



COTSWOLD
SAUNAS
INSPIRED BY NATURE



Hand-crafted, luxury wood burning saunas

SUSTAINABLE &
ECO-FRIENDLY



HANDCRAFTED
EXCELLENCE



BRITISH QUALITY,
SERVICE & ADVICE



Wood-Fired Saunas





Escape into Serenity

At Cotswold Saunas, we are passionate about bringing the beauty of nature into your outdoor living space.

Based in the picturesque Cotswolds, we specialise in crafting wood-fired saunas and other outdoor products inspired by the tranquility of the natural world. With our focus on quality craftsmanship and exceptional customer service, we have been a trusted name in the luxury outdoor goods industry since 2017.

Our range of saunas, hot tubs, fire pits, and more have been thoughtfully designed and adapted over the years to perfectly suit the UK and France markets.

Whether you seek relaxation, health benefits, or a touch of rustic luxury in your outdoor sanctuary, Cotswold Saunas has you covered.

"I had my sauna delivered a fortnight ago to sit alongside my Eco Tub. I absolutely LOVE having my very own spa. The quality & craftsmanship is second to none! The whole team are so helpful. Highly recommended!"



The Therme

Timeless yet modern:
sure to complement most gardens



Our wood-fired saunas, available in two stunning styles, The Haapa and The Therme, offer a haven of tranquility in your outdoor space. Crafted with meticulous attention to detail, these saunas combine luxurious yet natural design with superior build quality, ensuring a truly exceptional sauna experience.

The Haapa

Defined by its distinctive
leaf-shaped design



Features that elevate your experience

- External compact terrace benches provide a perfect spot for cooling off between sauna sessions.
- Highly efficient Harvia wood-fired boiler ensures quick heat-up times, so your sauna can reach the perfect temperature in just 45 minutes.
- Enjoy panoramic views through the rear window, connecting you with the surrounding nature.
- The glass door adds an elegant touch while allowing natural light to filter in.
- Relax on comfortable internal benches and indulge in the soothing ambiance created by LED mood lighting underneath.
- LED mood lighting beneath the external arches adds a touch of enchantment to your sauna experience.
- Each sauna features a hand-pieced shingle roof, combining durability and timeless beauty.
- External towel hooks offer convenience and organisation.
- Generous complimentary accessories, including a wooden pail, wooden ladle, and thermometer complete your sauna experience.
- Choose from a Dark Stain or Oak Stain finish, allowing you to perfectly match your Cotswold Eco Tub.



Size specifications

Length: Available in 3m and 4m options

Height: 2.45m

Wall thickness: 43mm

Weight: 850kg

Capacity: 3m (4-6 people), 4m (6-8 people)

A choice of finishes



Bespoke paint finishes available, including Farrow & Ball



Lead times

We always try to have saunas on stock level so please do contact us to discuss.

If we are out of stock of your choice, then your handmade sauna may take up to 4 weeks during periods of high demand.

Delivery



Please note that due to the weight of our saunas (850kg), it is essential to arrange a suitable machine for unloading. The customer is responsible for arranging the unloading equipment, but our knowledgeable team are more than happy to provide advice and suggestions. Please consider that any loading equipment, such as forks, will decrease the weight capacity of the machinery used for unloading.

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There's a reason saunas have been around for thousands of years. Thought to have been invented in Finland around 2000BC, saunas are still an ever integral part of Nordic culture. Whilst society and leisure have undoubtedly changed since then, we thought it important to consider just why saunas have such longevity.

Why wood-fired?

There are numerous reasons why we believe wood-fired saunas surpass their electric or fossil fuel-powered counterparts.



Speed

Your sauna can reach the desired temperature in just 45 minutes, allowing you to enjoy a relaxing experience without unnecessary waiting.



Cost-effective

With soaring energy bills, wood-fired saunas offer an economical alternative, keeping your running costs low.



Reliability

Powered purely by fire, our saunas are exceptionally reliable. Unlike electrical heaters, fire cannot break, ensuring a consistent and hassle-free sauna experience.

Here are a few reasons why incorporating a sauna into your lifestyle can enhance your well-being:

- **Easing pain:** Improved circulation resulting from sauna use may help reduce muscle soreness, improve joint movement, and ease arthritis pain.
- **Asthma relief:** Saunas may help open airways, loosen phlegm, and reduce stress, providing relief for individuals with asthma.
- **Stress reduction:** The heat in a sauna promotes relaxation, leading to decreased stress levels and improved feelings of well-being.
- **Lower risk of alzheimer's and dementia:** Preliminary research indicates that sauna use may be associated with a lower risk of Alzheimer's and dementia. Frequent sauna sessions have been linked to a reduced likelihood of developing these cognitive disorders.
- **Cardiovascular health:** Regular sauna use has been linked to a lower risk of cardiovascular diseases. Studies suggest that frequent sauna sessions can reduce the risk of sudden cardiac death and cardiovascular disease.



Ambience

The combination of watching the captivating theatre of fire, the soft sound of crackling wood, and the soothing smell of burning timber creates a truly atmospheric and calming ambience.



Environmentally conscious

Wood left to rot produces no more CO2 than wood burned, making wood-fired saunas carbon neutral. Opting for kiln-dried and locally sourced wood adds bonus points to the environmental sustainability.

HARVIA

Did you know we include a Harvia boiler as standard?

Harvia are the pinnacle of wood-fired sauna technology. With their exceptional quality, efficiency, and durability, Harvia boilers deliver quick heat-up times and reliable operation ensuring a superior sauna experience that surpasses expectations.

Why choose Cotswold Saunas?

At Cotswold Saunas, we pride ourselves on offering an unrivalled combination of luxury design, superior build quality, excellent customer service, and unbeatable prices. With our years of experience in the luxury outdoor goods industry, we understand that purchasing a sauna involves careful consideration. That's why we provide opportunities to view our saunas within the UK and France, along with friendly expert advice. When you choose Cotswold Saunas, you can be confident that you're investing in a premium product and a company dedicated to ensuring your satisfaction.

Indulge in the luxury of nature

Experience the pure pleasure and health benefits of our wood-fired saunas, designed to harmonise with your outdoor space. Discover the beauty, relaxation, and serenity that await you with Cotswold Saunas.

Contact us today and let our team guide you on your journey to rejuvenation and well-being.

Cotswold Ice Baths

Experience the benefits of ice bath therapy



Specifications

Height: 105cm | **Diameter:** 110cm

Exterior: Thermowood available in black or oak to perfectly complement your Cotswold spa

Interior: Stainless steel for durability and easy maintenance

Features: High flow drain tap with hose lock fitting for convenient filling and emptying

Seat and internal step – Thermowood for added comfort and functionality

External step – Thermowood for easy access

Stainless steel tension bands for longevity (x2)

Cover – Thermowood with 2 stainless steel handles for secure closure

Key benefits of incorporating ice bath therapy into your wellness routine

- Enhanced recovery:** Ice baths are known to reduce inflammation, muscle soreness, and swelling, aiding in post-workout or post-activity recovery. The cold temperature helps constrict blood vessels, facilitating the removal of waste products and reducing tissue damage.
- Muscle repair:** Cold therapy promotes vasoconstriction, which can minimize micro-tears in muscle fibers and reduce the risk of muscle damage. This accelerates the healing and repair process, allowing you to bounce back faster.
- Improved circulation:** The shock of cold water immersion stimulates blood flow, leading to increased circulation and oxygen delivery to tissues. This can enhance overall cardiovascular health and contribute to better physical performance.
- Stress relief:** Cold exposure triggers the release of endorphins, the body's natural feel-good hormones. The invigorating sensation of an ice bath can help alleviate stress, boost mood, and promote relaxation.
- Mental resilience:** Regularly subjecting yourself to the discomfort of cold water immersion can improve mental toughness and resilience. It challenges your mind to overcome discomfort, promoting discipline and mental fortitude.
- Immune system boost:** Cold therapy is believed to stimulate the immune system, making it more robust and efficient in fighting off illnesses. Regular ice baths may contribute to a stronger immune response and improved overall health.
- Increased energy and alertness:** The shock of cold water on the body stimulates the release of adrenaline, leading to a surge of energy and increased alertness. Ice baths can be an excellent way to rejuvenate and invigorate yourself.





“I’m really pleased with my purchase. The sauna is high quality and the service was excellent. All questions were answered promptly and the company are really professional.”





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Contact us

If you have any queries, please get in touch with our helpful team

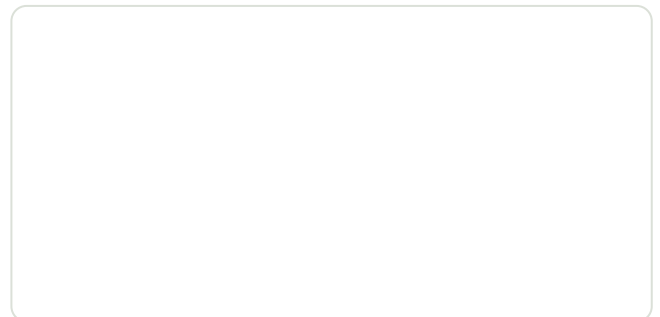
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