

Forward thinking.

Dalesauna was founded some 40 years ago to satisfy the fledgling health and fitness industry. Over the years the company has developed with the growth in the private sector fitness, hotel and spa market and more recently to satisfy the demand for home spa facilities.

Our commitment to service and product excellence is testimony to our success and are the fundamental reasons behind our position as leaders in our field.



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Hand crafted.

All our saunas and tiled rooms are hand crafted, enabling us to accommodate any shape or size, timber or tile selection, bench layout and heater type.

Rejuvenation.

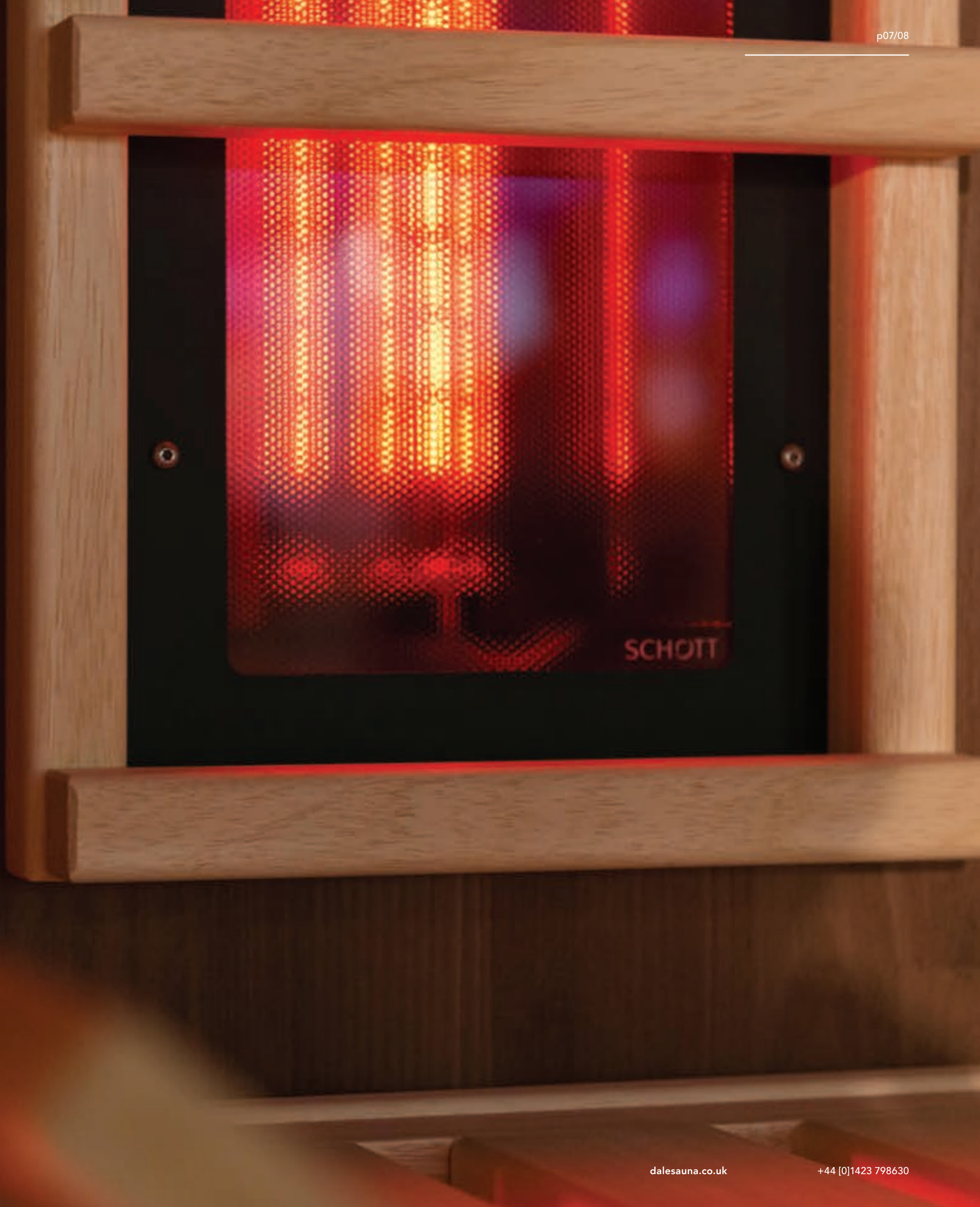
Using only the finest timbers from sustainable sources, Dalesauna can offer Hemlock, Cedar, Pine, Aspen, Arctic Kelo and specialist veneered ply.

Each sauna is designed and manufactured to order and for commercial installations, particular care is given to Health and Safety issues. All our saunas commercial or residential are suitable for disabled entry as standard.

Various heater options are available to you, behind the bench heating with manual or automatic essence dosing, traditional heaters or even infrared.

Laminated plinths, innovative bench layouts with adjustable feet, fully glazed fronts, multi-colour or fibre-optic lighting and sound systems are all available to further enhance and individualise your sauna.

Design innovation, coupled with attention to detail ensures that you will benefit from over 40 years of manufacturing experience.





Lighting.

Specialist lighting is available on all our products, from fibre-optics to multi-colour LEDs, chromotherapy or concealed LED strip lights.

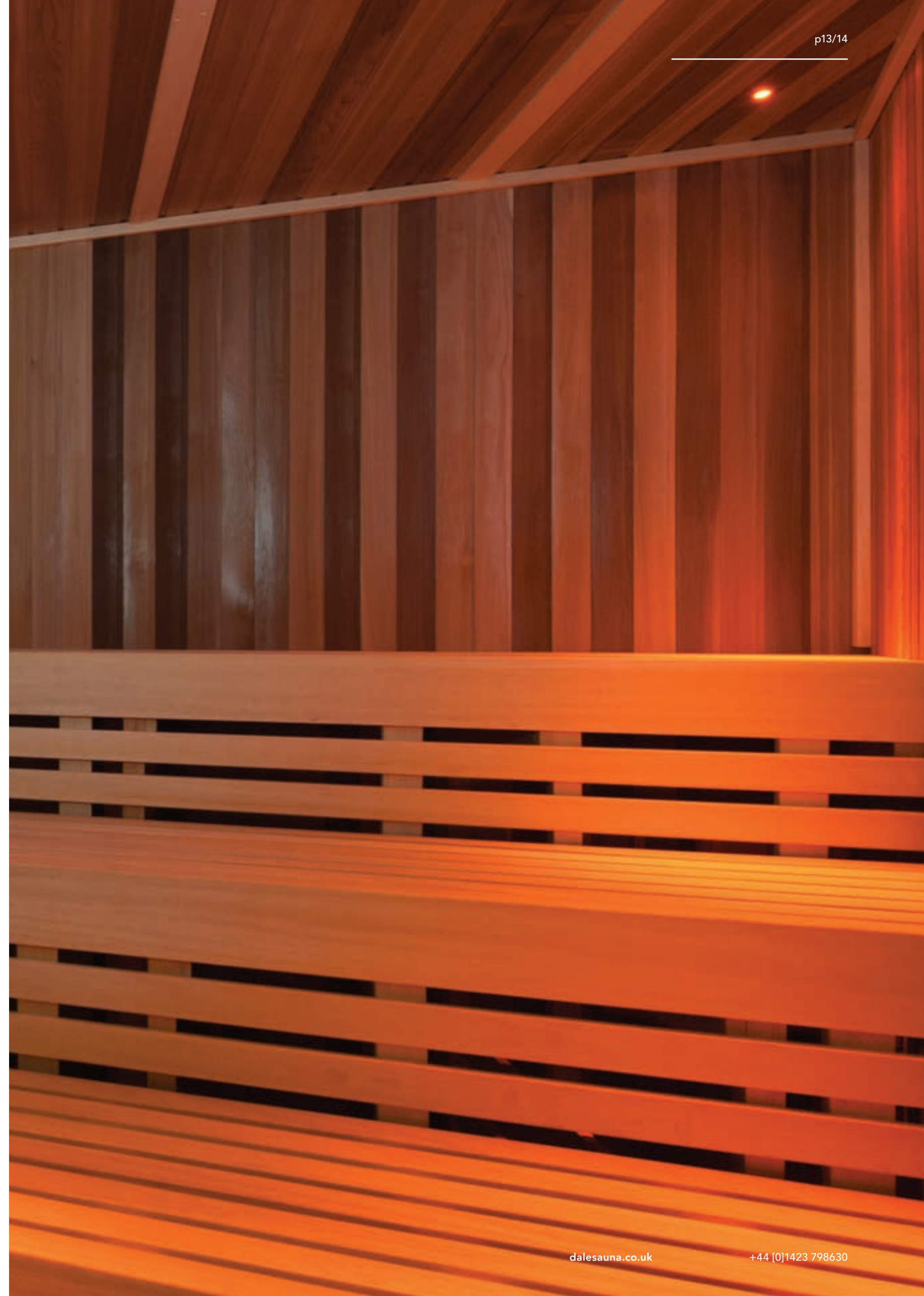
Heating.

A wide range of sauna heaters are available from the traditional to the concealed "behind the bench" option, all with either manual or automatic dosing systems. Infrared heaters are also available which warm the body from within.

Individuality.

There is no such thing as a “standard” Dalesauna product

Each sauna is designed and constructed by craftsmen in the UK uniquely to suit your own requirements of size and specification. You can select the timber type, heater style, lighting, sound, fully glazed or traditional front, add windows... The choice goes on.



Relaxation.

Water plays an enormous part in the relaxation process. Be it a commercial deck level spa pool or something for the home, relax and unwind whilst being gently massaged by hundreds of tiny air jets.

Stiff and aching muscles will be more vigorously massaged by individual body jets located around the sides of the spa.



Hydrotherapy.

Hydrotherapy is derived from the intensive massage action of the various jets and features within and around the pool.

This may be a "swan neck" water cannon on poolside or a "Vesuvius" jet in the base of the pool, or simply massage jets located on the pool walls.



Water.

Water is the essence of life and the water in our spas is chemically treated to ensure that it always remains clean and safe.

For more specialised treatments, Dalesauna also offers a wide range of hydrotherapy baths. Perhaps the ultimate way to cool down after a sauna or steam room treatment is the cold plunge, and our plunge pools offer chilled and chemically sanitised water.

Feature showers.

Our range of feature showers are designed both for freshening up in-between using the various thermal experiences of sauna, steam room etc, for cooling down and for removing perspiration before entering a pool or spa pool.

A variety of jet patterns, lighting options and even fragrances can add enjoyment to your showering experience.





Bucket showers.

At the complete opposite end of the scale to the ultra sophisticated feature showers we supply, the bucket shower offers a delightful “old school” approach to cooling the body post sauna.

Possibly only for the brave, one pull of the chain will tip an invigorating deluge of cold water over the bather to close the pores and cool the body.

Hydrobaths.

The "Caracalla" hydrobath is the very latest development in hydrotherapy, offering an auto fill and empty function, programmable temperature control, 20 body zones, 278 individual massage jets and 20 individual programmes as well as multiple customised settings.

Optional extras including "Starlight" effect fibre-optic lighting with multi-colour change, high pressure massage hose, abdominal massage and a headrest with neck and shoulder massage. The Caracalla bath may also be used with a wide variety of essences and algaes.



Vichy showers.

The Vichy shower is perfectly suited for the requirements of traditional Vichy treatments as the lowered armrests and the opening for the head allows the user to lie very comfortably.

Vichy showers may be operated with fresh or salt water and the temperature may be varied via a thermostat. The five shower heads can be adjusted individually and switched off separately. The oval shape of the shower heads allows for easy control and adjustment, even with wet hands. The unit also comes with a removable splash guard for the face.

Vichy showers are a perfect complement to therapeutic and wellness treatments, offering elegant design, advanced technology and superior comfort for the user.



Revitalization.

Let the gentle warmth of steam infused with natural essences totally relax the mind and body.

What better way to relax than in a custom built steam room, tiled in luxurious ceramics or mosaics.

Dalesauna can construct a custom built steam room into almost any space using only the highest quality products ensuring longevity and reliability. We can offer a variety of aesthetic finishes, from the traditional "Hammam" to a more contemporary appearance. Fibre-optic and LED lighting will add to your enjoyment.

Completely custom.

We can work with your own interior designer or provide assistance with tile finishes from our own in house design team.

Set the mood.

Lighting can play such a vital role in creating the correct mood, be it uplifting and invigorating or relaxing and calming.

There are many ways to achieve this, with specialist chromotherapy lighting systems, colour changing fibre-optic or LED technology.

Tiles.

Our design team can offer the most current and suitable tile finishes from manufacturers all over the world.



For sole benefit.

Our feet work hard for us, so why not give them a treat!

Foot spas.

More and more people are choosing to install a heated tiled bench with an individual foot spa.

Dalesauna offer a range of foot spas to gently massage your feet, from simple 'fill and empty', to the 'all singing, all dancing' versions with automatic fill and empty, coloured lights and automatic disinfection.





Reflexology.

Reflexology is the term used for therapies involving the application of pressure to specific zones in our feet, which some believe relate directly to various parts of the body.

We do not make any specific claims for our reflexology walkway, but we do know that it is a very different and stimulating way to get from one area to another within the spa.

Each reflexology pad is heated and has pebbles set at varying angles, some smoother than others, to ensure that the underside of the feet are massaged and stimulated as you walk along.



Cool off.

Part of sauna bathing tradition in Scandinavia is to cool the body by rolling in snow, but unless you live in a Nordic country this is an option rarely available.

Now, Dalesauna offer the ice room which is a tiled room, chilled to around 12°C. This is the ideal way to instantly cool the body after using either a sauna or a steam room. For even more benefit, handfuls of crushed ice can be rubbed over the body for a truly exhilarating experience.

Essential therapy.

One of the latest innovations from Dalesauna is the aromatherapy room which is a tiled room built to any shape or size.

The aromatherapy room incorporates heated walls and bench seats operating at around 35°C – 40°C. The user is cocooned in the gentle warmth of the room and the infusion of natural aromatherapy essences adds to the relaxing atmosphere.

The whole experience can be completed by the addition of multi-coloured fibre-optic lighting in the ceiling or a customised sound system.



Breathe.

Salt inhalation is a new addition to the Dalesauna range and has proved to be very popular.

The principles of salt inhalation are based upon the same effects as a walk along the coast, breathing the ozone rich salty sea air.

Anyone working with computer screens will be subjected to positive ions which can induce headaches, migraines and feelings of lethargy. Salt vapour produces negative ions which help to counteract these effects, leaving the user feeling invigorated.





Elements of Nature.

Being of ancient Egyptian origin the rasul bath allows the user to apply a variety of Dead Sea mud products to the face and body.

Steam with the essence of lavender, is then infused into the room to open the pores and allow the mud to penetrate further into the skin.

The rasul users are seated on individually heated 'thrones' and at the end of the treatment warm mist descends from the ceiling to wash away the mud.

Mud helps to stimulate the blood flow, revive the tissue and has a stimulating effect on the lymph system. The purifying effect of the mud makes a perfect therapy for skin and rheumatic problems.

Turkish delight.

Our 'hammam' can either be the traditional tiled table top, provided with a heated granite or marble or the more clinical 'Balance System' featured. Either way, you will be able to offer traditional hammam scrub treatments or even ayurvedic oil treatments.





Weightless.

Dry floatation is one of the most relaxing treatments you could imagine, as you are massaged with a variety of nourishing products prior to be lowered into a warm water bath. As there is always a waterproof membrane between you and the water, you remain dry whilst still enjoying the benefits of floating. The warm water helps to maximise the benefits of the moisturising or detoxifying products.



Lounge around.

Relaxation forms an important part of your visit to a spa or even in the comfort of your own home.

Dalesauna's tiled heated loungers are ergonomically designed for maximum comfort and are heated to provide deep warmth for tired muscles.

Case studies.

Residential One Kensington Gardens

Public Sector Wellness Abbey Leisure Centre

Hotel/Spa Gainsborough Bath Spa Hotel

Residential York Barn Project

Public Sector Wellness Spa London

Private Sector Wellness Ribby Hall Spa Hotel

One Kensington Gardens

We have completed work on one of London's most exclusive residential developments.



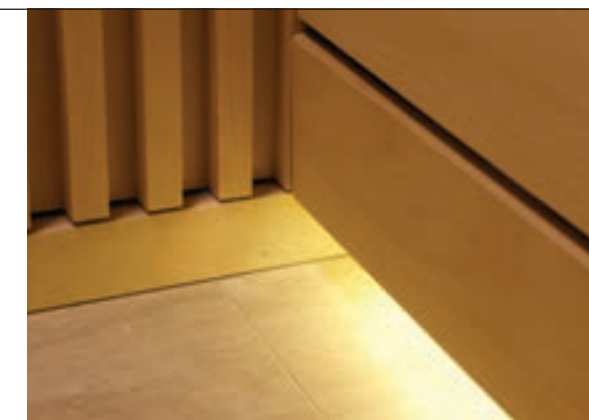
Located opposite Kensington Palace Gardens in London, One Kensington Gardens is a collection of 97 luxury apartments designed by David Chipperfield Architects and delivered by Sir Robert McAlpine for the client De Vere Estates.

In addition to 24-hour concierge and valet parking, the development includes an indoor swimming pool, a private health and fitness centre, spa and treatment rooms.

Dalesauna worked with Andrew Haggood, lead architect at David Chipperfield Architects, to design a highly bespoke sauna and steam room for the scheme. Quality of design and attention to detail were absolutely critical for this lavish development.

The sauna is constructed in lime and obeche, and features a distinctive 'corrugated' interior detail which echoes the exterior wall finishes and features a bespoke bench profile and marble skirting. The steam room is clad in marble with a rendered painted ceiling and LED up-lighters.

The level of detail involved in the bespoke sauna and steam room required several meetings on site, as well as a visit from the contractor and architects to inspect work at our factory in Yorkshire.



The minute attention to detail demanded by David Chipperfield was sometimes frustrating, but well worth the end result.

Abbey Leisure Centre

A luxury thermal spa created by Dalesauna at the new £14m Abbey Leisure Centre in east London.

Designed by AFLS+P Architects for the London Borough of Barking & Dagenham, the new leisure centre in Barking town centre replaced the existing Abbey Sports Centre.

The project was the latest in a string of luxury spa facilities developed by Dalesauna for the public sector, which includes the likes of the Verulamium Spa at Westminster Lodge Leisure Centre in St Albans and the One Spa at Wimbledon Leisure Centre.



Dalesauna partnered with AFLS+P and contractors Willmott Dixon to design a range of heat experiences for the 100sq metre thermal spa area. These included a large sauna with luxury benches, LED lighting and two hidden heaters; an aromatherapy steam room; crystal steam room and salt inhalation room.

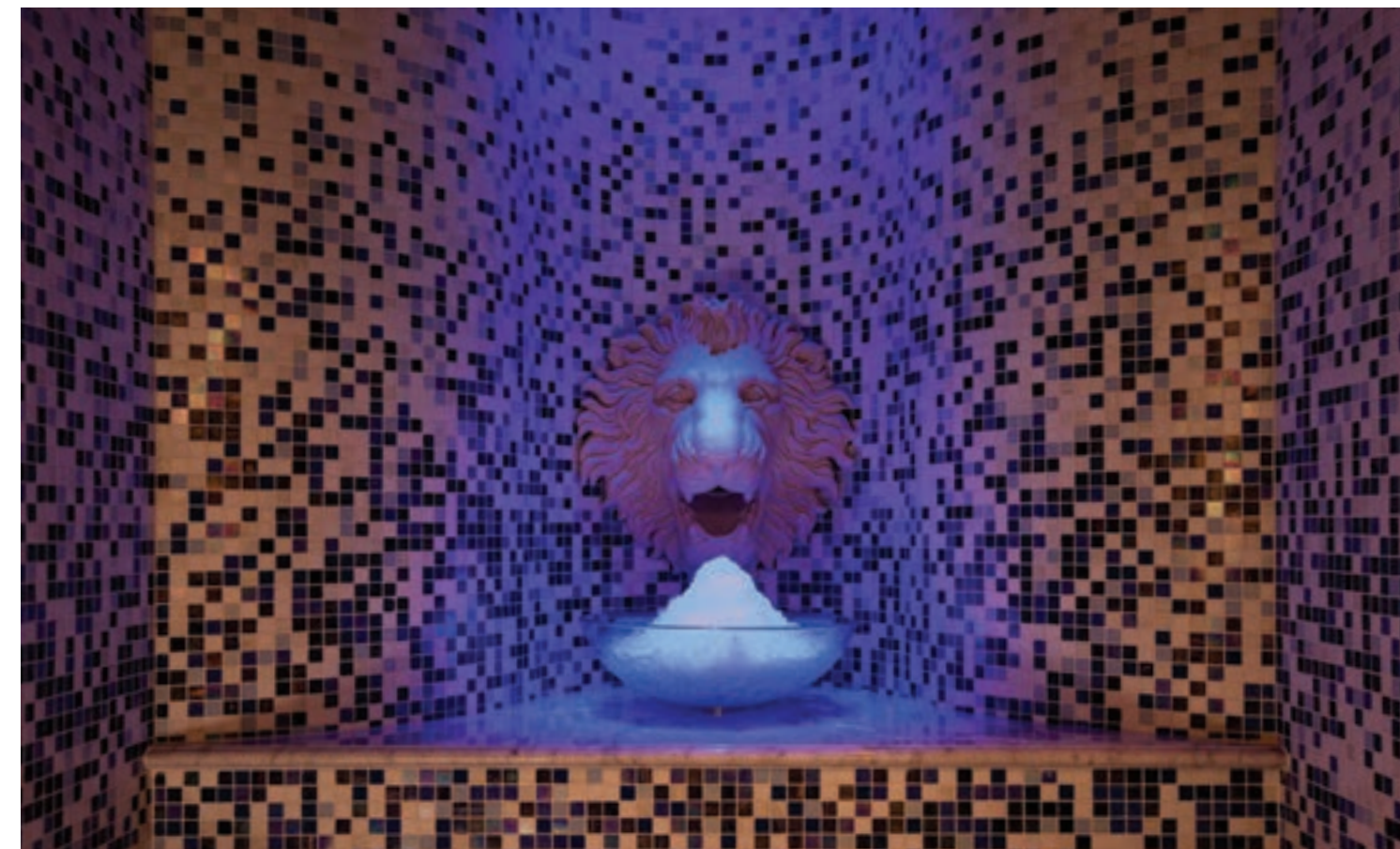
Other facilities in the spa, called The Abbey, include a tiled deck level hydrotherapy pool with massage jets, an ice feature, a tiled heated bench and two feature showers.

We were delighted to work on this project with AFLS&P and Willmott Dixon. Both companies are highly experienced in this sector and having such an enlightened client as Barking & Dagenham Council allowed us to create a thermal suite which boasts the same quality of design, facilities and finishes that you

would expect to find in a five star hotel or destination spa. The council were very innovative in their choice of facilities ensuring that the new spa acts as a great additional revenue stream, and also attracts people who may not have considered using a local authority centre previously. It is a great facility for local residents

Gainsborough Bath Spa Hotel

The only hotel in the UK to offer direct access to natural thermal waters and featuring a range of experiences from Dalesauna.



Bath is probably the best preserved and most notable spa town in England and Dalesauna were delighted to be involved with this spectacular new hotel project, which is adjacent to another Dalesauna customer, The Thermae Bath Spa.

Designed by New York based design firm Champalimaud Design, the 99-room hotel is a member of The Leading Hotels of the World and is the first UK property from YTL Hotels.

The hotel's Spa Village has been designed to honour the healing traditions of Bath. Dalesauna supplied a number of thermal experiences for the luxurious spa, including a salt steam room designed to cater for up to eight guests with LED lighting and bespoke glass mosaic tiles from Trend in hues of brown.

A pine herbal sauna features a conventional sauna heater and a stainless steel herb tray for the infusion of fresh herbs. As well as the traditional herbal sauna, guests can relax in an infrared sauna, also in pine with a single tier of bench seating and five infrared heaters. These emit infrared light, which is experienced as radiant heat and absorbed by the surface of the skin for a number of health benefits, including the removal of toxins. The sauna also features a wall of Himalayan salt to soothe respiratory and skin conditions.

Finally, we created a bespoke walk-in ice grotto and two experience showers. Clad in Trend mosaic glass tiles in blue fade, features of the ice grotto include marble tops, a chiller to emit cold air, fibre-optic lighting on the ceiling in the design of the zodiac and most striking of all, a model of a lion's head which dispenses the crushed ice.

The Gainsborough Bath Spa has created a one hour 'Bath Circuit'. The self-guided tour takes advantage of the saunas, steam room, ice grotto, relaxation rooms, as well as three thermal pools which sit at the heart of the spa beneath a glass atrium. The circuit concludes with a special Water Ritual Ceremony.

Working with Champalimaud Design and Galliford Try Construction, DaleSauna have installed equipment that would not be unfamiliar to the Romans, which just goes to show how advanced they were, and how little things have changed in over 2,000 years.

Having acquired a derelict barn adjacent to their existing property, our client and his wife decided to use the space to create a private gym and relaxation area.

Residential Project York

The clients approached us to design and install a sauna and steam room in the new space.



Our client, a busy executive in the fast-moving retail sector, spends most of his time in the Far East with his wife and family. When they return home, they enjoy nothing more than cycling around their local lanes and villages before relaxing in their new sauna and steam room.

The sauna, which features a glazed frontage giving views of the gym area, includes two infrared heaters. Working in the Far East exposes the owner to polluted air containing heavy metals and infrared is known for being highly beneficial in removing these toxins.

The tiled steam room, designed in conjunction with the owner's wife and our interior designer, also benefits from the elegant luxury of a Vessini fixed head and handheld shower.

We also provided the tiling to the exterior of the sauna and steam room.

Thanks to our new thermal facilities, the owners can now relax and unwind in the comfort of their own home.

Spa London Wimbledon

Between experiences, guests can relax on heated Hammam benches finished in a mix of large format and mosaic tiles.

The day spa at Wimbledon Leisure Centre, launched by Greenwich Leisure Limited brand spa-London, was part of a £1m investment at the south London centre which originally opened in 1901.

Working with architects Architecture & Design Services, contractors KJ Evans and GLL, the charitable social enterprise which runs sport, leisure and cultural facilities in partnership with local councils, Dalesauna created a thermal suite designed to offer affordable luxury and is the centrepiece of the spa. It is located on the first floor within the centre's former bath house and has retained many of the building's original features including steel columns and beams, as well as sky light windows which create an unusually light and airy space.



Dalesauna's in-house design team developed the finishes for the spa and a range of thermal experiences were created in the 90sq m space, including a tiled aromatherapy steam room, a pine sauna, an ice fountain with a recessed ice bowl and two luxury ceramic foot spas sourced from Germany. A bucket shower and a Hansgrohe Raindance feature shower completed the thermal offering. Between experiences, guests can relax on heated Hammam benches finished in a mix of large format and mosaic tiles.

Other facilities included were a dedicated Hammam treatment room featuring a Hammam bed with a heated Corian top, mosaic tile base and Hansgrohe shower fittings, as well as a 3m diameter hydrotherapy pool, which had to be delivered in two halves and completed on site due to restricted access.

The new spa in Wimbledon joins other GLL spa-London sites at York Hall Leisure Centre in Bethnal Green, Rainbow Leisure Centre in Surrey, Ironmonger Row Baths in Old Street, Marshall Street Leisure Centre in Oxford Circus and Swiss Cottage Leisure Centre in North London.

Working within the confines of the historic building provided some challenges, but it was well worth the effort. We do not think we have ever seen a thermal spa area with so much natural light. The effect is quite stunning....

Ribby Hall Spa Hotel

The facility has now been in operation for a number of years and has exceeded the owners most optimistic expectations, winning several awards along the way.



Our client had operated a small beauty salon for several years, with great success and decided to commit themselves to a Spa Hotel. Dalesauna gave much of the initial advice on how to design the wet area prior to being awarded the contract, which was not a foregone conclusion as the project went out to tender.



From the very earliest concept designs Dalesauna collaborated with the owners, their architect, design team and main contractor to provide a modern Spa suite, incorporating multiple thermal experiences as part of the hotel's major refurbishment. Our interior designer worked very closely with them to ensure that the internal finishes within the thermal experiences complemented the exterior finishes.

The design incorporated a hydrotherapy pool, outdoor spa and sauna, in addition to one of the UK's largest thermal areas which includes a cedar sauna, saunarium, aromatherapy room, salt vapour room, steam room, a variety of feature showers, ice feature, foot spas, and tiled heated loungers. We also installed a four person rasul mud experience room and a Jouvence dry floatation system.

The unique Aqua Thermal Journey combines several hot and cold experiences, all designed to rejuvenate, detoxify and promote a sense of wellbeing, to help the guests escape everyday stress and enter a world of elegance and comfort.

We worked with the owner, builder and interior designer to accomplish what is probably the North West's leading destination spa hotel.

DaleSauna^o

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