choice is yours. This flexibility lets you customize the sauna experience to match your comfort level and relaxation goals.



Crafted for Comfort & Safety

Thermo Aspen thermowood lines the interior, offering natural warmth, durability, and a clean, chemical-free finish. While grey safety glass encloses the space with a modern, minimalist feel.



Atmosphere at Your Fingertips

Chromotherapy LED lighting let you shape the mood effortlessly, energising, calming, or deeply meditative, all with the touch of a button.



Powerful, Proven Performance

With models offering up to 9kW of heat output, these saunas deliver consistent, therapeutic temperatures that support circulation, muscle recovery, and stress relief, all from the comfort of your home.



Specifications

Thermo aspen wood frame
Built-in floor grid with vinyl surface
Sauna ventilation valve
0.3in gray safety glass
Chromotherapy led lights
4m³ sauna room volume
7m³ sauna room volume
8.8m³ sauna room volume
9.7m³ sauna room volume

Traditional 160

2-3 Person

W 63 x D 47 x H 83in

Heater Option:

Harvia The Wall (Electric)

4.5kW Power

44 lb Stones

Manual Control

24 x 17 x 10in





Traditional 210

3-4 Person

W 83 x D 63 x H 83in

Heater Option:

Harvia The Wall (Electric)

6kW Power

44 lb Stones

Manual Control

24 x 17 x 10in

Traditional 210x

4-5 Person

83 x D 79 x H 83in

Heater Options:

Harvia The Wall (Electric)

8kW Power or 9kW Power

44 lb Stones

Manual Control

24 x 17 x 10in

Traditional 220

6 Person

W: 87 x D 83 x H 83in

Heater Options:

Harvia The Wall (Electric)

8kW Power or 9kW Power

44 lb Stones

Manual Control

27.5 x 15 x 10in



HEKLA

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