



cr.g.us.com



sauna systems
for health and recovery





RECOVERY

Completing a day's workout with a relaxing sauna makes perfect sense. It helps a tired body erase muscle and body aches, feeling invigorated and refreshed. There are other positive benefits of a sauna on the body, particularly after a good workout, making it a smart addition to any club environment.

relax & rejuvenate
AFTER A WORKOUT OR AFTER WORK

HEALTH

For thousands of years people have used saunas as a way to relax, unwind, relieve stress and generate mental clarity. Perspiration is good for the body and mind. Adding a sauna to a daily routine has been shown to assist in improving overall health. Our saunas are perfect for enhancing any health, fitness or sport club offering.



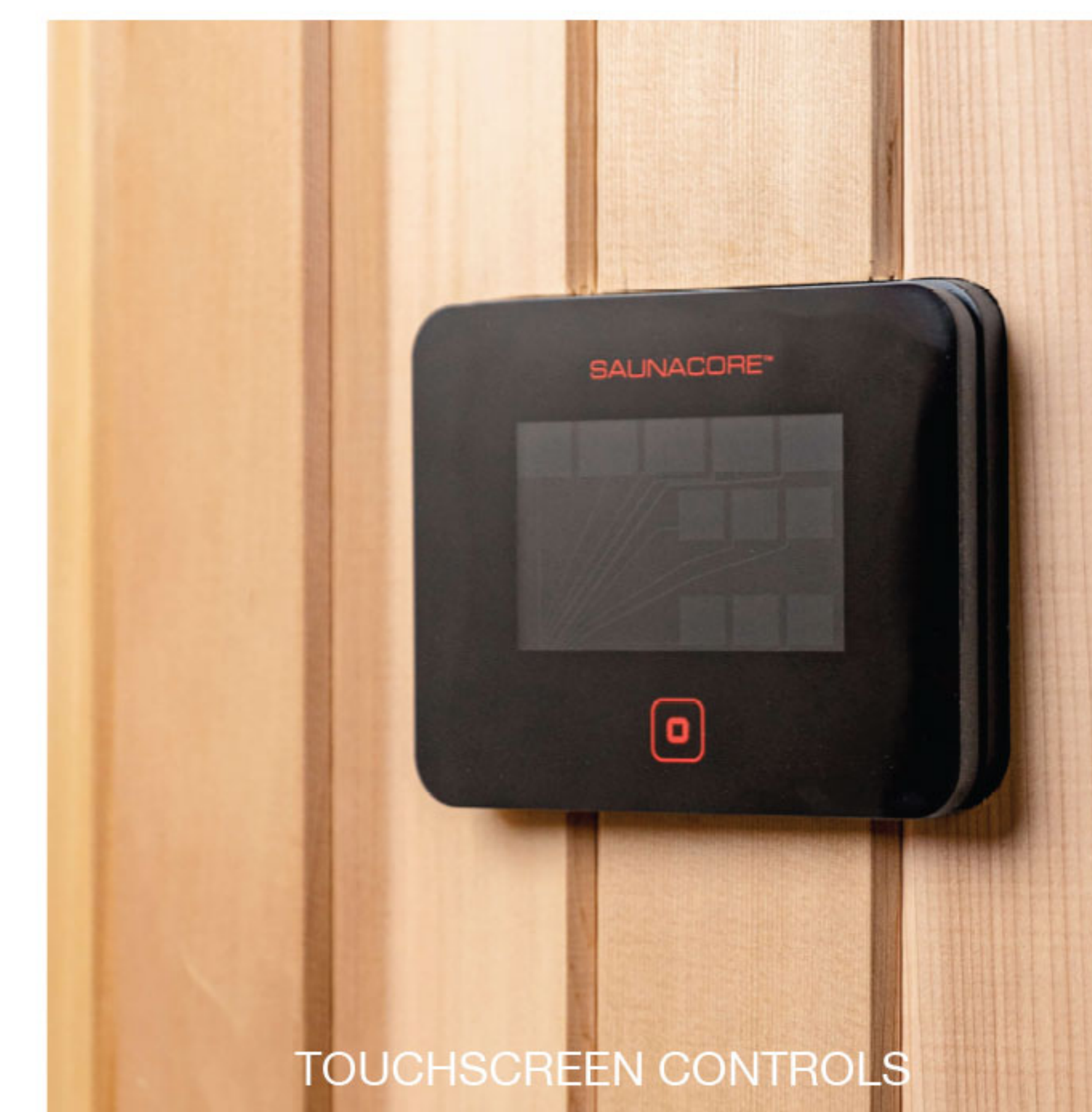
powered by Saunacore & Helo®



TRADITIONAL & INFRARED TECHNOLOGY HEAT

TECHNOLOGY FOR CONTROLLING THE HEAT

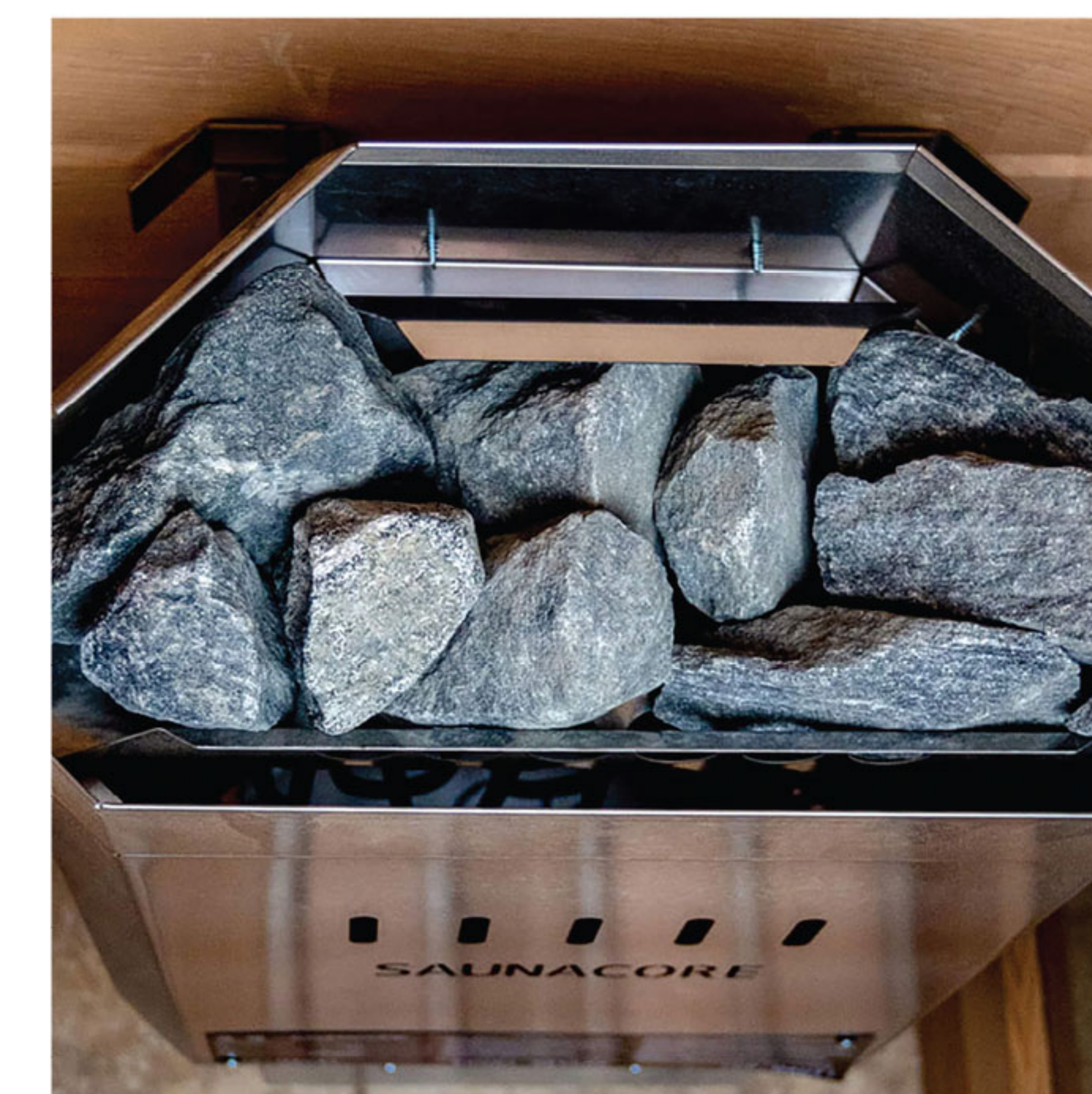
Managing sauna conditions are the basis of sauna enjoyment. Sauna comfort, time segments and lighting are easily controlled by innovative technologies. Monitor heat times and temperatures, and adjust settings remotely. Digital touch screens can be programmed to be simple and automated to fit the setup of your facility.



TOUCHSCREEN CONTROLS

TECHNOLOGY FOR THE SOURCE OF HEAT

The basic purpose of the sauna experience is age-old, yet our methods of using them has changed. Traditional heaters use rocks and steam to heat the room, ultimately the body. Our infrared heaters use an invisible light source to heat the body directly, bypassing the room. The benefits of both are similar, but the environments are quite different.



CHOOSING the correct heat



TRADITIONAL HOT ROCKS OR
INFRARED HEATERS

We can help choose the type of heat source that best serves the purpose of your facility. Although the benefits of each are similar, the environment differs in each. Infrared heat saunas provide a more dry, lower heat experience. The traditional style, hot rock heater experience is warmer, with humidity levels fluctuating. Perhaps a dual system is best, for a varied sauna experience.

CHOOSING THE RIGHT LAYOUT

We collaborate with you to plan the right sauna configuration for your facility. No matter the size or volume of your club, we just need some basic measurements and details to get started. CRG can take care of the rest, making sure you get the best sauna, based on your space, your needs. We can also suggest features to enhance the sauna experience.

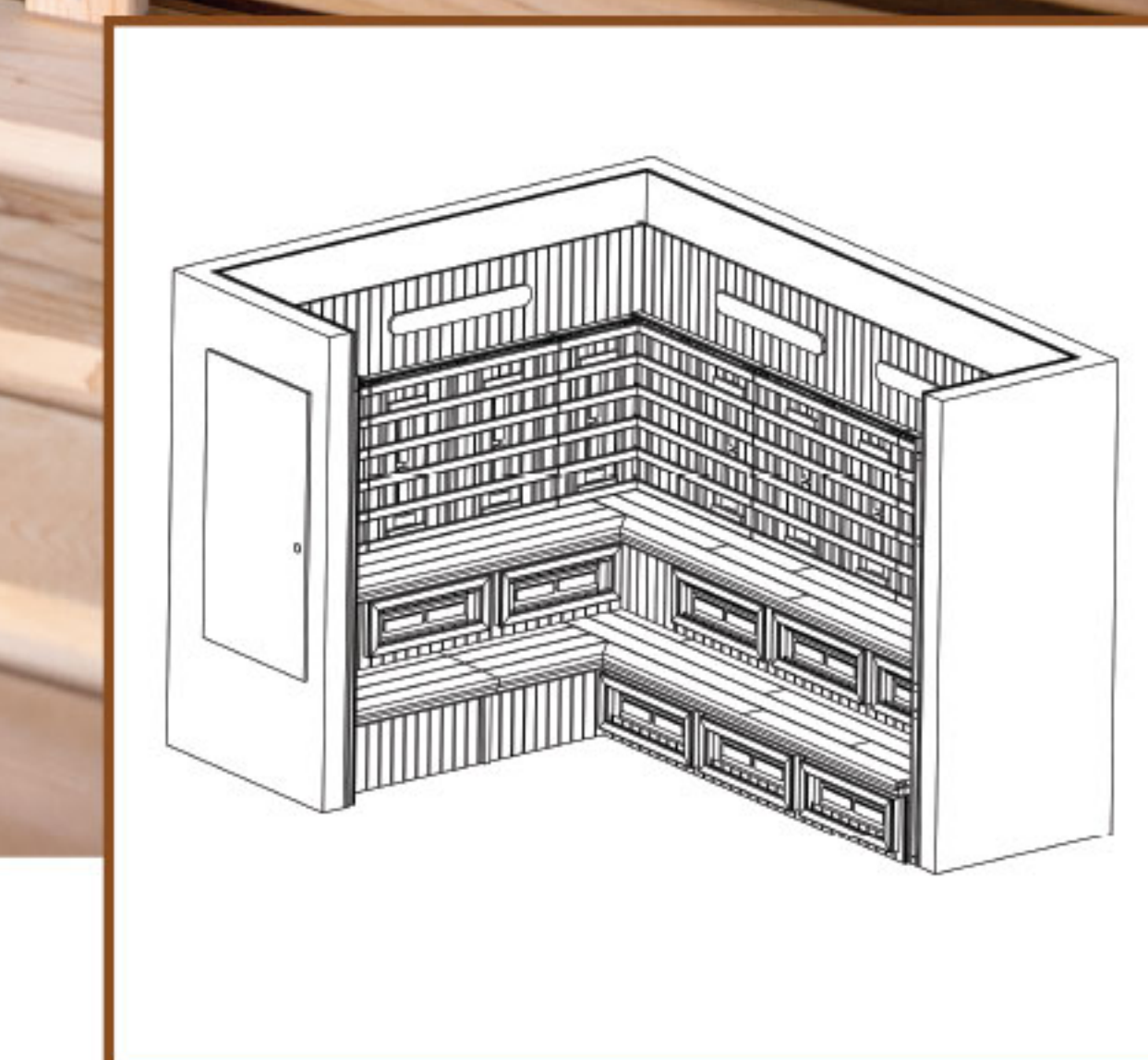
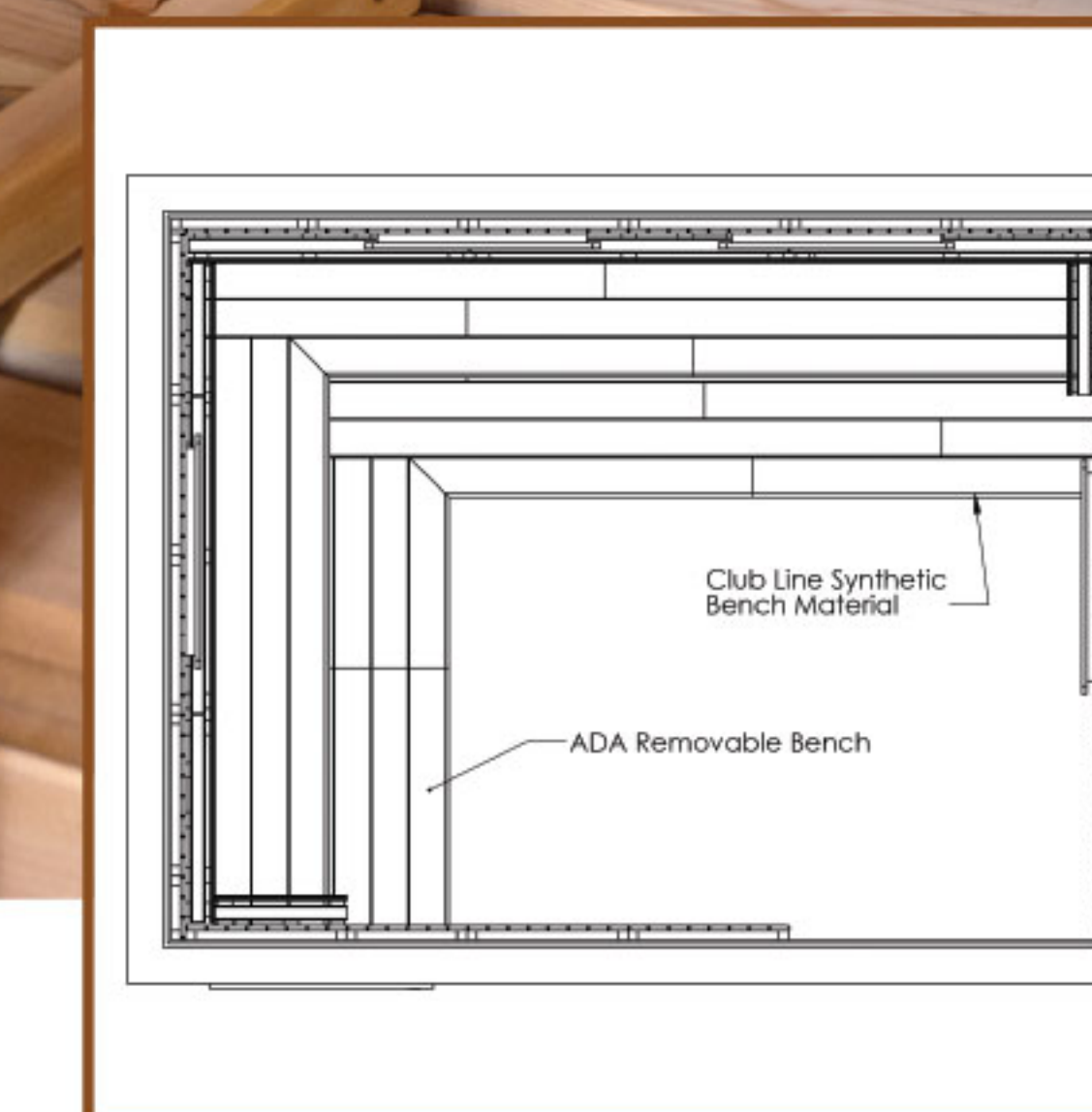
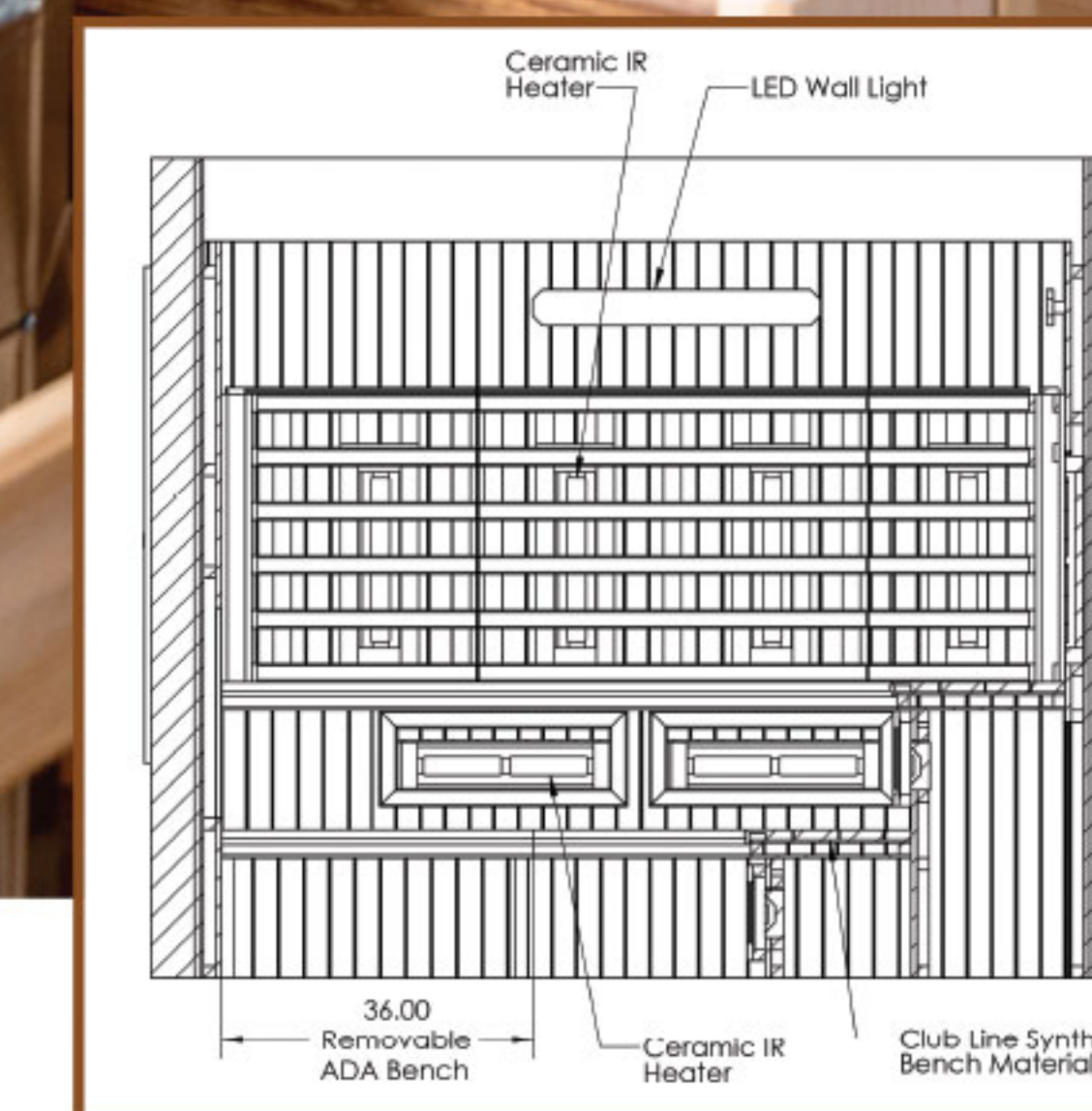


STAND ALONE CABINS AVAILABLE

planning and design assistance

From floor types – to wall, bench and light options

Our team will help you choose heat type, layout, wood species, styles and accessories



WE ASSIST WITH ALL THE DETAILS NEEDED FOR YOUR SAUNA LAYOUT, FROM BENCH AND HEATER CONFIGURATION TO POWER SOURCE NEEDS



salt walls enhance benefits from the sauna



dual heat sources vary the sauna experience



wall, floor and ceiling finishes

Two species of wood and a synthetic material are available in our saunas

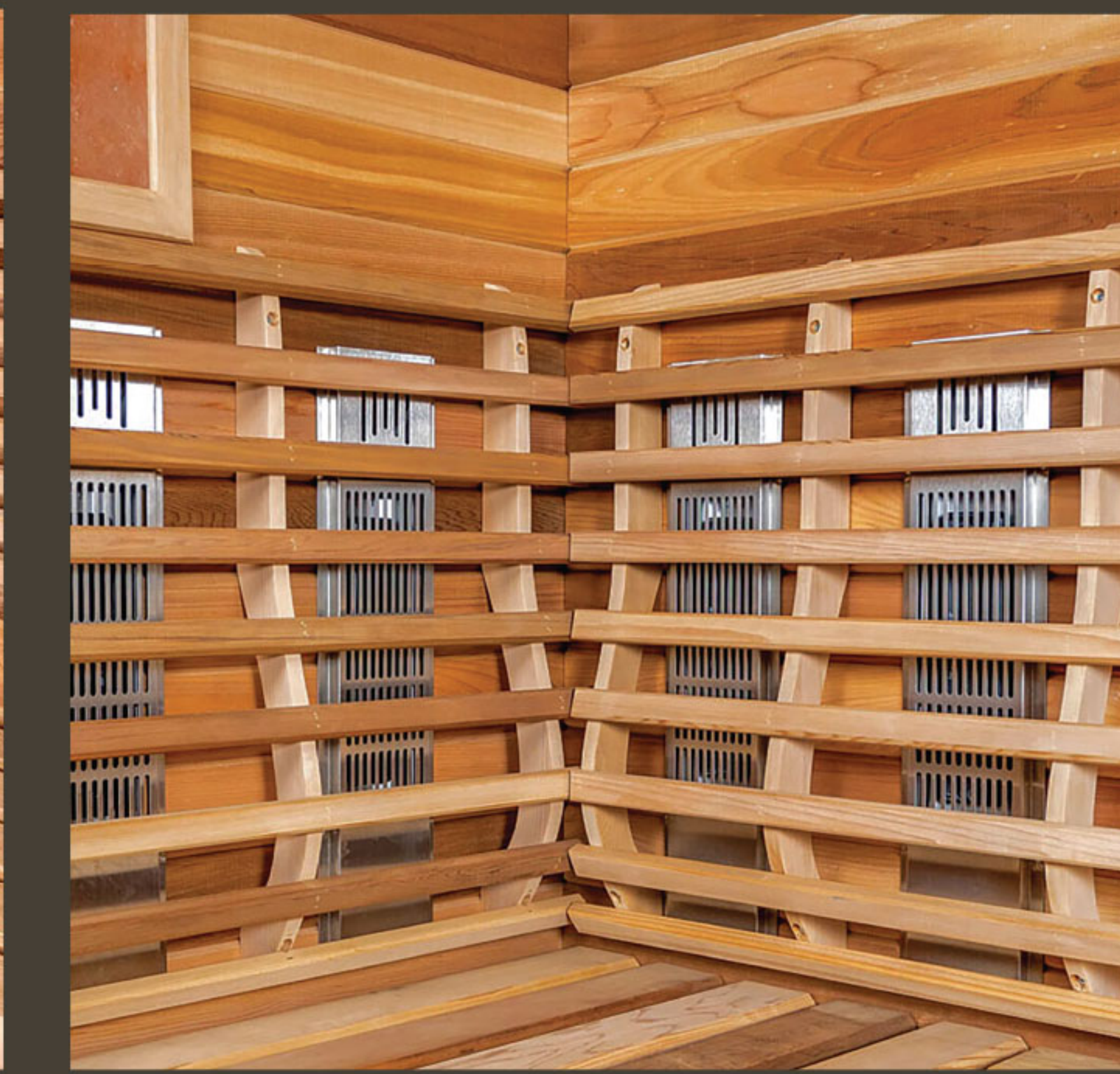
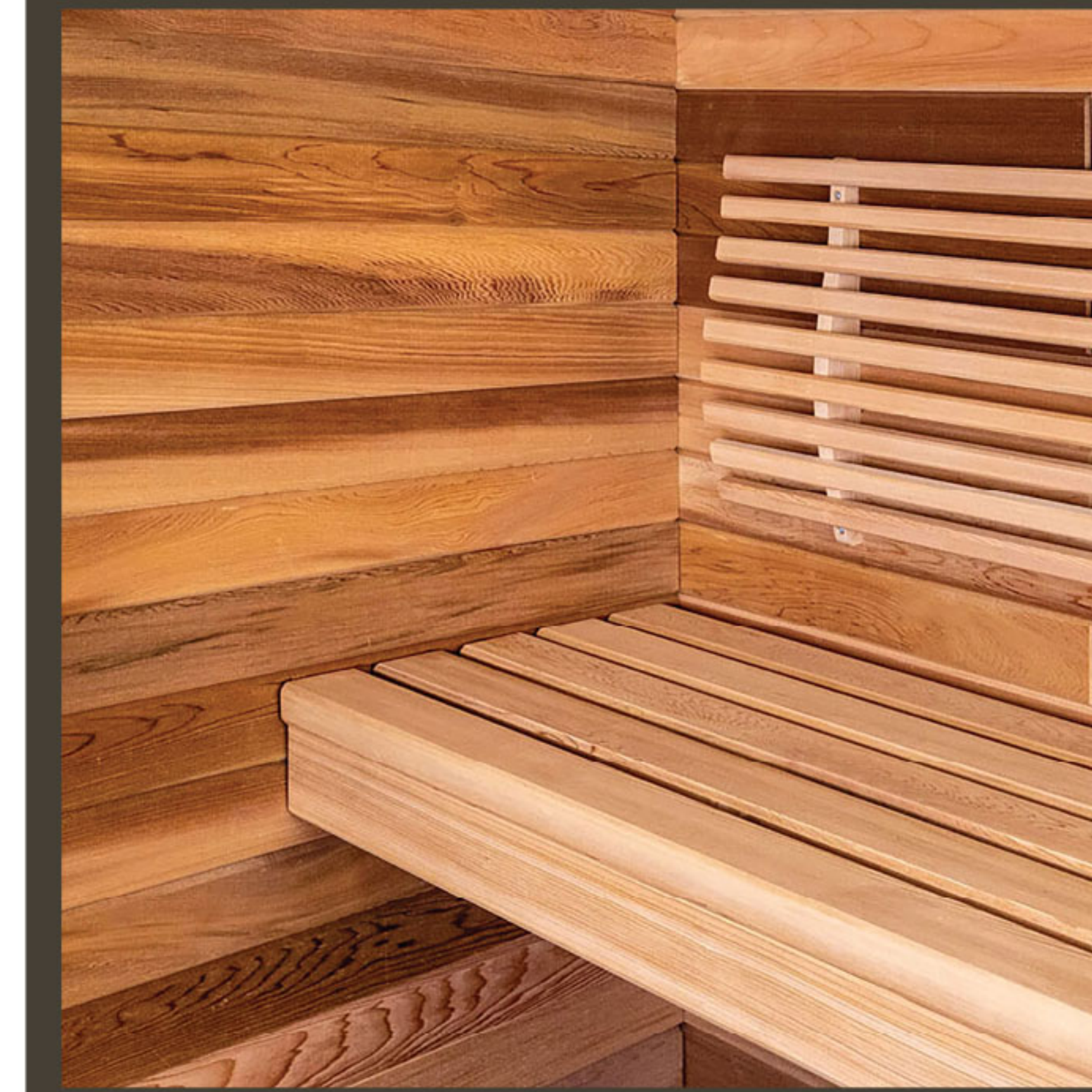
Mix and match from a variety of surface types based on your design style



CHOOSING your sauna style

You can approach the look of your sauna in a variety of ways. Choose from Aspen or Cedar for a beautiful traditional set-up, or a synthetic wood bench for easy cleaning and maintenance. Mix and match for a different look.

Benches – open or skirted, backrests, doors and floors can be fabricated in a variety of styles, to construct the perfect, healing sauna experience.

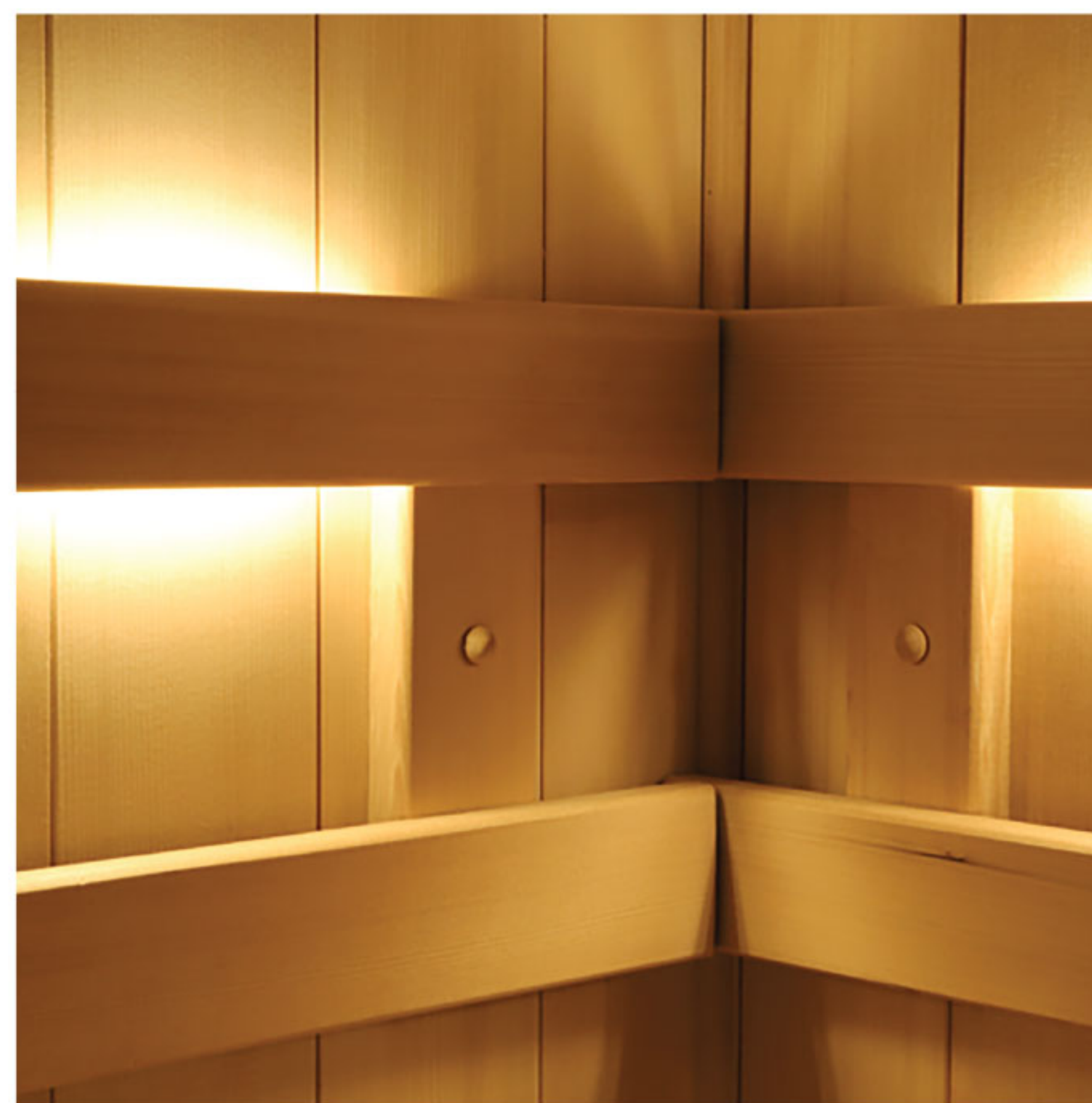


WOOD TYPE / BENCHES & BACKRESTS / DOORS

enhance and accessorize

Bring the rejuvenation experience to the next level by adding a beautiful salt wall to your sauna. Recovery is accelerated when salt walls assist with stress reduction, skin and respiratory health.

Lighting is a great way to create calm and mood in your sauna. A selection of spot, reflective and recessed lights for varying sauna effects are available.



SALT WALLS / BENCH & ACCENT LIGHTING

salt walls for health benefits

The natural hues and light elevate the sauna experience
Walls can be done in configurations and styles to match your sauna design



ILLUMINATED SALT WALLS CREATE A BEAUTIFUL SPA AMBIANCE

calming & purifying

THE PERFECT FINISH TO THE PERFECT WORKOUT

CRAFTSMANSHIP

CRG saunas are handcrafted in the USA. Our team, with a knowledge of sauna planning, development, and assembly, fabricates each sauna to your specifications.

visit [crg.us.com](https://www.crg.us.com)

MATERIALS

All CRG saunas are constructed from premium materials, sourced for strength, durability and aesthetics. You can be certain that no matter the size of your facility, a CRG sauna will create the best health and recovery experience for your guests and athletes.