

CATALOGUE 25/26

TRIBE SAUNAS

TRIBE

SAUNAS



A photograph of a man and a woman relaxing in a wooden sauna. The man is in the foreground, shirtless, with a beard and his eyes closed. The woman is in the background, wearing a white towel on her head and another draped over her shoulder, also with her eyes closed. The sauna walls are made of light-colored wood.

YOUR SPACE, YOUR SANCTUARY

F E E L   B E T T E R .



L I V E   B E T T E R .

TRIBE SAUNAS

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[www.tribesaunas.ie](http://www.tribesaunas.ie)



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# CRAFTED IN HEMLOCK

Tribe saunas are crafted from Canadian Hemlock—selected for its clean, natural beauty and quiet strength. Low in resin, soft in tone, and pleasantly aromatic, Hemlock creates a calm, breathable environment ideal for daily sauna use. Its smooth texture and pale grain lend a refined, understated warmth that fits effortlessly into any setting.

Chosen for both form and function, Hemlock resists warping, manages moisture well, and stays cool to the touch even in high heat. Its long-standing use in traditional sauna building reflects its durability and performance.

Sustainably sourced and precisely fitted, every element of a Tribe sauna begins with timber you can trust—naturally.



# THE POWER OF HEAT


Just a few minutes of heat can shift everything—your body, your mood, your sleep.

Here's what regular sauna use can do for you:

- 1 EASE STRESS .**  
Gentle heat calms the nervous system, lowers cortisol, and quiets the mind.
- 2 IMPROVE CIRCULATION .**  
Steady warmth boosts blood flow and supports heart health.
- 3 RECOVER FASTER .**  
Relax sore muscles, soothe stiff joints, and recover faster.
- 4 SLEEP DEEPER .**  
Infrared warmth relaxes the body and prepares you for restful sleep.
- 5 STRENGTHEN IMMUNITY .**  
Heat exposure stimulates your immune response and supports resilience.
- 6 SUPPORT NATURAL DETOX .**  
Enhanced circulation helps your body clear toxins and restore balance.

Each session offers more than warmth—it's a reset for body and mind. Grounding. Restorative. Human.

FEEL BETTER. LIVE BETTER.

A man and a woman are shown in profile, facing right, inside a sauna. They appear relaxed with their eyes closed. The woman in the foreground has a white towel draped over her shoulder. The background is softly blurred, showing the wooden interior of the sauna.

# YOUR SAUNA *RITUAL*

## FINDING YOUR RHYTHM

A sauna isn't just heat - it's a rhythm, a pause, a practice. Whether you step in for ten minutes after a workout or linger in the evening before bed, every session can become part of a ritual that restores balance.

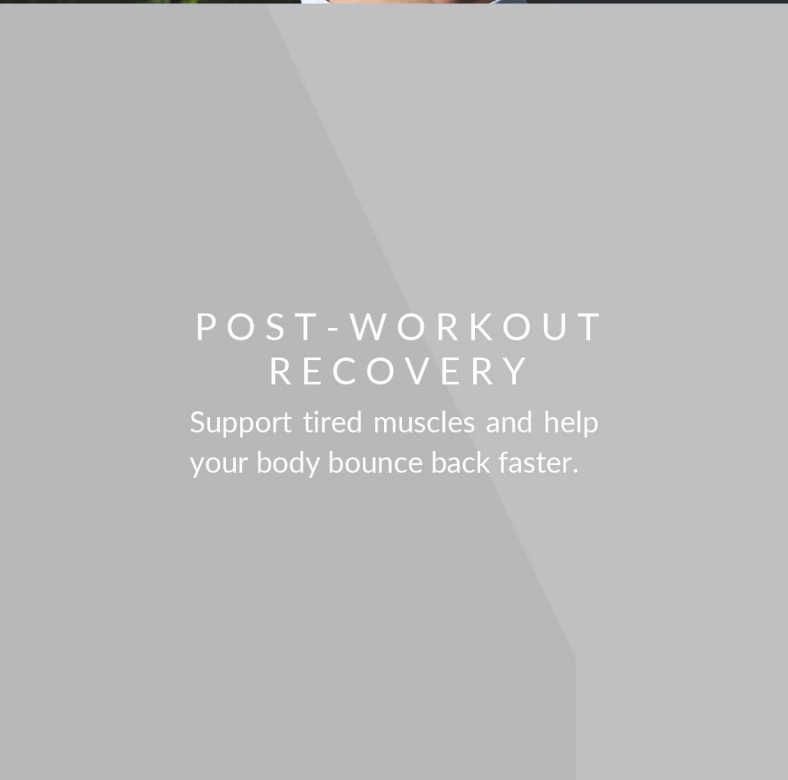
Most people find three to five sessions per week brings the best results. Sessions can be as short as 15 minutes, or longer if you feel comfortable. What matters most is consistency, making it part of your week.



# WHEN

## MORNING RESET

Begin the day with gentle warmth to awaken circulation and clear the mind.



## POST-WORKOUT RECOVERY

Support tired muscles and help your body bounce back faster.

# TO



# SAUNA

## EVENING WIND-DOWN

Lower stress, release tension, and prepare for deeper sleep.

# TWO WAYS TO SAUNA



## INFRARED

**How it works:** Gently warms your body using infrared heaters –not the air.

**Temperature:** 30–65°C – lower, more comfortable heat.

**Feels like:** A steady, soothing warmth that works deep into your muscles.

**Best for:** Daily use, injury recovery, chronic pain and those who prefer a gentle experience.

**Added benefit:** Infrared penetrates deeper into the body, which may help support circulation, reduce inflammation and aid cardiovascular health.



## TRADITIONAL

**How it works:** Heats the air with a stove and stones for a more intense warmth.

**Temperature:** 65–85°C – hot and invigorating.

**Feels like:** A classic full-body sweat and deep mental reset.

**Best for:** Heat lovers, traditionalists and those craving a stronger ritual.

**Added benefit:** Promotes deep relaxation, powerful sweating, and a strong endorphin release.

# INFRARED SAUNAS



Infrared saunas use light-based heat to gently warm your body from the inside out—no steam, no heavy air. Unlike traditional saunas that heat the space around you, infrared waves penetrate deeper into muscles and tissue, helping to ease tension, support recovery and improve circulation.

The experience is calm, clear, and deeply restorative—ideal for daily use, especially if you're short on time or sensitive to intense heat. It's modern wellness, made simple.

# NEAR. MID. FAR.

## INFRARED EXPLAINED

### NEAR INFRARED (NIR)

Near infrared has the shortest wavelength and is absorbed primarily at the surface of the skin. It's often used in light therapy due to its ability to stimulate circulation, support cellular activity, and assist in the body's natural healing processes.

In a sauna setting, NIR provides a gentle warming sensation at the surface level—enhancing comfort and helping to prime the body for deeper relaxation.

### MID INFRARED (MIR)

Mid infrared penetrates more deeply into soft tissue, muscles, and joints. It's associated with relief from tension and stiffness, making it particularly beneficial for those recovering from physical activity or managing muscular discomfort.

By encouraging blood flow deeper into the body, MIR supports natural recovery processes while delivering a calming, restorative heat.

### FAR INFRARED (FIR)

Far infrared has the longest wavelength and penetrates deepest—reaching the body's core. This deep, sustained heat gently raises core temperature, stimulates circulation, and encourages a full-body sweat.

FIR is the most commonly used form of infrared in saunas and is often associated with cardiovascular benefits, deep relaxation, and the feeling of “resetting” both body and mind.

# ATHENS SERIES

Step into stillness. The Athens Series brings together clean design, focused heat and natural materials for a restorative experience that fits beautifully into modern life. Built from smooth Canadian Hemlock and powered by full spectrum and carbon infrared technology, it delivers deep, even warmth without the wait.

Designed to support sleep, recovery, and stress relief through gentle, consistent heat, each model fits seamlessly into your routine. Whether you unwind alone or with others, every unit is crafted for everyday calm. Easy to install, effortless to enjoy. Ambient LED lighting and built-in audio complete the experience, turning your space into a personal retreat.



EVERYDAY RECOVERY. EFFORTLESSLY DONE.





### TARGETED INFRARED HEAT

Carbon and full spectrum heaters deliver deep, balanced warmth to support circulation, muscle recovery and relaxation.

(Thermostat: 30°C - 65°C)



### CLEAN, FRESH AIR

An integrated oxygen ionizer ensures the air is as clear as your headspace.



### PLUG & PLAY SIMPLICITY

Just plug it in. No hardwiring required.



### EFFORTLESS CONTROL

A single digital panel puts lighting, audio, and temperature at your fingertips—seamless and intuitive.



### TAILORED TO FIT

From solo pods to family corners, the Athens Series adapts to your space and your rhythm.



### PURE CANADIAN HEMLOCK

All our Saunas are crafted from premium natural materials to evoke the feeling of a Nordic retreat.



### IMMERSIVE LIGHT & SOUND

7-colour LED accents, skylights, and a dual-speaker FM/Bluetooth system wrap you in sensory calm.



# ATHENS 1

A compact escape for one. The Athens 1 delivers focused infrared warmth in a small, elegant footprint: ideal for apartments, studios, or wellness corners. With a powerful blend of five heaters and a calming aesthetic, it supports daily decompression through gentle heat, soft light, and quiet efficiency. Targeted warmth, no noise, and zero setup stress. Your new ritual starts here.

## Details:

Connection:	Standard 3-Pin Plug (Plug & Play)
Size:	900 × 900 × 1900 mm
Capacity:	1 Person
Power:	1385W
Heaters:	3 Carbon + 2 Full Spectrum Lights
Infrared:	Near, Mid & Far Infrared
Temp:	30 - 65°C

## P E R S O N A L W E L L N E S S P O D



# ATHENS 2

Space to share. Room to unwind. The Athens 2 offers generous room for two—ideal for shared rituals, quiet connection, or simply more space to stretch out solo. With six precision heaters and ergonomic dimensions, it's built for comfort without compromise. Powerful, efficient, and built for everyday renewal.



## W E L L N E S S F O R T W O



### Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 1200 × 1050 × 1900 mm

Capacity: 2 People

Power: 1740W

Heaters: 3 Carbon + 3 Full Spectrum Lights

Infrared: Near, Mid & Far Infrared

Temp: 30 - 65°C



# ATHENS 3

## Room to stretch. Space to connect.

The Athens 3 is built for those who want more - more freedom to move, more moments to share, more time to yourself. With eight infrared heaters and an expanded interior, it delivers full-body warmth with comfort to spare.

Whether it's family time, recovery after exercise, or simply a longer, more spacious unwind, the Athens 3 brings everyday renewal into reach. Plug in, sit back and stretch into comfort.



## S H A R E D   W E L L N E S S   R E T R E A T



### Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 1500 × 1100 × 1900 mm

Capacity: 3 People

Power: 2085W

Heaters: 3 Carbon + 4 Full Spectrum Lights

Infrared: Near, Mid & Far Infrared

Temp: 30 - 65°C

# ATHENS 3 CORNER

Smart shape. Generously sized. The Athens 3 Corner fits neatly into a corner, while offering the freedom and warmth of a full-sized unit. With seating for up to four, it's ideal for families, social settings, or simply stretching out with room to spare. Nine strategically placed heaters ensure full-body coverage with no cold spots. Designed for real life—where space matters and rituals are shared. Plug in, sit back and unwind together.



SHARED COMFORT, BEAUTIFULLY CRAFTED



**Details:**

**Connection:** Standard 3-Pin Plug (Plug & Play)

**Size:** 1500 × 1500 × 2000 mm

**Capacity:** 3-4 People

**Power:** 2580W

**Heaters:** 1 Carbon + 8 Full Spectrum Lights

**Infrared:** Near, Mid & Far Infrared

**Temp:** 30 - 65°C

# MADRID SERIES

Enjoy warmth without the wait. The Madrid Series offers a simpler way to experience infrared—practical, efficient, and quietly beautiful. Made from smooth Canadian Hemlock and powered by fast-acting ceramic infrared tubes, it delivers consistent, focused warmth without the wait.

With a range of sizes and a clean, timeless form, Madrid is ideal for those who want the benefits of infrared without the complexity. Easy to use, quick to heat, and simple to enjoy, it brings wellness into your daily rhythm.

LED lighting, integrated audio, and ergonomic details make every session feel personal—your own space to recharge, reset, and relax.

Whether you're carving out time for yourself or sharing the experience, the Madrid Series is sauna made simple.



EVERYDAY WELLNESS, THOUGHTFULLY DESIGNED





### PLUG & PLAY SIMPLICITY

Just plug it in. No hardwiring required.



### TARGETED CERAMIC HEAT

High-efficiency ceramic tube heaters deliver consistent, penetrating warmth to support relaxation, circulation and recovery.

(Thermostat: 30°C - 65°C)



### CLEAN, FRESH AIR

An integrated oxygen ionizer ensures the air is as clear as your headspace.



### EFFORTLESS CONTROL

A single digital panel puts lighting, audio, and temperature at your fingertips—seamless and intuitive.



### TAILORED TO FIT

From solo pods to family corners, the Madrid Series adapts to your space and your rhythm.



### PURE CANADIAN HEMLOCK

All our Saunas are crafted from premium natural materials to evoke the feeling of a Nordic retreat.



### IMMERSIVE AMBIENCE

7-colour LED accents, skylights, and a dual-speaker FM/Bluetooth system wrap you in sensory calm.

# MADRID 1

Compact heat, personal calm. The Madrid 1 is compact and designed to work around your life. Ideal for apartments, home offices, or wellness corners, it offers focused infrared heat and a minimal footprint—perfect for one. Plug in, sit back, and take a moment to yourself.

## Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 900 × 900 × 1900 mm

Capacity: 1 Person

Power: 1150W

Heaters: 3 Ceramic

Infrared: Mid & Far Infrared

Temp: 30 - 65°C



Y O U R   I N F R A R E D   R E T R E A T



# MADRID 2

Room to share, space to relax. The Madrid 2 offers infrared warmth for two—ideal for couples, friends, or those who just want a bit more breathing space.

With five ceramic heaters and a compact square footprint, it fits easily into modern homes without compromising comfort. Plug in, sit back, and enjoy the space together.



## R E C O N N E C T & R E L A X .



### Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 1200 × 1200 × 1900 mm

Capacity: 2 People

Power: 1700W

Heaters: 5 Ceramic

Infrared: Mid & Far Infrared

Temp: 30 - 65°C





ROOM TO UNWIND, SPACE TO ENJOY

## MADRID 3

**Spacious calm, simple form.** The Madrid 3 gives you more room to relax, with enough space for three people—or a more generous solo session.

With six ceramic heaters and a sleek, low-maintenance design, it's ideal for households, recovery routines, or anyone who wants that little bit more.

Plug in, sit back, and stretch out in comfort.

### Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 1530 × 1100 × 1900 mm

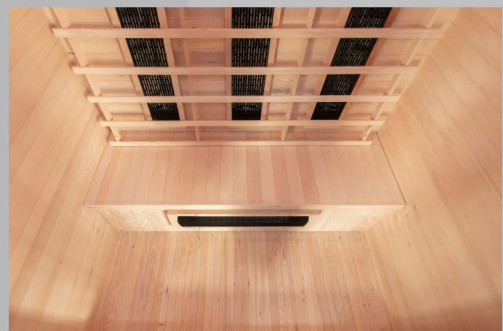
Capacity: 3 People

Power: 1900W

Heaters: 6 Ceramic

Infrared: Mid & Far Infrared

Temp: 30 - 65°C





SMARTLY SHAPED. SURPRISINGLY SPACIOUS.

## MADRID 3 CORNER

Thoughtfully shaped to bring people together, perfectly sized to feel spacious yet inviting. The Madrid 3 Corner is designed to maximise comfort without taking over your room. Its angled layout fits neatly into any corner, while the interior easily accommodates up to four people.

With six ceramic heaters and a compact footprint, it's the smart choice when you want space to share and simplicity that lasts.

### Details:

Connection: Standard 3-Pin Plug (Plug & Play)

Size: 1500 × 600 × 1250 × 1900 mm

Capacity: 3-4 People


Power: 2100W

Heaters: 6 Ceramic

Infrared: Mid & Far Infrared

Temp: 30 - 65°C



A photograph of a man in a sauna, shown in profile from the chest up. He is leaning forward, and his skin is glistening with sweat. The background is a warm, dimly lit interior, likely the sauna. The lighting is soft and focused on the man's back and shoulder.

Traditional saunas are rooted in centuries of ritual. Using a stove and stones to heat the air, they create a dry, enveloping heat that encourages deep sweating and total physical release. The temperature is higher, the sensation more intense—and the reward is a profound sense of clarity and calm.

For many, it's not just about the heat—it's about the moment. The contrast. The quiet. The pause. A simple, powerful ritual that connects you to something deeper.

# TRADITIONAL SAUNAS

# LISBON SERIES

The Lisbon Series brings the full Finnish sauna experience into your home—dry heat, high temperatures, and the simple satisfaction of steam on stone. Crafted from Canadian Hemlock and powered by a robust Harvia stove, it delivers the deep, invigorating warmth that defines authentic sauna culture.

With mains-wired installation for higher output and classic accessories included, Lisbon is built for those who want to do it properly. Whether it's a personal ritual or a shared escape, this is a return to the real thing—pure heat, pure tradition.

For those who want to feel the heat and live the ritual, Lisbon is where it begins.



TRADITIONAL HEAT. TIMELESS RITUAL.





### AUTHENTIC HARVIA STOVE

Powered by a premium Harvia stove and natural stones. Built for those who love the ritual of steam, stones and high heat.



### TRUE SAUNA HEAT

Mains-wired for full intense heat performance up to 80°C, delivering a true sauna experience



### IMMERSIVE AMBIENCE

Soft dual-lamp lighting, warm wood textures, and natural stone elements create a grounded, calming environment.



### PURE CANADIAN HEMLOCK

All our saunas are crafted from premium natural materials to evoke the feeling of a Nordic retreat.



### WELLNESS-ENHANCING FEATURES

Each sauna comes complete with traditional accessories: bucket, ladle, thermometer, and sandglass—supporting a full ritual experience.

# LISBON 2

Traditional warmth in a space-conscious form. The Lisbon 2 delivers the essential traditional sauna experience in a space-saving design.

With a powerful Harvia stove, smooth Hemlock interior, and all the accessories included, it's ideal for those who want serious heat without sacrificing floor space.

Step in, ladle water on the stones, and let the ritual begin.



### Details:

Connection:	Mains (Installation Required)
Size:	1200 × 1050 × 1900 mm
Capacity:	1-2 People
Power:	2300W
Temp:	65 - 80°C

## COMPACT TRADITION, DEEP HEAT



# LISBON 3

More space to stretch out and enjoy the heat. The Lisbon 3 offers more room and more power, perfect for shared sessions or longer unwinds. With classic features and a timeless layout, it's the model of choice for those who like their sauna simple, spacious and reliably hot.



## TRADITIONAL SPACE, EVERYDAY COMFORT

### Details:

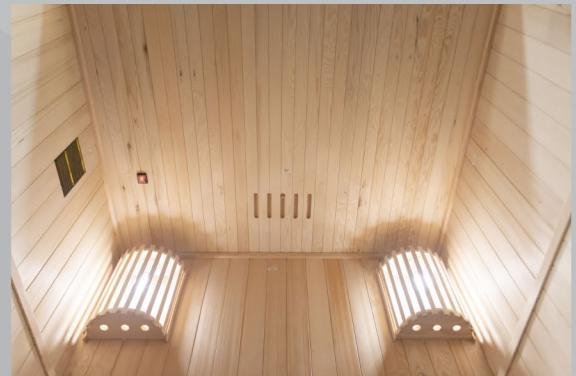
Connection: Mains (Installation Required)

Size: 1500 x 1200 x 1900 mm

Capacity: 2-3 People

Power: 3500W

Temp: 65 - 80°C





ELEGANT TRADITION, BEAUTIFULLY SHAPED

## LISBON 3 CORNER

Timeless warmth, beautifully reimagined. The Lisbon 3 Corner combines a generous interior with a space-efficient footprint. Tucked neatly into any corner, it offers high-performance dry heat, natural materials and all the tactile tradition of a true sauna.

Perfect for households that want the real thing without giving up the room. Step in, close the door and feel it rise.

### Details:

Connection:	Mains (Installation Required)
Size:	1500 × 1500 × 2000 mm
Capacity:	3-4 People
Power:	6000W
Temp:	65 - 80°C



# VALENCIA SERIES

The Valencia Series offers a softer take on the traditional sauna—lower power, balanced warmth, and a design that fits beautifully into everyday life. Made from Canadian Hemlock and powered by a trusted Harvia stove, each model delivers the same dry heat ritual at a more accessible intensity.

With a streamlined design, compact sizes, and all the classic accessories included, Valencia is perfect for first-time users, smaller households, or anyone looking to ease into tradition without compromise.

Authentic heat. Simplified for daily life.



GENTLE HEAT. TRADITIONAL RITUAL.





### AUTHENTIC HARVIA STOVE

Powered by a premium Harvia stove and natural stones. Built for those who love the ritual of steam, stones and high heat.



### PURE CANADIAN HEMLOCK

All our saunas are crafted from premium natural materials to evoke the feeling of a Nordic retreat.



### IMMERSIVE AMBIENCE

Soft dual-lamp lighting, warm wood textures and natural stone elements create a grounded, calming environment.



### TRUE SAUNA HEAT

Mains-wired for full intense heat performance up to 80°C, delivering a true sauna experience



### WELLNESS-ENHANCING FEATURES

Each sauna comes complete with traditional accessories: bucket, ladle, thermometer and sandglass—supporting a full ritual experience.

# VALENCIA 2

Gentle warmth, thoughtfully sized for modern living. The Valencia 2 offers the full traditional sauna ritual in a more manageable format. With its trusted Harvia stove, Canadian Hemlock finish, and space for up to two people, it's perfect for smaller spaces and daily routines. Everything you need is included—just add heat. Step in, pour the water and settle into the warmth.



### Details:

Connection:	Mains (Installation Required)
Size:	1200 × 1050 × 1900 mm
Capacity:	1-2 People
Power:	2300W
Temp:	65 - 80°C

GENTLE, TRADITIONAL, BEAUTIFULLY COMPACT





SOFTER HEAT, TIMELESS RITUAL

## VALENCIA 3

More room. Same ritual.

The Valencia 3 gives you extra space without stepping away from tradition. It's ideal for couples or small households who want to enjoy dry heat and daily restoration with a little more breathing room. Simple, authentic, and built to last.

Step in, sit back and let the warmth do the rest.

Details:

Connection:	Mains (Installation Required)
Size:	1530 × 1100 × 1900 mm
Capacity:	2-3 People
Power:	3500W
Temp:	65 - 80°C



# FIND YOUR PERFECT SAUNA

FEATURE	ATHENS	MADRID	LISBON	VALENCIA
SAUNA TYPE	INFRARED	INFRARED	TRADITIONAL	TRADITIONAL
HEAT TYPE	CARBON HEATERS & FULL SPECTRUM LIGHT HEATERS	CERAMIC HEATERS	HARVIA STOVE	HARVIA STOVE
HEAT RANGE	30 - 65°C	30 - 65°C	65 - 80°C	65 - 80°C
INFRARED	NEAR, MID & FAR	MID & FAR	-	-
WATTAGE RANGE	1385-2580W	1150-2100W	3500W-6000W	2300W-3500W
PANEL COUNT RANGE	5-8 PANELS	3-6 PANELS	-	-
SIZES AVAILABLE	1, 2, 3, 4 PERSON	1, 2, 3, 4 PERSON	2, 3, 4 PERSON	2, 3 PERSON
HEAT-UP TIME	20-30 MINS	20-30 MINS	30-40 MINS	30-40 MINS
INSTALLATION	PLUG & PLAY	PLUG & PLAY	HARDWIRED	HARDWIRED
BLUETOOTH AUDIO	YES	YES	-	-



# TRIBE SAUNAS

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