

# RESET TRADITIONAL SAUNA

3 PERSON

Made from sustainably sourced  
Canadian Hemlock Wood

Himalayan salt lighting

Dual-tier seating

Authentic Finnish sauna  
experience



Temperature  
Range 65-85°C

Customisable heat and  
time control

Powerful Harvia heater

Due to its increased  
power requirements,  
it must be installed  
by a qualified electrician

## Why a Kiva Wellness Traditional Sauna?

Unlike infrared saunas that heat the body directly, traditional saunas use a time-honoured method of warming the air around you. This creates a deep, soothing heat that promotes detoxification, relieves muscle tension and encourages complete relaxation. With the option to add steam by pouring water over the heated stones, you can enjoy an authentic sauna experience that hydrates the skin and supports respiratory health.

Built from durable Canadian Hemlock and powered by the trusted Harvia heater, the Reset Traditional Sauna provides consistent heat and long-lasting performance. Designed with safety and reliability in mind, Kiva Wellness saunas meet strict manufacturing standards, ensuring they're ready for you to enjoy all year round.

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# KIVA WELLNESS

# SPECIFICATIONS

## DIMENSIONS

### External:

1530mm W x 1500mm D  
x 2100mm H

### Bench Seat:

Upper: 600mm D  
Lower: 200mm D

### Glass:

6mm tempered glass

### Internal:

1430mm W x 1415mm D  
x 2004mm H

## WEIGHT

### Sauna:

254kg

### Shipping:

282kg

## TECH ELEMENTS

Requires professional  
hardwiring by a licensed  
electrician.

### Voltage:

240v

### Wattage:

4500w

## WARRANTY

5 year heater and sauna  
domestic warranty

1 year heater and sauna  
commercial warranty

12 month warranty on  
accessories

## ACCESSORIES

Bucket  
Ladle  
Thermometer  
Hourglass  
2 x removable back and  
headrest  
20kg Sauna stones

## HEATER

Harvia SW 45  
(interior control)  
4.5KW

## MATERIAL

### Wood:

Canadian Hemlock  
exterior and interior

### Lighting:

LED strip light, 2 salt  
brick lights

## TECH DISCLAIMER

It is recommended to install  
drainage underneath the sauna  
to allow for proper water runoff if  
any moisture accumulates  
during use. To maintain the  
longevity and optimal  
performance of the sauna,  
ensure it is thoroughly dried after  
every session. Neglecting these  
precautions may result in  
moisture related issues or  
damage over time.

# HEALTH BENEFITS

HEART  
HEALTH

IMMUNITY

HEAT  
ACCLIMATION

INFLAMATION

PAIN  
& MOBILITY



EXERCISE  
PERFORMANCE

MENTAL  
HEALTH

LONGEVITY

IMPROVED  
SLEEP

MUSCLE  
RECOVERY

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