



C ē D R U S™



S A U N A S

for a beautiful life...



Indulge your senses. Heal your body.

This is the Cedrus experience.

Your day is full of stresses. Not just the emotional stress of fast-paced living, but the physical stresses your body endures: the stress of pollution and our modern diets, with caffeine, fats, and chemicals. All of these take a toll on your body — and your soul.

For hundreds of years, people have recognized the therapeutic benefits of a sauna. Everyone from Hippocrates, the Father of Medicine, to modern researchers worldwide, have extolled the benefits of hyperthermic therapy. Yet until now, your options for a sauna have been limited. Traveling to a Finnish bath is impractical; sharing a sweat-box at the gym is unappealing — and unhealthy.

Cedrus Saunas has changed all that. Now, you can enjoy your own private sanctuary, anywhere, and anytime you wish. In the comfort of your livingroom...by the pool...in fact, anyplace you like. Combining age-old hand crafted cedar with state-of-the-art, patented technology, it's soothing, invigorating, and replenishing all at once. More than that, it's what you deserve.



Cedrus sauna shown with optional weather cover for outdoor use.

Not all heat is created equal.

Cedrus uses tuned far-IR.

Everyone knows that the right heat works wonders for the body. But creating this heat, and applying it effectively, is both a science and an art. The typical human radiates infrared or IR, at a wavelength of about 7 microns. The challenge, then, is to deliver heat that is tuned to our bodies for the optimum therapeutic effect. Previous attempts have never quite gotten it right. Traditional saunas rely upon convection: heat that is, they heat the air up to a stifling 220° F (that's above the boiling point). The hot air heats the skin, which in turn tries to heat deeper within the body. Not only does this over-heat the skin, but it creates a suffocating atmosphere that's almost impossible to breathe. It can feel claustrophobic, too. Next came infrared saunas. These were a step in the right direction, but they weren't "tuned" to our bodies. It was up to Cedrus to make it all work right...



New age technology solves age-old problems.

*You may not care how it works.
But you'll love how it feels.*

With over 50 years of collective sauna experience, Cedrus was able to invent an entirely new form of heat-source so unique, it's got a patent pending. Utilizing a silicon-encapsulated element which is encased in both aluminum and ceramic, then dispersed over a wide surface area, the Cedrus heat source is unlike any other. It works with radiant energy, just like what you feel when you step into the sunlight on a cold day...

There's no need to heat the air in a Cedrus sauna: in fact, the front window opens for ventilation. The suede flocked heating panels are safe to touch. The entire cabin is ready to use in about five minutes — unlike 60 minutes for traditional saunas. And the unit consumes one-tenth the electricity!

Cedrus' far-infrared heat penetrates deep: up to two inches below the skin for stimulation you can really feel. And health benefits you can really appreciate...

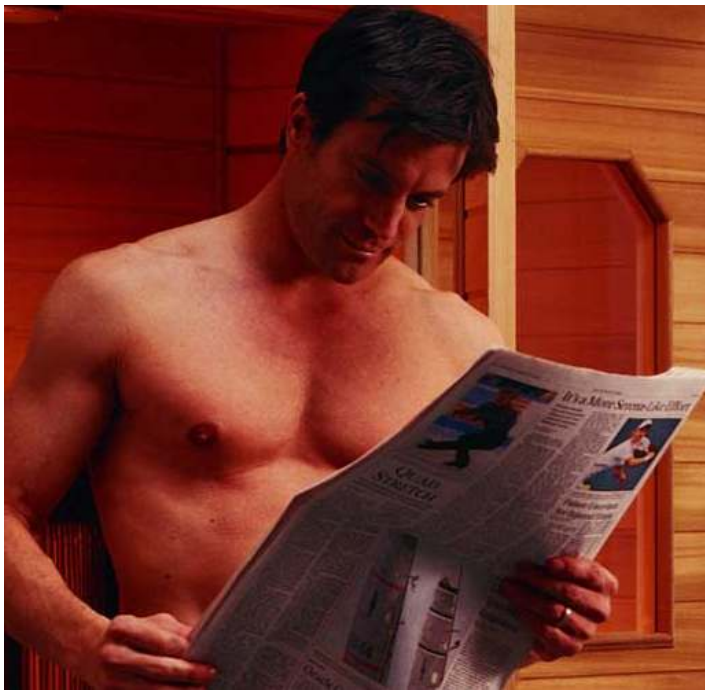


Sure, the soothing warmth of a Cedrus sauna feels great. But it's more than relaxing. It's good for you. Studies have shown that the increased circulation promoted by Cedrus saunas helps ease joint pain and stiffness. It reduces the painful buildup of lactic acid in the muscles after a long workout. The *Journal of the American Medical Association* has reported that a sauna session provides cardiovascular conditioning, and burns off calories. The Cedrus deep-penetrating IR speeds cellulite loss and helps you detoxify, too. Conventional saunas make you sweat: but that sweat is over 95 percent water. Cedrus far-IR helps you sweat out cholesterol, fat, soluble toxins, and heavy metals — a combination you can't get from normal exercise. The Cedrus experience stimulates the body's natural immune system, while it improves skin tone, elasticity, and color. ...And did we mention it simply *feels great*?



Nothing feels as good as good health.





A Cedrus Sauna For Every Lifestyle.

With quality and features you won't find anywhere else.



Model AIS-2000

Seats 1-2 people
50" x 42 1/2" x 75"
1,400W 120V 12A



Model AIS-3000

Seats 2-3 people
61" x 42 1/2" x 75"
1,700W 120V 14.5A



Model AIS-4000

Seats 3-4 people
72" x 42 1/2" x 75"
1,850W 120V 15.5A

Your Cedrus Sauna is crafted of Western Red Canadian Cedar, with individual panels hand-selected and matched to a furniture-grade finish. The solid wood frame is built to last and is healthier for you than plywood frames, which emit toxic fumes when heated. And inside and out, each Cedrus Sauna is loaded with features:

There are windows for light and ventilation. There are recessed halogen accent lights for mood and reading. A keypad controls temperature and timing, with a precise digital readout to keep you informed. There's a wireless remote-control (a Cedrus exclusive) to operate the temperature and lights from inside or outside. There's

even a high-quality AM/FM CD stereo with two-way speakers built in, to create the ultimate soothing escape. The entire unit assembles in minutes, without any tools. There's no special wiring, plumbing, or ventilation required. Our patent-pending spring-clips hold the cabin together

Model AIS-5000

Seats 4-5 people

84 1/2" x 42 1/2" x 75"

1,900W 220V 15A



Model AIS-4500

Seats 2-3 people

59" x 59" x 75"

1,850W 120V 15.5A



securely, yet can't be seen from the front, maintaining the unit's clean, beautiful lines. You can set up your Cedrus sauna indoors or outdoors: it's even available with an optional weatherproof canvas cover.

Finally, each Cedrus sauna comes with yet another industry exclusive: our own *lifetime warranty*. Nobody else protects you like that. But then again, nobody else builds saunas like Cedrus.



for a beautiful life...



**Your authorized
Cedrus Saunas retailer:**



As part of our ongoing commitment to innovation, Cedrus Saunas reserves the right to change specifications without prior notice. Always consult a doctor before commencing any athletic or weight-loss program. All Cedrus Saunas are proudly designed and built in the USA and offered by Full Spectrum International Incorporated.

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