



heloPeople

DESIGNING THE ULTIMATE SAUNA



MEET
LISA



SURROUNDING MYSELF WITH THE PEOPLE I LOVE MAKES ME FEEL AT HOME - WHEREVER I AM. A PLACE WHERE MY FAMILY AND I ARE HAPPIEST TO BE TOGETHER IS IN THE SAUNA. GATHERING AROUND THE SAUNA HEATER - OUR OWN CONTEMPORARY CAMPFIRE - GIVES US THE PRIVILEGE OF SIMPLY ENJOYING ONE ANOTHER'S COMPANY.

TO CREATE SUCH A WARM AND INVITING SPACE, I FIND THAT NOT ONLY CHOOSING THE RIGHT SAUNA HEATER BUT ALSO THE RIGHT LOOK AND FEEL FOR THE INTERIOR OF OUR SAUNA IS OF UTMOST IMPORTANCE. FOR ME, CRAFTSMANSHIP, QUALITY AND DURABILITY ARE AS IMPORTANT AS THE DESIGN ITSELF - AND THAT IS WHY I CHOOSE HELO DECO. LET MY FRIENDS PEKKA, SOFIA, DANIEL AND I SHOW YOU THE MANY OPTIONS AVAILABLE.





LISA'S SAUNA DECORATING TIPS

Time well spent

Living in a country where there are approximately two million saunas, I would like to claim that Finns know a thing or two about this essential part of the wellness concept. I truly feel that the best "experts" in the area are we - the sauna owners ourselves. And as a keen sauna bather I know that, aside from choosing the right heater for you, **it is well worth taking time to modify and customise the interior design of your sauna according to your individual needs.** It will make your sauna experience so much more enjoyable.

A bright idea

As in all other areas, there are trends in the world of saunas. A decorative element that really has surfaced as a major detail is lighting - **I just adore how functional lighting is becoming such an integrated part of the sauna interior.** My personal favourite is fibre optics, which I feel, offers endless possibilities: why not emphasise the bench designs or create illuminated details out of the water pail or thermometer?

Move it

To create a dynamic space that can adapt to an ever-growing family, **make sure you get a set of movable square stools.** These can easily be moved in and out of the sauna, and can also be placed in your bathroom or relaxation area if needed.

SEASIDE

The Seaside bench line is designed for everyone who desires luxury. The living room-like ambiance offers fantastic surroundings for a leisurely sauna bath at home and lends itself perfectly to corporate hospitality purposes.

QUICK FACTS:

- Available in one, two or three person models.
- The materials include western red cedar and aspen which you can tone to suit your taste.
- Versatile stools available for use as extra seats by children, for example.
- Helo Deco Seaside Sauna Interior designed by Esko Saarenoja.



A second living room

The bench ergonomics are excellent. You feel like you are sitting in your favourite armchair.

This brings added value to the sauna and the use of space becomes more versatile. You can even have a meeting or settle down for a read in the sauna. The Seaside line is custom-made to suit its intended space.



Helo Deco Seaside Sauna Interior.



Helo Deco Seaside in white aspen.



Helo Deco Seaside in western red cedar.

ARKK LINE

The Arkk Line sauna bench line brings together minimalist Scandinavian design and the enjoyment of taking a sauna bath. The bench, made using extra wide boards, is minimalistic and harmonious.

QUICK FACTS:

- The Arkk Line benches are made of 140 mm Western red cedar and 185 mm heat-treated radiata pine, both of which are extremely moisture-resistant.
- Many of the sauna heaters can be integrated in the lower bench.
- The Arkk Line is available in the traditional, straight form as well as in L and U shape which allows for custom made benches to suit customer needs.
- The Arkk Line offers intimate lighting solutions using fibre optic technology. Indirect lighting enhances the sauna experience.
- The SCA lamp is particularly well suited to this particular bench design to create a nautical atmosphere.



Pared-down Scandinavian elegance

Arkk Line benches are well suited for modern bathrooms and saunas. The lower bench stretches across the sauna from wall to wall underneath the upper bench - making the sauna safer and seemingly more spacious.



PEKKA'S SAUNA DECORATING TIPS

Let it breathe

As an outdoors type, I know that sufficient oxygen is important for the feeling of wellbeing. This applies to the sauna as well, as **proper air conditioning ensures that the sauna dries after use and extends its life.**

From my own experience, I recommend placing the air supply pipe on the wall right above the heater, and the air outlet in the opposite wall near the floor.

Leave it to dry

Another tip is to **leave your sauna on for approximately half an hour after use.** This ensures that your sauna dries quicker.

Rub it in

Well in advance before you use the sauna for the first time, **treat all Arkk Line wooden benches and walls with a coat of paraffin oil.** Aside from giving the wood a beautiful hue, emphasizing the shade variations and graining, it will create durability.



Helo Deco Arkk Line in Western red cedar. SCA lamp installed under the benches.

LINEA

The Linea bench design is elegant, minimalistic and timeless.

QUICK FACTS:

- Should you wish to change the appearance of your sauna you can use surface treatments such as the Tikkurila Sauna Supi that penetrates into the wood and forms a natural dirt and moisture-repellent surface. Available in several shades. A wood best suited for toning is aspen.
- The Linea line offers various bench materials and combinations.
- Aspen, heat-treated aspen, black alder, Western red cedar, heat-treated pine, aspen with front edges in heat-treated aspen.
- Linea's clean lines appeal to most people and require little care.
- The grille between the upper and the lower bench ensures safe sauna baths even for small children.
- The backrest can be constructed with two boards without a middle slat.



Linea interior with Helo Cava heater.



Multifunctional modernism

The bench line comes complete with a grille between the upper and lower bench as well as a maxi-sized lower bench, creating a sense of space in your sauna.



SOFIA'S SAUNA DECORATING TIPS

Put it to good use

As a huge fan of Scandinavian design, I choose Linea – a pared-down and minimalist design. **Always consider what you're planning to use your sauna for.** For me, the sauna doubles as a space for yoga, a great passion of mine. The maxi-sized lower benches are ideal for this, creating bikram yoga with the heat turned up high. I have also chosen to replace the upper bench with movable stools in order to get more room for stretching after a completed session.

Scent from heaven

A great idea I picked up from spas across the world is **adding a few drops of essential oil to the water you throw over the heated stones** or, in my case for the Helo Fonda Duo, into the integrated aroma tray. A wonderful scent will spread throughout the entire sauna.



Fonda heater integrated into the Helo Deco Linea interior.



Helo Deco Linea in aspen. The fronts of the benches and sauna walls are heat-treated aspen.

LINEA MAXI

If you like minimalist lines and modern Scandinavian style, then the Linea Maxi sauna bench model is for you. The model range includes a selection of alternative materials to suit every sauna bather's taste.

QUICK FACTS:

- Should you wish to change the appearance of your sauna you can use surface treatments such as the Tikkurila Sauna Supi that penetrates into the wood and forms a natural dirt and moisture-repellent surface. Available in several shades. A wood best suited for toning is aspen.
- The Linea line offers various bench materials and combinations.
- Aspen, heat-treated aspen, black alder, Western red cedar, heat-treated pine, aspen with front edges in heat-treated aspen.
- Linea's clean lines appeal to most people and require little care.
- The backrest can be constructed with two boards without a middle slat.



Linea Maxi interior in alder with Helo Rocher heater.



Endless flexibility

The Maxi sauna bench model is also an ideal fit for small sauna facilities, giving more space for sauna bathing. Because of its wide lower sauna bench, the sauna is perfect for the smallest members of the family. The Linea Maxi also provides you with an excellent opportunity to stretch out and relax after your sporting exertions.



Detail of the upper bench bevel.



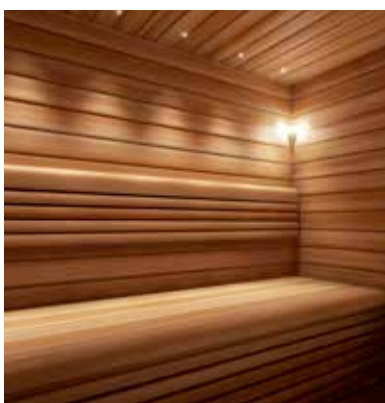
Helo Deco Linea in aspen stained in grey.

HELMI

Elegant, gently rounded design for a more classical taste.

QUICK FACTS:

- The width of the bench board is 90 mm and the materials include heat-treated pine, aspen, heat-treated aspen, black alder and Western red cedar.
- The bench is available in a straight form or in a U or L shape.
- A favourite of families with children: no fear of toddlers falling under the bench thanks to a grille installed between the upper and the lower bench. This makes taking a sauna bath both safe and pleasant.
- The lighting can be installed in the grille between benches and in the backrest to create more ambiance in the sauna.
- Helmi's speciality is the corner piece with a shelf that is mounted behind the backrest. See photo at far right.
- Various step solutions are available as accessories to Helmi.



Supreme softness and comfort

The Helmi bench is one of our most popular bench designs. The rounded front edge of the bench creates a soft appearance and relaxing atmosphere. The Helmi benches can be modified to suit many different bench configurations. Comfort is the key, and easy maintenance and functionality have been taken into account.



DANIEL'S SAUNA DECORATING TIPS

For good measure

For all of us lovers of wood-burning saunas, there are a few important things to keep in mind when planning the interiors to go with it. Before designing the benches, **you must check what the required distance for the wood-burning heater is with regard to the combustible materials in the sauna.**

Let the air out

Because the wood-burning sauna offers such a gentle, humid experience, **it is important to make sure that the space can be properly aired after use.**

Adding air supply and outlet vents is strongly recommended.



Helmi interior with Helo Pikkutonttu heater.



Detail of Helmi corner piece.

HELMI- MUOTO

The Helmi-muoto bench is a more refined version of the straight bench from the Helmi range. This range emphasises seating comfort and ergonomics.



QUICK FACTS:

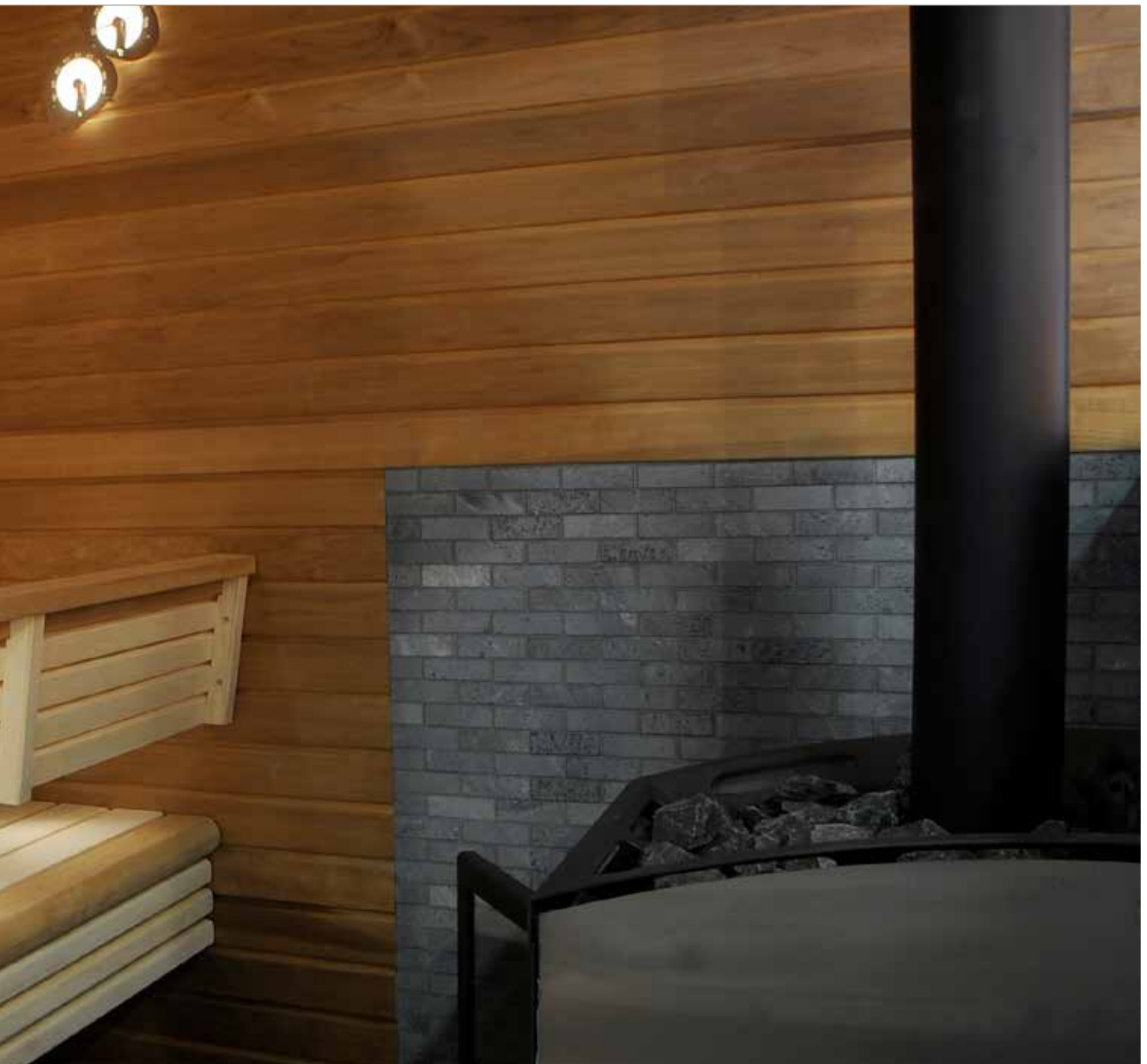
- The aspen bench with a heat-treated aspen edge is particularly well suited to the Helmi-muoto design.
- A low guard rail for installation around the sauna heater is available.



Helmi-muoto in aspen with heat-treated front edges.

Reinterpretation of a classic

The Helmi-muoto interior has contoured benches which improve the seating comfort and the design is so wide that it does not limit the seating position. For added convenience the backrest is raised and inclined which gives better support to your back. The grille between the upper and lower bench gives your sauna a special appeal.



Helmi-muoto in aspen and heat-treated aspen.



Helmi-muoto heat-treated black alder and Helo Cava heater.



Helo Deco Helmi-muoto.

SUVI

A basic bench package that enables you to quickly refurbish your sauna facilities at home, in your holiday house or summer cottage.

QUICK FACTS:

- If needed, you can adjust the bench length at the installation location or order the benches from us adjusted to the correct length.
- The depth of the upper bench is 540 mm.
- Standard delivery without the grille and the backrest.
- Two-step stool as an accessory.
- Frame support which is available as an extra enables bench installation in renovations when panels are not being replaced.
- Materials available include aspen, black alder, heat-treated pine and heat-treated aspen and aspen/front edges in heat-treated aspen.
- A heater cannot be integrated into a Suvi bench which is delivered complete with a foot rail.
- Traditional sauna lighting installed underneath the upper bench is ideal for the Suvi design.



Back to basics

The bench package is available in three different measurements: 1625 mm, 1815 mm and 2105 mm. You can enhance the aesthetic appeal by fitting a grille between the benches or a backrest. The Suvi bench is ideal for contractors' projects thanks to its affordable price.



Ring Wall heater installed in the corner in Helo Deco Suvi interior.



Suvi aspen benches are stained white with sauna wax. Wall panels are heat-treated aspen.

TECHNICAL SPECIFICATIONS

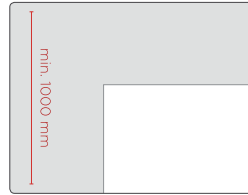
Helo Deco custom benches are designed to meet customer needs and the requirements posed by the sauna space, the sauna heater as well as the door and window locations. Knowing the number of people the sauna is designed for is important as well. If the sauna has a window, please take into account the height of the bottom edge of the window.

The height of the sauna space should be between 2100 - 2300 mm to avoid heating extra space. The bench height is ideal when the space between the upper bench and the ceiling is approximately 1100 - 1200 mm.

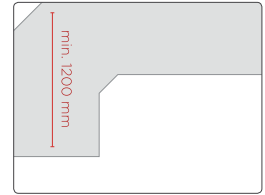
MINIMUM RECOMMENDED DIMENSIONS FOR BENCHES

- Straight bench: no restrictions (recommended seat space 60 cm per person)
- Corner bench: width approx. 1700 mm, depth approx. 1700 mm
- U-shaped bench: width approx. 2200 mm, depth approx. 1700 mm
- Opposite benches: width approx. 2300 mm, depth approx. 1700 mm

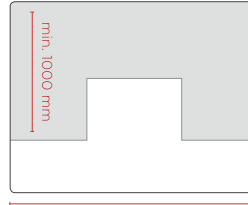
CORNER BENCH WITH A 90-DEGREE ANGLE



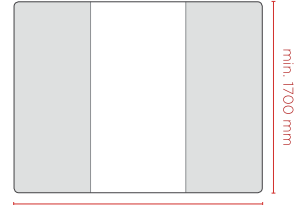
CORNER BENCH WITH A BEVELLED CORNER



U-SHAPED BENCH



OPPOSITE BENCHES



SEASIDE

Helo Deco Seaside Sauna Interior designed by Esko Saarenoja

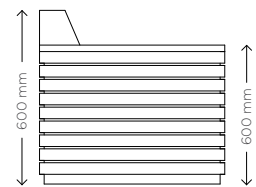
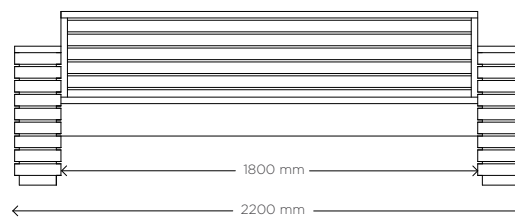


Western red cedar
25.5x140 mm



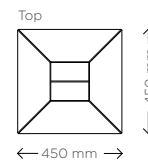
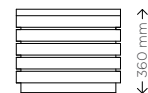
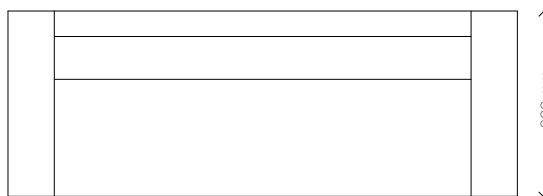
Aspen
45x195 mm

Front



Left side

Top view



SEASIDE	Material	Western red cedar, aspen	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> • Sofa, lower bench, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> • Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> • Straight bench • Opposite • With or without heater integration

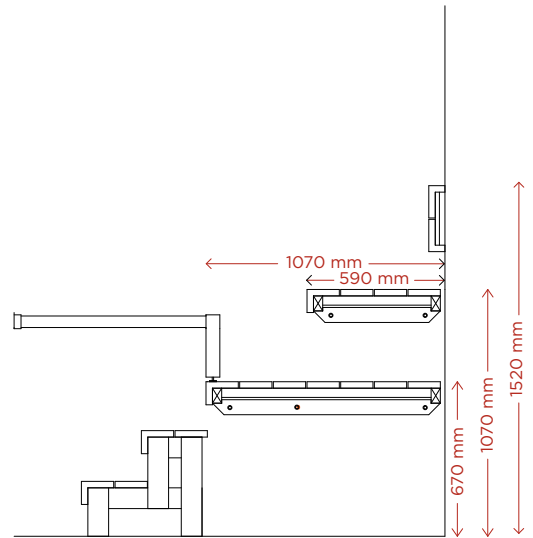
ARKK LINE



Western red cedar
25.5x140 mm



Radiata pine
26x185 mm



ARKK LINE	Material	Western red cedar, radiata pine	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, back rest, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench Corner bench U-shaped bench Opposite With or without heater integration

LINEA



Aspen
28x88 mm



Black alder
28x88 mm



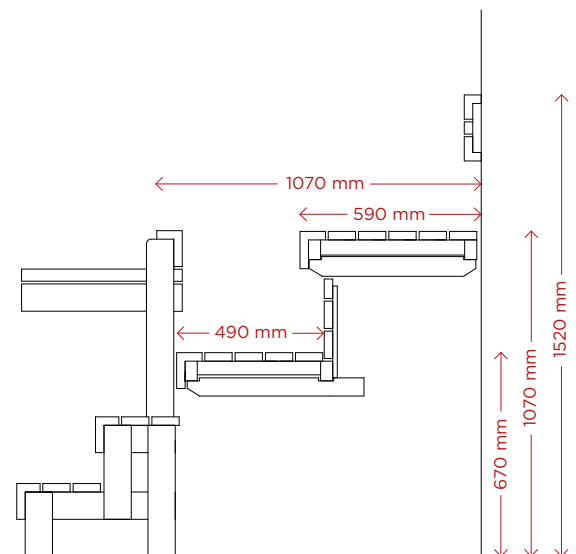
Heat-treated pine
26x92 mm



Heat-treated aspen
28x88 mm



Western red cedar
25.5x89 mm



LINEA	Material	Aspen, black alder, heat-treated pine, heat-treated aspen, Western red cedar, aspen/front edges heat-treated aspen	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, back rest, grille between upper and lower bench, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench Corner bench U-shaped bench Opposite With or without heater integration

LINEA MAXI



Aspen
28x88 mm



Black alder
28x88 mm



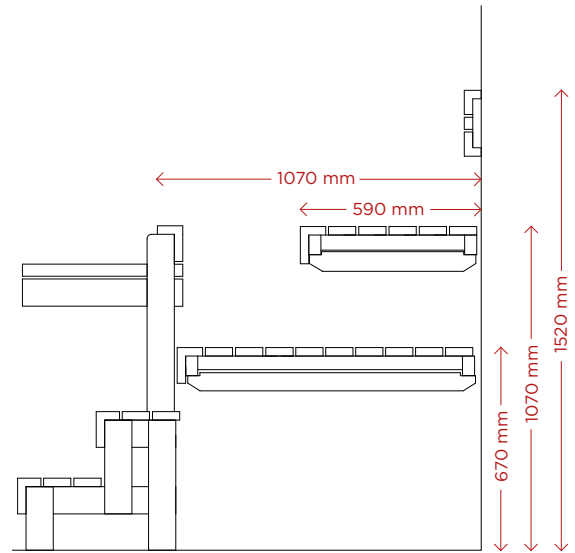
Heat-treated pine
26x92 mm



Heat-treated aspen
28x88 mm



Western red cedar
25.5x89 mm



LINEA MAXI	Material	Aspen, black alder, heat-treated pine, heat-treated aspen, Western red cedar, aspen/front edges heat-treated aspen	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, back rest, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench Corner bench U-shaped bench Opposite With or without heater integration

HELMI



Aspen
28x88 mm



Black alder
28x88 mm



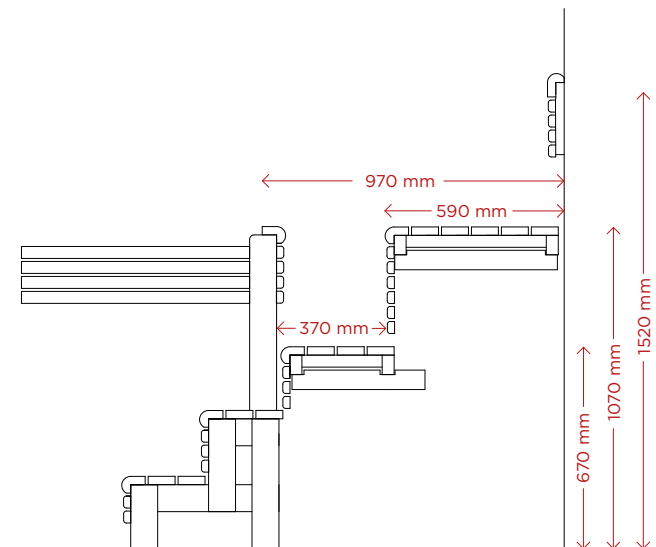
Heat-treated pine
26x92 mm



Heat-treated aspen
28x88 mm



Western red cedar
25.5x89 mm



HELM I	Material	Aspen, black alder, heat-treated pine, heat-treated aspen, Western red cedar, aspen/front edges heat-treated aspen	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, back rest, grille between upper and lower bench, lower bench grille, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench Corner bench U-shaped bench Opposite With or without heater integration

HELMI-MUOTO



Aspen
28x88 mm



Black alder
28x88 mm



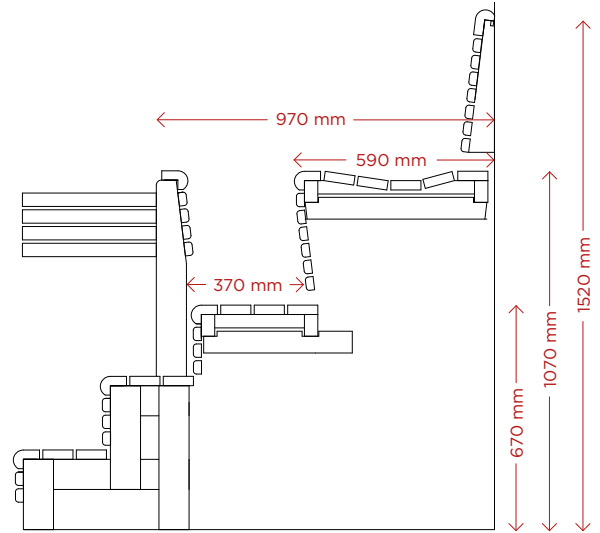
Heat-treated pine
26x92 mm



Heat-treated aspen
28x88 mm



Western Red cedar
25.5x89 mm



HELMI-MUOTO	Material	Aspen, black alder, heat-treated pine, heat-treated aspen, Western red cedar, aspen/front edges heat-treated aspen	
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, back rest, grille between upper and lower bench, lower bench grille, guard rail, double step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Heater integration, guard rail in connection with integration, other processing 	<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench Corner bench U-shaped bench Opposite With or without heater integration

SUVI



Aspen
28x88 mm



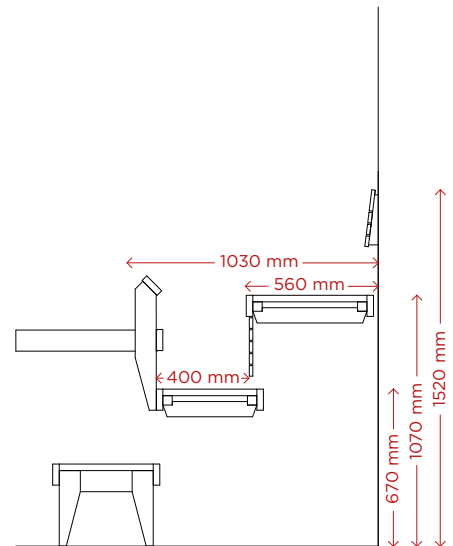
Black alder
28x88 mm



Heat-treated pine
26x92 mm



Heat-treated aspen
28x88 mm



SUVI	Material	Aspen, black alder, heat-treated aspen, heat-treated pine, aspen/front edges heat-treated aspen			
	Type	1600 mm	1800 mm	2100 mm	2400 mm
	Sauna bench packet includes	<p>DELIVERY PACKAGE CONTENTS:</p> <ul style="list-style-type: none"> Upper bench, lower bench, single step <p>ADDITIONAL COST:</p> <ul style="list-style-type: none"> Backrest, grille between benches, double step <p>NOTE! No heater integration</p>		<p>AVAILABLE OPTIONS</p> <ul style="list-style-type: none"> Straight bench 	

Manufactured length can be cut to size by customer.

Lighting

The fibre optic sauna lighting sets can be installed either in the ceiling or on the benches. The lighting sets are delivered complete with a heater lens and a projector for either a dry space or a humid room. Tailor made solutions are also possible using existing components. Installation is simple and the end result impressive.



Illuminated water pail with handles IB 320

Now you can complete your sauna with an illuminated water pail. The pail is illuminated with fibre optics and requires at least one 4 mm fibre. Several fibres can be used depending on the desired brightness of the light.

The outside diameter of the pail is 320 mm, the diameter of the installation aperture 285 mm and the height 180 mm. The pail material is green acrylic.



SCA light

The SCA fitting is a light fitting to be installed at the end of a fibre. The materials are frosted glass, aluminium reflector and wooden frame. The frame can be treated with a protective wood oil if a darker shade is desired.

This fitting requires a 2 - 6 mm fibre. It is suitable for use with all fibres equipped with a Cariitti M5/M8 fibre end. The dimensions are as follows: 150 mm outer diameter, 90 mm diameter of the installation aperture, 35 mm inlay depth and 31 mm protrusion below the surface of the ceiling.



TÄHTI

This beautiful dark merbau wood star-shaped light fitting works as mood lighting. The light shining between the points of the star comes from eight optical fibres. The product is compatible with all of our sauna lighting sets. However, we recommend it is used with sets VP33-N211 or VP33-N221.

The greatest span of the star from one point to another is 1 m.



Torch fitting TL-100

The torch is a surface-installed light fitting to be installed at the end of a fibre. The materials are polished stainless steel, wood and frosted glass. This fitting requires a 2-3 mm fibre to be lit perfectly.

It is suitable for saunas, bathrooms, dressing rooms and relaxation suites. Thanks to its small size it can be used in various different spaces.



SQ

The square-shaped sauna thermometer is made of satin glass with stainless steel gradations. The thermometer can be illuminated with a 2-4 mm fibre. Installed during panelling.

The thermometer dimensions are 120 x 120 mm and the inlay depth is 40 mm. It projects 20 mm from the surface of the wall.



Kivi

Kivi is a thermometer and hygrometer combined. Kivi's natural design imitates pebbles washed to the seashore. The meter is made of satin glass and stainless steel gradations and it can be illuminated with two 2-4 mm optical fibres.

The meter height is 220 mm, width 205 mm and inlay depth 40 mm. It projects 20 mm from the surface of the wall. The meter is installed during panelling and is fastened to the wall panel with five stainless steel screws included with the delivery.

Glass walls and doors

Our range includes different kinds of glass walls and doors made of 8 mm tempered glass. Glass walls bring a modern and spacious look to your bathroom. The available glass options include clear, bronze, smoke grey and white opaline. The door is equipped with high-quality hinges suited for glass-to-glass or glass-to-wall mounting. Helo Deco glass wall is delivered with aluminium profiles that can be mounted either visible or hidden. Package includes a glass door with options to attach to the bathroom's wall or to the sides of the glass wall. The glass walls are always custom-made according to the sauna measurements.



Half a glass wall opens up even a small sauna.



Half-glass wall and glass door with metal handle.



Glass handle completes the elegant glass solution.

Panel



Taika black	12 x 180 mm (6 rm/m ²), lengths 1.8, 2.1, 2.4 or 3.05 running metre Tongued and grooved on all sides, 180 x 600 or 360 x 600 and Taika Square 360 x 360
Taika white	12 x 180 mm (6 rm/m ²), lengths 1.8, 2.1, 2.4 or 3.05 running metre Tongued and grooved on all sides, 180 x 600 or 360 x 600 and Taika Square 360 x 360
Taika wood-toned	12 x 180 mm (6 rm/m ²), lengths 1.8, 2.1, 2.4 or 3.05 running metre Tongued and grooved on all sides, 180 x 600 or 360 x 600 and Taika Square 360 x 360

Western red cedar	15 x 140 mm interior cladding, tongued and grooved on all sides, rounded profile (8 rm/m ²) 5/package lengths 1.83, 2.44, 3.05 running metre
Radiata pine	19 x 185 mm interior cladding, tongued and grooved on all sides, rounded profile (5.5 rm/m ²) 4/package lengths 2.1 or 3.3 running metre
Alder	15 x 88 mm interior cladding, tongued and grooved on all sides, rounded profile (12 rm/m ²) 6/package lengths 1.8, 2.4 or 3.0 running metre
Heat-treated aspen	15 x 88 mm interior cladding, tongued and grooved on all sides, rounded profile (12 rm/m ²) 6/package lengths 1.8, 2.4 or 3.0 running metre



Arkk Line in Western red cedar.

Helo infrared panels for sauna

Complement your sauna experience with Helo infrared panels. The health benefits of Helo infrared panels will complement your traditional sauna and give you more options. You can choose to take a traditional sauna bath, or enjoy the beneficial warmth of the infrared sauna, or use both at the same time.

You can enjoy this new experience in the privacy of your own sauna whenever you feel like it. Burn calories, recover after physical exercise, relieve pain and tired muscles or just enjoy a different kind of warmth. The heat source is wood-framed glass. The heater power is 900 W and you can install it vertically or horizontally. The available colours are black or grey glass. In new saunas, the heaters are installed straight into the walls but infrared heaters can be retrofitted as well.



Helo infrared panels. Frames alder stained grey. Interior Linea Maxi in aspen stained grey.



A new heart works wonders

The choice of the right heat source involves much more than specifying the correct efficiency. The modern sauna heater is an electronically controlled masterpiece of engineering.

In addition to traditional sauna heaters our range contains genuine wood-burning heaters, as well as trouble-free and pleasant infrared heat and steam generators with fragrances to choose from. Renew your sauna with a heater that offers more potential.





Helo Center

A Helo Center is a “sauna world” with much to give; both to the private individual wishing to improve his/her home and to the construction professional. Here you can acquaint yourself with our “sauna world’s” various solutions. Get to know the stylish steam room, chose a sauna heater, look at inspiring lighting solutions and enjoy our staff’s expert service. Do you need ideas, delivery and installation assistance or even a cost estimate? Pay us a visit. We will be able to help. Welcome.

helo | **deco**
sauna interior