



**anapos**

Sauna and Thermal Spa Equipment



# About anapos

Anapos designs, builds and installs bespoke thermal experiences for commercial and private clients. Our comprehensive range of products includes the traditional sauna and steam room, through to the more elaborate and exotic Rasul or Hamam, Ice cabin, Laconium and Salt Saunas and Salt Steam Rooms.

Our experienced team combines great design with practical know-how, and with our modern UK production facility we provide a Design, Manufacturing and Installation service second to none.

Whether you are a private client, architect, specifier, engineer or spa operator, let us help bring your vision to life.



# Design

Starting with Your mood boards and architects drawings, or simply your initial ideas, we will work with you to design the perfect thermal spa experience for the space available.

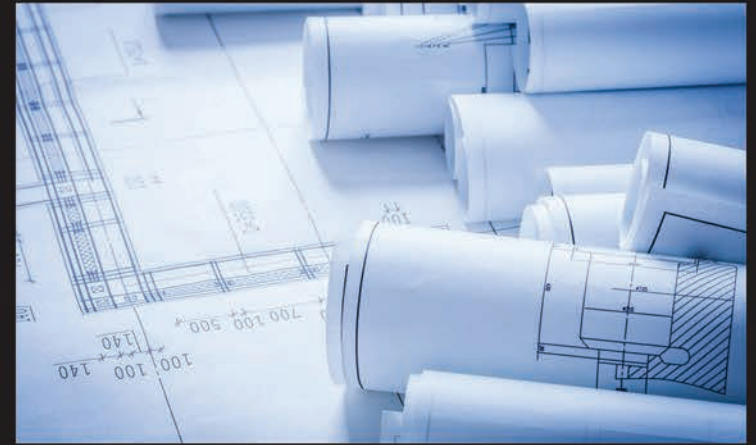
We will also ensure we design and work within your budget to achieve exactly what you are looking for—whether refurbishment or new build, hot or cold experiences, or multiple Thermal Cabins.

# Manufacture

All our saunas, steam rooms and other thermal experience areas are manufactured in the UK at our modern production facility.

This offers an easily accessible and truly flexible service, able to incorporate all your design ideas exactly as you want them.

Our experienced craftsmen have accumulated a wealth of experience in the spa industry and pride themselves on their quality of workmanship and attention to detail.



# Suppliers

We expect the same high quality from our suppliers that we demand of ourselves, and so only use top quality manufacturers for our parts and materials. Working closely with partners such as Harvia for sauna heaters, Hygromatik for steam generators, Wedi for our waterproof building boards and WDT for experience showers, ensures a finished product quality that affords years of reliable service, even with extensive use.

When the time comes for refurbishment or maintenance, we offer a full spare parts and consumables service.

All our Thermal Cabins are fitted with wider doors, compliant with all DDA regulations.

products made  
to inspire and last  
incorporating great design,  
expert craftsmanship  
and high quality materials...



# Sauna

At Anapos we pride ourselves on high quality and innovation across our entire range of saunas, as well as incorporating all the health and safety features needed in today's marketplace.

Anapos saunas can be manufactured from any of the traditional woods and are now also available in many contemporary plywood finishes, all from sustainable sources. All are manufactured to your exact specification and design, to fit perfectly in the space available.

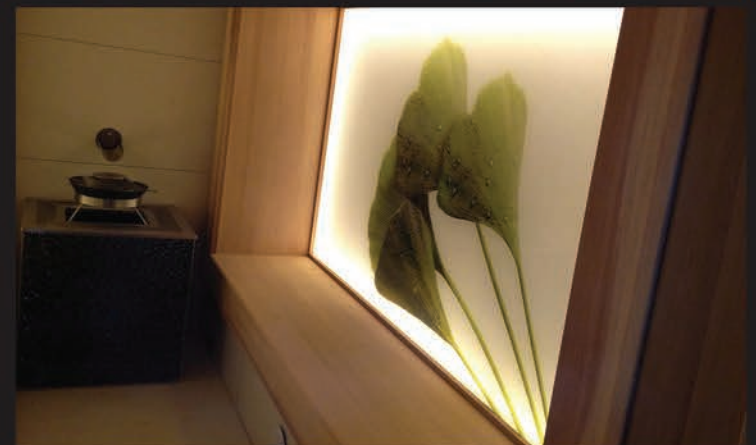
Heat is provided from one of our extensive range of Harvia heating systems, either under a bench, or through the more traditional floor-standing coal effect.

You can further enhance and personalise the sauna experience with LED or fibre optic lighting, music systems, window panels, and aroma infusions.

Although we manufacture to order, a range of ready-made outdoor or indoor saunas can also be supplied if required.

## Combining Sauna & Steam

We also offer a modern interpretation of the sauna which gives the opportunity to allow for a slightly lower temperature than the traditional dry sauna combined with a higher humidity. This thermal cabin can be manufactured in any of our timber finishes or we also offer stone or tiled walls with a mix of timber for backrests and ceiling. We can also offer Himalayan Salt Block walls in the Sauna, photographic back lit gazed panels, along with salt inhalation in both the saunas and steam rooms.



# Steam

Anapos has brought the ancient Roman, Arabian and Ottoman traditions right up to date, using today's technology to create a range of steam rooms offering diverse thermal bathing experiences.

Our team can help you create exactly the environment you are looking for, from hot and steamy, to warm and humid.

You can further enhance the relaxing nature of these experiences with aromatherapy infusions, mood lighting, crystal features, salt injection and music therapy.

Some of our most popular thermal rooms are the tiled steam bath, caldarium, laconium, aromatherapy room, salt room, and tepidarium.

The caldarium and steam bath are designed to deliver short bursts of intense heat and steam, while the tepidarium and laconium are designed for warming up or relaxing over longer periods at both the start of the Spa journey or at the end to start cooling back down slowly. The salt room and aromatherapy room combine the relaxing and purifying effects of steam with aromas or salt vapour to stimulate the senses.

As with our saunas we offer a comprehensive range of 'off the shelf', domestic steam rooms if required.



# Specialist Experiences

In the UK, spa visitors are becoming more and more discerning about the experiences they expect.

Anapos offers two styles of full body experience areas, used for specialist treatments featuring mud, water, heat and massage.

## Rasul—a unique Egyptian cleansing ritual

Usually reserved for private use, or with a small group of friends, the Rasul combines a tiled steam room, a relaxation area with heated seats, and experience showers.

In the warm atmosphere of the Rasul tiled steam room, natural mineral-rich muds of various colours are massaged into your body. The warmth and low humidity dry the mud on the body. Covered in these muds, you relax on heated tiled seats whilst the lights twinkle and music plays. Clouds of mild fragrant steam fill the room, gently loosening the mud. Soon a shower arrives like tropical rain, to wash away the mud leaving your skin silky smooth.

The Rasul area usually features our experience showers which combine sounds, aromas and different water effects for a truly unique cleansing experience.



## Hamam—a classic Turkish bath

Created during the era of the Ottoman Empire, a Hamam is the classic Turkish bath. The Hamam is a place for relaxation, health and socialising. The Hamam, or 'Hot Stone', is named after the natural polished stones heated by the sun in Ottoman times.

Our Hamam rooms incorporate heated tiled massage beds, with hot water and drainage for wet massage and foam treatments. Subtle colourful lighting therapy and music add to the ambience. Hamam is based on a combination of hot and cold water treatments, steam bath and massage. A visit to the Hamam is good for the body and soul, relaxes muscles and improves circulation.

Although traditionally designed in a Turkish style, as with any of our tiled rooms, we can achieve an ornate or a clean, modern finish through the tiling and internal design features.





# Experience Showers & Foot Spas

## Experience Showers

To cleanse the body after various heat treatments we offer a variety of experience showers, including tropical rain, cold mists and Caribbean rain. The experience includes lights, sound effects and fragrance systems to create as genuine and unique an experience as possible.

We can enclose the showers in circular, s-shaped, or traditional cubicle settings, or even create a cave effect.

## Foot Spas

When relaxing mind, body and soul, it's often easy to forget your feet, though reflexology shows that taking care of your feet holds many of the secrets for keeping the whole body relaxed and healthy.

Our foot spa systems comprise heated tiled benches with individual footbaths. Each footbath fills automatically on demand with warm water, and then bubbles massage the feet and stimulate the reflexology zones.

At the end of the treatment the foot spa automatically drains ready for the next person.



# Loungers

Relaxation zones are an essential element of any enjoyable bathing experience. Guests find relaxing on heated Tiled or Corian loungers extremely pleasant and beneficial as well as sociable.

In addition to peace and relaxation, you can enhance relaxation zones with soft music. We usually recommend you complement this area by offering an appropriate choice of refreshing drinks and reading material.

relaxation  
and sensory stimulation...



# Cold Experiences

In Scandinavian countries a roll in the fresh snow is a way of cleansing the body after enjoying the heat treatments. This is not very practical in the modern spa facility! Instead we can set up cold rooms or ice stations, Bucket showers, cold showers or cold mist shower to replicate the experience.

## Ice Station

These can stand alone in a relaxation area or be incorporated as part of an ice room.

Ice stations are individually designed and have a chute which delivers flaked ice into a bowl or tiled pedestal area. This ice is rubbed on to the body to close the pores and cool the skin between hot treatments. We often use lighting to enhance the look of this feature.

## Ice Grotto

The latest innovation in cold experiences, an ice grotto replicates as near as possible a real snow experience. The room is chilled to about 12-15°C and incorporates an ice station, heated seats and an aroma system. Ice grottos can be tiled or designed to replicate the look and feel of a cave of ice.

traditionally  
a roll in the snow...



# Swimming Pools & Spa Pools

Although Anapos doesn't design and build swimming pools or spa pools, we partner several leading swimming pool and spa installers nationwide, and have undertaken many prestigious private and corporate installations working with our partners.



# Client List

## Fitness

David Lloyd Leisure  
Esporta Health Clubs  
Fitness First  
Sports Direct  
Virgin Active  
Everyone Active  
Council Leisure Centres  
DW Sports

## Independents

The Club Company, Burhill Golf and Leisure Limited, China Fleet Golf and Country Club, Ingrebourne Golf Links, Formby Hall, Whittlebury Hall, Seaham Hall, Armathwaite Hall, Borringdon Hall, Hanbury Manor Golf, Foxhills Golf and Country Club, Mere Golf and Country Club, Hurston Hall Golf Club, Bedruthan Steps Hotel and Spa, Cliff Hotel- Cardigan, Stratford Manor Hotel.

## Hotel Groups

Champneys Health Farms  
Hilton Hotels  
Von Essen Hotels  
Marriot Hotels  
'Q' Hotels  
Crowne Plaza Hotels  
Holiday Inn Hotels

'Q' hotels - Westerwood Hotel, 'Q' hotels - The Midland Hotel, Coniston Hotel, Daffodil Hotel, Gomersal Park Hotel, The Grove Hotel, Cary Arms Hotel, Old Swan and Minster Mill Hotel, Eden Hall Day Spa, Low wood Bay Hotel, Waterside Holiday Park, Denham Village - The Health Spa, Headlam Hall Hotel and Country Club, Lichfield Golf and Country Club, Various Residential Locations.

# Contacts

## Anapos

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