Poolstar
Pure innovation

HOLL'S
COMFORT DESIGN SAUNAS



UTOPIA

Your journey at the heart of the imaginary

WARRANTY 2 YEARS

WARRANTY WOODWORK 10 YEARS

4 to 6 persons

Traditional sauna

WWW.POOLSTAR.FR


“Let yourself
be carried
away by your
dreams...”





It's a world of senses that opens up to you

A real invitation to you. Like a break in your day, **a time for relaxation**.

The warmth of a traditional sauna, **the scent of solid wood**, a large glass surface. You have it all. The Utopia communicates a sense of **escape, of freedom**. A cocoon where you find **serenity** and detachment that takes you on a journey of your own choosing.

Throw some water on the hot stones of the stove to create a **spiral of steam**. A little pleasure to the ear and the eye that preludes to a moment of total relaxation under the effects of **intense heat**.

Your whole being glides towards **harmony**. Muscles relax and the pain eases. All stress dissipates. **Mind and body are relieved**, blood circulation improves, and the heart benefits from it.

In your Utopia steam sauna, you make the choice for a healthier lifestyle. You come out refreshed from your break. None other can offer you such rejuvenating experience.





Dare to dream bigger

STARRY SKY EFFECT CEILING

With your **body completely relaxed** and your **mind at ease**, your thoughts are free to move on to **new adventures**. As they wander away, your ideas have no limits. You feel that you are **capable of fulfilling your wildest dreams**.



Comfortably installed

SPACIOUS INTERIOR

Enjoy your **session in full comfort** thanks to a **finely studied ergonomic design**, which translates into wide benches offering ample space for everyone. The **solid wood** benches are enhanced with a fine layout of slates throughout the cabin.

The Utopia 6 **two-tiered bench** offers unparalleled comfort for you to enjoy a sauna session with your loved ones.

Like a sense of freedom

LARGE GLAZED SURFACE

Welcome this invitation to rediscover a certain **sense of freedom**. Comfortably installed in the Utopia, you can take full advantage of this moment of disconnection to find yourself.

The intense heat brings you **physical and mental relaxation**. Detached from the daily tensions, you find the ability to think freely and project yourself.

The Utopia sauna and its **large glazed surface**, free of any visual obstacle, offers you this opportunity to open up.



Spruce & Abachi

AND AT THE HEART OF YOUR EXPERIENCE, WOOD

Who says high-end sauna, says carefully selected wood types. In Holl's sauna cabins, the essence of spruce combines its elegance with properties that multiply the benefits and pleasures of your sessions, year after year.

The spruce that we use for the manufacture of our sauna cabins comes from **sustainably managed forests**. In addition to its rare **elegance** this very aromatic essence is sure to **awaken your sense of smell**.

Abachi wood that we use for the cabin's benches and headrests has low thermal conductivity, an essential component to **seating comfort**.



WHAT IS A TRADITIONAL SAUNA ?

A traditional sauna stems from an easy principle. It consists of exposing the body to high heat in order to induce intense sweating which has for effect to eliminate the numerous toxins accumulated in the body.

The body releases endorphins under the action of heat. This substance helps relieve stress and promotes relaxation as well as sleep.

The traditional sauna, also known as the Finnish sauna, is classified as a steam sauna.

The volcanic stones are heated with an electric stove. You only need to plug in the heater to heat up the stones. You can then pour water over the stones to produce steam and release heat.

Enjoy the numerous benefits of a sauna:

- **Stimulation of blood circulation** leading to a greater oxygenation of the body.
- **Strengthening of the immune system** against colds and chills.
- **Clearing of the respiratory tract** by deep inhalation (with the use of essential oils).
- **Muscle relaxation** and muscular tension relief.
- **Antistress relief.**
- **Muscular pain, aches and arthritis** relief.
- **Help with skin problems** (acne, psoriasis, eczema, hives).

COMPLETE PACK

STOVE INCLUDED

Harvia Vega

The Vega stove is an elegant and easy-to-use stove. The stainless steel casing gives your sauna a modern appearance. The controls are ergonomically placed on the top side of the heater for easy operation.

The Vega stove is easily installed on a separate wall bracket. Thanks to its symmetrical design, this stove can easily be used from either side. The electrical connections are made from the side of the stove, which simplifies the installation.

Thanks to its structure, the Vega heater can be mounted low on the sauna wall. The heat is distributed evenly throughout the sauna and reaches the lower benches in sufficient capacity. The Vega heaters are controlled by an integrated control unit.



UTOPIA 4
6 kW
Stove included



UTOPIA 6
8 kW
Stove included



OPTIONAL

If you are looking for a stove with a bolder design, you can opt for the

Harvia Glow

An open design for a more enveloping warmth



HARVIA

Available in
6.8 kW and 9 kW

Your sauna ritual
in 9 steps

Before all, remember to drink water regularly and remove all your jewellery.





STEP 1

The sauna is switched on and takes about 30 minutes to warm up.

STEP 2

In the meantime, rinse off with a warm or hot shower to prepare yourself for your session in the sauna.

Dry yourself before entering the cabin. Remember to use a towel inside the sauna cabin.

STEP 3

Start first with a **10 minutes** session in the lower part of your sauna. This will help you to get used to the heat.

At the end of this first session, lightly water the hot stones (the quantity of a ladle is enough) to humidify the atmosphere.

STEP 4

Proceed to leave the cabin and rinse yourself, starting with your feet and legs.

Then take a real cool shower to activate blood circulation.

Take a rest for **10 to 15 minutes**.

STEP 5

After this relaxing moment, proceed with a hot shower. Completely dry off using a towel before returning to the cabin.



STEP 6

Return to the sauna. This time don't hesitate to sit on the upper level of the bench (higher temperature) for about 15 minutes.

STEP 7

Upon finishing your session, follow the same steps: rinse, cold shower, dry up, rest, hot shower, dry up.

STEP 8

If you feel that you have recovered sufficiently, you can go back to the cabin for a third and final time. You sit again on the higher bench for about 15 minutes.

STEP 9

After these 3 sessions in the sauna cabin, you can rest longer in a lying position between 15 and 20 minutes so your heart regains its normal rhythm.

Why not use the opportunity to rehydrate your skin with a cream or toning essential oils as well as your body by drinking plenty of water.



Expert advice

- ***During your session**: you can use essentialoils: eucalyptus, lavander, mint, rosemary...*
- ***After your session**: Some useful accessories to perfect your moment of well-being: kessa glove, black soap, rhassoul, rose water, argan oil...*

3 rules

STAY HYDRATED RIGHT THROUGH YOUR SESSION

TAKE YOUR TIME

LISTEN TO YOUR BODY AND SHORTEN YOUR SESSION IF NEEDED



Chromotherapy

With the touch control panel situated in the sauna, you can create a colourful atmosphere of your choice. LED lighting inside the cabin and its prism of seven colours inspired by the codes of chromotherapy offer you a complete body-mind relaxation session.

The waves specific to the colours red, orange, yellow, green, turquoise, blue and violet act differently on the organism through the skin, which is particularly sensitive to light energies and positively influence your state of well-being.

RED:
Increases physical energy, vitality, resistance, temperament, spontaneity, stability, passion.

ORANGE:
Stimulates creativity, productivity, pleasure, optimism, enthusiasm, emotional expression.

YELLOW:
Enhances cheerfulness, humour, radiance, personal strength, intelligence, logic, creativity.

GREEN:
Supports balance, harmony, love, communication, social character, acceptance.

TURQUOISE:
Calms and reduces inflammation and infections, helping the immune system. Enhances concentration.

BLUE:
Strengthens calm, love, affability, truthfulness, inner peace, depth of emotion, dedication.

PURPLE:
Stimulates intuition, imagination, meditation and artistic qualities.



SAUNA KIT

INCLUDED

- Wooden bucket
- Wooden laddle
- Hourglass
- Thermometer
- Hygrometer



Did you know?

Where should you install your new sauna?

Ideally, the room should be thermally insulated, but also ventilated and perfectly level. If you place it in a bathroom, make sure that it is equipped with a CMV ventilation.

If you place your sauna in an uninsulated room, it will be difficult to heat it properly during the winter months.



UTOPIA 4

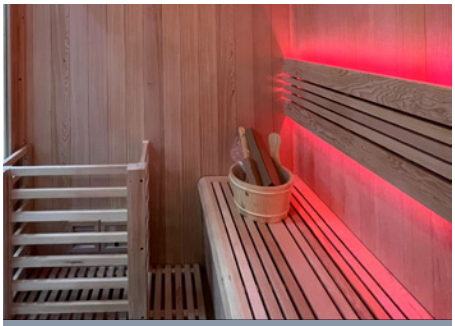
4 | Technology STEAM



STARRY SKY

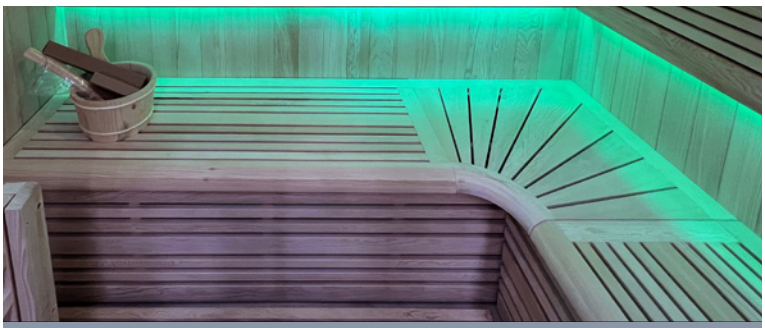


LARGE GLAZED FAÇADE

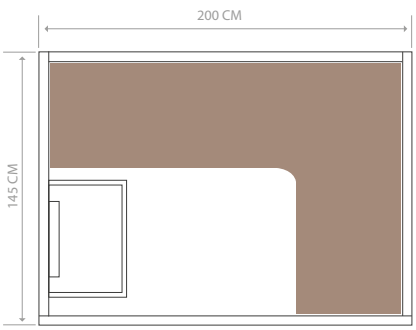


CONTEMPORARY DESIGN

	UTOPIA 4
Reference	HL-UTA04PK
Capacity	4 persons seated
Dimensions	200 x 145 x 196 cm
Stove included	Harvia Vega 6kW
Structure and Woodwork	Canadian Spruce
Equipement and accessories	Interior lighting Starry sky effect ceiling 7-colours LED chromotherapy Digital screen - Audio MP3 and Bluetooth Safety-glass door with wooden handle inside and stainless steel handle outside Traditional sauna kit included
Warranty	Electronics 2 years - Wood 10 years



LARGE L-SHAPE BENCH



UTOPIA 6

6

Technology
STEAM

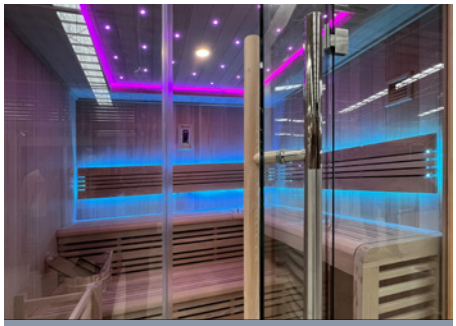




STARRY SKY

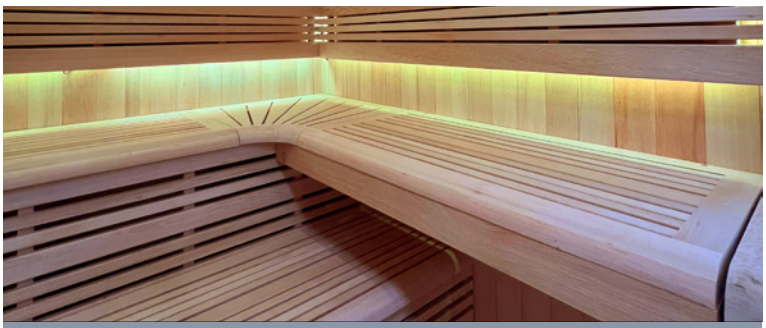


LARGE GLAZED FAÇADE

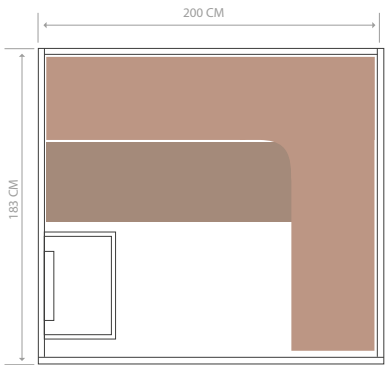


CONTEMPORARY DESIGN

	UTOPIA 6
Reference	HL-UTA06PK
Capacity	6 persons seated
Dimensions	200 x 183 x 210 cm
Stove included	Harvia Vega 8kW
Structure and Woodwork	Canadian Spruce
Equipement and accessories	Interior lighting Starry sky effect ceiling 7-colours LED chromotherapy Digital screen - Audio MP3 and Bluetooth Safety-glass door with wooden handle inside and stainless steel handle outside Traditional sauna kit included
Warranty	Electronics 2 years - Wood 10 years



TWO-TIERED BENCH + LARGE L-SHAPE BENCH



HOLL'S

COMFORT DESIGN SAUNAS

Outdoor range



Infrared & hybrid range



Steam range



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AUTHORIZED RESELLER

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