



AMETHYST
SAUNAS
& WELLNESS SYSTEMS

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Your Journey to Better Health
Begins Here

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A photograph of a wooden sauna interior. The walls and benches are made of light-colored wood. In the background, a person is lying on a bench, partially obscured by the text. A dark bottle is on a shelf in the background. A metal bucket is on the floor in the foreground on the right.

YOUR
SANCTUARY
FOR CELLULAR
RECOVERY
AND STRESS
DETOX

OUR PHILOSOPHY

The Science of Living Well



At the intersection of ancient tradition and modern science, we believe that health is not merely the absence of illness, but the active pursuit of Longevity, Restoration, and Ritual. Our saunas are designed as more than luxury additions to a home, they are essential tools for those committed to a life of wellbeing.

Our approach is anchored in three core pillars: **Longevity & Vitality**, where we focus on cardiovascular health and cellular resilience; **Restoration & Recovery**, dedicated to physical repair and systemic healing; and **Ritual & Healing**, providing a digital detox to foster mental resilience and emotional peace.

By integrating these elements into your daily rhythm, you aren't just investing in a product, you are reclaiming your health and your sanctuary. We invite you to move beyond the ordinary and embrace a lifestyle where every session is a step toward your most vibrant self.

Welcome to a higher standard of well-being.

LONGEVITY & VITALITY



LONGEVITY & VITALITY



Regular sauna use mimics the physiological effects of moderate to intense exercise, offering profound benefits for cardiovascular health and overall lifespan.

Cardiovascular Conditioning

The high heat of a sauna causes your heart rate to increase and blood vessels to dilate. This process improves blood flow and works the heart muscle, similar to the cardiovascular strain experienced during a brisk walk or jog.

Reduced Risk of Cardiac Events

Long-term studies have shown that frequent sauna use is associated with a significantly lower risk of sudden cardiac death, coronary heart disease, and cardiovascular disease.

Blood Pressure Management

The relaxation of blood vessels during a session helps to lower blood pressure temporarily and regular use can contribute to better long-term arterial health and a lower resting blood pressure.

Heat Shock Proteins

Heat stress triggers the production of "Heat Shock Proteins," which help repair damaged proteins in the body and protect against cellular degradation, a key factor in slowing the aging process.

The image shows the interior of a wooden sauna. The walls, ceiling, and benches are all made of light-colored wood. A window in the center of the back wall looks out onto a dense forest of tall, thin trees. The text "RESTORATION & RECOVERY" is overlaid in white, bold, sans-serif font across the middle of the image.

RESTORATION & RECOVERY

RESTORATION & RECOVERY



For athletes and active individuals, a sauna is not just a luxury; it is a critical tool for reducing downtime and optimising performance.

Accelerated Muscle Repair

The intense heat increases blood circulation, delivering more oxygen and nutrient-rich blood to depleted muscles. This speeds up the repair of micro-tears caused by heavy lifting or endurance training.

Flushing Metabolic Waste

Increased sweating and circulation help the body more efficiently process and remove metabolic byproducts, such as lactic acid, which contribute to the feeling of soreness after a workout.

Reduced Inflammation

Hyperthermic conditioning (heat therapy) can help lower systemic inflammation and joint pain, making it an excellent recovery tool for those suffering from chronic exercise-related aches or arthritis.

Growth Hormone Boost

Some studies suggest that intense sauna sessions can trigger a natural spike in growth hormone levels, which is essential for muscle growth and tissue repair.

A photograph of a wooden sauna interior. The walls, ceiling, and benches are made of light-colored wood. On the right side, there is a stone heater. The text "RITUAL & HEALING" is overlaid in the center in a white, sans-serif font.

RITUAL & HEALING

RITUAL & HEALING



In an era of constant connectivity, the sauna serves as a "sanctuary of silence," providing a much-needed environment for mental restoration and stress management.

The Detox Zone

Sauna is one of the few remaining places where a person can disconnect from modern life. This unplugging is vital for reducing cognitive load in today's high paced world.

Cortisol Regulation

While the initial heat is a hormetic or "good" stressor, the subsequent cooling period triggers a deep relaxation response that helps lower cortisol, the body's primary stress hormone.

Enhanced Sleep Quality

Sauna use late in the afternoon or evening can improve sleep. The rise in body temperature followed by the rapid cooling afterward mimics the body's natural circadian rhythm for sleep, helping you fall into a deeper REM cycle.

Mood Elevation

The heat triggers the release of endorphins—the body's natural "feel-good" chemicals—leading to a "sauna high" that can help combat symptoms of anxiety, depression, and modern burnout.

THE
STORY
LIES IN THE
GRAIN

THE STORY LIES IN THE GRAIN



Our Premium Sustainable Wood Selections

Red Cedar

The undisputed "gold standard" of sauna construction. Red Cedar is naturally rich in organic compounds that make it exceptionally resistant to moisture, decay, and insects. It is celebrated for its iconic, relaxing aroma and its beautiful variation of tones—ranging from pale honey to deep reddish-brown. Its low density makes it a superior insulator, ensuring it stays comfortable to the touch even at high temperatures.

Canadian Hemlock

Known as the "hypoallergenic" choice, Canadian Hemlock is prized for its clean, light-colored appearance and smooth texture. It is a dense, strong wood that is remarkably resistant to warping or cracking. Because it is naturally low in resin and carries a neutral scent, it is the ideal choice for infrared saunas and users who are sensitive to strong aromas or have allergies.

Spruce

By subjecting Nordic Spruce to a chemical-free process of high heat and steam, we create a wood that is "engineered by nature" for maximum stability. Thermo-treatment removes all resin and moisture, turning the wood into a rich, golden-brown material that will not shrink or swell. It offers a rustic, authentic aesthetic with its visible knots, while providing the durability needed for our demanding African climate.

THE STORY LIES IN THE GRAIN



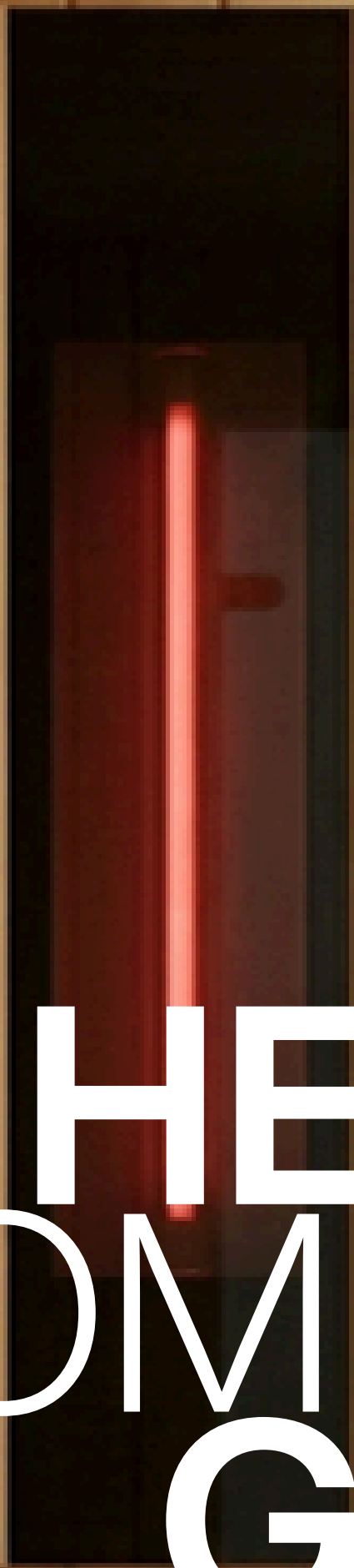
Our Premium Sustainable Wood Selections

Fir

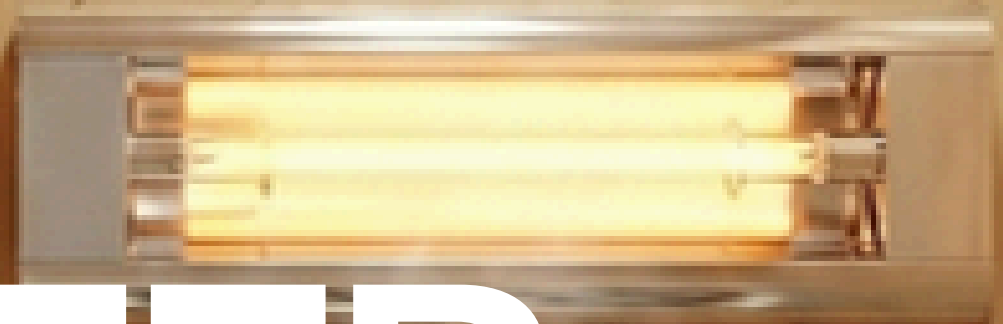
Our Fir offers a sophisticated, minimalist look. This wood is selected for its uniform grain and high density, providing incredible structural strength. The thermal modification process deepens its color and eliminates the risk of sap seepage. It is remarkably tough and heat-resistant, making it perfect for high-traffic or high-heat traditional saunas where a sleek, modern finish is desired.

	Aesthetic & Tone	Aroma Profile	Durability	Ideal Application
 Canadian Hemlock	Light, even, & knot-free	Scent-Free & Hypoallergenic	High	Infrared & Allergy-sensitive users
 Red Cedar	Rich reddish-brown	Aromatic & Earthy	Exceptional	Premium Luxury
 Spruce	Golden brown & rustic	Toasty & Subtle	Very high	Outdoor
 Fir	Dark, sleek, & uniform	Mild & Woody	Very high	Outdoor

HEATER COMPARISON GUIDE



Red Glass Infrared



Carbon Panel Infrared



Traditional Stone



HEATER COMPARISON GUIDE

Choosing a Sauna that
Suits You Has Never
Been Easier!

	Shortwave	Full spectrum	Hybrid	Traditional
Heat source	Focused IR-A lamps	Balanced IR-A, B, & C	Hybrid IR + Electric Stove	Electric Stove
Warm up time	Instant	Fast (10–15 min)	Moderate (20–30 min)	Slow (30–45 min)
Cabin temperature	40°C – 55°C	45°C – 60°C	50°C – 70°C	75°C – 100°C
Objective	Skin rejuvenation, Wound Healing & Cellular Repair	Total Body Wellness	Benefits of Both Full Spectrum and Traditional	Longevity, Heart Health and Authentic Löyly & Ritual Detox
Sweat Type	Focused & Superficial	Steady & Core-Deep	Intense	Maximum
Humidity	Dry (0%)	Dry (0%)	Adjustable (0–30%+)	High (15–30% with steam)



INDOOR PRODUCTS

ACTIVE



Everything You Love,
Including the Price



Active One



AS-1-ACT-1-1

Dimensions 900×900×1900mm

Capacity 1 person

Heater Shortwave infrared 1.3kW

Wood Canadian Hemlock

Starting from R22 999 INCL. VAT



Active Two



AS-2-ACT-1-1 **WIFI**

Dimensions 1200×1050×1900mm

Capacity 2 person

Heater Shortwave infrared 2.4kW

Wood Canadian Hemlock

Starting from R27 499 INCL. VAT

KEY ADVANTAGES

- Great price
- Contemporary glass finish
- Immediate warm-up
- Penetrates body tissue deeper (5–10 mm) and is excellent for relieving joint and muscle aches

CORE



Full Spectrum Heaters for Ultimate Performance



Core Two

AS-2-COR-1-1

Dimensions 1200×1050×1900mm

Capacity 2 person

Heater Shortwave + Carbon Infrared 2.4kW

Wood Canadian Hemlock

Starting from R39 999 INCL. VAT



WIFI

Core Three

AS-3-COR-1-1

Dimensions 1500×1100×1900mm

Capacity 3 person

Heater

Shortwave + Carbon Infrared 2.5kW

Wood Canadian Hemlock

Starting from R42 999 INCL. VAT



WIFI



KEY ADVANTAGES

- Comprehensive infrared therapy treatment combining both near and far infrared benefits
- Utilises low EMF technology
- Fast warmup time (10-15 min)
- Carbon heaters provide even heat distribution

CORE



Full Spectrum Heaters for Ultimate Performance



Core Four

AS-4-COR-1-1C

Dimensions 1500×1500×900x1900mm

Capacity 4 person

Heater Shortwave + Carbon Infrared 2.8kW

Wood Red Cedar

Starting from R47 999 INCL. VAT



KEY ADVANTAGES

- Highly durable Red Cedar wood providing an aromatic sauna experience
- Corner unit for better aesthetics and positioning within the home
- Spacious interior to fit the entire family

VERSA



Best of Both, Without Compromises



Versa Two



AS-2-VER-1-3

Dimensions 1200×1300×1900mm

Capacity 2 person

Heater Shortwave infrared + Traditional hot stone 3.6kW

Wood Canadian Hemlock

Starting from R50 999

Versa Three



AS-3-VER-1-3

Dimensions 1500×1200×1900mm

Capacity 3 person

Heater Shortwave infrared + Traditional hot stone 4.5kW

Wood Canadian Hemlock

Starting from R57 499 INCL. VAT



KEY ADVANTAGES

- Customised heat exposure between the intense, high-ambient heat of a traditional rock heater (70°C–90°C) or the gentle, deep-penetrating warmth of infrared rays (45°C–60°C).
- Dual detoxification from the sweat of hot air and steam, alongside the cellular-level detoxification and muscle relief provided by infrared wavelengths.

ACCESSORIES



Standard Features on All Infrared Saunas

WiFi Connectivity



Take control of your wellness from anywhere. Our WiFi-enabled systems allow you to pre-heat your sauna and adjust settings remotely via your smartphone, ensuring your sanctuary is ready the moment you walk through the door.

Advanced Digital Controller



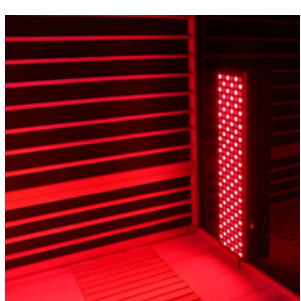
Take full command of your wellness session with our intuitive digital interface. This system allows you to precisely adjust the temperature and session duration with the touch of a button. A conveniently placed USB port allows you to charge your devices or power external accessories.

Interior Reading Light



Designed for those who find peace in a book. Our soft-glow interior reading light provides focused illumination without disturbing the calming atmosphere of your session.

Full-Spectrum Colour-therapy



Enhance your mood and energy levels with our built-in LED light therapy system. Switch between various colours to suit your wellness goals—from calming blues for relaxation to vibrant reds for energy—creating a personalised aura within your sauna.

Tempered Glass



Our units feature heavy-duty tempered glass to ensure maximum heat retention and safety. This premium thickness provides a superior thermal barrier, keeping restorative infrared waves concentrated inside the cabin while offering a sleek, modern aesthetic.



OUTDOOR PRODUCTS

ACTIVE



Everything You Love,
Including the Price.



Active Outdoor Three

AS-3-ACT-2-1

Dimensions 1500×1200×2300mm

Capacity 3 person

Heater Full spectrum infrared 2.6kW

Wood Thermal treated Fir

Starting from R45 999 INCL. VAT

KEY ADVANTAGES

- Thermally treated Fir wood, giving you longevity of 25+ years for outdoor use
- The same comprehensive infrared therapy treatment combi both near and far infrared benefits as indoor units
- Utilises low EMF technology
- Fast warm-up time (10-15 min)
- Carbon heaters provide even heat distribution

MODULAR



Leading Modern Design and Sizes to Fit Friends and Family



Modular Two

AS-2-MOD-2-2

Dimensions 1500×1500×2000mm

Capacity 2 person

Heater Traditional hot stone 6kW

Wood Thermal treated Fir

Starting from R63 999 INCL. VAT

Modular Six

AS-6-MOD-2-2

Dimensions 2000×1800×2100mm

Capacity 6 person

Heater Traditional hot stone 8kW

Wood Red Cedar

Starting from R124 999 INCL. VAT



KEY ADVANTAGES

- Powerful heaters generating temperatures above 80°C
- Authentic sauna experience in an aesthetic, modern design
- Includes Bitumen roof tiles for extra protection from the elements
- Thermally treated Fir or Red Cedar giving you longevity of 25+ years for outdoor use.

BARREL



Traditional Finnish Design
with Ultimate Performance



Barrel Two

AS-2-BAR-2-2

Dimensions 1800×1500mm

Capacity 2 person

Heater Traditional hot stone 4.5kW

Wood Thermal treated Spruce

Starting from R86 999 INCL. VAT

KEY ADVANTAGES

- Efficient heating time for maximum heat
- Due to the shape and efficient air circulation, these units require less energy to reach and maintain high temperatures,
- Superior heat circulation, allowing hot air to flow evenly and eliminating cold spots
- Ideal for outdoor durability, as the rounded top naturally sheds water

BARREL



Traditional Finnish Design
with Ultimate Performance



Barrel Four

AS-4-BAR-2-2

Dimensions 1800×1800mm

Capacity 4 person

Heater Traditional hot stone 8kW

Wood Thermal treated Fir

Starting from R109 999 INCL. VAT

Barrel Six

AS-4-6-BAR-2-2

Dimensions 1800×2000mm

Capacity 6 person

Heater Traditional hot stone 8kW

Wood Red Cedar

Starting from R124 999 INCL. VAT

KEY ADVANTAGES

- Efficient heating time for maximum heat
- Due to the shape and efficient air circulation, these units require less energy to reach and maintain high temperatures,
- Superior heat circulation, allowing hot air to flow evenly and eliminating cold spots
- Ideal for outdoor durability, as the rounded top naturally sheds water



Our Trendiest Unit, Taking You to the Finnish Forests.



Igloo Three

AS-3-IGL-2-2

Dimensions 1500×1500×2000mm

Capacity 2 person

Heater Traditional hot stone 6kW

Wood Thermal treated Fir

Starting from R74 999 INCL. VAT

Igloo Four

AS-4-IGL-2-2

Dimensions 1800×1800×2000mm

Capacity 4 person

Heater Traditional hot stone 8kW

Wood Red cedar

Starting from R97 999 INCL. VAT

KEY ADVANTAGES

- Powerful heaters generating temperatures above 80°C
- Authentic sauna experience in a traditional Finnish design
- Includes Bitumen roof tiles for extra protection from the elements
- Thermally treated Fir or Red Cedar giving you longevity of 25+ years for outdoor use.

DESIGNER



The Ultimate - Design meets function!



Designline Four

AS-4-DES-2-2

Dimensions 2000x1500x2200mm

Capacity 4-6 person

Heater Traditional hot stone 6kW

Wood Canadian Hemlock

Starting from R172 999 INCL. VAT

Designline Six

AS-6-DES-2-2

Dimensions 2800x2000x2000mm

Capacity 6 person

Heater Traditional hot stone 8kW

Wood Thermal treated Spruce

Starting from R199 999 INCL. VAT



ACCESSORIES

Standard Features On All Our Traditional Saunas

Tempered Safety Glass



We prioritise both safety and aesthetics by utilising heavy-duty tempered glass. This premium thickness provides superior thermal insulation and structural integrity compared to industry standards. The crystal-clear finish offers a sleek, modern look while ensuring a safe, secure environment that withstands extreme temperature fluctuations.

Handcrafted Bucket and Ladle



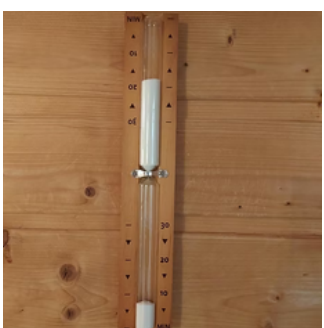
A classic essential for the traditional sauna experience. Our expertly crafted bucket and ladle allow you to perform the ritual of löyly—pouring water over hot stones to create a wave of refreshing steam. Designed for durability and comfort, these accessories are the heart of a truly immersive and humid heat session.

Precision Thermo-Hygrometer



Maintaining the perfect environment is key to a successful wellness session. Our dual-purpose instrument accurately monitors both temperature and humidity levels. This allows you to fine-tune your sauna atmosphere to your personal preference, ensuring every session is both safe and effective.

Traditional Sand Hourglass



Embrace the ritual of slowing down and disconnecting. Our elegant sand timer provides a beautiful, non-digital way to track your session. By removing the distraction of technology, the hourglass encourages you to focus entirely on your breath and physical recovery.



OUR SEAL OF
QUALITY
SAFETY &
CONVENIENCE

OUR SEAL OF QUALITY SAFETY & CONVENIENCE

Affordable Luxury with No
Compromises



Our commitment to your well-being begins with the uncompromising integrity of our materials. We use only the highest grade, sustainably sourced timbers—such as our premium Red Cedar—chosen for their natural resilience and ability to maintain a pure, toxin-free environment under high heat.

We believe that life-changing wellness should be accessible, which is why we specialise in affordable luxury—pairing world-class craftsmanship and uncompromising safety with a pricing structure that delivers the industry’s best value for your investment.

Every sauna is engineered to the highest safety standards, featuring 8mm tempered safety glass and precision-calibrated heating systems to ensure a consistent, therapeutic experience.

By combining artisanal craftsmanship with rigorous quality control, we provide a sanctuary that is as safe as it is restorative, allowing you to focus entirely on your journey toward vitality.

OUR SEAL OF QUALITY SAFETY & CONVENIENCE

Affordable Luxury with No
Compromises



Effortless Creation: End-to-End Project Management

We manage every phase of your installation with precision and care.

Onsite Inspection & Bespoke Consultation: Our expert team provides professional site measurements and will create an individual project tailored specifically to your home's unique space, as well as your personal preferences.

White-Glove Logistics: We handle all transportation and logistics to ensure every component of your sauna arrives safely, securely, and exactly on schedule.

Craftsman Installation: Our specialised teams manage the ground preparation, structural installation and the meticulous fitting of wood panelling.

Electrical setup: We provide certified electrical work for all heaters and control systems. This includes all electrical amendments required, as well as the setup of WiFi-enabled units.

OUR SEAL OF QUALITY SAFETY & CONVENIENCE

Affordable Luxury with No
Compromises



Lifelong Performance: Comprehensive Maintenance
& Support

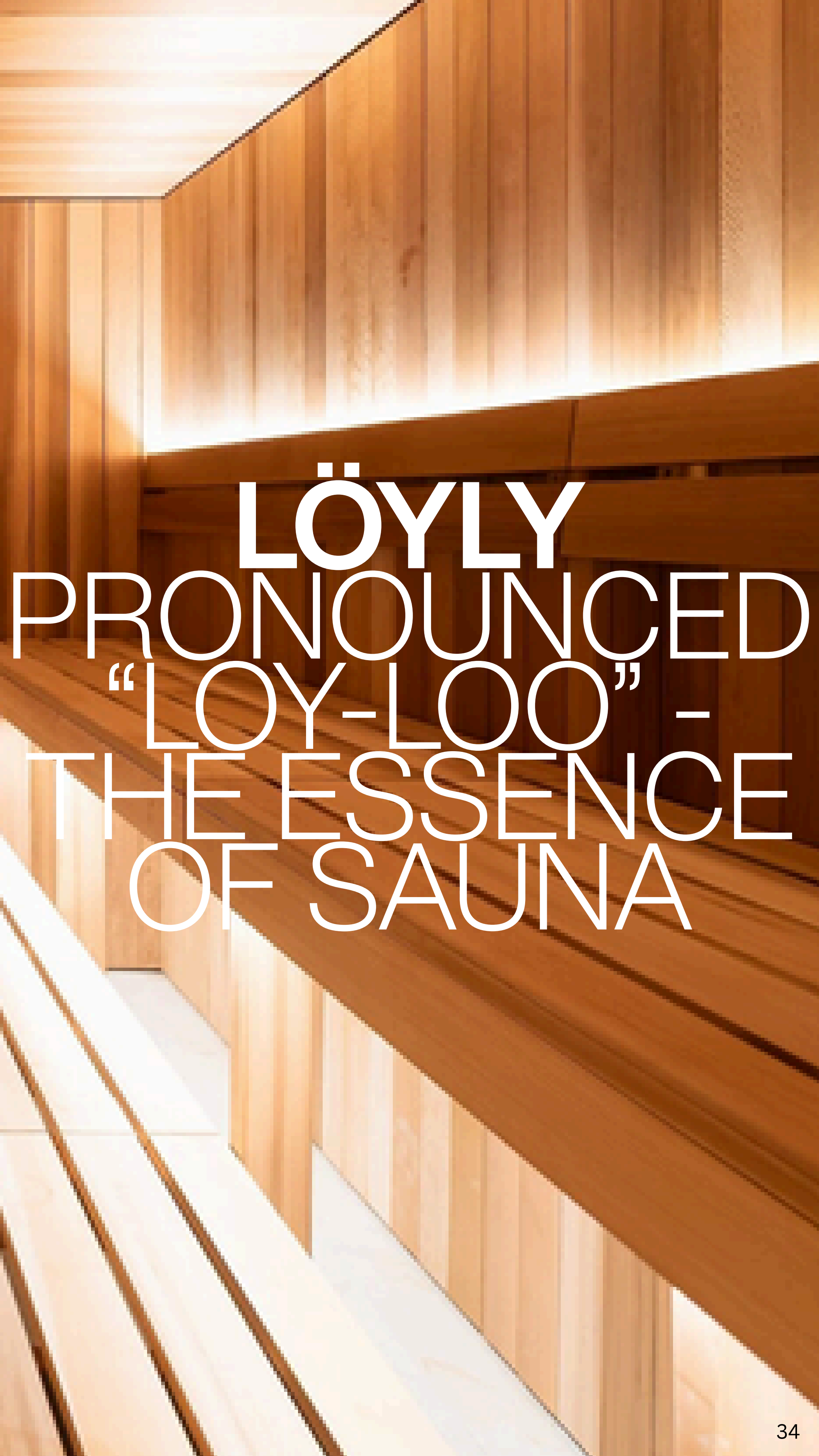
Ownership should be effortless. Our tailored service package ensures your sanctuary remains in peak condition for years to come.

Professional Deep Cleaning: Once a year, our team provides a specialised deep-cleaning service for all internal surfaces to maintain hygiene and aesthetic beauty.

Wood Preservation: To protect your investment from extreme heat and moisture, we apply professional-grade oil or wax treatments annually, ensuring the wood remains supple and resilient.

Preventative Technical Inspections: We conduct annual inspections of your heater, electrical connections, and door seals to guarantee maximum safety and energy efficiency.

Standby Repair & Restoration: Should the need arise, our team is ready to handle everything from heater replacements to full wood restoration, ensuring your wellness routine is never interrupted.



LÖYLY
PRONOUNCED
“LOY-LOO” -
THE ESSENCE
OF SAUNA



FAQs

Don't Worry, We Got You

What is a Traditional sauna?

The Authentic Finnish Experience - Traditional saunas use a heater to warm the air around you. By adding water over heated stones, you create a blast of steam that raises the humidity and intensity.

How it works: Heats the air to temperatures over 100°C.

The Sensation: Intense, enveloping heat with adjustable humidity.

Social & Ritual: Ideal for those who enjoy the "ritual" of pouring water on rocks and a classic, high-heat environment.

Best for: Deep relaxation, respiratory relief through steam, and traditionalists.

What is an Infrared sauna?

Modern, Gentle Deep-Heat - Infrared saunas use light waves to heat your body directly rather than heating the air. This allows for a vigorous sweat at a much lower, more comfortable air temperature.

How it works: Uses infrared heaters to penetrate deep into the muscle tissue.

The Sensation: A dry, gentle heat to 60°C that feels like sitting in the sun.

Efficient & Fast: Ready to use almost instantly and easier on the lungs for those sensitive to high heat.

Best for: Muscle recovery, detoxification, and those who prefer a longer, cooler session.



FAQs

Don't Worry, We Got You

What is LEMF?

Your Safety, Guaranteed - EMF stands for Electromagnetic Fields. These are invisible areas of energy that are associated with the use of electrical power. Low-frequency EMFs are found in most household appliances.

Why it matters: Standard electronics can sometimes emit higher levels of EMF. By using LEMF technology, we ensure that your exposure is minimised to near-zero levels—well below the safety thresholds set by global health organisations.

The Benefit: You can enjoy daily, long-duration sessions with total peace of mind, knowing your environment is as pure and natural as possible.

What is a carbon infrared heater?

The Superior Way to Sweat - While older saunas often used ceramic rods, we utilise high-tech Carbon Fibre Heating Panels.

Even Heat: Carbon heaters have a much larger surface area than ceramic ones. This means even heat distribution in the cabin.

Deep Penetration: Carbon heaters produce a specific wavelength of far-infrared light that matches the human body's natural frequency. Hitting your muscles and joints for better pain relief and detoxification.

Efficiency: Carbon heaters are incredibly durable (lasting up to 50 years!) and heat up more efficiently than traditional elements, saving you money on electricity.



FAQs

Don't Worry, We Got You

Do I need a dedicated electrical point?

For our Infrared range, most units are designed to be "plug-and-play," operating on a standard 15-Amp wall socket. However, for our larger Traditional saunas or Infrared units, a dedicated electrical line and a sub-distribution board may be required. We will gladly perform an on-site inspection free of charge to determine your particular requirements. If you do need electrical work to be done, we have a team of in-house qualified electricians ready to assist you.

What maintenance is required for the wood?

Our premium woods like Red Cedar and Canadian Hemlock are naturally durable, but basic care will extend their life, especially in an outdoor setting exposed to the elements.

After each use: Leave the door open to allow moisture to evaporate completely.

Cleaning: Use a damp cloth to wipe down benches. Never use harsh chemicals or bleach, as these can damage the wood fibres and release toxic fumes when heated.

Protection: For high-traffic saunas, we recommend using floor mats and sitting on towels to prevent perspiration stains. If staining occurs over time, a light sanding with fine-grit sandpaper will restore the wood's original finish.



FAQs

Don't Worry, We Got You

Can I self-install?

Yes. Our smaller units are designed to allow two adults to assemble a cabin in approximately 60–90 minutes. For our larger units, this may take much longer. Every unit comes with a step-by-step manual. However, please note that while the cabin assembly is often DIY-friendly, any hard-wired electrical connections (for larger traditional heaters) must be performed by a certified electrician to comply with South African safety regulations and to validate your warranty.

What does the warranty cover?

We stand behind the craftsmanship of every Amethyst unit. Our standard warranty includes:

Cabin Structure: A three year warranty against warping or structural defects in the wood.

Heating Elements: A one year warranty on our Infrared and Traditional heaters.

The warranty does not cover aesthetic changes in wood colour over time (patina) or damage caused by improper chemical cleaning or outdoor exposure without proper annual maintenance.



FAQs

Don't Worry, We Got You

Can I use my infrared sauna on an inverter?

Yes you can! Provided that your inverter system has enough capacity for this.

We have a dedicated team specialising in solar and inverter systems. We will be glad to connect your infrared sauna to your existing system and issue you an electrical certificate of compliance.

We offer a free inverter evaluation and check-up with all new installations.

How much will it cost to run my unit?

One of the most common myths is that a sauna will significantly spike your electricity bill. In reality, our units are remarkably energy-efficient.

The cost depends on the size of your sauna heater, the ambient temperature, pre-heating requirements and the price of electricity.

On average, a month of daily sessions in a two-person Infrared unit will add approximately R180 to your monthly bill—less than the price of two takeaway coffees!

A photograph of a wooden interior, likely a balcony or a room with a large window. The wood is a warm, medium-brown tone. On the left, a window looks out onto a coastal landscape with a body of water, hills, and buildings in the distance. The text "INVEST IN YOUR FUTURE SELF" is overlaid in large, white, sans-serif capital letters, centered vertically and horizontally.

**INVEST
IN
YOUR
FUTURE
SELF**



AMETHYST SAUNAS


& WELLNESS SYSTEMS

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