

**RUKU**

Sauna-Manufaktur

# THE SAUNA MAKERS

QUALITY MADE IN GERMANY. SINCE 1852.

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Our RUKU Sauna-Manufaktur in the Bavarian town of Illertissen has a history spanning over 160 years. Businessman Rudolf Kurz founded a gypsum and sawmill in 1852 which he and his family have gradually built into a successful wood processing company. The masterful woodwork remains one of the distinguishing hallmarks of the RUKU Sauna-Manufaktur.





# THE ESSENCE OF OVER 160 YEARS OF TRADITION



We build premium-class saunas with technical precision and a great deal of attention to detail. In doing so, we use materials, techniques and innovations which you will only find with us. A good example for this is our insulation technology Isoholz, which is unique in the world and does not contain any harmful fibrous materials. We provide a 30-year guaranty for this durable insulation quality!



# WE BUILD YOUR SAUNA

## ACCORDING TO YOUR REQUIREMENTS



The RUKU Sauna-Manufaktur has stood for competence and innovation in sauna building for over 45 years. Whether it is a classic sauna, infrared sauna, steam baths or outdoor sauna – we will customise our cabins in form, size, design and furnishings to your requirements. This is how we build your unique personal wellness dream. Furthermore, our cabins offer a plus in durability, comfort, technology and versatility. And the rapid heating and high energy efficiency will even enable you to save money.





CONTROL  
HANDLES DESIGN

SHAPES AND SIZES

INFRARED SURFACE HEATING

ISOHOLZ INSULATION

THREE-CHAMBER VENTILATION

WOOD TYPES

CABIN INTERIORS

WALL COVERINGS

COLOURED LIGHTS

INDIVIDUALITY





SERIES  
ELEGANCE  
SAUNAS WITH  
GOOD FEELINGS GUARANTEED



The exclusive Elegance series meets high expectations even as a series. Eleven basic models in various sizes together with individual customisation are available to you. They are made from special 16-mm thick, untreated profiles of selected timbers such as spruce, native pine or Canadian hemlock.

Naturally with the RUKU Isoholz® insulation technology. Our specially developed and patented 3-chamber ventilation guarantees draught-free aeration and ventilation for the entire cabin interior. The continuous air exchange takes place via two open ventilation channels and always guarantees sufficient oxygen in the cabins. The third air extraction channel can be regulated, if required.

The cabin fittings consist of untreated obeche wood, all edges are rounded. Ergonomically formed headboards and continuous, one-piece backrests ensure pleasant reclining and sitting comfort whilst the warm light from the elegant lamps create the right atmosphere. The lower benches can be moved for ease of cleaning. The stainless steel standing stove is surrounded by elegant protection made of obeche wood.



Chart shows special fittings  
(Roof slope, furnace protection gauze, three-piece backrest)

## 08 Classic Sauna



### Zirbe (Swiss pine) Elegance special model

Zirbe is an exclusive special edition of the popular Elegance series. For example, on the outside it is encased in horizontally laid Swiss pine boards with a steamed, rough-sawn, brushed finish. It also has a horizontal panoramic window.



## Elegance Special Model Corner

This special design shows the flexibility offered by the RUKU Elegance series. The corner entrance together with the floor-deep panorama window made of insulated glass adds a very special touch to the cabin. The outer cladding and the interior fittings are made of native pine, the backrests of obeche wood.



## 10 Classic Sauna



### Family Cube Limited Edition special model

Our Family Cube special model, with its generous proportions and special fittings, is the sauna for the whole family. There's room for everyone to wind down together, because the Family Cube is available in three sizes and equipped with many convenient extras.





### Highlights

- RUKU Isoholz insulation
- Two panorama windows
- All-glass door without threshold
- Design wood handle
- Sauna stove, wall model, stainless steel
- Dimensions (D x W x H cm)
  - 183 x 216 x 208
  - 200 x 216 x 208
  - 216 x 233 x 208

# REST AND RELAXATION IN ITS FINEST FORM

Dry heat between 80° and 110° C followed by cooling off defines the classic sauna experience. For lovers of this intense steam bath, RUKU offers cabins with Isoholz insulation and a sauna furnace. You can also use your cabin as a steam room and aromatic bath, if used together with the RUKU Meditherm.





RUKU ISOHOLZ

**30** YEAR  
GUARANTY

ON THE BEST  
INSULATION QUALITY



## FOR THE BEST VIEWS

Ample glass surfaces enable our cabins to match easily with every room concept. Whether with a partially painted solid glass front as on this page, with the exterior clad in white float glass (page 30,32) or with a fully glazed corner without uprights (page 15,59) - your options are limitless.







16 Classic Sauna



WELLNESS IN  
GREAT STYLE







## 18 Classic Sauna



THE PERFECT AMBIENCE:  
WHETHER ON THE ROOFTOP

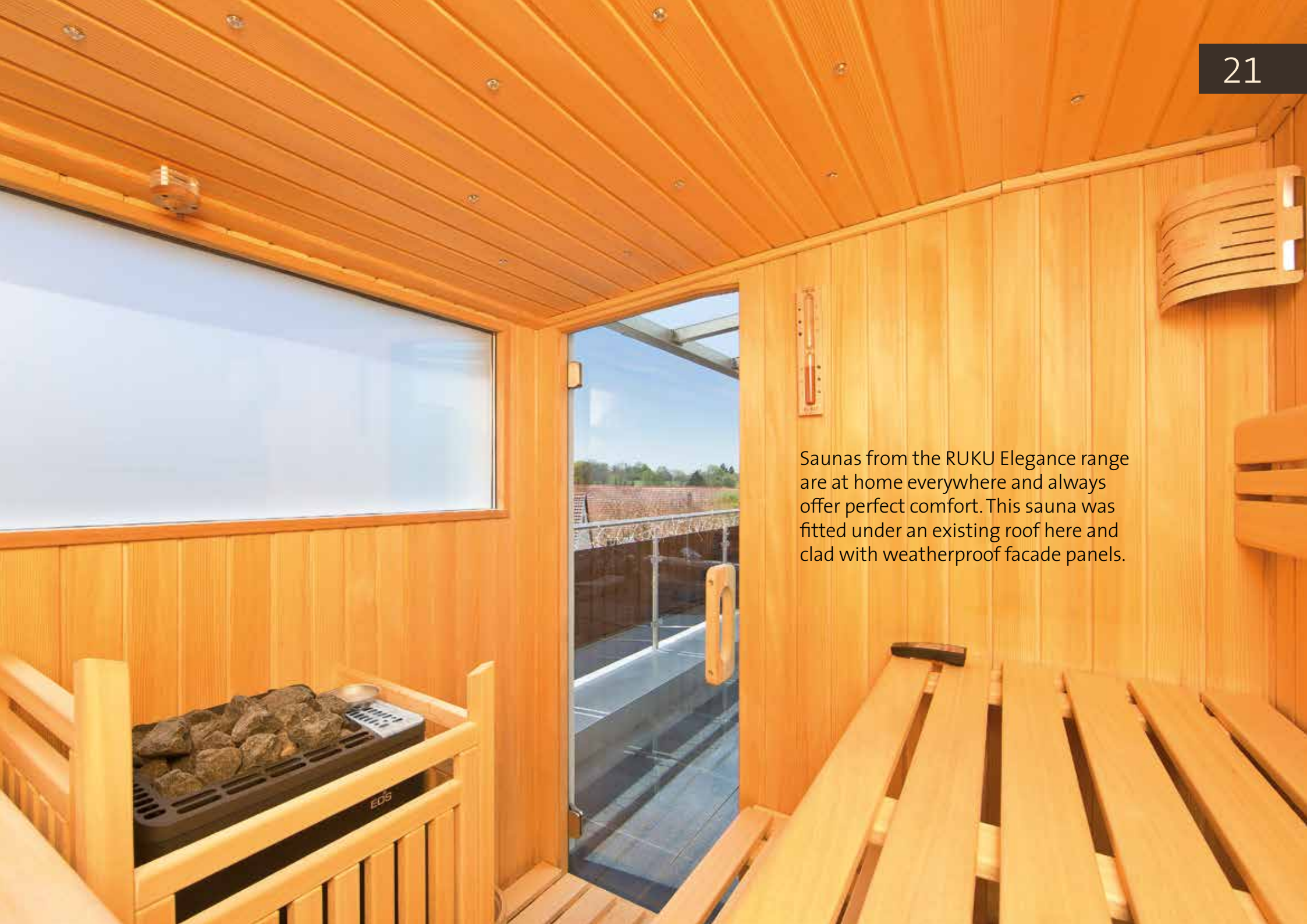






RELAX  
SO CLOSE TO  
HEAVEN





Saunas from the RUKU Elegance range are at home everywhere and always offer perfect comfort. This sauna was fitted under an existing roof here and clad with weatherproof facade panels.

## 22 Classic Sauna



Would you like to integrate your sauna inconspicuously or deliberately accentuate it with a special design solution? Tastes vary wildly when it comes to furnishing a home and the range of possibilities offered for sauna designs by RUKU is just as wide. Allow us to advise you: we will suit your taste.





# FROM MILD WARMTH TO DRY SAUNA HEAT

Our RUKU Thermium® is a special infrared cabin fitted with highly efficient Isoholz insulation and an infrared surface heating system built into the wall. The wooden surfaces warm up rapidly without becoming unpleasantly hot. The heat is given off in the form of long-wave, mild infrared radiation like with a tiled oven – an exceedingly pleasant type of heat which reaches deep into the body.

The RUKU Thermium® combines the bathing options of an infrared cabin with those of a classic sauna. You can enjoy up to six different dry and damp bathing types in just one cabin when combined with the patented steam generator Meditherm. This includes steam and aromatic baths with up to 100% relative humidity.

## **Das RUKU Thermium®:**

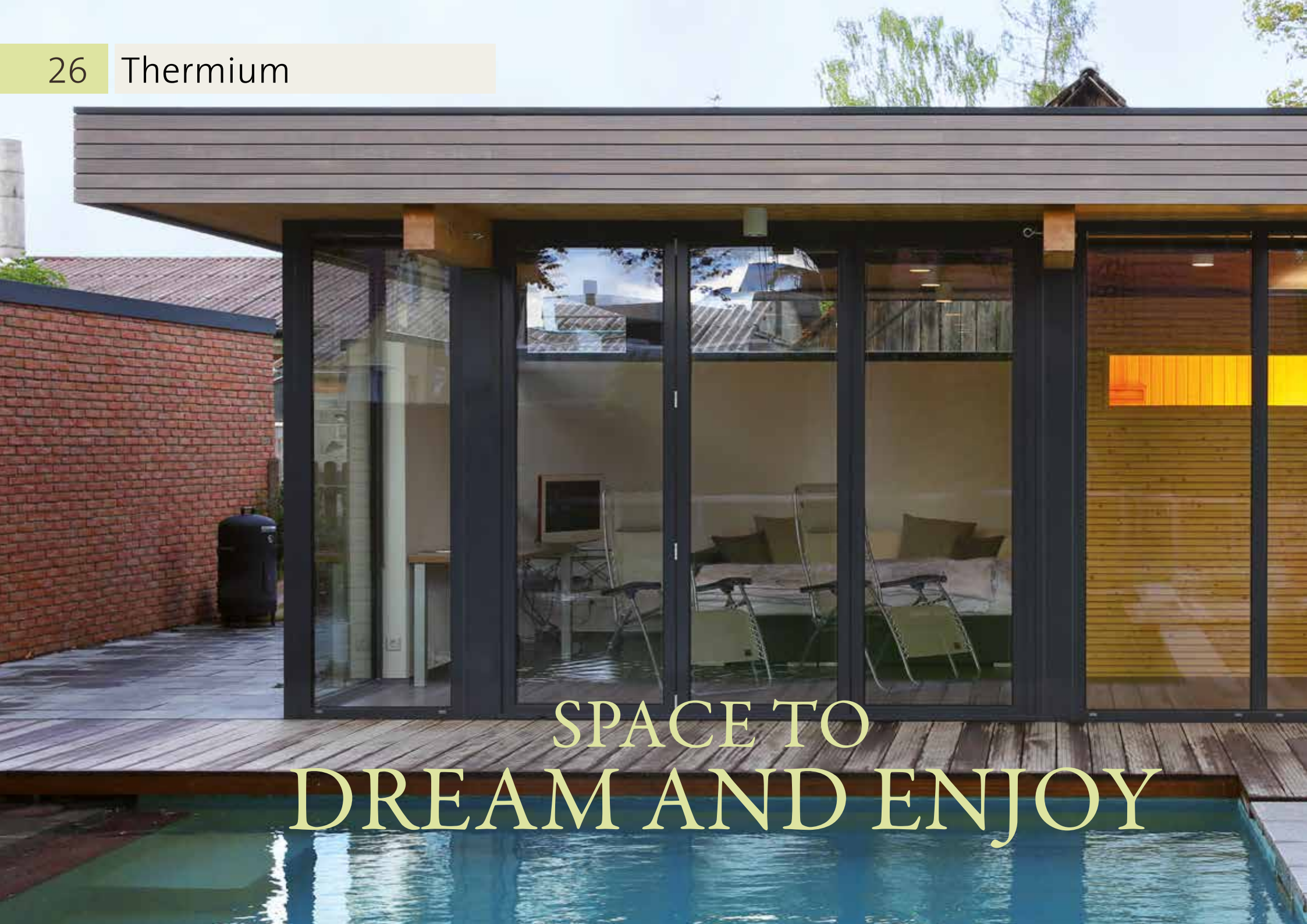
- Up to six dry and damp bathing types in just one cabin in conjunction with the RUKU Meditherm steam generator
- Wide temperature range of 35° to approx. 80° C
- Thermal bath for intensive infusions with aroma bowl for herbs and liquid fragrances
- Pleasant atmosphere with optimal air circulation and high oxygen content











SPACE TO  
DREAM AND ENJOY







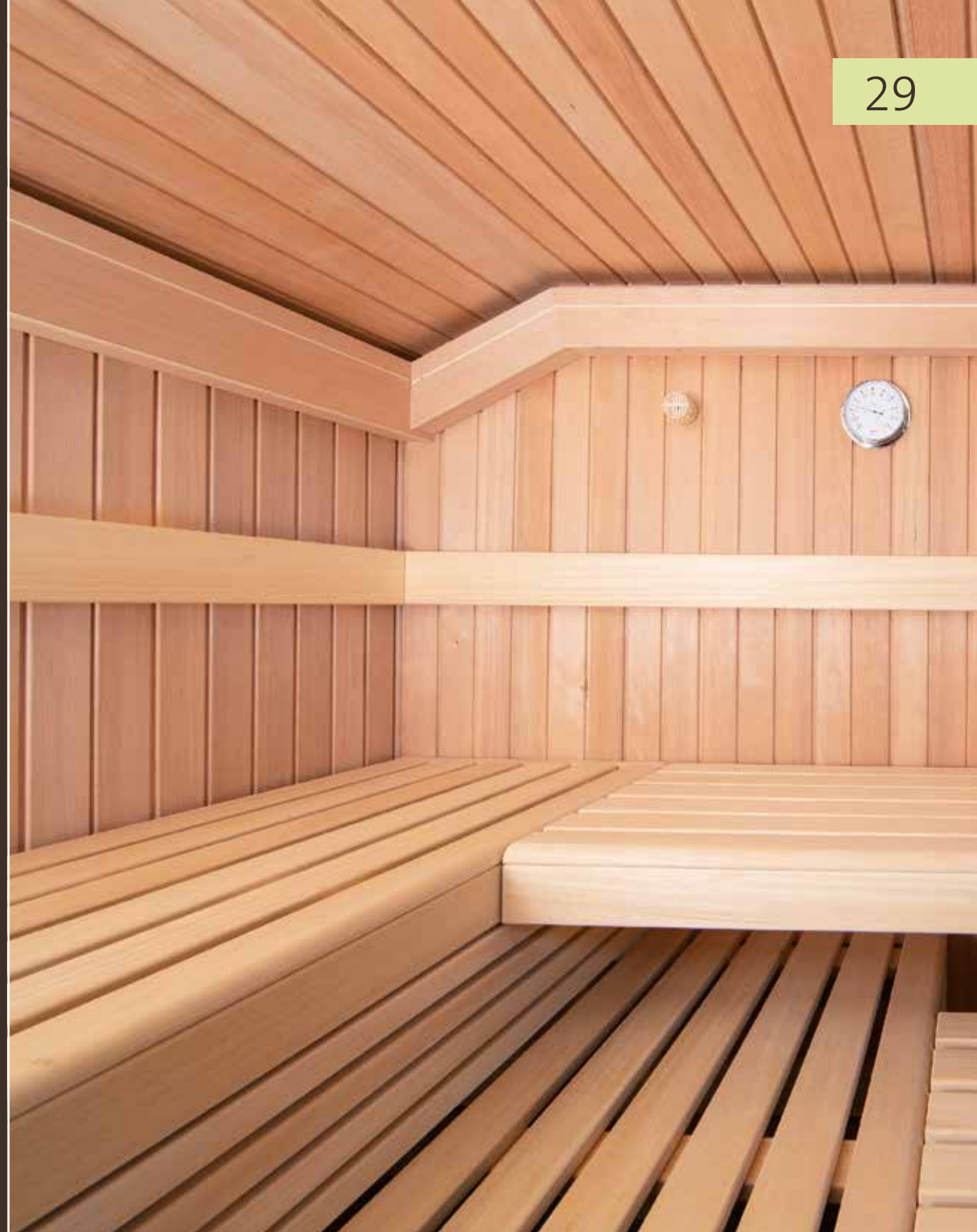
## 28 Thermium





# WARMTH AND A SENSE OF WELL-BEING ALL AROUND

Whether young or old, everyone feels well in the Thermium. This versatile infrared heated cabin was conceived by us to meet the most diverse of requirements from high-performance athletes to an entire family. Be it a heat, steam or hot-air bath: The evenly distributed infrared heat makes everything possible in just one cabin. Eleven basic models are available to you for the RUKU Thermium® together with a 5-corner design (see page 54). Like all RUKU cabins, the Thermium can also be customized entirely according to your own ideas and wishes. Form, size, design and fittings are carefully tailored with expert workmanship to the spatial situation.





# ENJOY THE BENEFITS OF INFRARED HEAT

## PATENTED RUKU WALL SURFACE HEATING SYSTEM

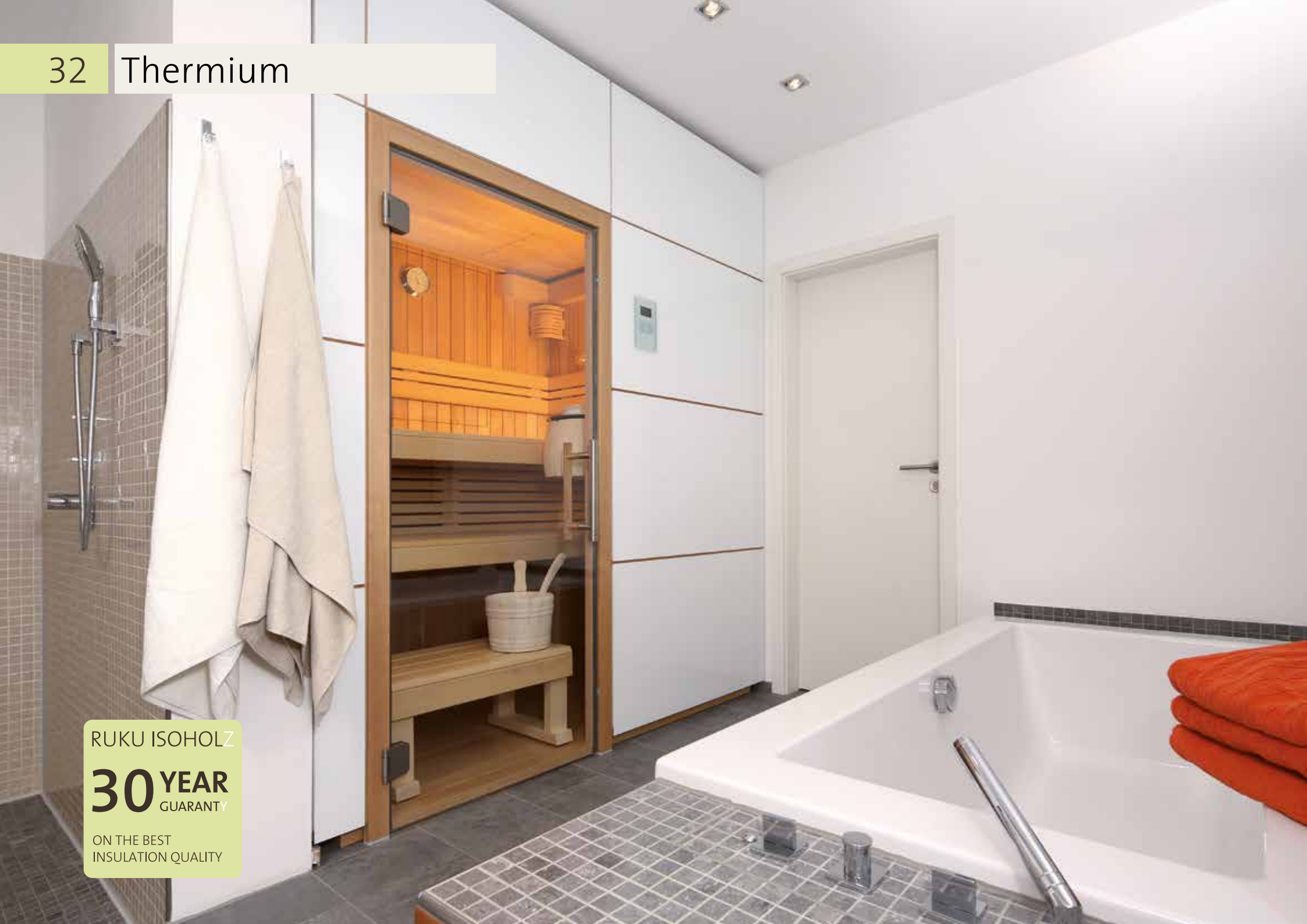
The walls of a Thermium cabin are composed of a variety of sections: heating element sections, a ventilation and electronic device section, and the RUKU Isoholz® sections – all of the sections are manufactured in-house. The arrangement of these maintenance-free sections depends upon the shape and size of the cabin. Our patented heating element sections utilise earthed tubular heaters, a reflecting wall and two types of insulation to radiate long-wave infrared C heat over a large area.

The result: comfortable warmth that is spread evenly through the space without any risk of burns, and with no electrosmog. Two safety fuses on each heating section protect against over-heating, providing an absolutely reliable method of preventing any fire hazards. Tested by the TÜV and provided with the GS safety-check seal, the RUKU Thermium® provides the highest level of safety.





## 32 Thermium



RUKU ISOHOLZ

**30** YEAR  
GUARANTY

ON THE BEST  
INSULATION QUALITY



# EVEN THE SMALLEST ROOM CAN BE SPACIOUS

The RUKU Thermium® with a wall-surface heating system is the ideal solution for anyone wanting rest and relaxation but who otherwise has little space available. From a spatial perspective, it offers a decisive advantage compared to a sauna; it does not have a sauna stove which would otherwise need to be considered when designing the cabin. The interior can therefore be freely designed and the best use made from it. The absence of a sauna stove offers much more than free space, it also offers greater safety.

Direct contact with the heat source is not possible with the RUKU Thermium® since the heating systems is housed in the cabin wall – there is therefore no danger of burning for either children or adults.



## 34 Thermium



A place for special insights and views: Thermium with complete glass front, port hole and glass floor. The lounges are designed to be self-supporting and their heights can be adjusted electronically.





35



## Gentle sweating with deep heat

Even at low temperatures, infrared heat makes the body sweat, and it's suitable for all age groups. The mild warmth puts less strain on the circulation than strong heat and is also more gentle on the respiratory system. Another advantage: the oxygen content in the cabin is higher at these low temperatures

Using thermographic imaging, the difference to a traditional sauna becomes particularly clear: When bathing in the Thermium, infrared heat penetrates deep into the body and warms it more intensively and evenly. The body cools less quickly after the bath, which means that the heat remains in the tissue for longer.

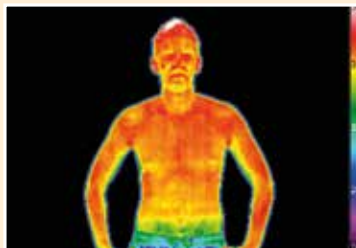
### In the sauna



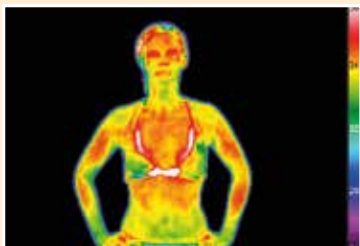
after 5 minutes



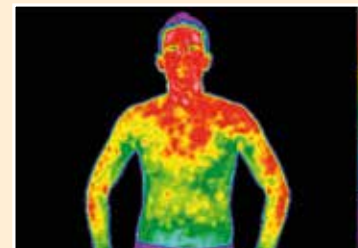
after 10 minutes



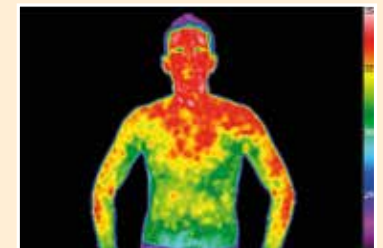
after 15 minutes



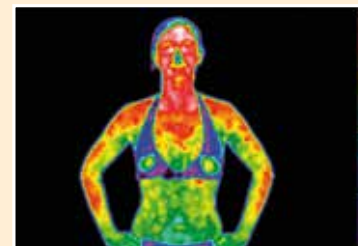
### After the sauna



after 10 minutes



after 20 minutes

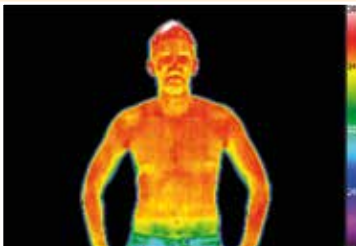




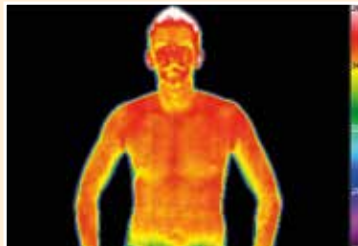
## Advantages for your health

- supports blood flow
- reduces high blood pressure
- eases muscle/joint pain
- stabilises circulation
- detoxifies and purifies
- strengthens the body's defences
- deeply cleans the skin

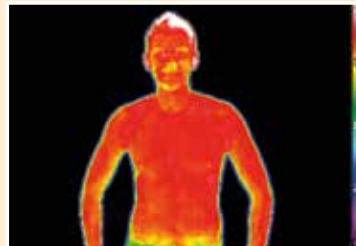
### In the Thermium



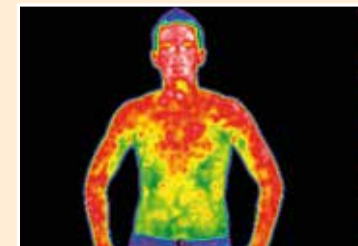
after 5 minutes



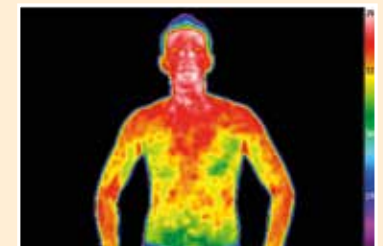
after 10 minutes



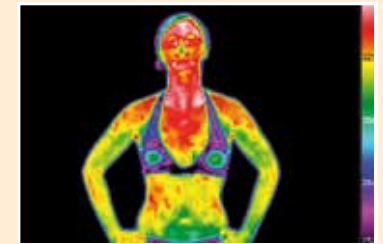
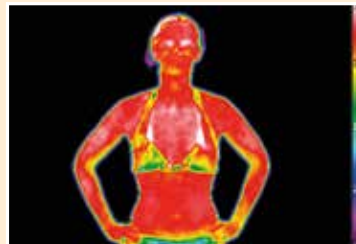
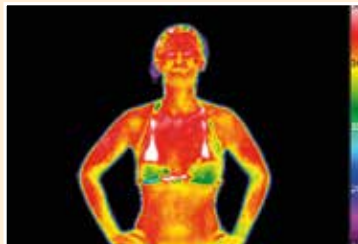
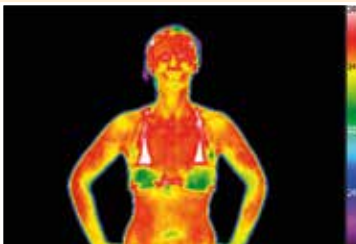
after 15 minutes



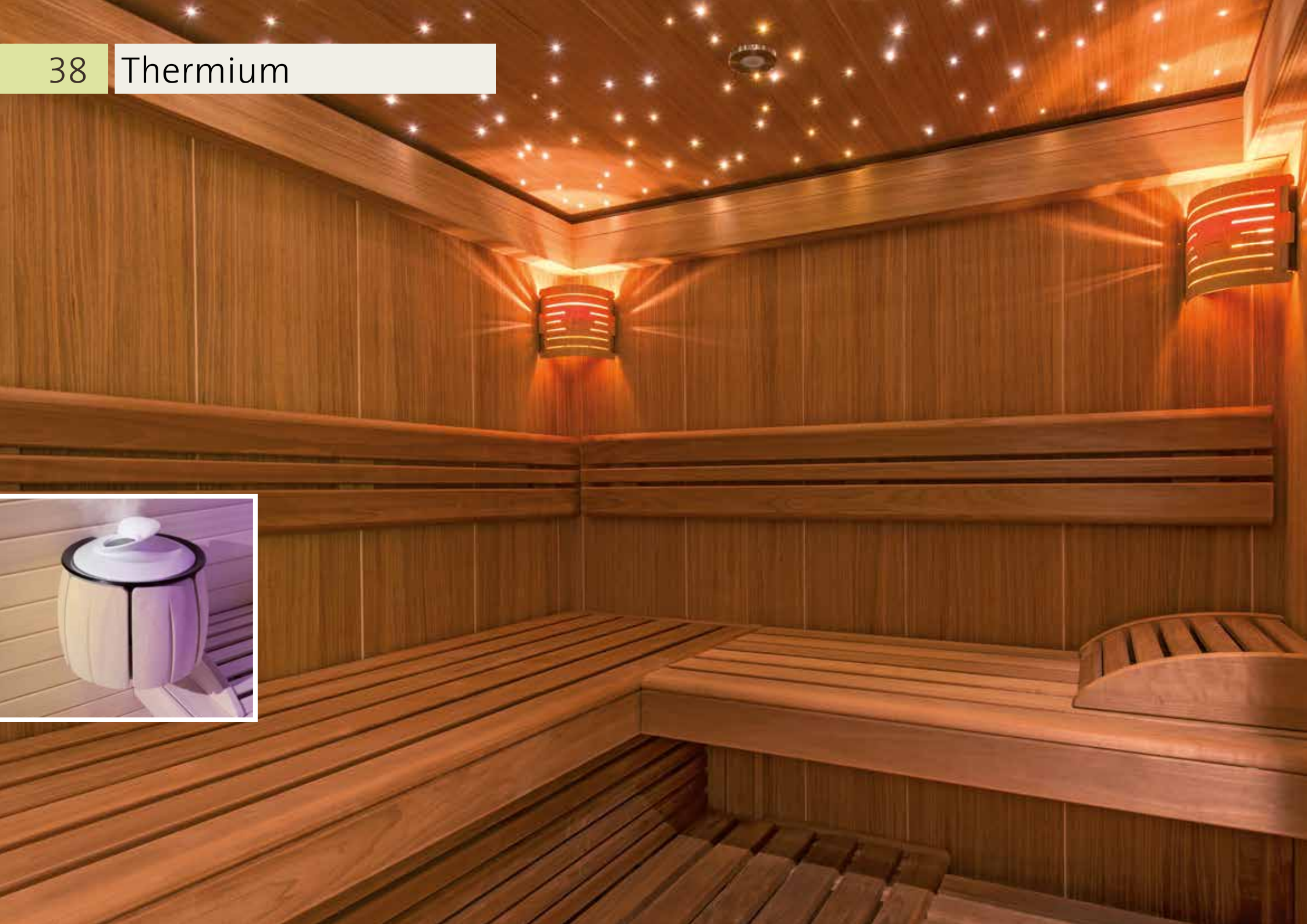
after 10 minutes



after 20 minutes



## 38 Thermium








# SIX TYPES OF BATHING IN ONE CABIN




## The dry bath types

### Heat bath

-  Temperature: approximately 40° C,
-  Relative humidity: approximately 20 %
-  Bath duration: as desired




Gentle infrared heating for therapeutic purposes; the increase in body temperature has a positive effect on the blood vessels, organs, joints and muscles.

### Wellness bath

-  Temperature: approximately 60° C,
-  Relative humidity: approximately 15 %
-  Bath duration: as desired

Enjoy the pleasant warmth after a stressful day, relax completely and let your soul unwind; perspire after around 30 minutes.




### Hot air bath

-  Temperature: approximately 80° C,
-  Relative humidity: approximately 10 %
-  Bath duration: approximately 10 - 15 minutes

For intense perspiration; bathing sequence as with a classic sauna (cool off and relax after each sauna session); infusions are possible with the RUKU Thermium®.




## Bath types with additional humidity

### Therapeutic bath

-  Temperature: approximately 40° C,
-  Relative humidity: approximately 35 %
-  Bath duration: as desired




Increased humidity and lower temperatures protect the airways and mucous membranes, inhalations with our thermal bath for therapeutic purposes e.g. for colds.

### Herbal or aromatic bath

-  Temperature: approximately 50° C,
-  Relative humidity: approximately 60 %
-  Bath duration: as desired

Forget your everyday troubles and pamper yourself with a mild herbal, aromatic or sea-air bath from our Meditherm.

### Steam bath

-  Temperature: approximately 80° C,
-  Relative humidity: approximately 100 %
-  Bath duration: approximately 10 - 15 minutes

Soft wafts of steam will surround you from head to toe and revitalise your body, the perspiration will purge your body and clean the skin that will feel very tender afterwards.

# UPGRADE YOUR SAUNA A STEAM BATH AND THERMIUM

Sauna and steam bath in one cabin? The patented solution is called Meditherm. Mounted on the cabin wall, the elegantly shaped steam generator turns your sauna or Thermium cabin into a versatile steam and aromatic bath. The humidity level can be freely regulated: from mild warm-air bath to a steam bath with up to 100% relative humidity. Also enjoy the pleasant aroma of herbs, essential oils or sauna fragrances that vaporise in the Meditherm ceramic bowl.



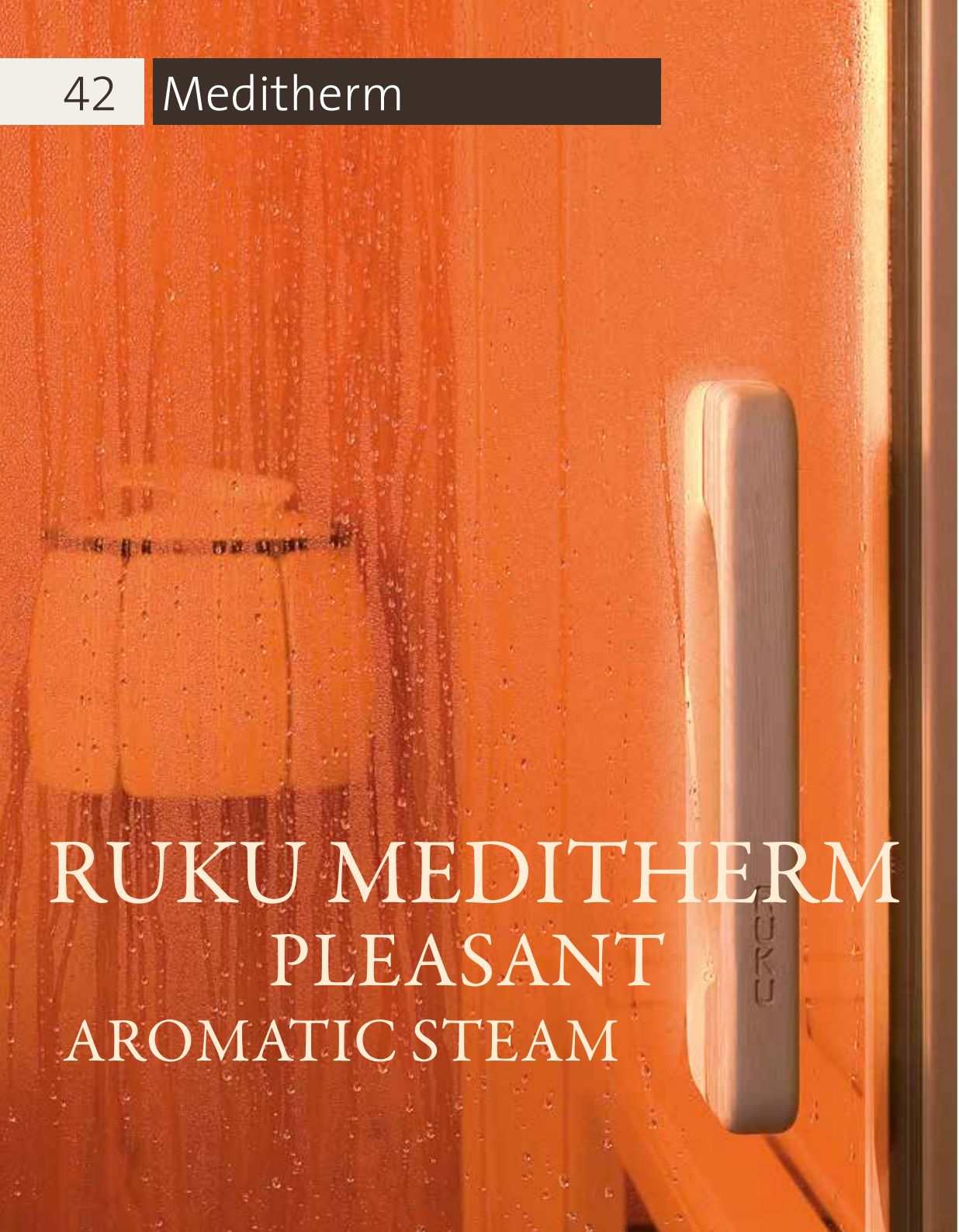


RUKU ISOHOLZ

**30** YEAR  
GUARANTY

ON THE BEST  
INSULATION QUALITY





# UKU MEDITHERM

## PLEASANT AROMATIC STEAM

### The UKU Meditherm advantages

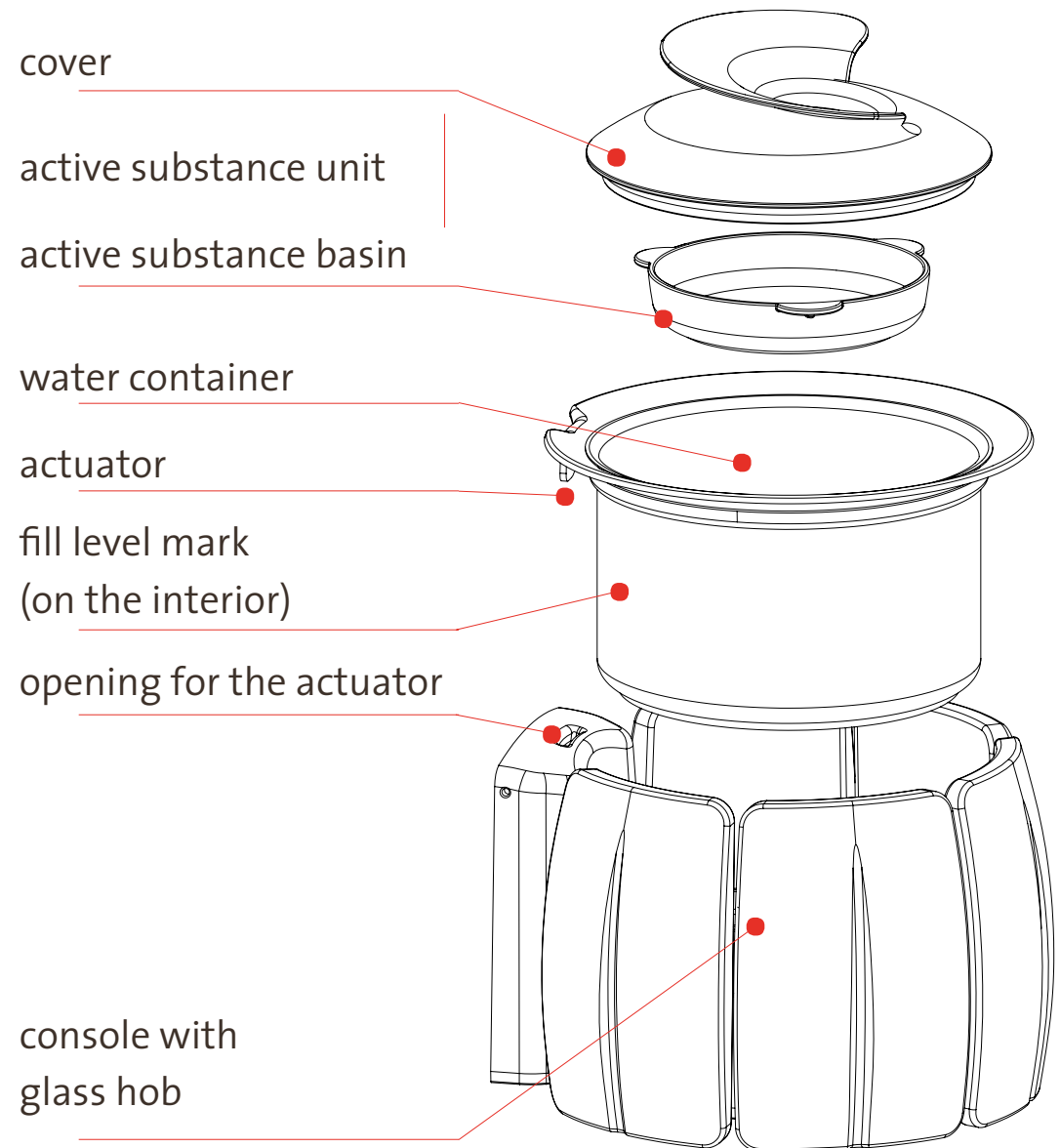
- Steam generator UKU Meditherm with an active substance evaporator as an accessory for dry sauna and Thermium.
- For all types of steam bath, from mild hot air bath to steam bath with up to 100% relative humidity.
- Perfectly designed evaporator mounted on the wall inside the cabin. Ceran® glass panel heating plate with 2 kW heating output – 230 V. Stainless steel water container that holds up to 4 litres. Steam emitter in fine ceramic, manufactured in Selb, the city of porcelain. The integrated active substance container is suitable for evaporating both real herbs and essential oils.
- Easy cleaning of all removable parts – dishwasher-safe.



- To protect against accidental contact, the evaporator is encased in a flower-shaped obeche wood housing.
- The device features an automatic safety switch-off function, which is activated when the water supply is exhausted.
- In-house manufacture – safety-tested by TÜV Bavaria and provided with a GS seal.
- Easy installation makes the Meditherm a perfect retrofitting element.

#### The operations is done via a comfort climate control

- state-of-the-art micro-controller technology
- exact temperature regulation with a dual-sensor system
- 4-digit, 7-segment LED display
- 24-hour time presetting
- automatic drying programme

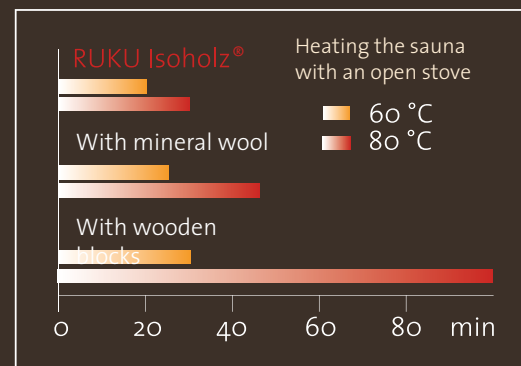
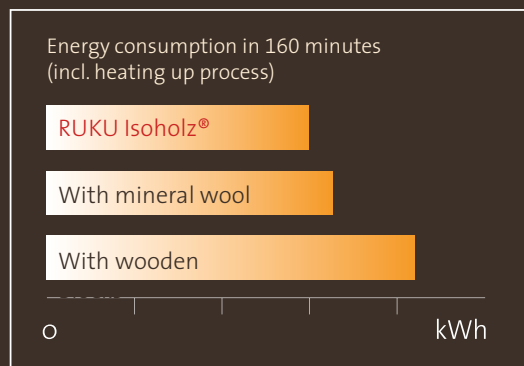


# 30-YEAR GUARANTY ON THE BEST INSULATION QUALITY

Isoholz® – a combination of wood, air and aluminium foil reflecting heat – is an essential building block for the sophisticated RUKU sauna concept and its use is standard for all of our ranges. The RUKU Isoholz® insulation technology distinguishes itself from conventional insulation types (mineral wool, rock wool, cork, sheep's wool etc.) with the following important properties:

- Saves energy and thus costs through its optimal insulation qualities
- No health concerns (free from fibre dust, binding agents or chemical additives)
- Temperature and moisture resistant, completely free of wear and decay
- Environmentally friendly, recyclable

Fancy a spontaneous heat bath, sauna or steam bath? Heating a RUKU Isoholz® cabin only takes around 20 minutes, half as long compared to a conventional sauna cabin.





71 mm

DIAGRAM IN ORIGINAL SIZE

## CONSTRUCTION OF THE ISOHOLZ® WALL AND CEILING ELEMENTS

Interior formwork 16 mm

inner profiling  
(interrupts heat conduction)

first layer of reflective material  
(also a steam barrier)

inner air chamber

second layer of reflective material

dividing wall made of spruce 16 mm

central profiling

third layer of reflective material

outer air chamber

fourth layer of reflective material

outer profiling

outer formwork 16 mm  
(selected timber species)

16 mm

16 mm

16 mm

# WALL COVERINGS

You will have a choice of three types of timber for the wall cladding - spruce, pine and hemlock - together with real wood veneer panels in the most diverse of designs.

Our very own sauna profiling boards with elongated tongues, deeper grooves and special milling profiles on the rear side have a thickness of 16 mm. This gives them better endurance, more stability and higher heat insulation.

## Nordic spruce

The high quality wood of the Nordic spruce has a lively grain. Small branches grown tightly together are typical for this species. This wood creates the typically aromatic sauna fragrance and underlines the special character of the sauna cabin.



## Examples of panel cladding for inside and out

### Old wood panels

Our panel claddings offer your individuality freedom. Talk to us. We will make your internal and external cladding according to your wishes and using your preferred wood.





### Native pines

Just as hemlock wood, native pine is almost free of branches, low in resins and finely structured. The quality and appearance are just as fine as the hemlock; however, the native pine wood does have a somewhat lighter colour.



### Hemlock

The wood from this conifer, which is native to Canada's west coast, is practically free of branches, low in resins, very finely structured and is cut in such a way to create profile boards with vertical tree rings (rifts). The heat uptake and its dissipation are particularly good.



**Spruce panels, branch-free**



**Hemlock panels**



**Larch panels**



**Teak Panels**



We make the cabin fittings from untreated obeche wood with rounded edges. Obeche is a soft wood that does not absorb much heat. This leads to a lower wood temperature and makes sitting and laying down particularly pleasant. Each slat is planed, ground and rounded with a special tool to make it free of splinters.





A photograph of a wooden sauna interior. The walls, ceiling, and benches are made of light-colored wood. On the left wall, there is a vertical thermometer. On the right wall, there is a round clock. A glass door is visible on the left. In the foreground, there is a wooden bench and a small white bucket. The text "IT'S ALL ABOUT THE INNER VALUES" is overlaid in the center in a white serif font.

IT'S ALL  
ABOUT THE  
INNER VALUES

## 50 Furnishings





# WITH LOVE FOR DETAIL

We place the greatest value on balanced solutions and perfection down to the minutest detail. Whether it is the beautifully profiled handles and hinges, the modern controls or the perfect workmanship with the most modern material combinations. We can equip your cabin with various coloured light systems and accessories if required to help you to relax.



# SAUNA STOVES OF THE HIGHEST QUALITY

The role of the sauna stove as the heart of the sauna cabin is to create the required cabin conditions relative to the size of the cabin. Whether it is a standing stove, wall-mounted or placed under the bench: You will receive the model which is most suited to your sauna from us – naturally with heat-resistant sauna stones.

Designer sauna stove, standing model  
Anthracite stainless steel







Sauna stove, wall model,  
polished chrome steel



Combination steam stove, wall model,  
anthracite pearl effect



53

Designer sauna stove, standing model,  
brushed and powder-coated stainless steel



Sauna stove, standing model,  
polished chrome steel



Exclusive sauna stove, standing model,  
enamel anthracite black



Stove for under the bench,  
polished chrome steel

## 54 Control System

Our control systems are VDE-tested and carry the CE mark. Equipped with cutting-edge technology, they guarantee absolutely reliable operations. They all feature a safety temperature limiter that forces the heat source to switch off should the cabin temperature exceed the pre-set upper limit. Each device also features an automatic operating time limit.



Sauna Control FCU 2000  
Surface-mounted



Sauna Control FCU 3200  
Surface-mounted





Sauna Control FCU 5000  
Design Touch  
Concealed



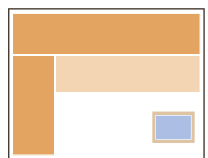
Sauna Control FCU 3000 Design  
Concealed



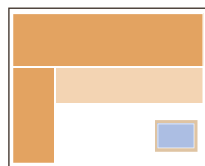
Sauna Control FCU 4200  
Design Glass, Concealed

# OUR SAUNA AND THERMIUM BASIC MODELS

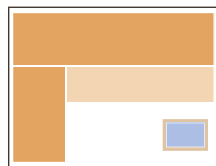
**Sauna Basic Models** Standard Cabin Height 208 cm (d x w)



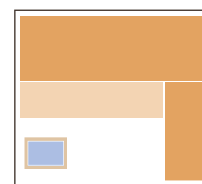
Type 1 150 cm x 200 cm



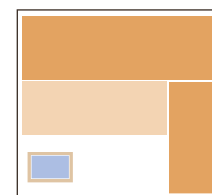
Type 2 166 cm x 200 cm



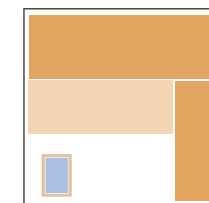
Type 3 166 cm x 216 cm



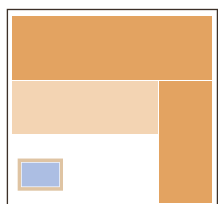
Type 4 183 cm x 200 cm



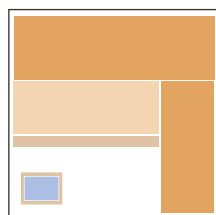
Type 5 183 cm x 216 cm



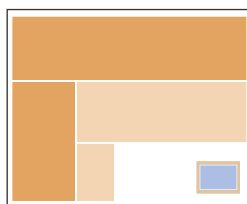
Type 6 200 cm x 200 cm



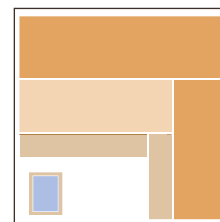
Type 7 200 cm x 216 cm



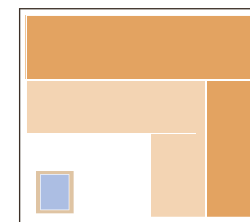
Type 8 216 cm x 216 cm



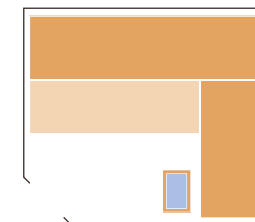
Type 9 200 cm x 250 cm



Type 10 216 cm x 233 cm



Type 11 216 cm x 250 cm



5-Corner Design with  
Corner Entrance



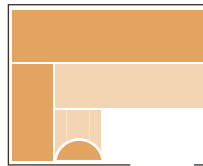
We offer our sauna and Thermium cabins as basic models in 11 different standard sizes together with a 5-corner design and a side entrance. The door elements and sauna stoves (basic sauna models) or Thermiums (Thermium basic models)

can be inverted or – depending on the space situation – mounted in another place. We can also, of course, plan and build special models for you according to your own unique requirements and wishes.

## Thermium Basic Models Standard Cabin Height 208 cm (d x w)



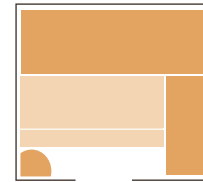
Type 1 150 cm x 200 cm



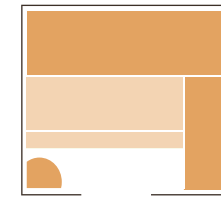
Type 2 166 cm x 200 cm



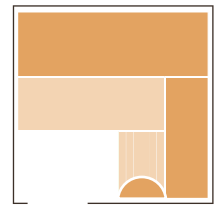
Type 3 166 cm x 216 cm



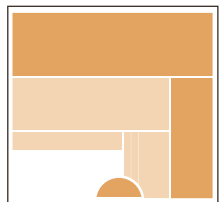
Type 4 183 cm x 200 cm



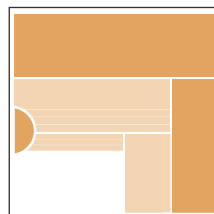
Type 5 183 cm x 216 cm



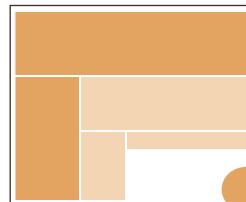
Type 6 200 cm x 200 cm



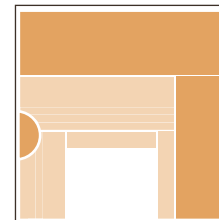
Type 7 200 cm x 216 cm



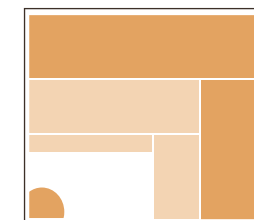
Type 8 216 cm x 216 cm



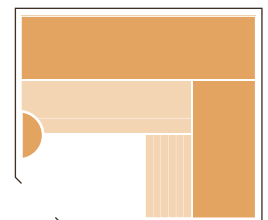
Type 9 200 cm x 250 cm



Type 10 216 cm x 233 cm



Type 11 216 cm x 250 cm



5-Corner Design with  
Corner Entrance











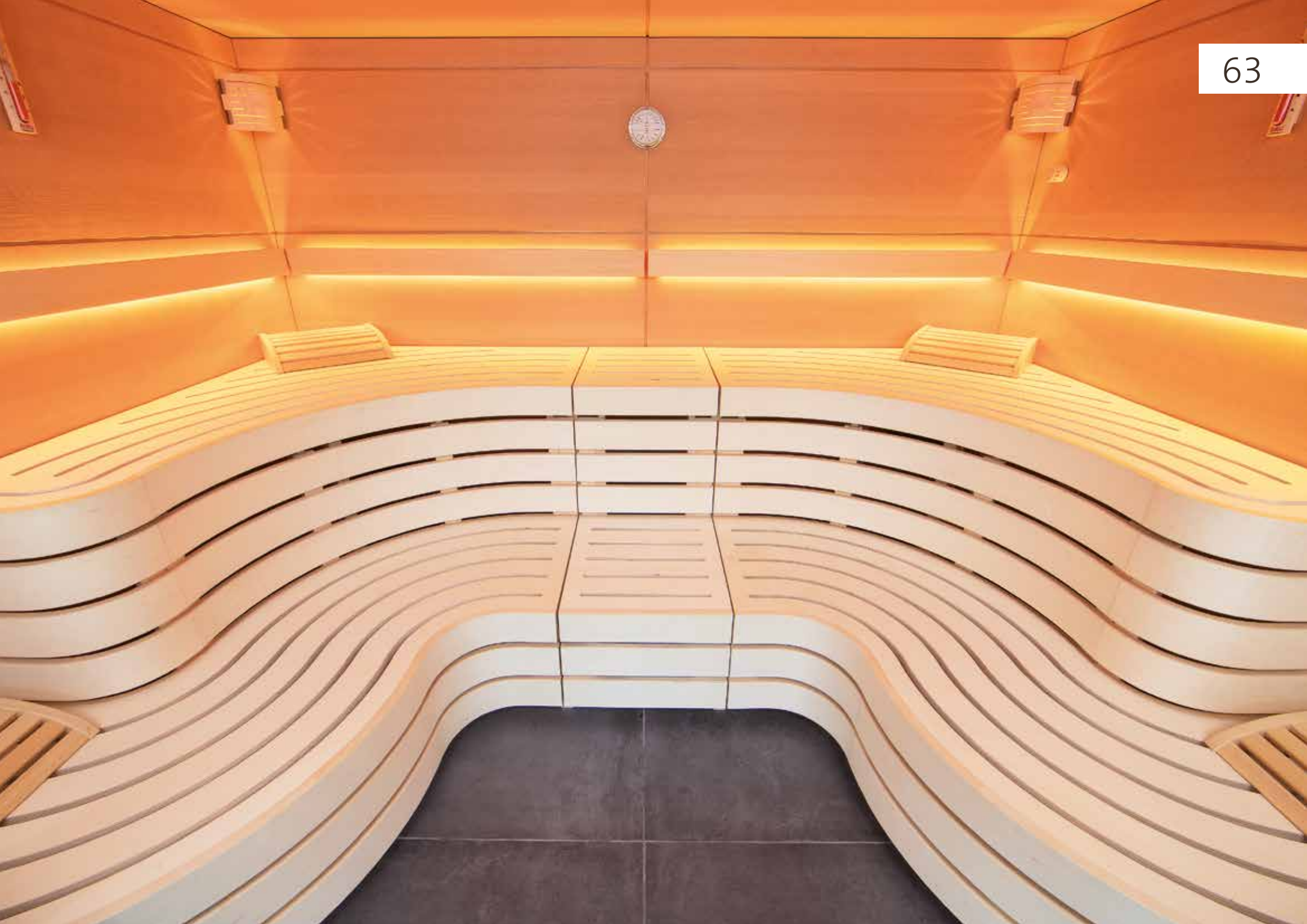














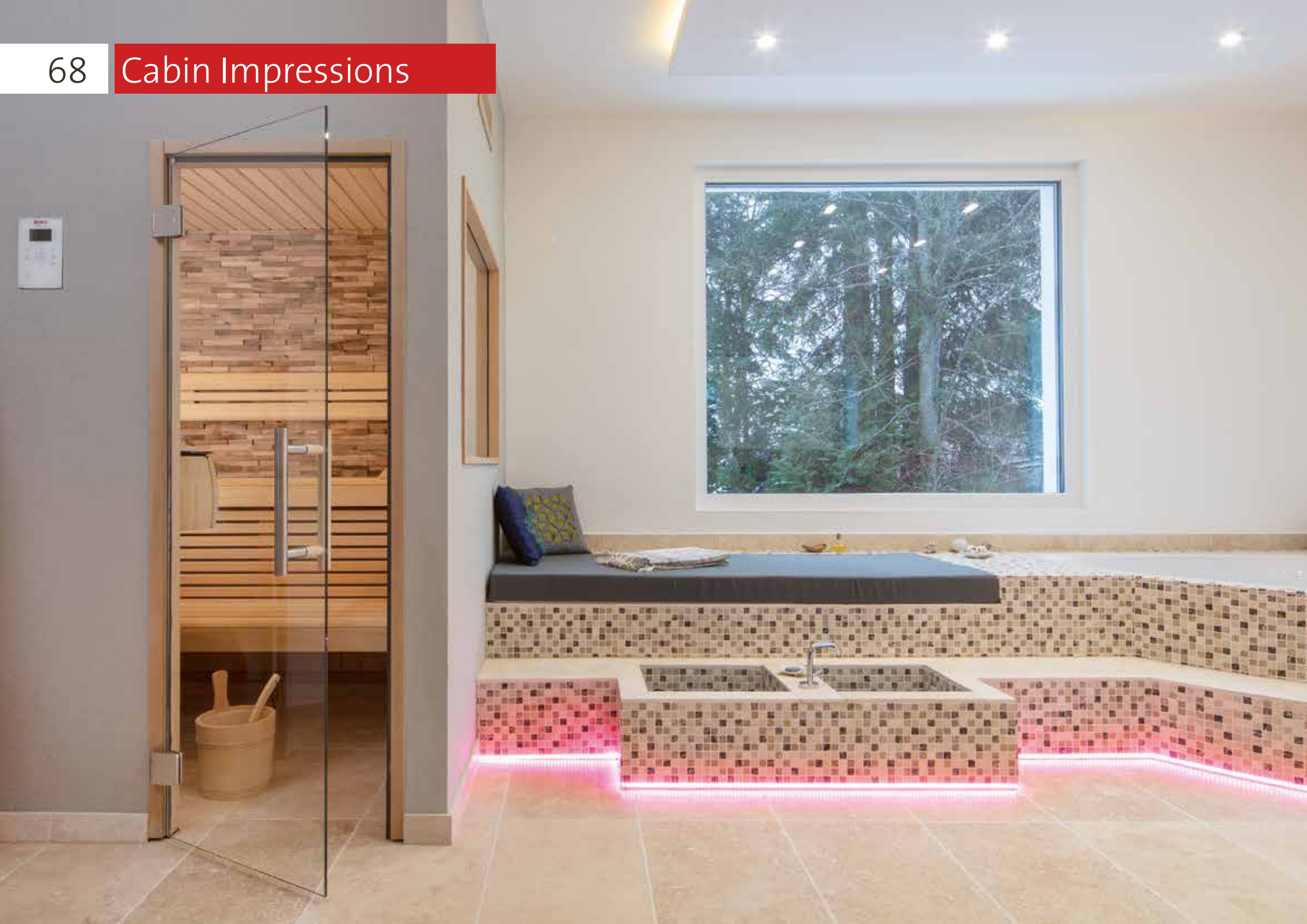

















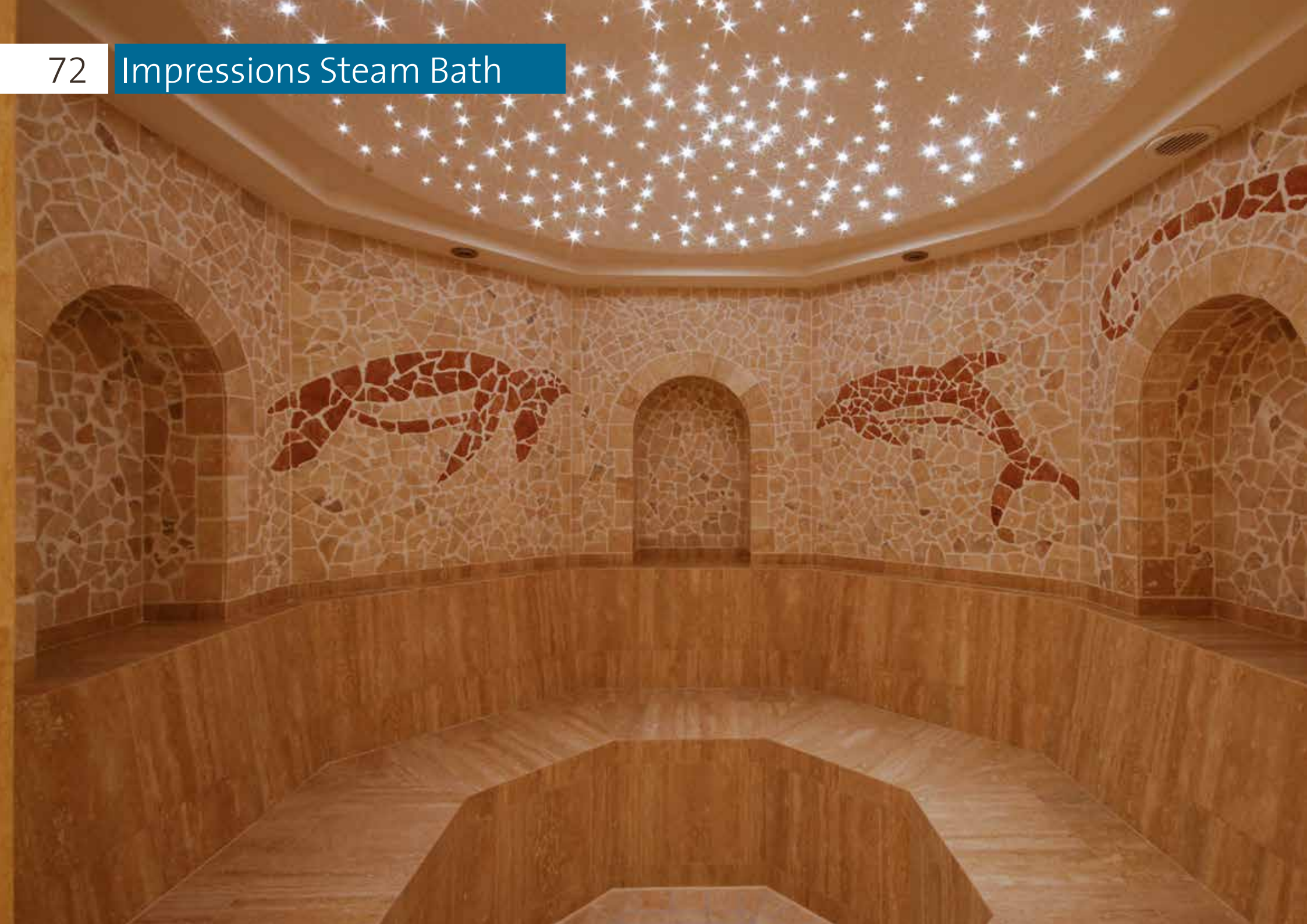
A photograph of a steam bath interior. The walls are covered in large, dark, rectangular tiles. A bright, warm light emanates from a recessed fixture in the upper left corner, creating a strong glow and casting long, soft shadows. In the lower right foreground, a shower head is visible, with a stream of water spraying out. The overall atmosphere is warm and relaxing.

The ideal combination of warmth and moisture is extremely soothing for your body. Your muscles will loosen up, your body is purged of toxins through perspiration. The hot steam provides pleasant relief by affecting the airways and relieving rheumatic complaints. When using natural active ingredients such as herbs, citrus peel or petals, the body can take up the contents as they are carried by the steam particles. Many essential oils and essences can be used that create a pleasant and lasting fragrance on your skin. Steam has a special effect in connection with crystal salt: The salt acts as a base and promotes blood circulation in the skin. Inhaling the salts also provides relief from infections of the airways.



# STEAM WORKS WONDERS

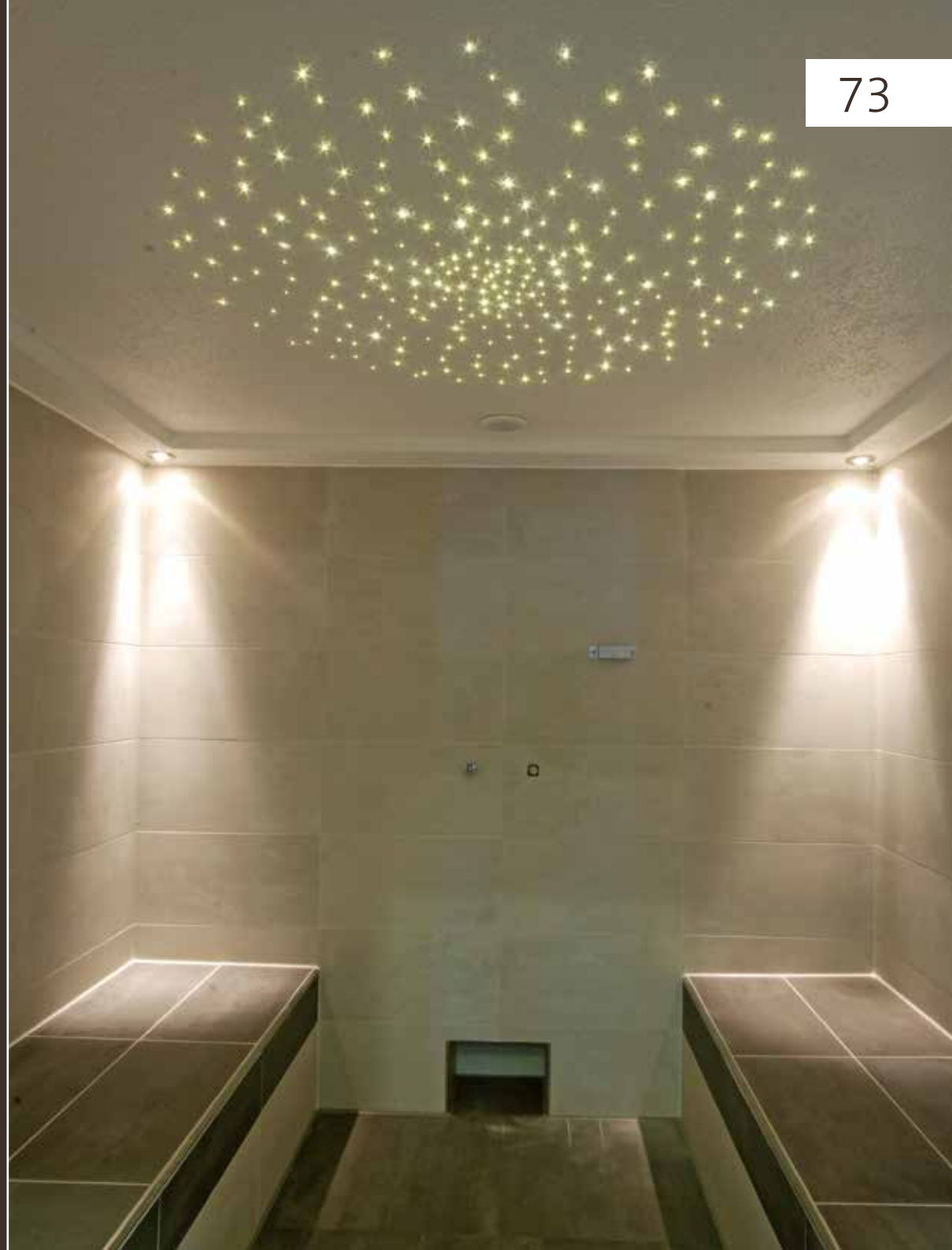






# THE POWER OF HEAT AND STEAM

RUKU sets new standards for steam baths – both for wellness at home and in the commercial sector – from small steam baths for one or two people to large steam cabins. We combine both steam baths and showers in the smallest of spaces. A steam cabin can also serve as a fully-fledged shower either for a cold shower afterwards or for daily bathing. We offer you various floor plans and roof variations, depending on your unique space requirements at home. This also applies to designing the interior furnishings: Straight, curved, half-round or ergonomic benches can be designed according to the cabin's size. Discover your personal steam bath pleasure.





## 74 Outdoor Sauna





# SAUNA HUT IN THE GARDEN

## A NATURAL AMBIENCE

RUKU ISOHOLZ

**30** YEAR  
GUARANTY

ON THE BEST  
INSULATION QUALITY

The garden sauna hut by RUKU interprets the classic outdoor Finnish sauna cabin in a completely new way. Do you have a space in your garden? We will plan and build the perfect sauna hut there for you: Individual in size, exterior form and interior fittings featuring cutting-edge technology and built to perfection by our experts.

A garden sauna hut from RUKU Sauna-Manufaktur is pure individuality and full of zest for life. Each individual object is a reflection of its owner's personality and good taste. We will plan and build sauna huts according to your customised requirements – in all sizes and styles and for every garden. Even with all of their individuality, our saunas also have a lot in common: perfect technology and outstanding workmanship down to the minutest detail.



Further information about the RUKU Sauna-Manufaktur and a RUKU showroom in your area can be found via our internet site. You can experience our products for yourself there. Or call us. We would be happy to advise you and will introduce you to a sauna consultant in your region

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