

ESSENTIA

COLLECTION

A place where the invisible, the immaterial and the silence can be clearly felt

The perception of what is perfect prevails over what is artificially new



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The perception of what is
perfect prevails over what is
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LUIGI BULGARELLI

For decades the word “essential” had a cold and impersonal meaning rather than a familiar and welcoming one.

But now this perception has changed.

The mess of information that bombards us every day urges us to seek peace in a place where all possible battles fall still.

A space where the invisible, the immaterial and the silence can be clearly felt.

Silence as time and place, an escape from the stressful, never-ending work of society.

From haste to tranquility, from passing to staying, from noise to silence - essential conditions for hearing and understanding oneself and reconnecting with the simple, timeless values of life.

The simplicity of lines, shapes, and materials makes the space visible and brings the density surrounding the place into view.

A specific order, a bright balance, makes us feel peace and serenity.

Time comes to a halt and is suspended.

The perception of what is perfect prevails over what is artificially new.

The durability of materials freezes passing fashion.

The perfection of the sign.

The power of expression of the material.

The attention to details.

A unique and bespoke production crafted by artisans.

This is the philosophy behind ESSENTIA.





LUIGI BULGARELLI

Luigi Bulgarelli

ARCHITECT



LUIGI BULGARELLI
ARCHITECT

The studio based out of Reggio Emilia was established by Luigi Bulgarelli in 2004. The architect graduated with honors from the Ferrara School of Architecture in 2002 and looked at spa design within a complex historical setting in the late 15th century as his multidisciplinary thesis. He collaborated with architecture firms working in the fitness and wellness industry for a number of years. Together with other team members, he handles architecture, interior design, lighting, and furnishing, accessories and communication, principally in the Wellness and Hospitality area, partnering with some of the leading industry players in the world. He is constantly researching in the field of architecture and translating his findings into a recognizable design language characterized by a clarity of composition and formal purity. Far from empty sensationalism, he endeavors to deliver a subtle balance between the functionality and mood of a space. To date the studio has covered the construction of important gyms, spaces, beauty centers, multibrand boutiques, offices, and private residences for exclusive customers the length and breadth of Italy.



THE SPIRIT OF HAVING A SAUNA

Letting the mind be inspired by what is pure and simple takes the ethereal and makes it into the most profound. Following the ancestral tradition that precedes it, a sauna is an oasis of tranquility, a space of absolute serenity, where body, mind, and soul find their equilibrium. Today it continues with its purifying essence as a place to worship silence and a ritual of relaxation. An experience of sensorial notes evoking the ideal conjunction between the spiritual and the health-restorative.

PHASE ONE WARM-UP

⌚ *Estimated duration: 5 to 8 minutes.*

We recommend lying down, knees bent, and letting your mind relax. Sit up slowly during the last part of the phase, avoiding sudden pressure changes. It is advisable to activate the sauna steam using the water ladles to increase sweating.

PHASE TWO COOL-DOWN

⌚ *Estimated duration: 1 to 2 minutes.*

A quick dip in very-low-temperature water. You can use elements like cold water sinks or showers. Step into the water feet-first and let it rise to your head to prevent circulation dysfunction.

PHASE THREE SECOND ROUND

⌚ *Estimated duration: up to 11 minutes.*

Repeat phases one and two. By now the body will be used to it and you can spend longer in the sauna in this phase.

PHASE FOUR RELAXATION

⌚ *Estimated duration: minimum 10 minutes.*

We recommend relaxing on a lounge and drinking juice or tea for hydration to rebalance the body following the liquid it lost during the session.

SOURCE OF HEALTH AND WELLNESS

In addition to their spiritual side, saunas have been used for medicinal purposes for thousands of years.

Our ancestors sensed their therapeutic benefits and modern science confirms them.

Their essential element, heat, makes the release of physical and mental tension a primary objective of a sauna session.

A sauna is an excellent way to improve the blood and motor system, reduce muscle pain, and increase joint movement. It is also a good partner for our skin, leaving it bright

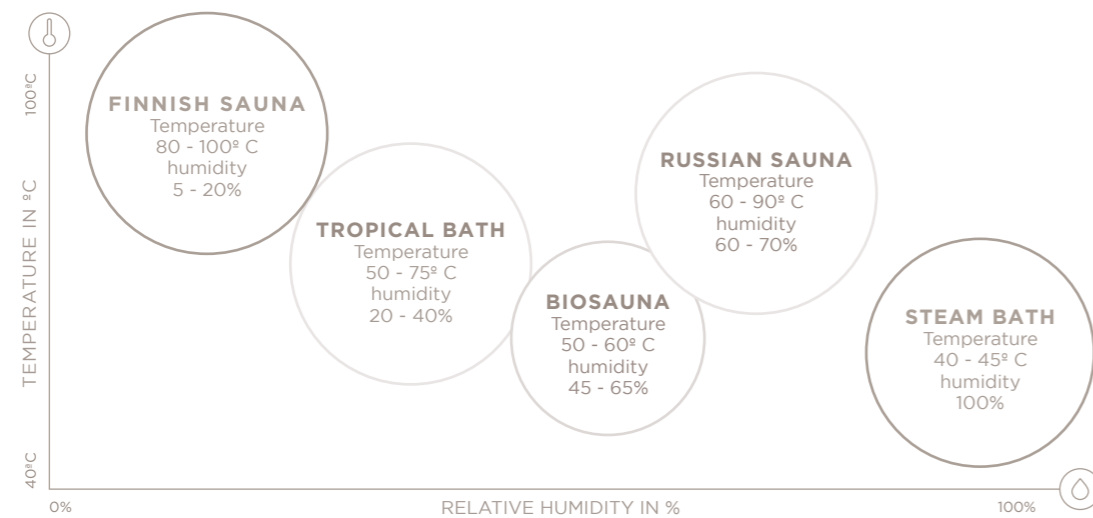
and beautiful.

The contemporary world is moderate and stable but often fraught with tension and stress. Shaping the environment can be a hard task at times, which is why we should maintain control over our body and mind, balance and lead.

A sauna is the answer. Having a sauna boosts vitality and energy, helping us stay healthy.

More saunas, more health.

CLIMATE CONTROL TABLE



CLOSER TO NATURE

Nature is extreme and variable. Its elements are endowed with life. Their way of forming, growing, surviving ... make them invincible. Wood, versatile by origin, is one of the oldest elements used to create works of art. As a noble and intelligent material, when we enjoy a sauna our senses are submerged in a natural world and we are transported to another dimension, as if we were in a forest. Body and mind become attuned and flow in the immensity, in a living space steeped in freedom. That is why nature is wise.





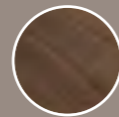
ESSENTIA SAUNA

FEATURES

- Floor structure made from impregnated solid wood.
- Floor grid in Thermo Magnolia / Thermo Aspen (optional).
- Front panel made from 8mm-thick tempered transparent glass with a wooden frame.
- Cylindrical exterior door handle in stainless steel.
- Stainless-steel hinges with an automatic hydraulic closing system. Perfect for preventing heat loss.
- Wooden benches with low thermal conductivity in thermo magnolia or thermo aspen (optional) with a load-bearing capacity of up to 200kg/m.
- Warm white led lighting along the whole of the bench.
- Ventilation with air changes up to 5 times per hour.
- High-end heater - VIRTUA MODEL (power in line with sauna size).



→ ESSENTIA standard models are built using 85mm-thick panels in the following timber types:



Thermo magnolia

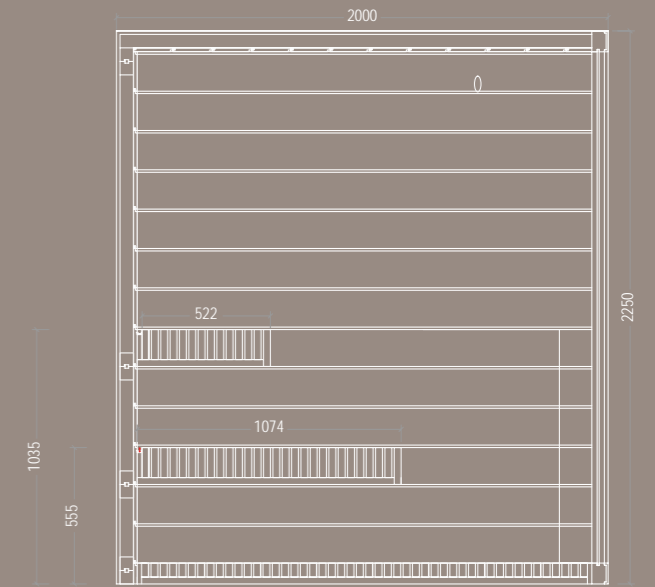
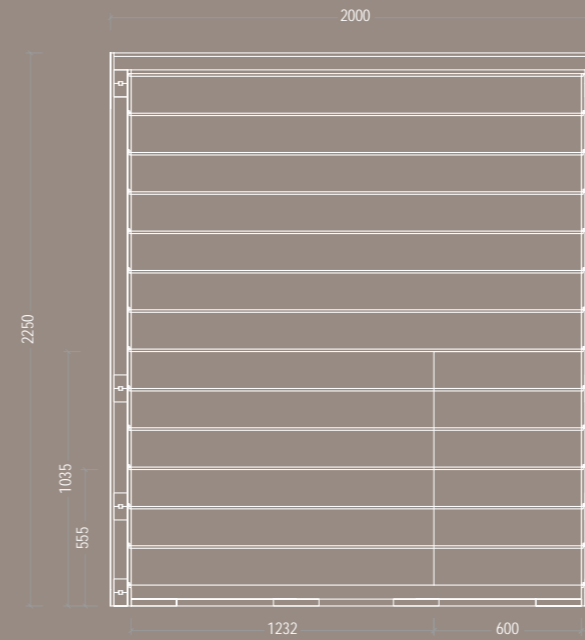


Thermo aspen (optional)

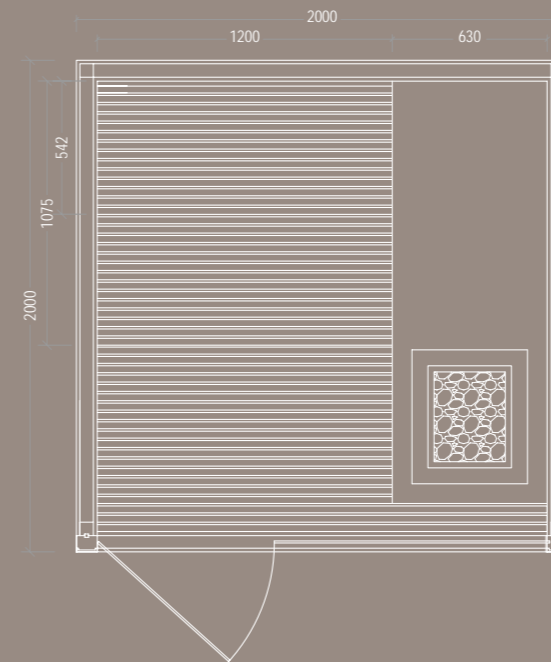
→ The wooden panels are designed with the tongue and groove system to deliver perfect sealing with temperature resistance up to 150°C. The installation of mineral wool and aluminum foil also enable perfect temperature and humidity insulation.



ELEVATIONS



FLOOR



MODELS

72892	SAUNA ESSENTIA	200x200x225
72893	SAUNA ESSENTIA	250x200x225
72894	SAUNA ESSENTIA	250x250x225
72895	SAUNA ESSENTIA	300x250x225

ACCESSORIES



→ Harvia Virta is a strong, practical and simplistically stylish electric heater for those who want a traditional sauna experience. Virta is a perfect choice for medium to large saunas and excellently suited for people who enjoy frequent and long sauna baths. Discover the heater from the Harvia Virta family, as well as its Combi variations with a steamer that will let you convert your traditional Finnish sauna into a new Mediterranean concept, the Biosauna, and find the one that best suits your needs. After that, you can let the gentle steam and the feeling of relaxation take over your body and mind.



→ Harvia Xenio is a control unit with a touch control panel. Xenio provides a modern and subtly elegant user interface for controlling the heart of the sauna, i.e., the heater. The stylishly small yet clear control panel is easy to install where you want it: in the sauna room, bathroom, dressing room, or even living room. It lets you see at a glance when your sauna is at the right temperature for you.



→ Set of stainless steel accessories



→ Aroma dispenser



→ Sauna speakers



PROJECT ADAPTABILITY

ESSENTIA is headquartered in PLOVDIV (Bulgaria). From there we create the ideal sauna for any ambience, space, form, or material; for families, for the contemporary and daring, or for more classic and purist tastes. We have the expertise, the art, and the creativity to design projects in line with every dream. We reach out to them all. Because ESSENTIA can become the essence of your home.

ARTISANS OF WOOD

EVERYTHING STARTS FROM THE SEED: SMALL PLANTS, LARGE TREES, HUMAN BEINGS... ESSENTIA...

Nature itself has the power to connect the simple and the great with the existence of our being.

Every morning a doctor steps up to the challenge of saving lives, a chef feeds dreams, a mother provides love, and a poet expresses feelings. Life, dreams, love, and feelings are the foundations that win wars. Artisans cure the soul with their hands, producing an object turned into a work

that they release into the light. A little bit of each one makes up the meaning of our future. At ESSENTIA, a job well done is perceived not only in its final form but in the hours spent on it, the love that went into crafting it, and the creativity behind every idea and detail. Because life becomes fuller and more exciting when you decide to take charge and reharne the creative power you were born with, since the most powerful muse for us all is our inner child.





OASIS OF WARMTH



A NATURAL WORLD





AN INDULGENCE OF EMOTIONS



A SEA OF DREAMS



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POOL & WELLNESS

FLUIDRA

Fluidra, a Spanish multinational listed group, is the global leader in the pool and wellness industry.

Founded in 1969, Fluidra has long-standing experience in developing innovative products and services in the residential and commercial pool market on a global scale.

Fluidra has a clear mission: **To create the perfect pool and wellness experience.**

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