**Nordic Wellness Knowledge Base  
  
Merged & Organized (2025 Edition)**

Nordic Wellness - Product & Installation Guide

NORDIC WELLNESS - COMPLETE PRODUCT & INSTALLATION GUIDE (2025 EDITION)

**BRAND VISION**

At Nordic Wellness, our mission is to help people reclaim their time, vitality, and mental clarity by

delivering premium wellness experiences through handcrafted infrared saunas, traditional hot rock

saunas, and state-of-the-art ice baths. Drawing from Nordic traditions and modern scientific insight, each

product reflects a legacy of craftsmanship, durability, and therapeutic excellence.

**SECTION 1: INSTALLATION CHECKLIST OVERVIEW**

**Pre-Installation Requirements**

* - Electrical Specifications: Confirm correct amperage (10A, 15A, or 20A) based on sauna model.
* - Site Conditions:
* - Surface must be level (check with a spirit level).
* - Must support total load = sauna weight + max occupants.
* - Ensure clearances: 5cm (sides/rear), 30cm (top), 60cm (front).
* - No overhead water sources; ensure adequate ventilation.
* - For outdoor units: surface must be elevated, not under eaves, with proper drainage.

**Delivery & Storage**

* - Photograph packages at delivery.
* - Check for visible shipping damage.
* - Match items against the shipping list.
* - Store indoors in a dry, covered space until installation.

**Tools Required**

* - Spirit level, screwdriver, silicon sealant (for outdoor units), measuring tape, gloves, safety shoes,

caulking gun, spacers, packers.

**Assembly Preparation**

* - Minimum of two people recommended.
* - Clear and clean installation area.
* - Unpack and inspect all components.
* - Review instruction manual or installation video.

**Installation Steps**

* - Position base/floor and ensure it is level.
* - Assemble walls as per guide, connecting panels securely.
* - Align and secure roof/ceiling.
* - Ensure door is aligned, functional, and seals properly.
* - Mount heaters, electrical components, trim, and control panel.
* - Seal all joints with silicon (outdoor only).

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**Electrical Completion**

* - All connections should be made by a qualified electrician.
* - Double-check power supply setup.
* - Document and retain electrician certification.

**Post-Installation Testing**

* - Power up control panel and test full operation.
* - Confirm heater performance and safety.
* - Ensure smartphone/Bluetooth features are functional.
* - Test chromotherapy lights, temperature sensors, and timers.
* - Check for noise, odor, or electrical issues.

**Maintenance & Warranty Submission**

* - Understand weather protection needs (especially outdoors).
* - Register your warranty.
* - Save user manuals, certifications, and install photos.

**SECTION 2: PRODUCT LINES & FEATURES**

**A. OUTDOOR SAUNAS**

#### NORDIC AURORA (Outdoor | Red Cedar)

* - Technology Options:
* - Full Spectrum Infrared: Near, Mid, Far Infrared
* - Traditional Hot Rock: Harvia Vega Heater (6kW to 9kW)
* - Sizes: 4, 5, 6 Person
* - Materials: Canadian Red Cedar, PIR thermal insulation
* - Features:
* - 96 LED chromotherapy (7 colors)
* - Harvia Sauna Stones, Ladle, Hygrometer, Hourglass
* - Temperature Ranges:
* - Hot Rock: 50-90°C
* - Infrared: 40-65°C

#### NORDIC NATURE (Outdoor | Red Cedar)

* - Technology Options:
* - Full Spectrum Infrared
* - Traditional Hot Rock
* - Sizes: 2, 3, 4 Person
* - Power: 3100W to 4460W | 15A-20A plugs
* - Features:

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* - Purewave Technology (Carbon + Ceramic)
* - 96 medical-grade LEDs
* - WiFi Control, Bluetooth audio

#### NORDIC OASIS (Outdoor | Aluminium Exterior + Cedar Interior)

* - Technology: Full Spectrum Infrared with Purewave Carbon-Mica Panels
* - Sizes: 2, 3, 4 Person (4pp includes front porch)
* - Colors: Charcoal or White artificial timber exterior
* - Features:
* - Fast heat-up time
* - Chromotherapy (108 LED)
* - Bluetooth + Smart App
* - Optional front porch

**B. INDOOR SAUNAS**

#### NORDIC RETREAT (Indoor | Red Cedar)

* - Technology: Full Spectrum Infrared + Purewave Carbon-Mica Panels
* - Sizes: 2, 3, 4 Person
* - Power Consumption: 2350W to 3640W | 10A or 20A
* - Features:
* - Chromotherapy: 108 LED
* - WiFi, USB, Bluetooth control
* - 8mm Toughened Glass
* - Internal Storage

#### NORDIC BLISS (Indoor | Canadian Hemlock)

* - Technology: Full Spectrum Infrared + Purewave Technology
* - Sizes: 2, 3, 4 Person
* - Power: 2200W to 3880W | 10A or 20A
* - Features:
* - Chromotherapy: 108 LEDs
* - Bluetooth, USB, WiFi, Strip Lighting
* - Sleek Modern Design with Toughened Glass

**C. ICE BATHS**

#### NORDIC CELCIUS OVAL ICE BATH

* - Material: Canadian Red Cedar + Stainless Steel Interior
* - Chiller Options: LHP or 2HP (certified units)
* - Temperature Range: 3°C to 42°C
* - WiFi App-Controlled with step-by-step adjustment

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* - Water Capacity: 450-550L
* - Insulated Cover + Chiller Cover Included
* - Weight: 200kg (Net), 260kg (Gross with Chiller)
* - Filtration & Features:
* - Twin Filters
* - Ozone Sterilization
* - Quiet R410A Refrigerant
* - Power:
* - LHP: LO060W input
* - 2HP: 1950W input

**SECTION 3: TECHNOLOGY HIGHLIGHTS**

* - Purewave Technology: Enhanced far infrared depth via ceramic + carbon fusion
* - Chromotherapy: 7 light modes, harmonizing body energy (blues to reds)
* - Ultra-Low EMF: 0.1mG output (30x below the safe limit of 3mG)
* - WiFi Smart Control: Adjust temperature, lights, and session via phone
* - Audio System: USB & Bluetooth-ready built-in speakers

**SECTION 4: WELLNESS BENEFITS**

* - Detoxification: Sweat expels toxins (mercury, lead, cadmium)
* - Cardiovascular Health: Improved heart rate and circulation
* - Immunity Boost: Stimulates white blood cell production
* - Joint & Muscle Relief: Reduces inflammation, eases arthritis
* - Longevity & Brain Health: Linked to reduced risk of Alzheimer’s and dementia
* - Mental Health: Lowers cortisol, improves sleep, boosts endorphins
* - Recovery & Skin Health: Enhances collagen, speeds up healing

**SECTION 5: CONTRAST THERAPY**

Combine hot sauna sessions with cold immersion (ice bath):

* - Boost circulation
* - Increase metabolic resilience
* - Amplify recovery
* - Reduce inflammation

**SECTION 6: WARRANTY TERMS**

* - Frame: Lifetime
* - Infrared Heaters (Carbon/Far/Full Spectrum): 5 Years
* - Electrical/Electronics: 1 Year
* - Hot Rock Heater: 2 Years
* - Labour: 6 Months
* - Tech Support: Lifetime
* - \*Weather/water damage not covered\*

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**SECTION 7: PLANNING & AFTERCARE**

* - Measure space for width, depth, and clearance
* - Indoor units: avoid moisture build-up, maintain ventilation
* - Outdoor units: elevated, protected surface, water runoff
* - Use included setup checklists and register your warranty
* - Maintain timber with care products; clean filters monthly
* - Stay hydrated before and after each session

**SECTION 8: ADDITIONAL RESOURCES**

* - Sauna Secrets Wellness Guide (30+ pages)
* - Recommended routines, detox protocols, pairing guides
* - Safety checklist and sauna sizing tips
* - Doctor-reviewed insights into cardiovascular and neurological benefits

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This document consolidates all core product data, technical specifications, protocols, and wellness

benefits to serve as the foundational knowledge base for customers, staff, and Al agents.

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