

## Wellness rooms



*Modular concept -  
flexible use*



# The perfection of *Relaxation*



In our fast-moving times, wellness applications are more popular than ever before. Afterwards, you feel almost as relaxed as after a short holiday. Relaxation through heat in conjunction with water is no new trend, though. In ancient times, the Greeks and Romans also enjoyed the healing and invigorating effects of hot air, warm air and steam baths in luxurious wellness temples.

What has changed is the technology. Today, modern manufacturing methods, new materials and the experience gained from many eras and cultures make a wide range of wellness rooms possible. The possible applications have different effects, from soothing to stimulating, and are often combined with one another..

Choose what does you good!

# Bath types – hot air rooms



60 – 80°C



Subtropical desert climate for the immune system

In a hot air bath, the **temperatures are high** and the humidity low (0 – 20 %).

Since there is a **steep temperature gradient** inside the room, these baths are usually equipped with multi-step benches. The higher you sit, the hotter it gets. This way you can vary the temperature during the application to suit your personal feeling.



low humidity



The dry heat causes profuse sweating and stimulates the blood circulation in the skin. Toxins are flushed out of the body..

In combination with a cold application and the associated **hot/cold alternation**, the **immune system** is additionally **fortified**.The cooling methods can be chosen freely.

# Bath types – warm air rooms



25 – 50°C



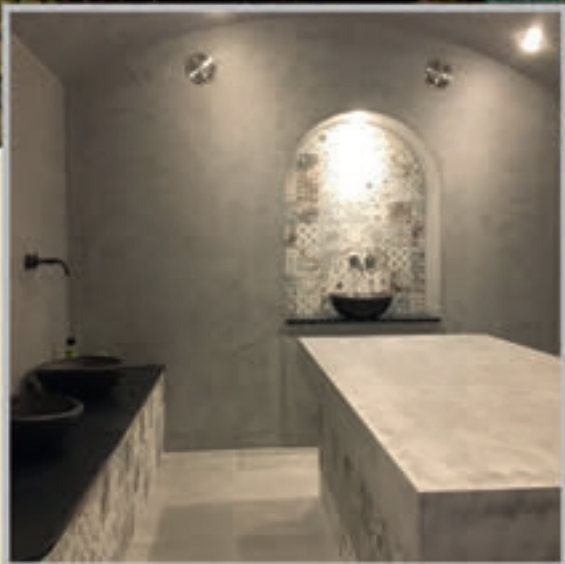
## European climate for gentle relaxation

Warm air baths were already known in ancient times. They are characterised by **moderate temperatures** and humidity.

Today they are familiar to us in different versions, for example as hammams, often in conjunction with massage treatments. The combination of warm air rooms with light and aroma therapy is also popular.



moderate humidity



The warm air bath is recommended for everyone who wishes to relax their body and muscles in a gentle way, for example older people or those with poor circulation.

This type of bath is also ideal as preparation for an application in the hot air room.

# Bath types – steam rooms



45 – 50°C



Tropical rain forest climate for clear airways

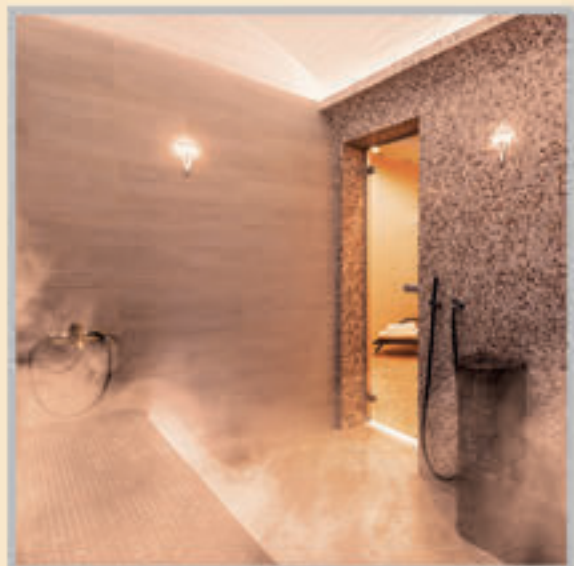
In a steam bath, the room is heated to **moderate temperatures** by **steam**. The humidity can be as high as 100 % and mist forms.

As a result, the pores open and the body begins to sweat. In addition, the airways are cleared. In combination with essential oils, this is known as inhalation therapy.



high humidity





Steam bathing is a gentle way to cleanse the body. It is followed by cooling. The temperature change improves the blood circulation in the skin, fortifies the immune system and stimulates the metabolism.

This application is ideal for **people with circulatory problems** who don't want to expose themselves to high temperatures.

# Bath types – cold rooms



+20 – -10°C



## Arctic climate for the circulation

Each bath in a hot or warm wellness room takes place in alternation with a cold application.

**Low-temperature** cold or snow rooms, for example, are suitable for this.

**Moderately cool rooms** with ice fountains, dip baths or cold flood showers are also frequently used.



low humidity

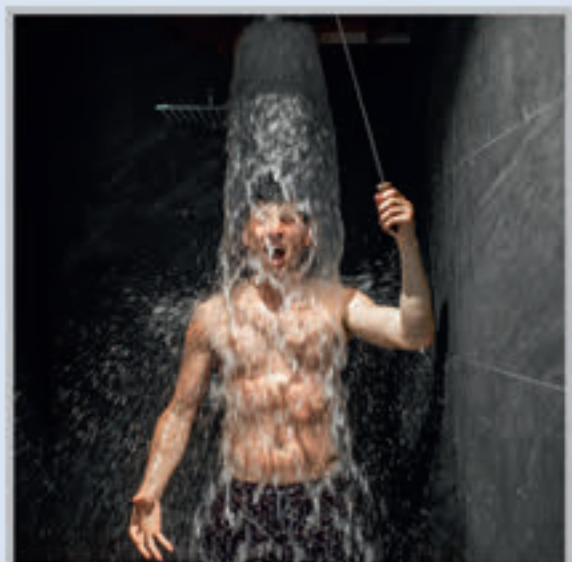


photo: SnowBOX GmbH

Cooling after the warm application closes the pores, calms the circulation and stimulates the circulation of blood in the skin.

The alternation of warm and cold also fortifies the body's defences..

The cold application should never be omitted!



# Bath types – special effects



## Extras



### Applications for the senses

Baths in warm and hot air rooms can be optimally combined with other applications.

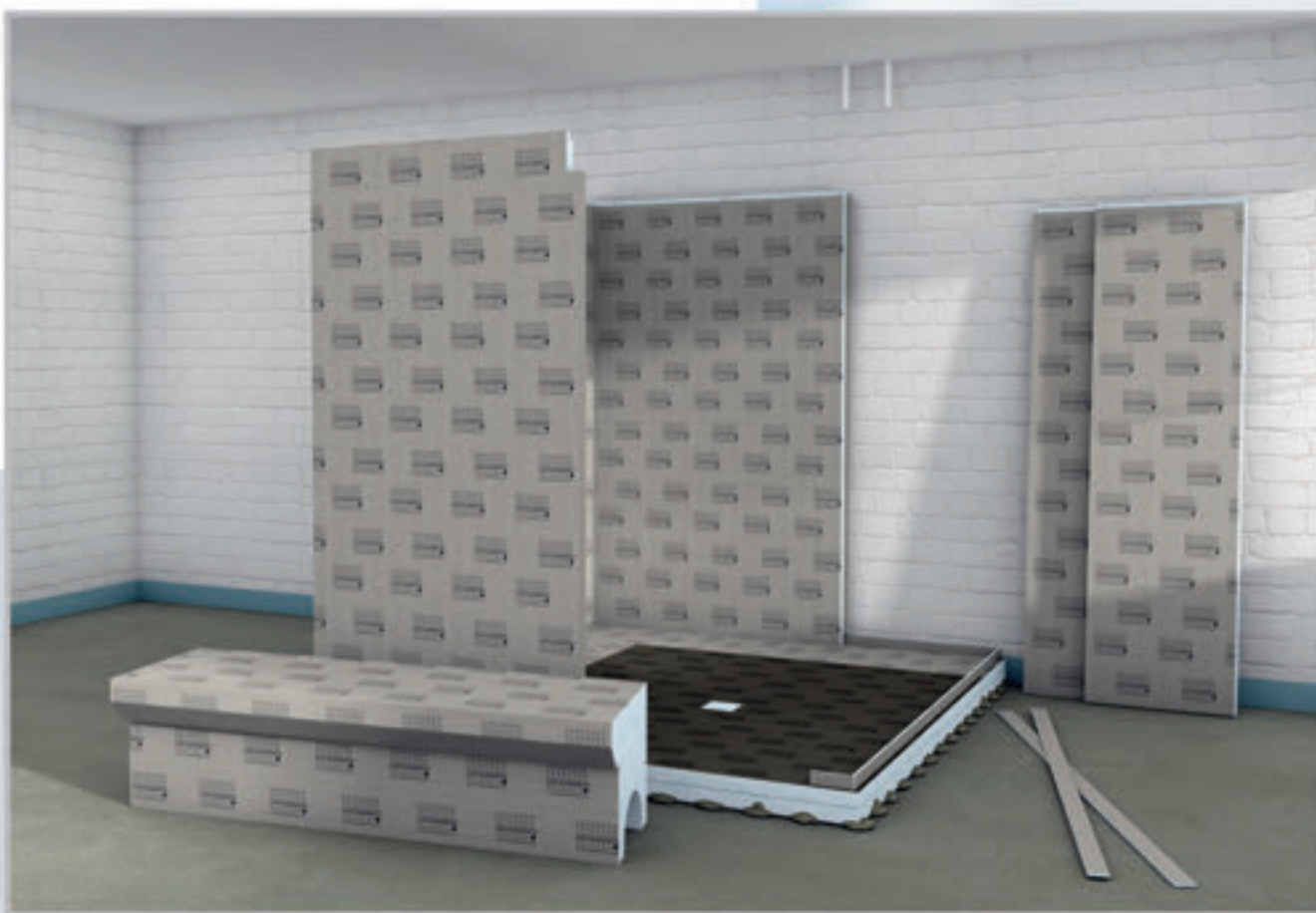
The use of **light** and **colours** in a wellness room has an effect on your constitution. The same applies to **sound** and **fragrances**.

Skin treatments such as **exfoliations** and **poultices** are also popular, both before, after and during a wellness treatment.



Whether soothing, invigorating or caring – applications for the senses have a lasting effect.

Therefore, they make an important contribution to an all-round perfect wellness experience.



## Flexible use

# thanks to multifunctional building material

Whichever type of bath you choose for your wellness room: so that you can use it without a care from the very beginning and enjoy it for many years to come, you should attach particular importance to a moisture-resistant substrate..

Hard foam support elements from LUX ELEMENTS have all the material properties that are advantageous in wet and damp areas. They have been proving their worth for decades in bathrooms and spa facilities all over the world. The solid surface offers optimal adhesion for **tiles and plaster**.

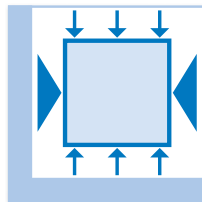
For you, this means: **lots of free space for your individual wishes!**



environmentally friendly



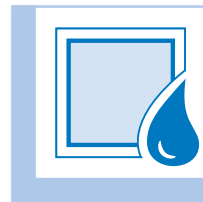
proven quality



pressure-stable and rigid



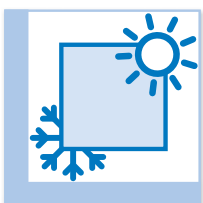
lightweight



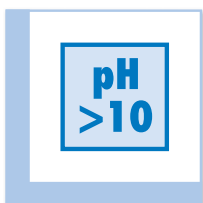
water-resistant



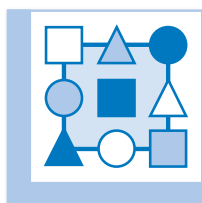
fire-retarding



insulating



mould-resistant



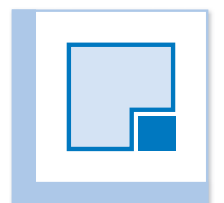
design variety



alternative surfaces



economical



system-oriented

# Modular System

proven and safe



- 10 cabins in fixed sizes with a vaulted roof
- For one to eight persons
- Rectangular or square basic shape
- Two bench forms to choose from, rounded or angular
- Three bench positions: L-shaped, U-shaped or parallel
- Glass door with handle, left- or right-hinged
- Many possible uses, e.g. as a steam, warm or cool room



Our modular building kits for standardised wellness rooms (MODUL-ROOM) are available in various dimensions from 1800 x 2100 mm to 2400 x 3000 mm. They are thus suitable for use in both private and public wellness areas.

You decide how you want to use the cabins! Equipped with suitable technical components, our hard foam constructions are equally suitable for use as **hot air, warm or steam baths** or as **cold rooms**.





Sophisticated

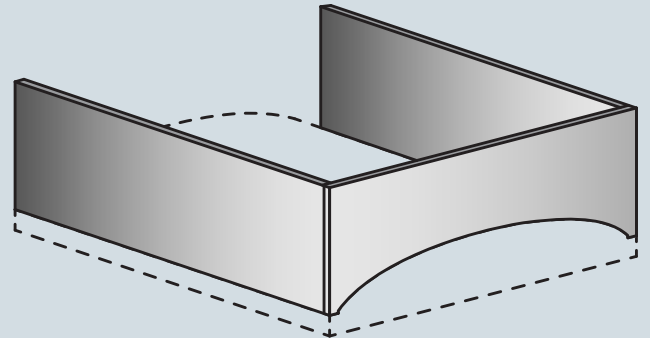
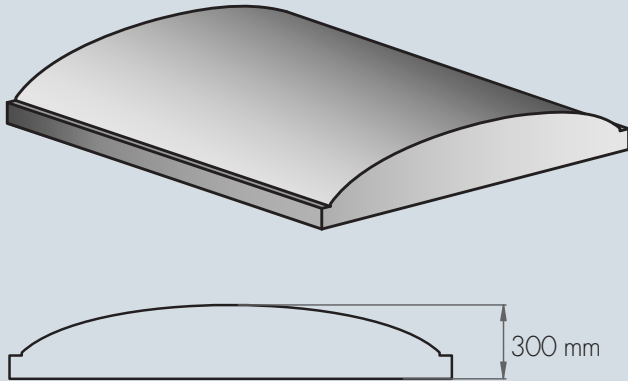
*Combination*

The individual modules of the wellness rooms are designed so that every desired purpose of use is possible and there is plenty of scope for the cladding of the surface with mosaic, various tile formats or plaster.

# The components

## Roof

Among other things, a **vaulted roof** enables use as a steam bath by draining condensed water.



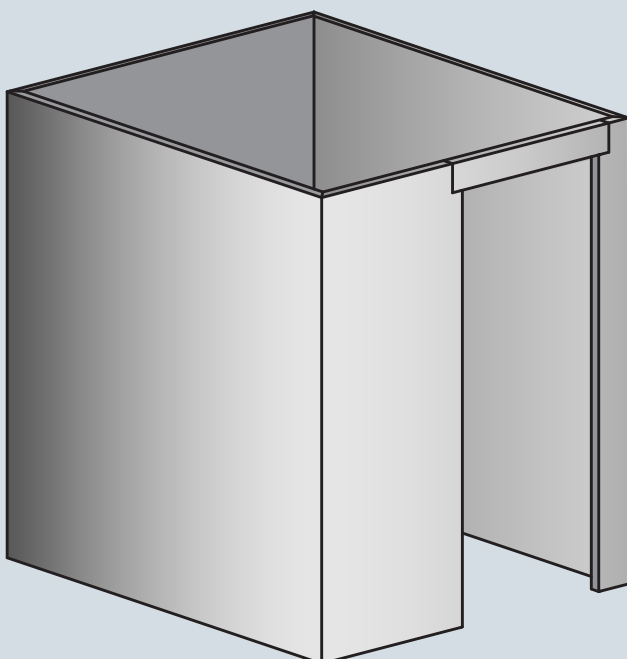
## Panel (optional)

For an attractive look, a seamless transition between cabin and room ceiling can be achieved with a **panel made of hard foam support elements**. So not only cables and pipes disappear from view – cleaning is also easier.

## Wall construction as a kit

consisting of straight wall elements and door wall, prepared for the glass door.

Square or rectangular room shape, wall height: 2150 mm



## Glass door (optional)

with flat profile and door hinges (powder-coated in dark grey metallic) and handle (stainless steel, matt brushed), door stop DIN left or right

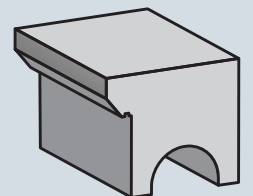


## Bench shapes

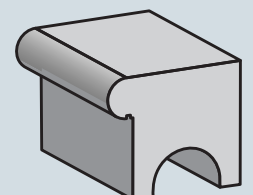
Seat height: 455 mm  
Seat depth: 525 mm

Choice of two models:

Smooth surfaces, suitable for large-format tiles



Rounded surfaces, recommended for mosaic



# Compact and comfortable



## Wellness rooms 1800 x ... mm

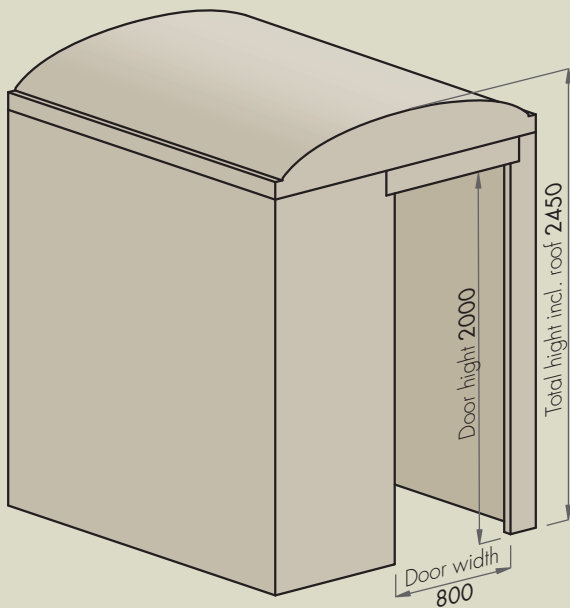
rectangular



- Rectangular basic shape
- Suitable for up to 4 persons
- Three cabin sizes:
  - 1800 x 2100 mm (for up to 3 persons)
  - 1800 x 2400 mm (for up to 3 persons)
  - 1800 x 2700 mm (for up to 4 persons)
- Bench position L-shaped  
left- or right-sided

## Dimensions

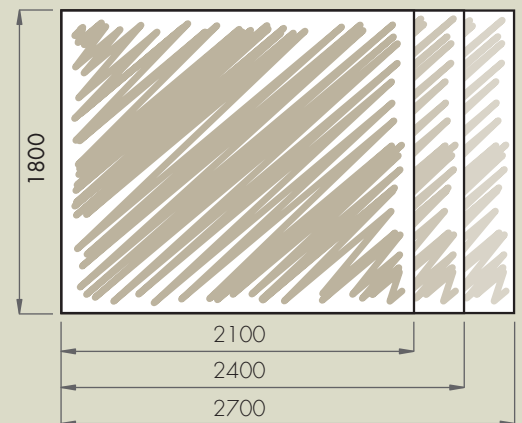
in mm



## Cabin sizes:

Optimal use of space

Adapt the cabins optimally to the room situation! Each width is available in different depths.

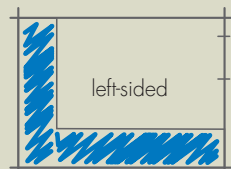


## Model versions:

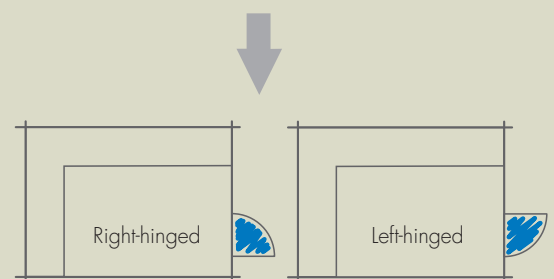
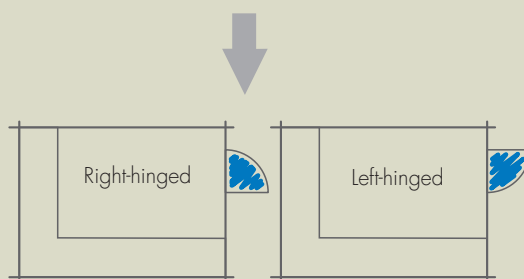
One size – different versions.

The models differ in the shape of the bench seat as well as in the position of the bench seat and the door. The matching aluminium door frame with glass door is available in the versions DIN right or DIN left.

## Bench seat arrangement



## Door position



# Familial

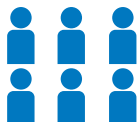
in a medium size



## Wellness rooms 2100 x ... mm

rectangular

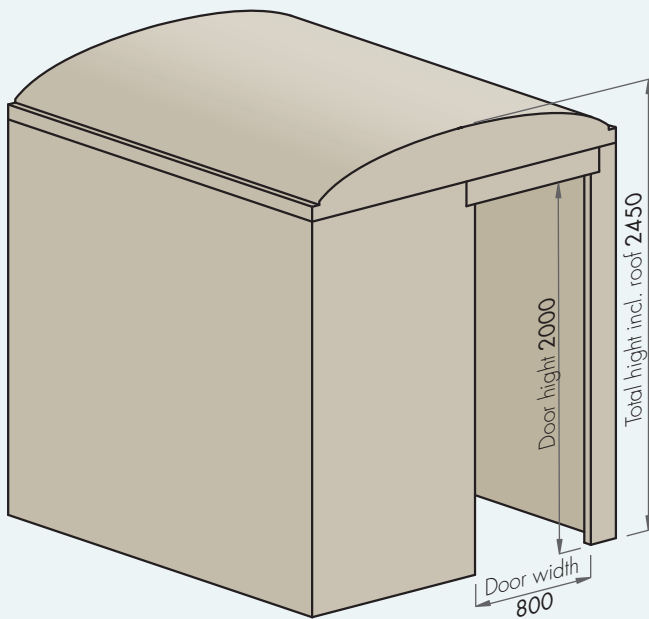
square



- Rectangular or square basic shape
- Suitable for up to 6 persons
- Four cabin sizes:
  - 2100 x 2100 mm
  - 2100 x 2400 mm
  - 2100 x 2700 mm
  - 2100 x 3000 mm
- Bench position L-shaped  
left- or right-sided

## Dimensions

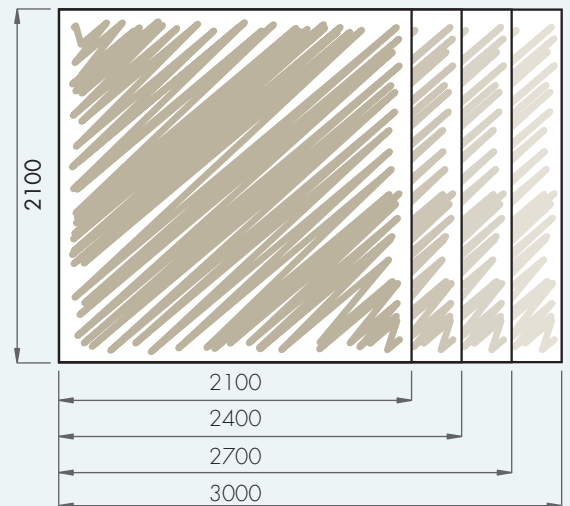
in mm



## Cabin sizes:

### Optimal use of space

Adapt the cabins optimally to the room situation! Each width is available in different depths.

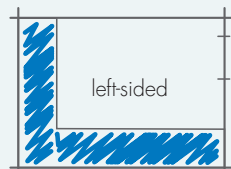


## Model versions:

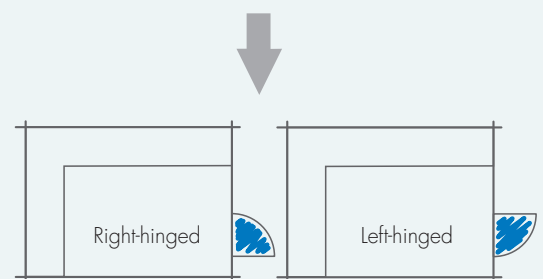
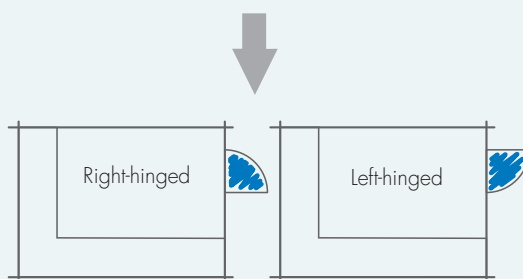
### One size – different versions.

The models differ in the shape of the bench seat as well as in the position of the bench seat and the door. The matching aluminium door frame with glass door is available in the versions DIN right or DIN left.

## Bench seat arrangement



## Door position



# Spacious and convivial



## Wellness rooms 2400 x ... mm

rectangular

square

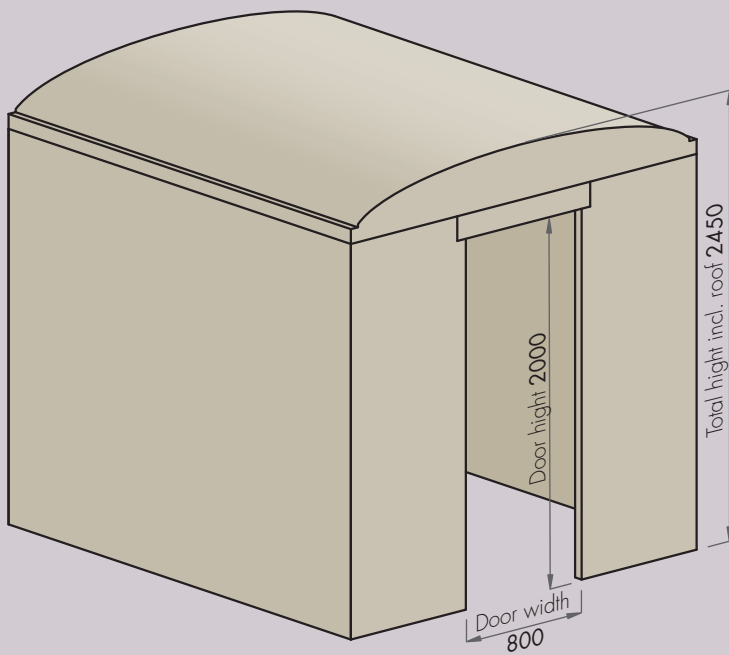


- Rectangular or square basic shape
- Suitable for up to 8 persons
- Three cabin sizes:
  - 2400 x 2400 mm
  - 2400 x 2700 mm
  - 2400 x 3000 mm
- Bench position U-shaped or parallel



## Dimensions

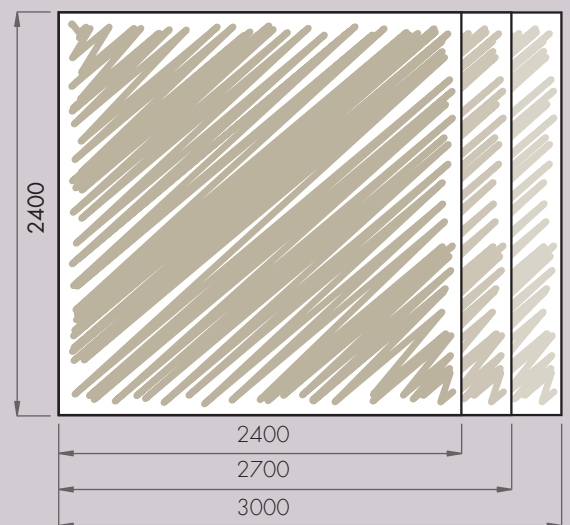
in mm



## Cabin sizes:

### Optimal use of space

Adapt the cabins optimally to the room situation! Each width is available in different depths.

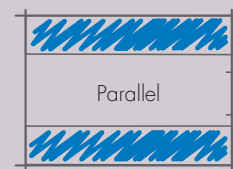
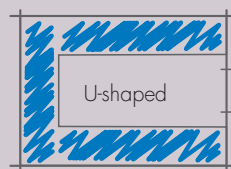


## Model versions:

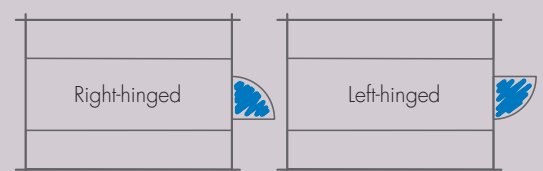
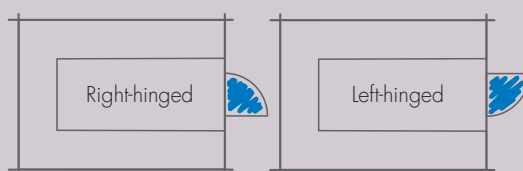
One size – different versions.

The models differ in the shape of the bench seat as well as in the position of the bench seat. The matching aluminium door frame with glass door is available in the versions DIN right or DIN left.

## Bench seat arrangement



## Door position



# Supplements

from the LUX ELEMENTS system



We offer an optional floor construction for each cabin size. This makes a uniform design of cabin walls and floor with tiles possible. You can choose from six models of drain grate.

Furthermore, our range includes a door set to match the door wall of the building kit, consisting of an aluminium door frame and glass door with handle..

- Floor construction made of hard foam support material with point drainage
- Choice of six attractive grate variants
- Glass door, flat profile powder-coated in dark grey metallic
- Stainless steel handle, matt brushed

There is a choice of six different **design grates** for the drain system. Whether standard version, tileable version or with patterns ranging from geometric to Mediterranean: the grating is a **particular highlight** in your cabin.



Standard grate



Design grate „CUBE“



Design grate „MARE“



Design grate „ANGOLO“



Design grate „LUMEN“



Design grate „VARI“

The flat profile in dark grey metallic not only looks classy, it is also easy to care for and insensitive to dirt.



Flat profile and door hinge



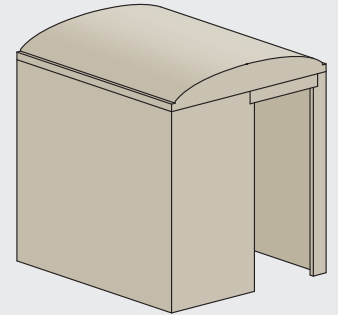
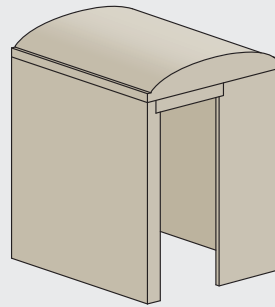
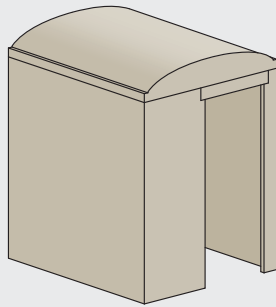
Frame color in the original








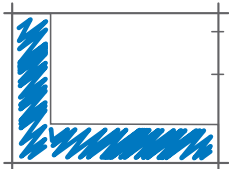
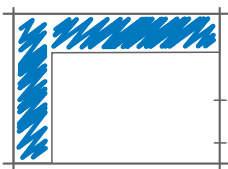
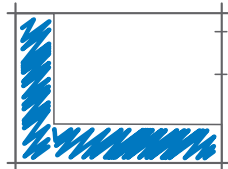


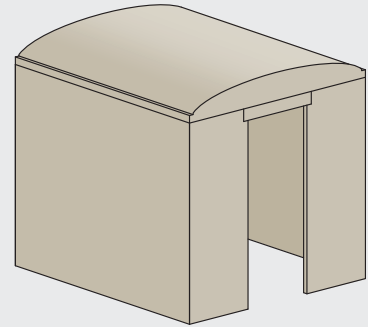
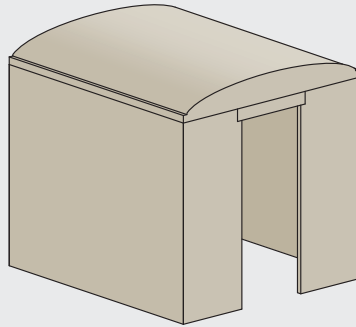
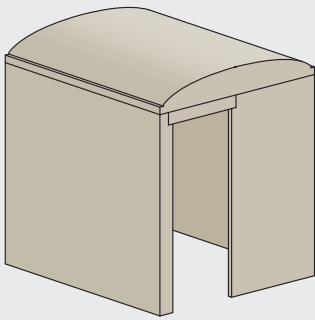
Steel handle

# Overview

## Modular system wellness rooms



Features	MODUL-ROOM-L 1800/... L	MODUL-ROOM-L 1800/... R	MODUL-ROOM-L 2100/... L
Basic shape	 <p>rectangular</p>	 <p>rectangular</p>	 <p>rectangular</p>  <p>square</p>
No. of persons	 <p>suitable for up to <b>4 persons</b></p>	 <p>suitable for up to <b>4 persons</b></p>	 <p>suitable for up to <b>6 persons</b></p>
Sizes	1800 x 2100 mm (3 persons) 1800 x 2400 mm (3 persons) 1800 x 2700 mm (4 persons)	1800 x 2100 mm (3 persons) 1800 x 2400 mm (3 persons) 1800 x 2700 mm (4 persons)	2100 x 2100 mm 2100 x 2400 mm 2100 x 2700 mm 2100 x 3000 mm
Bench seat arrangement	 <p><b>L-shaped left-sided</b></p>	 <p><b>L-shaped right-sided</b></p>	 <p><b>L-shaped left-sided</b></p>
Door stop	<b>right</b> or <b>left</b>	<b>right</b> or <b>left</b>	<b>right</b> or <b>left</b>



MODUL-ROOM-L 2100/... R	MODUL-ROOM-U 2400/...	MODUL-ROOM-P 2400/...
<p>suitable for up to <b>6 persons</b></p>	<p>suitable for up to <b>8 persons</b></p>	<p>suitable for up to <b>8 persons</b></p>
<p>2100 x 2100 mm 2100 x 2400 mm 2100 x 2700 mm 2100 x 3000 mm</p>	<p>2400 x 2400 mm 2400 x 2700 mm 2400 x 3000 mm</p>	<p>2400 x 2400 mm 2400 x 2700 mm 2400 x 3000 mm</p>
<p><b>L-shaped right-sided</b></p>	<p><b>U-shaped</b></p>	<p><b>parallel</b></p>
<p><b>right</b> or <b>left</b></p>	<p><b>right</b> or <b>left</b></p>	<p><b>right</b> or <b>left</b></p>



A close-up photograph of a hand holding a white, textured tile. The tile has a grid-like pattern of raised lines. The background is a blurred white surface, possibly a wall or another tile.

## A good *Finish*

- **Standardised room constructions**  
for short delivery times
- **Optimal room adaptation**  
through variable seat and door arrangement
- **Extensive choice of sizes**  
for private and public use
- **Sophisticated construction**  
for many usage options
- **Individual design**  
with tiles and plaster as desired



My LUX ELEMENTS partner dealer:

**(D)**

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**(F)**

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