



## **NOTE ABOUT COMMERCIAL INFRARED SAUNAS**

There are substantial differences between infrared and traditional saunas that in our opinion make them poorly suited for larger commercial saunas.

Most infrared saunas that people are familiar with are small 2–3-person pre-fab units used in homes or boutique spas; that is the most suitable application for infrared saunas.

Infrared saunas do not work on the principle of heating the air, but on heating the body directly with infrared radiation. Infrared commercial saunas often result in the complaints that the sauna is “not hot enough” because owners and users do not fully understand the product and how it is intended to operate.

The analogy we use is to imagine being outside sunbathing on a sunny day, when a cloud passes overhead. The sun is still in the sky, but the clouds block the infrared rays and you do not feel the same level of heat. Just as people sweat to varying degrees on a hot summer’s day, most (not all) people will perspire to "some" degree when exposed to infrared rays.

The process to begin perspiring is not as fast as many claim. In our experience, someone must sit for 8-20 minutes before they begin to sweat. Traditional saunas are typically hot when entered and the impact is more immediate. Heat is applied to the front and back in order to heat the middle. That is why there are infrared emitters on the back (bench) wall and on the wall across from the benches.

Additionally, infrared rays have a limited range, the optimal maximum is 20”- 30”, beyond that they become less effective. As a result, most infrared saunas are no more than 4’ deep to maintain proximity to the panels.

While we have done some infrared saunas up to 5’ deep that operated satisfactorily we have found this to be the limit and anything beyond that depth does not work well and typically commercial saunas are larger than this making infrared problematic.

There are many plug-in, snap together modular saunas on the market. Most of those who sell individual IR emitters are selling components from these saunas or infrared heaters used for commercial warehouse heating. These are not approved to be field installed into a home or commercial facility. We sell the only ETL approved installation kit, and as such do not sell individual IR heaters (emitters).

All of our emitter packages are sold as a pre-set number of infrared emitters, a relay box and a control.

It should also be noted that our infrared is only available in 240volt, single phase power.

