

WHY INFRARED?

When someone asks us to quote an infrared sauna kit, we ask why? It is not because we don't like infrared or because we are nosey. It is because some who ask for infrared do not really know the difference between infrared and traditional saunas. And we want to be sure you make an informed decision. We find that many who request infrared saunas have never actually been in one. They are asking for it because they "heard" it was better for you. We won't comment on which is better. There is no established science. Suffice it to say, we believe sweating is good for you and both will get you sweating.

But there is a big difference. Infrared saunas do not get hot. The temperature will generally not surpass 120F (48C). Infrared rays heat the body directly, but do not heat the air in between. If you have used an infrared sauna and enjoy the sensation, or you are satisfied as to the health benefits, then a custom built-in infrared sauna is an excellent choice for you.

But if you are looking at infrared because you want a sauna, but do not enjoy the intense sauna heat, there is another option. We carry the Sense Combi by Tylo. It is a "rock" sauna heater with a built-in steaming reservoir. In dry mode, it operates like other traditional saunas (high heat=194^F/90^C; low humidity=10%). In steam mode the temperature is significantly lower and humidity is up (heat=140F/60C; humidity=50%). In steam mode, it is a softer sensation. It is still a sauna, you can still splash the rocks if you choose, but it takes the edge of the heat. It is a truly extraordinary sauna experience.



The TYLÖ SENSE COMBI is in a class by itself. Literally two saunas in one. In dry mode it operates like a typical high heat, low humidity sauna. In steam mode, it is in a class by itself. An exceptional and unparalleled sauna experience. The steaming Combi takes the edge off the heat. You can still splash water to spike the humidity and intensify the heat. The Combi broadens the appeal of the sauna. Those who already enjoy saunas, love the Combi. And many who find saunas a bit too intense really like the Combi as well. It's not an inexpensive heater, but it is worth every penny.