



Bespoke Saunas and Steam Rooms since 1965

www.nordic.co.uk

Nordic



Independently owned

As an independently owned and managed company, our team approaches each project with the same focus on excellence and integrity. We pride ourselves on building strong relationships with our clients, providing a friendly and reliable service that sets us apart from larger, corporate businesses.



Why choose Nordic?

When it comes to creating bespoke saunas and steam rooms, choosing the right specialist is crucial to ensuring a seamless experience. We pride ourselves on being the first choice for discerning clients who seek quality craftsmanship and an exceptional service.

Here's why choosing Nordic is the key to a successful wellness project.

Customer centric in everything we do

At Nordic, every client is valued, and your needs are at the heart of everything we do. We strive to create a personalised experience tailored to your specifications, ensuring that every sauna or steam room we build is a true reflection of your vision.

We are the only UK supplier of saunas and steam rooms that caps the number of new business projects we take on each year. This approach allows us to dedicate the necessary time and resources to each client, maintaining the highest standards of service and craftsmanship.

Our rooms can be installed almost anywhere in your home or commercial spa
– get in touch with us at info@nordic.co.uk or call the team on **01342 888188**.



Unrivalled heritage

With a legacy dating back to 1965, Nordic has been designing, building, and installing bespoke saunas and steam rooms for over 60 years. Our extensive experience has enabled us to refine our techniques and deliver exceptional solutions that stand the test of time.

Enhancing your property value

Our bespoke saunas and steam rooms are not just luxury additions; they are enhancements to your property that can increase its value.



Our talented designers and dedicated craftsmen focus on your needs and requirements and will create and build the spa that is just right for you.

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In-house expertise

All our saunas and steam rooms are designed by the Nordic team and handmade in-house, with no reliance on third parties. Our design team collaborates closely with you to create a bespoke solution that aligns with your space and vision.

Our team of experienced professionals possess a vast knowledge of sauna and steam room construction. We understand the intricacies of the industry, ensuring a smooth process from design to installation.

The same skilled carpenter who builds your sauna will also install it, guaranteeing consistency and quality throughout the process.

Exquisite tiling options

Through our partnership with a top-tier tiling expert, we offer a variety of tiling options to complement your sauna or steam room, enhancing the overall aesthetic appeal.







Comprehensive team investment

We invest in our team, equipping them with diverse skills in timber, electrics, and plumbing. This multi-skilled approach allows us to handle every aspect of your sauna or steam room with expertise, whilst maintaining consistency throughout your project.

Dedicated project management

From design concept to handover, a Project Manager will oversee your project, ensuring everything runs smoothly and efficiently. You won't have to navigate the complexities alone - we'll be with you every step of the way.

Strong supplier relationships

Our long-lasting relationships with a select group of trusted suppliers enable us to maintain superior quality in every project. Our "less is more" philosophy focuses on fewer suppliers to strengthen collaboration and quality.

Built to last

Our saunas are built to last. Our commitment to quality craftsmanship and after-care ensures longevity and reliability.

Responsive and knowledgeable support

Our service doesn't end after installation. We provide responsive and knowledgeable post-sale support, ensuring you feel secure and well cared for in your investment.



Comprehensive warranty

Our residential bespoke sauna and steam room warranty is an industry-leading 5 years, providing you with peace of mind. In the unlikely event there is an issue, we will be there to resolve it.





Utmost discretion for high-profile clients

We pride ourselves on our professionalism for high-profile clients, ensuring discretion and are very happy to agree to Non-Disclosure Agreements.

Customer confidence and loyalty

Our clients return to us and refer us to others because of our commitment to excellence. We are dedicated to building long-lasting relationships with everyone we serve.



I am a repeat customer of Nordic over many years and have commissioned them to design and install saunas across more than one property. I am extremely happy with the design, quality of the build and the service I received. They are now my automatic choice and I would happily recommend Nordic to others.

Ross Brawn OBE



We have just finished building a Wellness area into our home. We are so glad we chose Nordic. They have delivered us our dream Sauna and infrared sauna and steam shower. It is all so beautifully made and ticks all the boxes aesthetically but also on function.

My husband has spinal cord damage from a fall, and we needed our spa to aid his recovery. He is delighted with the ease of use and the sheer beauty of our Nordic Sauna. They are a British company and super friendly and knowledgeable. ☆☆☆☆☆

Specialists
in designing,
building and
installing bespoke
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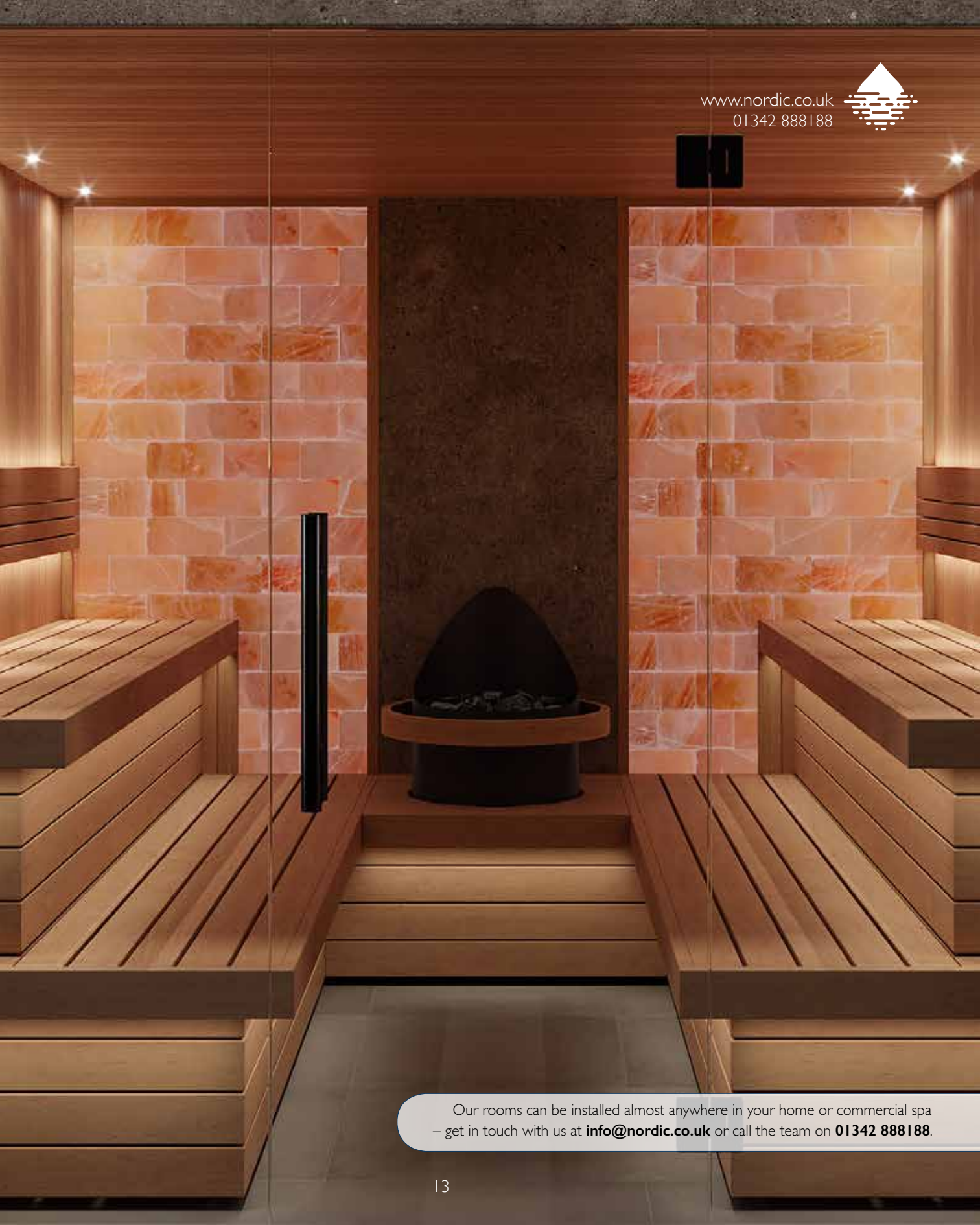
Saunas: Traditional & infrared

Traditional sauna: This method utilises a heater to heat the air inside the sauna, creating high temperatures, usually around 80°C to 90°C or higher. Traditional saunas feature stones that can be splashed with water to create steam, increasing the humidity and enhancing the overall experience.

Infrared: This method uses infrared emitters to transmit heat directly onto the body without warming the surrounding air significantly. Infrared saunas operate at lower temperatures, typically between 50°C to 60°C, which can be more comfortable for those who may find traditional saunas too intense.



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Combined saunas

A combined sauna, also known as a hybrid sauna, integrates both traditional and infrared heating methods to provide a varied sauna experience.

Benefits of a combined sauna

Flexibility:

Users can choose their preferred heating method based on personal comfort or desired effects.

Enhanced benefits:

The benefits of infrared can be felt immediately upon turning this heat method on and provide an enjoyable way to use your sauna whilst the traditional heater gets to your desired temperature.

Combining the two methods can provide the benefits of both heat types, including improved circulation, detoxification, relaxation and skin rejuvenation.

Customisable environment:

Users can adjust temperature and humidity levels according to their preferences, making it suitable for different users and occasions.



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Contrast therapy

Welcome to the world of contrast therapy - a rejuvenating practice that blends the soothing heat of saunas and steam with the invigorating chill of ice and cold baths. As this approach gains significant popularity in the UK, it brings with it a rich heritage rooted in traditional Finnish sauna culture.

Contrast therapy is more than just a wellness trend; it's a holistic experience that promotes physical and mental well-being. Alternating between heat and cold helps stimulate circulation, boost metabolism, and enhance recovery after exercise. Many individuals are discovering the transformative benefits of this practice, which has been embraced by athletes and wellness enthusiasts across the world.

At Nordic, we are proud to collaborate with 1Rebel across London to design, install, and provide ongoing support for their RESET offering. This innovative wellness concept, which features a fully booked sauna and an ice bath by Brass Monkey, embodies a healthy, balanced, and active lifestyle.

Our expertly designed installations create the perfect environment for experiencing the restorative benefits of hot and cold treatments.



Join us on a journey to explore the nature of hot and cold, and unlock a new level of relaxation and vitality for your home or business.

REBEL

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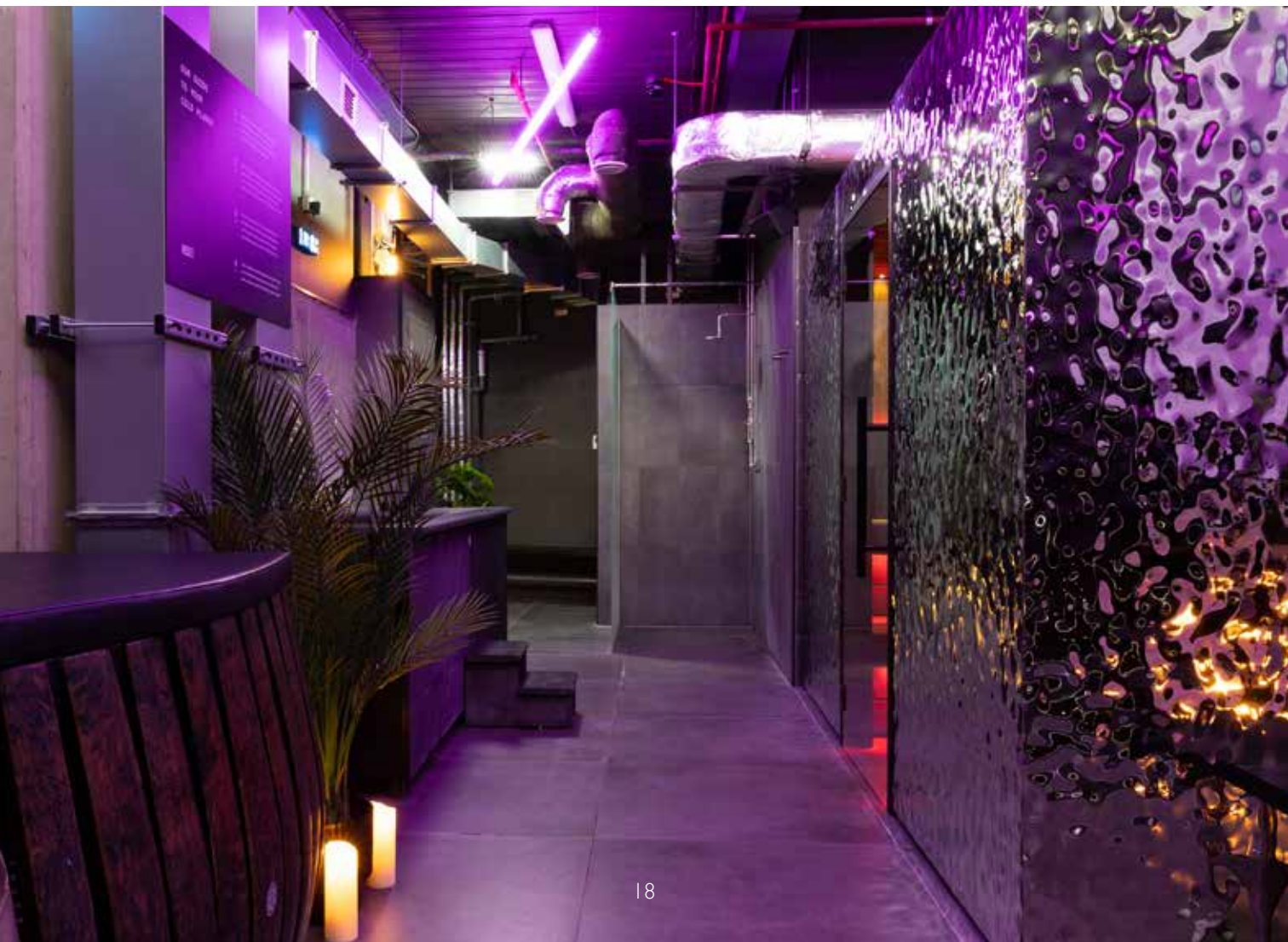
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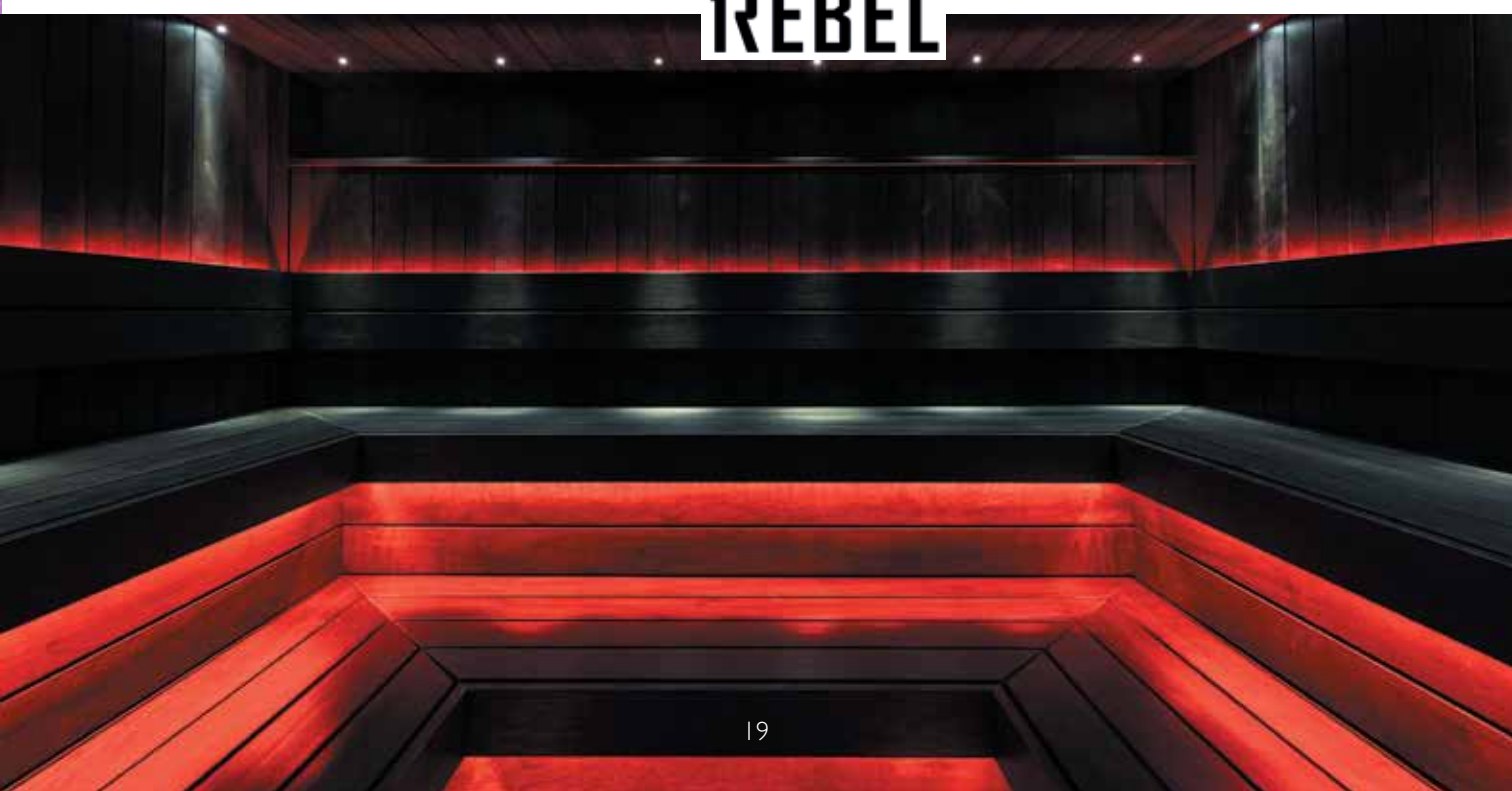


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EOS

Sauna & Spa

An endorsement from one of our partners



At EOS, we have had the pleasure of partnering with Nordic for many years, endorsing them as a premier partner in the luxury sauna and steam room industry. Their passion for sauna culture and traditions is evident in every project they undertake, and it reflects in the exquisite bespoke solutions they deliver to their clients.

Nordic's commitment to continuous learning and maintaining exceptionally high qualifications sets them apart in the marketplace. They truly recognize the importance of staying informed about the latest innovations and techniques, ensuring that your sauna does not only look exceptional but also works well for years to come.

What distinguishes Nordic even further is their dedication to client satisfaction. They consistently go the extra mile to understand and fulfill the unique needs of each client, creating experiences that are not just service-oriented but genuinely tailored. Their meticulous attention to detail guarantees that every sauna or steam room installation is nothing short of perfection.

In our experience, partnering with Nordic has always resulted in outstanding outcomes. We look forward to many more years of collaboration and continued success together. If you're considering a bespoke sauna or steam room, there are no better experts in the field than Nordic.

EOS Team



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Bespoke steam rooms

Design precision

Accurate design, high quality materials and well considered component placement is key to ensuring a high-performing steam room or steam shower.

We consider it all when it comes to the design, shape, dimensions, products and placement, additional special features and finishes.

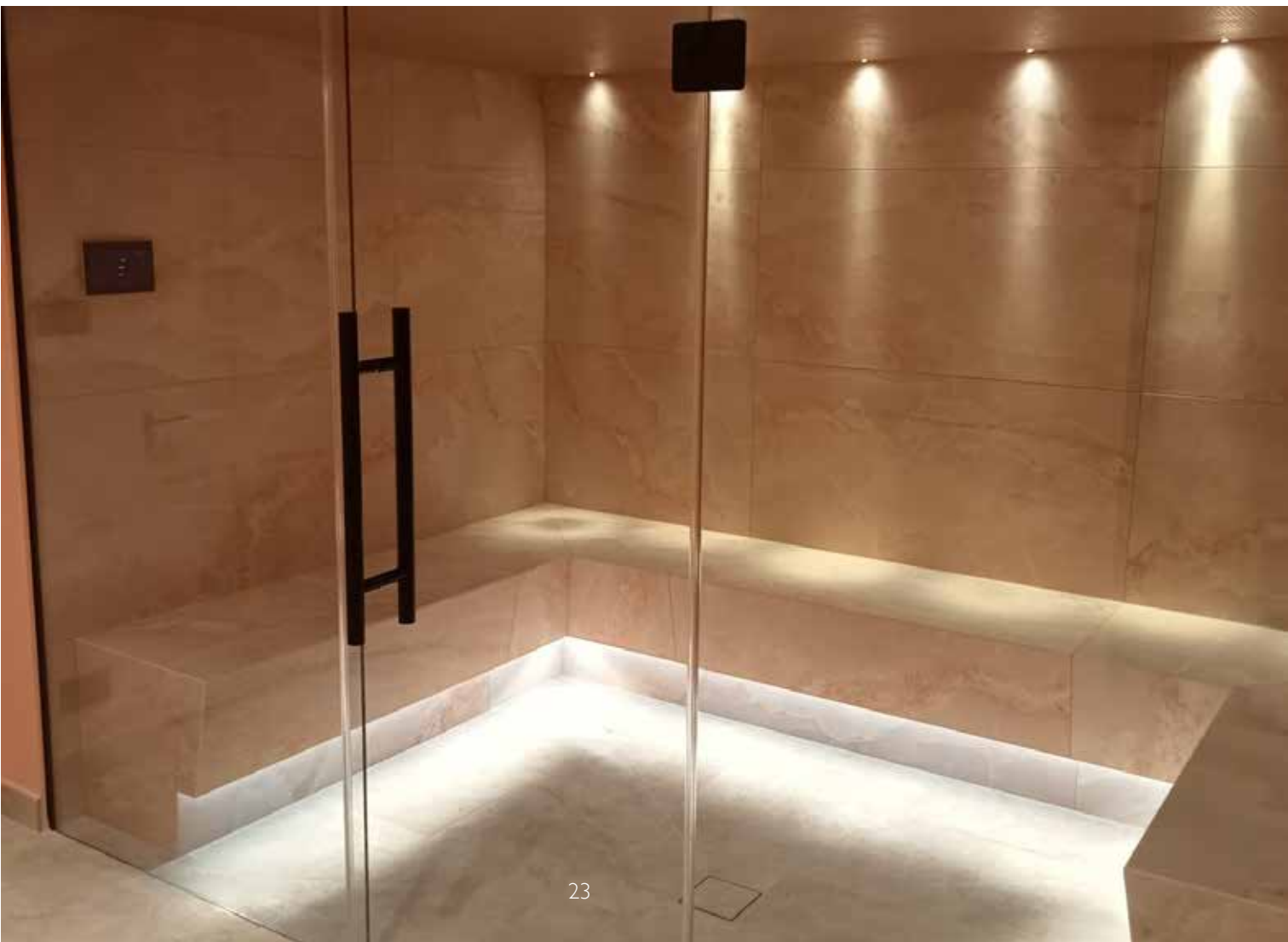
Material selection

Choosing premium materials such as high-grade tiles, not only enhances the aesthetics but also ensures longevity and resistance to the humid environment.





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Bespoke steam rooms

Structural integrity

Well-crafted steam rooms are built to withstand constant exposure to heat and moisture. Quality construction techniques contribute to the structural integrity of the space, preventing issues such as heat loss, little visible steam and water damage over time.

Effective heating systems

Installing steam generators requires experience to ensure optimal performance. Quality workmanship guarantees even heat distribution and efficient steam production, leading to a more enjoyable user experience.

Safety standards

The construction of steam rooms must adhere to strict safety standards, particularly regarding electrical and plumbing installations. Our team delivers systems that are installed correctly and safely, minimising the risk of malfunctions or hazards.

Aesthetic appeal

Artful design elements, such as custom seating, lighting, and finishes, create a serene and inviting atmosphere. A bespoke design service allows for personalisation that enhances the client's vision, making the steam room a unique space.

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Benefits of steam

Relaxation and stress relief:

The warm, enveloping steam helps to relax muscles and alleviate tension, providing a calming environment that soothes the mind and body.

Improved circulation:

Steam can increase blood flow and circulation, which can enhance overall cardiovascular health and improve the delivery of oxygen and nutrients to your muscles and tissues.

Detoxification:

The heat from steam showers encourages sweating, which aids in flushing out toxins from the body. This natural detox process promotes clearer skin and improved overall health.

Respiratory benefits:

Inhaling steam can help to open up airways, alleviate congestion, and improve respiratory function. It's particularly beneficial for those with allergies, asthma, colds or ENT issues.

Skin health:

The steam helps to hydrate the skin, unclog pores, and improve elasticity, leading to a radiant and healthy complexion. Regular steam therapy can contribute to a more youthful appearance.

Enhanced sleep quality:

Using a steam shower before bed can help relax the body and mind, promoting better sleep quality. The calming effects of steam can set the stage for a restful night.

Convenience of home wellness:

Having a steam shower at home provides the luxury of indulging in wellness whenever you wish. No need for spa appointments or travel - your personal oasis is just steps away.



What is a steam shower?

A steam shower is a luxurious bathing experience that combines the soothing warmth of steam with the functionality of a traditional shower.

Designed to create a spa-like atmosphere in the comfort of your own home, steam showers utilise components from the world's leading steam shower manufacturer, Mr. Steam, ensuring quality and reliability.

With a steam shower, you can transform your daily routine into a restorative ritual, enveloping yourself in a cloud of warm mist that invigorates the senses and promotes well-being. All without the need of a separate or additional space in your home.





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mr.steam[®]
Feel Good Inc.[®]

An endorsement from MrSteam



For over 30 years Nordic has been representing wellness and feel good for Mr Steam in the UK. With a seasoned staff of experts on hand to help design your bespoke steam room or sauna Nordic is the company people call to create the experience of steam and sauna in either their home or commercial experience.

We are humbled and fortunate to have Nordic as our main proponent for wellness in the UK and look forward to the next three decades of Feel Good with them promoting and designing the best steam rooms and saunas.

mr.steam US



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Please call us on **01342 888188** to arrange a meeting with a member of the team at your property or our office.

We'd be happy to discuss your project and talk you through your options.





Tailor made

You can expect to be personally involved in every step of the process as we explore possibilities to design, build and install your bespoke room.

Initial meeting

We always meet you and visit your property. This is our opportunity to explore with you the art of the possible in terms of design ideas and to understand fully the dimensions and nature of your space.

We discuss material options such as timber or tiling choices, and to focus on areas such as lighting and sound. This is very much a two-way process and we are always keen to understand your own individual preferences and style choices which we translate into our final designs.

Stage one design

Further to meeting with you, we will use the findings of our visit to create a set of bespoke 3D renders. This will give you a comprehensive idea of what your sauna or steam room will look like. A quotation will be provided at this stage considering previously discussed choices and style preferences.

Final design stage

If appointed to undertake your project, the designer who produced initial drawings for your project will be assigned formally to develop the concept into a final design. This is the stage that final decisions on the finer details of your sauna or steam room will be made.

Construction, installation and after-care

With a set of approved 3D renders, our teams will get to work on procuring what's needed for your project and begin the construction phase. We have our own team of carpenters and fitters who all have a part to play in the construction and installation of your project.

You will be appointed with a lead fitter who will talk you through each step of the installation as they arrive on site.

Our Project Manager will keep you updated throughout the process and is your single point of communication following the approval of our designs – right up to completion and commissioning.

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