

COMPARING

TRADITIONAL, HOT ROCK AND STEAM,
NEAR-INFRARED and FAR INFRARED

SAUNAS

IN THE MODERN AGE



by Katie DeCicco



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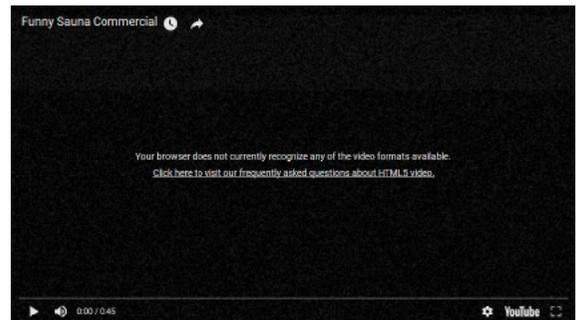
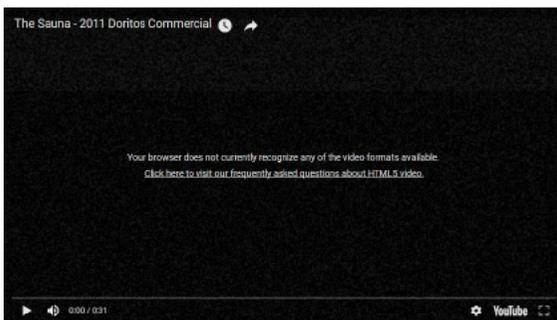
“*The only Finnish word to make it into everyday English is sauna.*”

INTRODUCTION

ON BEHALF OF ALL OF US AT CELEBRATION SAUNAS, I WANT TO THANK YOU FOR TAKING THE TIME TO VISIT OUR WEBSITE AS WELL AS TAKING THE TIME TO EDUCATE YOURSELF ABOUT INFRARED SAUNAS.

We've found that there is a relationship between the amount of research done by a client and how happy they are with their home sauna transformation. At **Celebration Saunas**, we make a genuine effort to provide as much reliable information as possible.

We are excited about the prospect of your family owning a sauna! And the purpose of this eBook is to empower you with the information needed to help you decide whether a far infrared sauna, near-infrared sauna, steam sauna or hot rock sauna, would be the best fit for you and your family.



Hopefully, these sauna commercials gave you a laugh. My first impression was, ***“We all recognize the traditional public saunas, but few have heard of home far infrared saunas and don’t realize how easy it is to install this luxurious space.”*** Ladies, could you imagine having your own home sauna that no one else has ever sweat in. Yours to enjoy while receiving [health benefits](#) like a [cardiovascular workout](#), [weight loss](#), [detoxification](#) and [skin rejuvenation](#) to name only a few. Imagine eliminating all those awkward public sauna encounters by easily installing your personal home sauna for years of use in about an hour.

So why don’t more people know more about far infrared sauna? The evolution of saunas has progressed over thousands of years, and nearly every continent has unanimously recognized the healing qualities of sweating for a multitude of maladies. So, let’s look at how saunas have evolved over generations?

“ *You have to know the past to understand the present.* ”

American astronomer Carl SAGAN

And that’s the objective of this guide, to give you the backstory of saunas. To provide insights that will help you understand how the sauna came to be, and a snapshot of where they are now.

This guide is arranged in a question and answer format. Here’s what we’re going to cover:

- *What are the types of saunas and their genesis?*
- *Have saunas become more durable and easier to maintain?*
- *What type of wood and materials should be used in a sauna?*
- *What is EMF?*
- *Have infrared saunas become more enjoyable to sweat in than their traditional counterpart?*
- *What are the cost differences between owning steam or hot rock sauna vs. a far infrared sauna?*
- *Are infrared saunas easier to install?*
- *What are the differences between sauna heaters?*
- *What types of woods are used in constructing a traditional sauna?*
- *What types of wood are used to construct far infrared sauna kits?*
- *Are electrical certifications important when purchasing a sauna?*
- *Have home saunas become more affordable?*
- *Have home saunas become more design flexible?*
- *Has the quality control of saunas improved?*
- *What options and features are trending in 2017?*
- *Can a sauna affect the value of your home?*
- *Have infrared sauna kits become more structurally advanced?*

Before we jump into the questions, let me share that we at **Celebration Saunas** specialize in **far infrared saunas**. We are passionate about our product because we’ve experienced first-hand just how happy our customers are with their investment and the amazing health benefits they report back. However, we love all types of saunas so long as they are well designed and built and provide the health benefits you are looking for.

Notwithstanding, there are dramatic differences between each type of sauna and that my friends is what we are going to cover in the following questions, so let’s jump right in!

CONTENTS

INTRODUCTION	4
WHAT ARE THE TYPES OF SAUNAS AND THEIR GENESIS?	7
HAVE SAUNAS BECOME MORE DURABLE AND EASIER TO MAINTAIN?	11
WHAT TYPE OF WOOD AND MATERIALS SHOULD BE USED IN A SAUNA?	17
HAVE SAUNAS BECOME MORE ENJOYABLE TO SWEAT IN?	19
WHAT ARE THE COST DIFFERENCES?	22
HAVE HOME SAUNAS BECOME EASIER TO INSTALL?	24
WHAT IS EMF?	27
WHAT ARE THE DIFFERENCES BETWEEN SAUNA HEATERS?	29
WHAT TYPES OF WOODS ARE USED IN CONSTRUCTING A TRADITIONAL SAUNA?	37
ARE ELECTRICAL CERTIFICATIONS IMPORTANT WHEN PURCHASING A SAUNA?	45
HAVE HOME SAUNAS BECOME MORE AFFORDABLE?	48
HAVE HOME SAUNAS BECOME MORE DESIGN FLEXIBLE?	49
HAS THE QUALITY CONTROL OF SAUNAS IMPROVED?	51
WHAT OPTIONS AND FEATURES ARE TRENDING IN 2017?	53
CAN A SAUNA AFFECT THE RESALE VALUE OF OUR HOME?	54
HAVE INFRARED SAUNA KITS BECOME MORE STRUCTURALLY ADVANCED?	55
ADDITIONAL RESOURCES & LINKS	56-57



Ancient Sauna

WORLD WAR II AND THE RISE OF THE HOME SAUNA

Saunas date back over 5000 years to multiple ancient civilizations including the Roman Empire where it was popularized in the ancient world. The Sauna as known in the western world today originates from Finland. The oldest known saunas in Finland were made from pits dug in a slope in the ground and primarily used as dwellings in winter called *savusaunas*. The sauna featured a fireplace where stones were heated to a high temperature. Water was thrown on the hot stones to produce steam and to give a sensation of increased heat. Steam would raise the ambient temperature so high that people could take off their clothes.

Home saunas were not a realistic option for the average family until after the end of World War II. German soldiers had got to know the Finnish saunas during their fight against the Soviet Union in the Continuation War, where Germany and Finland fought on the same side. After the war, the German soldiers brought the habit back to Germany and Austria, where it became popular in the second half of the 20th century.

The Beginning of the Modern Home Sauna

After World War II, the Industrial Revolution provided new building techniques and heating technologies to the sauna tradition with the invention of the electric sauna stove, which was introduced in 1938 by Metos Ltd. in Vaasa and popularized after the war. At that time, people opted for the cleaner and more manageable installation of a dry heat sauna.

Far infrared saunas were first introduced in the mid-1950's by Japanese physicians experimenting with far infrared light as a treatment for a multitude of maladies. It has taken nearly 70 years for the far infrared sauna to grab a foothold in the sauna industry. It's popularity in the last few

decades is due to its well documented [health benefits](#) and detoxification properties and its use in a hospital setting to treat diseases such as cancer, diabetes, cardiovascular health and Lyme parasite. Its very much a “word-of-mouth” business. As individuals start experiencing the measurable health benefits they can’t help but tell their friends to see if it can help them. I cannot tell you how many customers tell us about their friend’s new sauna and how they tried it and must have one.

Near-infrared saunas are the most recent sauna invention of the millennium. Touted as having some of the benefits associated with far infrared. Near-infrared light is absorbed at the skin level and will cause the surface skin temperature to increase moderately. In these style saunas, you are getting the dry heat temperatures of the old traditional hot rock saunas and a cellular charging that warms the surface of the skin. You will sweat in this sauna, but because it does not induce a low-grade fever it won’t have the same effectiveness found in far infrared saunas.



Traditional Finnish wood sauna

Saunas without a doubt have become increasingly popular around the world in the 21st century. In 1988, Germany reached 400,000 private saunas, an increase from 12,000 private saunas in 1970. By 1997, the number climbed to one million.

Finland is the only nation in the world with more saunas than cars.

Traditional Home Saunas

Sauna has been used in America for centuries by Native Americans. In the 1830’s many Russians and Finns colonized Alaska bringing the sauna. The practice made its way quickly throughout the Alaskan Native community.

In 1638, the Continental United States, the earliest saunas were Swedish bastus in the colony New Sweden around the Delaware River. New Sweden was centered at Fort Christina, now Wilmington, Delaware, and included parts of the present-day states of Delaware, New Jersey, and Pennsylvania. The Swedish Governor at the time had a bathhouse on Tinicum Island.



Swedish barrel sauna

Today traditional sauna culture enjoys its most significant popularity in the Lake Superior Region, specifically the Upper Peninsula of Michigan, especially the Keweenaw Peninsula, and parts of Minnesota, Wisconsin, and Iowa, which are home to large populations of Swedish and mainly Finnish Americans. Duluth, Minnesota, at its peak, had as many as 14 public saunas. Indeed, among Finnish farms in *Great Lakes Sauna Country*, the cultural geographer Matti Kaups, found that 90% had sauna structures-more than the farms in Finland.

Today most traditional [home saunas](#) use an electric sauna heater as it allows the choice of a dry or wet sauna. Traditional dry and wet saunas are the most well-known style still predominantly used in the United States, but fewer are being built each year due to the change in sauna technology. Over the centuries this type of sauna is known for its healing and detoxification properties, however, with the advent of far infrared the healing benefits of sauna have broadened and can be experienced more rapidly with a longer lasting health impact with the use of far infrared.

THE GENESIS OF NEAR-INFRARED SAUNAS OR RED LIGHT THERAPY IN AMERICA

Near-infrared is all around us today. We use it to control our tv or mouse remotely. The astronomer Sir William Herschel is credited with the discovery of infrared in 1800. He made an instrument called a spectrometer to measure the magnitude of radiant power at different wavelengths.

Not until the 1950's did near-infrared make its debut in its first industrial application for optical devices. In the 1980's, Near-infrared was focused more on chemical analysis and later became a powerful scientific research tool. Traditionally, it was used in scientific laboratories and medical instruments for calibration,

diagnostics, agriculture, food and production of pharmaceutical compounds. It wasn't until the first decade of the new millennium that near-infrared made its way into a sauna. Near-infrared light is closest in wavelength to visible light and is the size of cells. As the light penetrates the skin, it acts upon the water molecules of the cell for normalized cellular pH.

Near-infrared, in the form of a laser, has been studied only in the last decade, specifically for wound healing. There is also some evidence that it has a rejuvenation effect on the skin. There are currently no published studies of the use of near-infrared or red-light therapy in a sauna application.

A near-infrared sauna on the market today looks like a tent enclosure with a wooden stool and 4 to 5 red, near-infrared light bulbs. These bulbs can reach temperatures of up to 400 degrees so in a sauna environment you will experience some convection heat like with a traditional sauna. The near-infrared light will produce a warming of the skin as it works on the water molecules and encourages the cell to regenerate. There are no indications or studies to support that the benefits of near-infrared go beyond skin deep.



Infrared light bulb



Near-infrared sauna tent



THE GENESIS OF FAR INFRARED SAUNAS IN AMERICA

As far infrared sauna studies and technology trickled around the world in the 1970's the home far infrared sauna made its way silently into the American marketplace. Around the mid-1970's the first consumer-grade far infrared sauna occupied a tiny slice of the now multi-billion-dollar detoxification industry. Here, infrared saunas were largely ignored and only bragged about by their owners. They used a dangerous ceramic tube heater technology to produce far infrared light. These heaters posed a safety hazard, as the heating and cooling of the ceramic material would develop fine lines and cracks that could turn into cherry red charcoals.

Only in the last ten years have the new, safer, Carbon Technology become available which has revolutionized the entire sauna industry. You will find that traditional sauna manufacturers now offer a line of the carbon far infrared saunas due to the rapid growth in demand for this technology.

The industry has come a long way over the course of the last 40 years mainly by "word-of-mouth." The benefits of far infrared light can now be found everywhere on the web, and in the last ten years, the industry has grown 38%. As demand in these saunas has increased, the price of this technology has become safer and less expensive, making far infrared sauna ownership affordable, with more design flexibility that allows for a sauna to be placed anywhere in your home. In such a rapidly growing industry its crucial that our manufacturing facilities do not substitute quality for quantity. At Celebration Saunas, our partners own three manufacturing facilities, making us the largest infrared sauna manufacturer and importer in the country. We have control over every part of the

“ ... between 2005 and 2015 far infrared sauna sales exploded from 6% to 33% of the sauna market share in America”.

manufacturing process. We import 12,000 saunas each year and keep an inventory of 4,000 saunas at any one time.

All saunas traditional and new are all quite durable structures. In history, the wood box or room has outlived many heaters over the course of its lifetime. The oldest public sauna still in use in Finland is the Rajaportin Sauna, a smoke sauna dating back to 1906 and is in the southern city of Tampere. No matter which type of sauna you choose you can rest assured it's going to last a long time.

Traditional Home Saunas

Traditional saunas are typically made from fragrant cedar wood that has natural properties to thwart mold and bacteria due to the nature of the moist environment combined with dirty skin cells. Saunas are relatively sanitary and won't require the same type of cleaning needed in other moist areas of your home. The most important tool to keep your traditional home sauna sanitary is to use plenty of towels under your seating area, behind your back and under your feet to soak up any sweat or water that condenses on your skin. Be sure to remove all wet towels at the end of your session and keep the door propped open so the sauna can adequately dry.



Traditional cedar wood sauna

PROPER MAINTENANCE OF A TRADITIONAL SAUNA WILL PREVENT BACTERIA AND MOLD FROM GROWING

- The most effective way of maintaining your traditional sauna is to keep a hand brush and sauna bucket filled with water to scrub away any debris or sweat from developing into a stain. This will keep your sauna clean and sanitary for years of use.
- Vacuum or sweep your sauna often to remove loose dirt.
- On occasion, you may want to use a wet mop with the water and vinegar solution to clean the floor of your sauna.

TO REMOVE SWEAT STAINS AND DIRT FROM GENERAL WEAR YOU CAN

- Use a diluted hydrogen peroxide or vinegar and water to lift and wipe away dirt, water and sweat after each session. (Never use any chemicals to clean your sauna. Chemicals absorbed by the wood are toxic and can outgas and cause health problems).

- For a more in-depth cleaning, you can use a fine grit sandpaper to remove stains. Never use paint, oil or chemicals to treat the wood on the interior of the sauna.
- If your sauna has a drain, you can wash the interior of the sauna with a low-pressure wash but be sure to wipe away any excess water so as not to damage the soft wood. Finally, run the heater until the sauna is dry.

CARE AND MAINTENANCE OF ROCKS AND STONES.

- If your heater uses stones, they also will need to be washed monthly. Never clean hot rocks.
- Soak your rocks in the recommended sauna cleaning solution about once a month and replace any broken or cracked stones immediately. Before turning on the heater, be sure to allow the stones to air dry completely.
- Over time limescale and water spots can accumulate on the sauna heater and can be removed with a brush. You can expect to replace this heater every five to seven years, but they are known to last as long as nine years, depending on usage.



BUCKET AND LADLE

- If you keep water in a bucket to ladle or pour over rock, make sure the water does not sit for more than 24 hours.
- After each sauna, pour the water out, clean and dry the bucket.

ADDITIONAL TIPS

- Once your sauna is clean you will need to prop the duckboards off the floor and leave the sauna door open, so the sauna can be aired out thoroughly.
- In a commercial setting, the interior sauna paneling should be replaced every five to seven years.
- To maintain the exterior of a traditional sauna, some people will stain the exterior of the sauna although this is not required as the exterior wood can be maintained with a low-pressure wash. Never apply paint or varnish to the exterior of a sauna.

Near-Infrared and Portable Sauna Tents

Near-infrared sauna tents can be made yourself from a variety of materials, or they can be purchased as a kit using a canvas material that can be washed. Other than changing the light-bulbs there is not much maintenance to this type of sauna.

Infrared portable sauna kits can be made from toxic materials that can outgas possibly negating the detoxification properties you are likely looking for. These types of saunas do need to be wiped down after every use and should come with an oxygen ionizer to eliminate mold, bacteria and odors that will accumulate over time. You can expect to replace near-infrared bulbs once each year depending on your usage and portable saunas typically last one year with regular usage before needing replacement.

Far Infrared Home Sauna

The easiest way to keep your sauna clean and looking new is to **put towels down on the bench**. Think two or three towels to soak up the tremendous amount of sweat you will produce in this sauna. Also, **use a towel to wipe away sweat** from your body. This will not only allow you to get more benefits from your sauna as it will encourage your body to sweat more it will also help in keeping your sauna clean.

Put a towel over the floor heater to catch any dirt that may be on your feet and to avoid sweat stains. **Remove all moist or wet towels when finished** with your sauna session to prevent any moisture from building up.

At [Celebration Saunas](#) we do offer custom sauna cushions made with Sunbrella marine grade canvas to enhance your overall sauna experience and protect your bench from sweat stains. Our commercial saunas also have the option for a protective floor mat ideal for high traffic usage.



Vacuum or sweep your sauna often to remove loose dirt.

SWEAT STAINS AND DIRT REMOVAL FROM GENERAL WEAR

Use a mild solution vinegar and water to lift and wipe away dirt. It's a good idea to keep a spray bottle of this nearby for a quick session clean up to wipe away debris and sweat from your sauna session. *(Never use any chemicals to clean your sauna. Chemicals absorbed by the wood are toxic and can outgas and cause health problems.)*

- Do not use too much water on your cloth/ sponge or allow water to sit on the wood surface as the wood can turn dark.
- Never hose down the interior or exterior of an infrared sauna.
- For deeper cleaning, you can use a fine grit sandpaper to remove stains.

FAR INFRARED SAUNA EXTERIOR MAINTENANCE

- Most infrared home saunas are made for indoor use and can be periodically dusted.
- Although not required you can apply Tung oil to the exterior of the sauna to keep the wood soft and supple and looking beautiful over time.

CLEANING DEVICE

All infrared saunas should come with an oxygen ionizer to keep your sauna free from viruses, mold, bacteria and odors that can develop over time. It's a good idea to allow your oxygen ionizer to run for 30 minutes after each session to keep your sauna sanitary, fresh-smelling and enjoyable for the years to come.

Keeping your far infrared sauna clean and sanitary is a truly an easy and small commitment when compared to a traditional steam sauna or hot rock sauna or other recreational bathing like hot tubs that don't offer the same health benefits and enjoyment unique to far infrared saunas.

The most important precaution you must follow, which I have previously said before, but it bears repeating, ***never use any chemicals, oils, paints, or varnish or anything that can outgas harmful toxins into the sauna environment.*** It will ruin your sauna and your experience and could make you sick. If you purchase a sauna cleaner from any company, make sure you get a MATERIAL SAFETY DATA SHEET of the chemicals used to verify its toxicity. *(I have not found any sauna cleaning solutions on the market that do not use some sort of toxic chemical.)*

“... infrared sauna owners rave about how little maintenance is required.”

SAUNA CLEANING SOLUTION RECIPE

Vinegar Surface Cleaner

- 1 cup water
- 1 cup white distilled vinegar
- 3 TBS of lemon juice (optional)
- 15 drops lavender essential oil or tea tree oil (melaleuca oil)

Instructions:

Pour all the ingredients into a 16oz. spray bottle (use a funnel, if needed). Gently shake the cleaner. This cleaner will need to be stored in the fridge between uses due to the lemon juice.

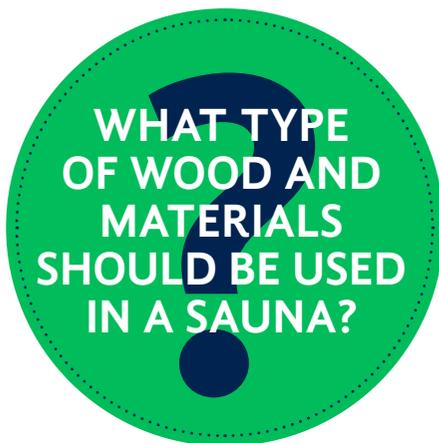
To Use:

Gently shake the spray bottle before spraying the cleaner on the sauna wood.

Spray the cleaner and wipe off the sauna wood with a damp cloth.



When you introduce water into a product without a preservative you always run the risk of introducing bacteria, so use water-based products quickly.



Traditional Saunas

The traditional sauna is known for its fragrant natural raw cedar wood. Cedar is the ideal wood for the traditional sauna as its fragrance is a natural deterrent of mold, bacteria, bugs and rodents. Cedar wood is a strong and durable wood that holds up to the harsh outdoor elements and the moisture inside the sauna. If maintained properly, the cedar wood of your sauna should last an average of seven to ten years. Cedar wood does have some disadvantages. For example, it is an expensive wood and its same desirable fragrance that is ideal for keeping rodents away can also be sensitizing to the human body and cause an allergic reaction over time.

Near-infrared and Portable Saunas

The most important aspect of purchasing a kit or building your own near-infrared sauna is to choose all non-toxic materials. If you are only building a board with lights, be sure to use a solid kiln-dried wood to limit the introduction of toxins into the sauna environment.

At Celebration Saunas, we do not recommend a portable far infrared sauna due to the toxicity of the fabric materials and foam used in these saunas. The introduction of these toxic gases into the sauna will significantly limit the detoxification benefits attributed to far infrared.

Far Infrared Saunas

The primary function of a far infrared sauna is detoxification so all the materials that are put into a far infrared sauna are carefully considered for their toxicity. For example, a commercial grade or hospital grade far infrared sauna should be constructed of kiln-dried, hemlock wood due to its hypoallergenic properties, crushing strength and cost. Hemlock is the most prevalent wood in North America and is used in building everything in the United States. It is also important to

use all non-toxic wood glues and stains in the construction of any sauna, and you should request documentation of the toxicity of these materials before making your purchase.

Since the early 2000's the infrared sauna industry has grown 38% and are expanding each year. The unique health benefits of far infrared are increasingly in demand, rapidly replacing its traditional and hot rock sauna counterparts.

Celebration Saunas entered the industry in 2014 and partnered with the largest US-based far infrared sauna manufacturer, importing more than 12,000 saunas each year and carrying inventory over 4,000 saunas at any one time. Owning the manufacturing facilities gives us control over every part of the manufacturing process—from wood and component procurement to the quality control of the assembly line. That allows Celebration Saunas the unique distinction as the only company who offers a full lifetime warranty! We pay for sauna replacement parts like heaters and electronic components, everything that makes your sauna a working sauna, and will ship them free of charge to the original purchaser in a home setting for as long as it is owned by the original purchaser. Replacement heating component parts include biophoton nano-carbon heater panels, control panels, thermostat sending unit, CPU, terminal blocks and relays, wiring harness and light bulbs.





On the whole, saunas are enjoyable. The time to ourselves the relaxation benefits and overall feeling of well-being can be experienced when applying heat to the body. However, in a traditional sauna, many people experience a burning sensation in their soft tissues like eyes and throat which can limit the time they spend in a steam or hot rock sauna. This is not something that you will experience in a far infrared sauna. This significant difference can be explained with science and the difference between convection heat used in a traditional steam or hot rock sauna and the radiant heat found in the far infrared sauna.

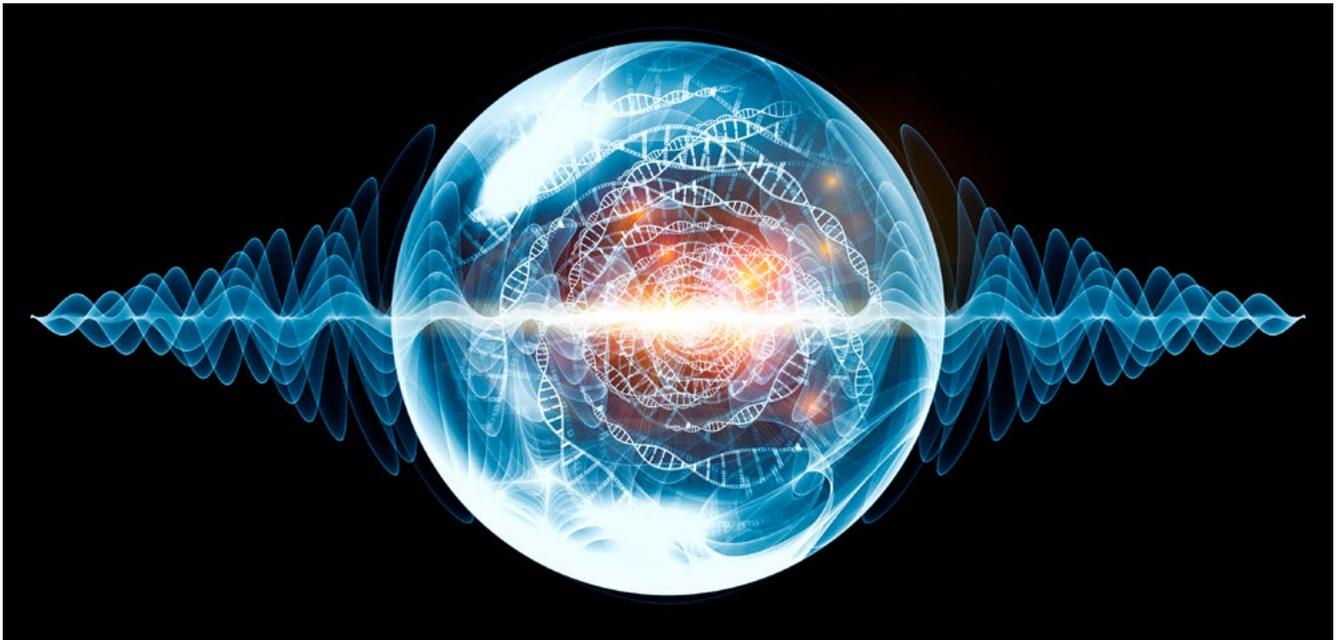
Radiant Heat vs. Convection Heat

The principle difference between a far infrared sauna and its predecessors is its use of radiant heat vs. convection heat. The traditional steam and dry heat saunas use convection heat, meaning that we heat the air and then heat the body. This type of heat only penetrates the body about 3mm deep and your sweat only contains 3% toxins released from the body.

You are familiar with convection heat in your oven and if you find it difficult to sit in a steam or dry heat saunas as they reach temperatures near 200 degrees remember you can make a mean dinner roast at about 200 degrees in your convection oven.

People who have stayed in this convection environment too long have died. There are many health benefits related to sweating otherwise people wouldn't be doing this for thousands of years, but today there is a better, safer way to sweat with profound health benefits just not found in a convection heated sauna.

Introducing Far infrared sauna technology that produces radiant heat. Radiant heat, heats a molecule directly. In a properly calibrated far infrared heater of 9.4 microns, the light will act



directly on your cells exciting them with vibration and energy to more efficiently carry out cellular functioning to an optimal level of homeostasis. In fact, a bandwidth of 9.4 microns of far infrared light is the exact output of far infrared light the human body produces in the form of body heat. Far infrared light emissions measured at 9.4 microns are called biophotons.

“ *Biophotons hold the keys to the quality of life of all living beings* “

Dr. Alim EL-BEY,
QUANTUM PHYSICIST

When purchasing a far infrared sauna you want to be sure a company can document how often the far infrared light is at exactly 9.4 microns or if the far infrared heater emits biophotons. You are looking for a company with biophoton emissions with a number of 85% or greater.

Far infrared biophotons confirmed by Dr. Fritz-Albert Popp are the particles of light, with no mass, that transmit information within and between cells. His work shows that DNA in living cells store and release photons, creating biophoton emissions.

These biophoton emissions are released in the form of far infrared light and are the power source of our cells. When we are in optimal health, we emit more light and in poorer health, we emit less light. The infrared light produced from our far infrared sauna heater technology and in your own body is the mechanism for cellular communication and healing. The application of biophoton infrared charges the body like a battery at the cellular level to speed up metabolic processes

for detoxification and healing. Celebration Saunas BioPhoton infrared technology is the most efficient means for infrared absorption into the human body with 87% emission of 9.4 microns of biophoton far infrared.



The application of biophoton far infrared light to the human body has an astounding number of health benefits. Doctors and hospitals around the country are using far infrared sauna to treat chronic conditions such as high cholesterol and cardiovascular health. Lyme disease specialists across the country are using far infrared sauna to kill Lyme parasite antibiotics can't reach. Cancer centers are treating patients with far infrared to detox residual toxic materials traditional cancer treatments leave behind. They are also able to

measure how fast a tumor can shrink and die off when far infrared light is applied to cancer cells with heat shock proteins of 70 or less. Obesity specialists have enlisted the aid of far infrared sauna to eliminate environmental toxins from the subcutaneous fat layer of our skin and the associated inflammation a root cause of obesity.

There are more health advantages of far infrared than we can go over in this guide but for the rest of us we experience pain relief, improved mood, better sleep, more energy, an increased appetite for healthy foods, weight loss, or weight gain depending on your body's mechanism to eliminate environmental toxins, improved immunity during cold and flu season and maybe the most important benefit for my brothers and sisters over forty, are the rejuvenation effects of your skin. Your skin will feel amazingly soft and clean and will appear younger as the primary cause of wrinkling and fine lines are the dead skin cells that accumulate in our common facial expression areas.



... BETWEEN OWNING FAR INFRARED SAUNA VS. STEAM OR HOT ROCK SAUNA VS. A PORTABLE SAUNA OR NEAR-INFRARED SAUNA?

Below is a chart comparing the cost to own each type of sauna.

10 Year Sauna Cost Projection				
Associated Cost of Ownership	Far Infrared Sauna 2-6 Person Size	Traditional Steam /Hot Rock Custom	Portable 1 Person Size	Near Infrared 1 Person Size
Initial Cost	\$1495- \$5595	\$7140	\$300 - \$800	\$1250 - \$5000
Replacement parts	n/a	\$1500 - \$3200 + \$600 (heater+rocks+1 replacements) x10 years	\$1500	\$1100
Installation	\$0-\$700 (Add \$500 for 120v/20amp dedicated circuit for 3-person saunas or larger)	\$700-\$1500 (Add \$500+1,000 for required dedicated circuit)	n/a	n/a
Accessories	\$0-\$800 (seat cushion, not req.)	\$0-\$1175	n/a	\$500
Electricity Usage for 10 Years	\$11- \$27/ mth 1450w -4225w	\$25 - \$60/mth 3000w-9000w	\$10/ mth 1000w	\$10 1050w
Warranty	Forever/ Lifetime Guarantee	5 to 6 years Limited Lifetime	1-year warranty	3 years
10 Year Cost of ownership	\$2800 to \$9600 Includes electricity for 10 years	Up to \$20000 Includes electricity for 10 years	Up to \$3500 Includes electricity for 10 years	Up to \$7800 Includes electricity for 10 years

As you can see, there is a substantial difference in the cost to own each type of sauna. Therefore, we teach that the initial price of a sauna isn't the only factor to consider when shopping for a sauna. ***The lifetime cost of ownership is equally important.***

Case in point, the lower initial price of a portable sauna may be very appealing during the buying process, but coughing up an extra \$3,500 every ten years has a huge ouch factor when you can have a larger more comfortable sauna that will last the rest of your life for a fraction of the cost while really giving you the long-term health benefits you are looking for.

You'll also notice that, in addition to the cost of installation, some replacement parts and maintenance of some saunas can cost as much as a new far infrared sauna.





Steam and Hot Rock Saunas

As mentioned earlier, the process of installing a traditional sauna hasn't changed much, if any since the 1950's. The average time frame to complete most traditional custom sauna projects is two to four weeks, primarily because the process requires a ton of on-site labor. A custom, traditional steam sauna, the air thick with steam or hot, dry heat with its fragrant cedar wood is awesome, but they do not afford a speedy installation or the health benefits unique to far infrared sauna kits.

Near-infrared Saunas

The process of installing a near-infrared sauna has changed very little over the past ten years, and because it is relatively simple compared to that of a steam or hot rock sauna, they take much less time to complete.

Installing a near-infrared sauna consists of assembling a frame, installing a not toxic canvas cover, mounting a near-infrared light board and placing the seat. From there, you can begin using your sauna. You can buy this set up for \$3000, but you can do the same thing at your local home "Do-It-Yourself" store for a few hundred dollars. In most cases, the entire near-infrared sauna set up takes a few hours to complete.

Far Infrared Saunas

Has the process of delivering far infrared light changed over the years? Absolutely, and I'm excited to share that with you. But first, let's get an understanding of the basic process of assembly, which consists of laying down your pre-built floor, erecting the front walls, the two side walls, the back wall, then placing the roof to complete the room. Make three power connections on the roof and three power connections under the bench, plug in your sauna and voila, you're ready to take

your first sauna bath. Some companies will require that you install the electronic components separately adding some difficulty to installation but in most cases like at CelebrationSaunas.com, Inc. you will find everything pre-installed. It's a good idea to look at the assembly manual of the sauna you want to purchase to make sure you won't be installing all the heaters, glass door or other electronic components as part of the installation. Regarding time frame, an average far infrared sauna installation only takes one to three hours to complete depending on the size sauna you choose. Delivery of your sauna will take one to three weeks for door-to-door delivery depending on your location.

A BRIEF HISTORY OF FAR INFRARED SAUNA INSTALLATIONS

The first far infrared saunas were not as precisely built as the modern saunas of today. The first infrared sauna was launched by Dr. John Harvey Kellogg and Dr. Kate Lindsey of Battle Creek, Michigan in the late 1880s. Dr. Kellogg was a prolific scientist and inventor, always searching for ways to improve people's health. Dr. Kate Lindsay recognized the value of radiant heat as she suffered from severe asthma, and in one of these attacks, she improvised a means by which she could use an electric-light bulb in such a way that she might benefit from the heat which it gave off. She received such benefit from this simple experiment. Attending physician, Dr. J. H. Kellogg's, immediately had the idea to invent what would become the electric light bath. Kellogg's invention was introduced at the 1893 Chicago World's Fair which Kellogg "represented an effective substitute for sunlight." Kellogg's electric light bath was a rectangular cabinet with 40 lamps of 20-candle power, and interior reflectors. Although the World's fair aroused little interest, his teacher and colleague Dr. Wilhelm Winternitz had established a successful a hydrotherapy clinic in Europe where he first introduced Kellogg's design. The electric light bath was installed in the royal palaces of Great Britain, Germany, and Sweden and it is reported that King Edward of England was cured of gout through a series of light baths.



Electric Light Bath, invented by Dr. J.H. Kellogg and Dr. Kate Lindsey

Today, there only a few different types of assemblies in the far infrared sauna marketplace. Buckles, locking system, magnetic systems, bolt and anchor systems. Any of these sauna assembly systems will sufficiently hold your sauna together. None will fall apart as many buyers guides will warn. They each have their benefits and drawbacks.

Buckle assembly is often chosen for its simplicity. Without tools you will secure the walls with floor guides and line up the walls, buckles will pull your saunas together and will give you a square fit that won't have any stain lines or raw wood visible on the exterior associated with a bolt assembly. Your sauna will allow for a perfect assembly, every time without tools. Some critique the aesthetics of the buckles others like the character. One thing is for sure the buckle assembly is the easiest to both build and breakdown.

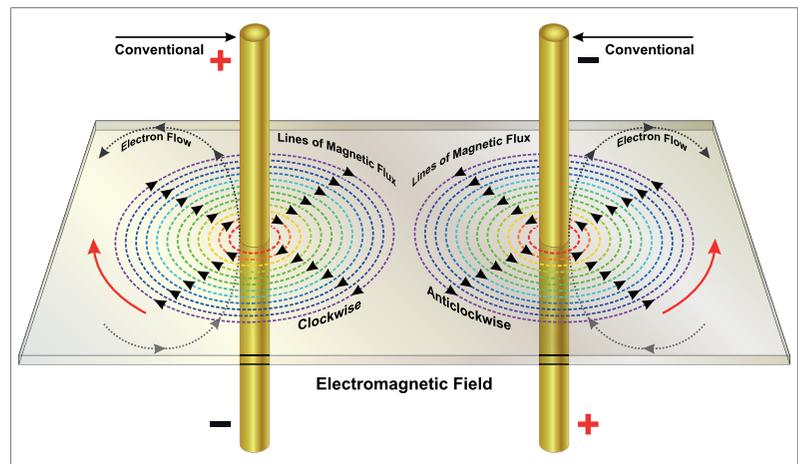
The locking assembly system uses a sliding male and female guides between the interior and exterior walls. Like other locking assemblies, sauna walls easily click into place leaving a seamless and perfectly aligned fit. Locking assemblies also do not require tools and typically incorporate a buckle system at the rear of the sauna to create a more sturdy and aligned structure. The locking assembly allows for a clean, sleek look, so hardware appears invisible. Celebration Saunas uses both the buckle assembly and the locking assembly in all our sauna models.

MAGNETIC ASSEMBLY SYSTEMS

Celebration Saunas does not use or recommend this assembly because the strong magnets can interfere with the output of Pacemakers and Defibrillators. The risk is simply too high. Many people who purchase a sauna are looking to improve their heart health. If you are predisposed to a heart condition or have had a valve replaced or a pacemaker or defibrillator put in, steer clear of this assembly as it can interfere with the functioning of these devices. Your sauna should last a lifetime, so choose the sauna that you will be able to use, be comfortable in and love looking at for the rest of your life.

BOLT AND ANCHOR ASSEMBLY SYSTEMS

This is the only assembly system that requires tools. The bolt and anchor system require that each screw on each wall must have equal pressure for the sauna to align properly. Like most saunas, the assembly takes minutes whereas these screws take forever to be properly aligned. I ended up circling the sauna to loosen and tighten screws for a perfect fit to eliminate stain lines inside the cabinet and raw wood that was visible on the exterior caused by cabinet misalignment. On my trip to each individual screw, I ended up scratching the wood a bit on the outside of the screw.



From the time we all started using cell phones, EMF has been a controversial topic as to the biological effects of EMF on the body. It is easy to understand the confusion and the controversy as there are two types of EMF. Ionizing and Non-Ionizing.

Electromagnetic Fields (EMF) make up our universe. Everything in the universe is bound by a positive and negative charge. Bandwidths of these energy waves either can ionize DNA or not. Non-ionizing EMF is safe as it does not have the capacity to change DNA.

EMF is everywhere around us. The electrical appliances we use, our computers, the wireless modems we find so convenient for accessing the Internet, our cordless phones, the clock radios beside our beds, our hair dryers, cell phones and even the wiring throughout the walls of our homes are constantly producing EMFs at much higher levels than what you will find in and infrared sauna.

We know that ELF or extremely low EMF only found near high-voltage power lines are ionizing and do have the ability to cause changes in DNA. It is not uncommon to find tracks of people in these areas exhibiting high emf exposure symptom from depression to cancer. ELF (extremely Low Frequency) EMF is not found in an infrared sauna. A sunburn is another example of an ionizing EMF radiation burn that we know can cause DNA changes.

The EMF in an infrared sauna is Non-Ionizing and does not have the ability to change DNA. Extensive research over the past 20 years have concluded that there is not strong evidence to support non-ionizing EMF exposure poses a health risk. Although the current scientific evidence provides no definitive answers regarding EMF, there is enough uncertainty that some people want to reduce their exposure to all EMFs.

WHY ARE LOW EMF AND LOW ELF INFRARED SAUNAS IMPORTANT?

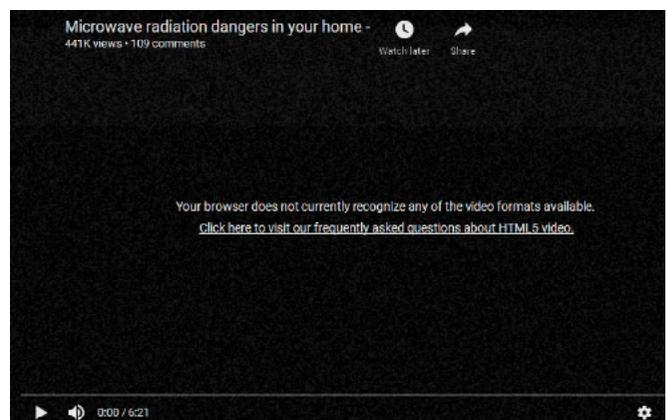
As the largest infrared sauna manufacturer and importer of infrared saunas, your health and safety are our number one priority. There is a reason we sell 12,000 saunas each year! We have the highest quality standards at the most affordable prices and an enviable customer service experience.

All Celebration Saunas are constructed with the newest biophoton nano-carbon infrared sauna technology and to make our saunas safe we reduce EMF levels using proper gauge wiring with heavy duty insulation, EMF shielding and steel enclosed electrical components. At Celebration Saunas, we use an opposing EMF layer to the backside of the heater to negate EMF coming off the front. Our home saunas emit 10mG at the heater and 2mG at the bench. Our commercial hospital grade saunas emit 1.6mG at the heater and 0.3mG at the bench.

The mistake of new sauna importers is using cheap wiring configurations; that are not shielded and poorly insulated, as well as, thin gauge wires not designed to hold up to the electrical load the sauna will require. Light gauge wiring with thin insulation does not hold up well over time and you can expect to replace components that are overloaded. These new importers can also make the mistake of having an unenclosed central processing unit, power converters, junction blocks and circuit board relays. Excess heat from unenclosed electrical components can dry out the wood. Open electronic components and a wood box quite frankly equals fire hazard.

Approximately 3% of the population are EMF sensitive and can experience memory loss, depression, loss of energy, irritability, inability to concentrate, weakened immune system, chronic fatigue, and headaches. If this is you, it would be important to opt for a commercial/ medical grade sauna that has the ultra-low or near zero EMF heaters.

Please take a few minutes to find out more about the dangers of EMF radiation in your home in this six-minute video presented by Dr. Magda Havas, a leading environmental researcher at Trent University, Ontario.





SAUNA HEATER CHOICES FOR ALL KINDS OF SAUNAS

So, you're interested in buying a sauna, but you don't know what direction to go in. Consider your health, your space and your needs. Are your primary reasons for a sauna the health benefits? Then far infrared sauna is going to provide greater health results than its sauna counterparts. How many people will be using your sauna? Do you have a small space? A small space may not allow for a traditional sauna where a DIY prebuilt dry sauna kit could be your answer. You may need something portable that can be put up and taken down with each use. Do you have a large space? You may require a custom sauna. How about steam? You know buying a sauna is a big purchase so it's important to know the best type of sauna and heater that is right for your application.

Traditional Saunas

Traditional saunas are the most common type of sauna that most of us associate with the word "sauna" Traditional saunas typically operate at higher temperatures (185-200F) and the humidity ranges between 12% (dry) to 30-40% when water is used on the rocks. Traditional saunas use conduction, convection and radiant heating. Steam saunas can take up to one hour to heat up. These saunas can be powered by electricity, gas, or wood. Of the three types, the efficiency of electric sauna is the cleanest and easiest one to maintain.

- *The electric sauna heater uses electric powered Teflon coated heating elements to heat up sauna rocks. (The Teflon keeps the machine looking new but can outgas some nasty toxins). As the sauna rocks heat up, they produce convection heat to warm the sauna. Some*



Electric sauna heater with rocks

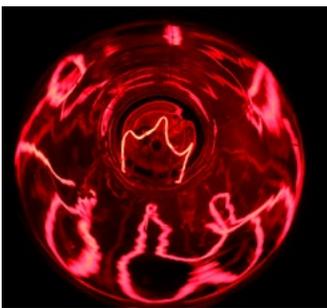
electric sauna heaters come equipped with a steam boiler tank that operates simultaneously. Traditional electric sauna heaters are built with steel and feature heat sensors to the sauna heater from overheating. Most electric sauna heaters require a 220V to 240V outlet. The higher the voltage, the faster the warm-up time. Be sure to budget for any electrical wiring that your sauna will require.

- **A gas sauna heater is GREAT** for outdoor sauna rooms or sauna rooms with an exterior wall as venting is required. Also, the gas heater can be the solution if your electrical service panel is maxed out.
- **Wood burning sauna heaters** –Wood burning wood fired sauna stove heaters are the truest traditional sauna experience. Using wood in place of electricity the system heats up rocks and warms quickly. This style sauna will require more maintenance and cleaning and you will need to be sure to burn wood that does not outgas, so as not to expose yourself to harmful toxins.

You can expect your traditional sauna to take up to 30-minutes to one hour to achieve the desired temperature. A traditional sauna will take more maintenance and can be more difficult to endure for some individuals with chronic conditions such as cardiovascular health.

The warmth and humidity does help relieve symptoms of some respiratory conditions, has pain relief and relaxation properties in addition to detoxification and weight loss. However, these benefits pale in comparison to their far infrared sauna counterpart. Traditional sauna heaters range in price from \$400 to \$2200 not including the cost to build your sauna room.

Near-infrared Sauna Heat Lamp or Red Light Therapy Bulb



In the last decade, there has been a controversial discussion as to the health benefits of far infrared vs. near-infrared. Far infrared has more published studies dating back to the 1800's than the few studies using near-infrared in the last decade. There are some studies of near-infrared light used in the form of a laser that does appear to promote wound healing, while other studies indicate that near-infrared in large doses can, in fact, harm the skin.

Due to the body's natural ability to reflect near-infrared light to avoid damage, it will not cause deep heating that is found in the comfort heating of a far infrared sauna. But, because of the high energy, transmission and low absorption rate, near-infrared is not effectively absorbed by the skin and body and can damage the skin. Under medical applications, it is used with strict controls.

“near-infrared” emitters are typically quartz with a reflector to concentrate the heat in a particular direction. Near-infrared bulbs are rated 250W and its bulbs must be replaced every one to two years. The bulbs are designed to provide an intense level of near-infrared in a light bulb form. Getting too close to the bulb risks thermal burns. If exposure is too long aging effects such as “bakers arms” and “glass-blowers face.” Eye damage can also result from long-term exposure.

Portable Saunas

Portable saunas are a short-term investment for people who frequently travel and have already made infrared sauna part of their health regimen. These saunas are extremely portable and are often offered for \$150 to \$800 depending on the quality. You cannot purchase replacement heaters or components for these saunas and rarely do they have a warranty more than a year. They all use an older far infrared carbon technology that emits the entire bandwidth of far infrared light between 5 and 15 microns whereas, your body reflects all but 9.4 microns.

Many of these sauna heaters lack the opposing EMF heater layer and lack the EMF shielding that contributes to their high EMF fields. Although you can experience some benefit from these saunas it is important to consider the materials they are made from and the toxins these saunas can outgas. Plastics, foam, polyester can all outgas when heat is applied. Many of these types of saunas do produce high EMF levels that are over 100mG in some areas. Due to the proximity of the heaters and electronic components to your body, you may consider purchasing a sauna with lower EMF readings.

Most of these units come with a small portable chair to sit with your head and hands out of the sauna. We lose a lot of heat from the top of our head, so your body can cool itself using the air temperature around it is limiting the promotion of sweat production which is the whole point of using a sauna.

The Three Types of Far Infrared Sauna Heaters

There are a multitude of different types of far infrared heaters for a multitude of applications. Infrared heaters consist mainly of passing a current through a material like ceramic or carbon, so the material is energized to radiate invisible far infrared light. Obviously, in a sauna, we want to look for the heater that most closely matches the human body’s output of far infrared. We produce our own far infrared light, in the form of body heat, at exactly 9.4 microns. Makes sense that your body would have zero resistance to body heat, so you want to look for a heater that

most closely matches the body. You want a heater that emits 9.4 microns of far infrared light 85% of the time or better. Understanding each sauna heater technology will make your sauna heater decision easier.

So, what are the different types of heaters used to create far infrared light? The three main types of infrared sauna heaters are **ceramic, steel incoloy and carbon.**

CERAMIC INFRARED SAUNA HEATERS.

Ceramic infrared sauna heaters were the first mainstream heater for sauna application as you may recall in the 1950's. This is the only infrared sauna technology that we had for more than fifty years. Ceramic infrared sauna heaters are long skinny tubes that when we pass a current through the ceramic compounds of the sauna heaters, they begin generating intense heat.

Ceramic material is a powerful energy conductor that allows ceramic materials to absorb and radiate infrared better than any other material. Ceramic sauna heaters are made in two ways one is similar to light bulbs in shape and emits light at 360 degrees around the bulb. Sauna companies using these heaters place reflective metal trays behind these heaters to bounce light back into the sauna room and Metal Face Plates designed to protect the sauna user blocks infrared transmission. These ceramic heaters can contain cement and asbestos. The other type of ceramic heater has a high glass content that uses concave ceramic heaters that can spread infrared heat waves in a 180° pattern. These ceramic heaters emit a bandwidth of far infrared light between 5 to 15 microns equally and can have surface temperatures between 350 and 400 °F. EMF levels in these saunas are high due to lack of EMF shielding a non-cancelling wire and non-insulating metal surface.

A significant problem with a ceramic heater in a sauna environment is that the heater gets too hot and can cause a blistering burn if you get too close. As these heaters age, they can develop fine lines and cracks that can turn into cherry red charcoals an obvious fire hazard if they are not replaced in a timely manner anywhere between two years and five years. These cherry red charcoals that develop on ceramic emitters get so hot that they have scorched the backrests of saunas. Unfortunately, technology has not developed a safety shutoff sensor to alert users of defects in the ceramic. The amount of heat coming from the ceramic heater creates a convection environment causing stress on the body limiting your desired health benefits and sweat



Sauna with ceramic infrared heater

production. Being too hot in the sauna will limit your comfort and time spent in the sauna. The far infrared light bandwidth of ceramic heaters is so broad it will limit the health benefits you get from each sauna session.

THE NEXT TYPE OF HEATER YOU MAY SEE IS THE STEEL/INCOLOY ROD HEATERS.

Similar to ceramic heaters in design. Steel Incoloy rod heaters are the least expensive heater at the manufacturing level. These are commonly made from incoloy, steel and silica sand that tends to short out screw thread inserts that join the current to the heater. These heaters get extremely hot and always have reflector trays to bounce light into the room and to protect surrounding surfaces from a potential fire hazard. The downfall with this emitter is the high heat shortens the far infrared wave well below 5 microns. These infrared heaters are used in many commercial applications such as curing paint, commercial food service, to indoor and outdoor space heating to name a few. Incoloy rod heaters have a short life span usually one to two years, and EMF levels are high due to lack of EMF shielding and non-insulating metal surface. Ceramic heaters and Incoloy heaters should never be placed on the floor of a sauna.

The infrared light spectrum produced by incoloy heat emitters is too broad to really maximize the effectiveness for sauna use and are only used by a handful of manufacturers. The infrared heat much like NIR or near-infrared doesn't penetrate the body very far and in such low equal amounts of either near or far infrared emitted, you won't experience the health benefits associated with far infrared sauna use.

The design of ceramic or steel incoloy saunas limits your body's exposure to direct infrared coverage of the shoulders, neck and head. You really want to make sure that you maximize your cell to cell skin exposure to the infrared light.

FAR INFRARED CARBON PANEL HEATERS.

Today, not only are saunas standard equipment in gyms, health spas, and hotels, but infrared sauna therapy is regularly used at hospitals and university clinics. In the early 2000's, far infrared sauna bathing has developed into a regular form of treatment complementing everything from physical therapeutic measures, cardiac disorders and circulatory maladies, to complementary cancer treatment and the treatment of Lyme parasite, mold toxicity, metal toxicity, and a multitude of other ailments. I talk more about these in the [Health Benefits](#) section of our website.

Your body effectively and efficiently absorbs infrared light at 9.4 microns exactly because the human body produces far infrared light at exactly 9.4 microns in the form of body heat. That's right the whole point of using any far infrared sauna is to absorb body heat. Makes sense that if you charge the body with it's own energy, it will have the all the energy needed to bring the

body to a level of homeostasis. In choosing your heater, you really want to maximize your health benefits in the shortest amount of time. As you shop the many far infrared sauna companies, you will want to ask, what is the bandwidth of far infrared light emitted from your heaters and how often? The shorter and longer waves of the far infrared 5 to 15-micron bandwidth have little to no health benefits as they are not absorbed as readily and do not pass as deeply as the proper 9.4-micron bandwidth of far infrared light.

At Celebration Saunas, far infrared sauna to us means health in the sense of good hygiene, relief of aches and pains, companionship, leisure, detachment from the everyday worries, physical and mental relaxation, good sleep, and thus general well-being.

Today far infrared saunas are constructed with the safe, energy efficient black carbon panel heaters that emit a narrower bandwidth of far infrared light to match the human body's production of far infrared light in the form of body heat. The technology today is so advanced and durable that the heaters themselves are designed to last 20,000 hours or an hour a day for 50 years. Your kids are likely to inherit your sauna before you have a problem with it. This is not the case with traditional saunas, near-infrared and portable saunas that will need costly replacements over the course of its lifetime.

Far infrared heaters work on a principle called radiant heat which is heat energy transmitted by electromagnetic waves to directly heat you. It does not efficiently heat the air although your sauna should get up to 140 degrees. In contrast, the heat of a traditional sauna is transmitted by conduction or convection, which means that it does heat the air.

Far infrared saunas operate at much lower temperatures with more health benefits than their sauna counterparts resulting in an overall a better sauna experience. Unlike its traditional and ceramic predecessors, you can touch these heaters without burning the skin or causing damage. Far infrared carbon panels are up to 100% larger than their ceramic relative.

The soft, radiant heat of the far infrared light penetrates your skin four inches deep and creates a cell to cell charging effect that will continue for hours after your sauna session. This is the modality by which the body can detox the deeper tissues and organs over time. There is no required warm-up time in a far infrared sauna (FIR), we are emitting light, so you can get the benefits of far infrared by stepping into the sauna while it's warming up. We do recommend that you set the temperature to 100 degrees and raise the temperature when you step into the sauna to maximize the light energy output and absorption. When your sauna reaches the desired temperature, your heaters will cycle for 30-60 seconds essentially turning off the light to maintain the temperature of the sauna.

For continuous light therapy, you will want to warm-up with the sauna. It is recommended that you use your sauna between 118 degrees to 122 degrees to maximize benefits. It is counter-intuitive that you would sweat more at lower temperatures, but it's a fact. I have found over the years that many people will crank up the sauna to 140 degrees and get really hot but not sweat and the minute you drop the temperature, you start raining sweat. At the higher temperatures your body gets stressed out and confuses your thermoregulatory system when you drop the temperature the stress goes away, and your body starts properly cooling itself.

In a traditional sauna, many individuals with chronic conditions such as cardiovascular health it is recommended to limit sauna sessions due to the intense heat stressing the body. This is not the case with far infrared sauna, and it is used in many hospitals specifically to treat cardiovascular disease.

Carbon fiber heaters were a huge technology change in the sauna industry that introduced a more even distribution of heat and solved the safety issues of overheating ceramic elements and hot spots that could scorch the sauna walls and backrests. The malleability of carbon meant the surface area could be expanded for a fuller whole-body coverage when positioned around the body, for cell to cell charging. Fiber carbon heaters also made sauna usage more energy efficient costing owners half that of a traditional sauna.

The introduction of fiber carbon panels presented a safer more efficient way of delivering far infrared more closely tuned to the human body. Many infrared carbon sauna heater panels on the market use the first carbon panel technology that was introduced around 2007. The first carbon heaters still used today are the least expensive carbon heating panel. These heaters emit a bandwidth of far infrared light from 5 to 15 microns with a concentrated emission of the desired 9.4 microns approximately 50% of the time.

There are a good number of companies importing saunas from China, and it can be difficult to tell them all apart. The components used in these saunas will vary from company to company based on their manufacturing specifications. As with anything the more you spend, the higher quality heater you are going to get.

In recent years, CelebrationSaunas.com, Inc. has developed the biophoton, nano-carbon heater technology that



Biophoton 0.3 Near Zero EMF Nano-Carbon Heating Element

produces the desired 9.4 microns of light 87% of the time. As you choose your sauna and research the multitude of sauna companies out there, an excellent way to differentiate each company and the quality of their sauna heaters is to ask, „What is the micron range of your heaters?“

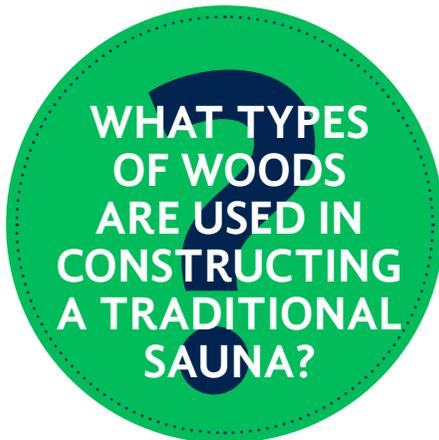
If the micron range of a carbon sauna heater is between 5 and 15 microns, you are looking at 1st generation heaters. 1st generation heaters have a larger surface than its ceramic counterpart and are made by impregnating carbon between two fiberglass sheets. The EMF output on these heaters can be over 100mG. The life expectancy of this older heater technology is about two years.

Looking at 2nd generation carbon heater technology the micron range has narrowed to 7 to 14 microns. These heaters are made from the same fiberglass as its predecessor but instead uses a nano-carbon ink. Due to industry demand, the EMF output on these heaters is significantly lower ranging from 10 to 35 mG depending on the manufacturing specifications. It's a good idea to ask what the EMF levels are in the sauna you choose. The life expectancy of these heaters are about five years.

3rd generation carbon heater technology and 2nd generation nano-carbon heater technology meets Low EMF technology. The Micron range has narrowed further 8 to 10 microns, and the EMF levels are under 10 milligauss (mG). These are the most common heaters used in home saunas. These carbon heaters are durable enough to last 50 years.

If you are looking at sauna heaters that are 8 to 10 microns emitting precisely 9.4 microns of far infrared light 87% of the time and the EMF levels are near 0 or 0.3 you are looking at the newest biophoton, nano-carbon heater technology available. Biophoton nano-carbon heaters are thin, wide, and light weight. These heaters use all non-toxic materials, have extraordinarily low EMF levels and are very energy efficient. Biophoton nano-carbon sauna heaters are hospital grade where an EMF of 0 is required as we do encounter EMF sensitive clients. Biophoton nano-carbon far infrared heaters are extremely durable and have an average life expectancy of 50 years.

As you shop, you will want to look for heaters that will maximize the peak human output of 9.4 microns of far infrared light. A biophoton far infrared sauna will allow you to sweat more quickly at significantly lower temperatures as perfectly tuned far infrared light vibrates through the body charging all the cells in its path. Far infrared applied to the water molecules of our bodies excites the molecule causing ionic bonds to break down and releasing encapsulated toxins. This same far infrared radiant heat increases your core to an immune boosting low grade fever and an invigorating toxin releasing sweat, more comfortably than ever before.



Traditionally saunas have been made from whatever wood was most readily available locally. Today there are many different types of wood available to build a sauna room. Over the years certain types of woods stand out when used in a sauna application. Sauna wood types that have gained popularity have been chosen for construction characteristics like crushing strength, shrinkage, average dried weight, working properties and toxicity.

When comparing woods, you'll want to make sure you choose a wood free from knots. Knots often contain sap, which can be a messy problem, but they are also denser than the wood around it and won't contract and expand in the same way as the rest of the wood causing the wood to warp, or twist and knots that can fall out leaving holes in your sauna.



Wood Toxicity is the most important to us because it is the most important to our clients. Our saunas are used in medical facilities around the country, so choosing wood that is a non-toxic non-outgassing and hypoallergenic, is ideal for medical purposes and detoxification. The key to eliminating wood toxicity comes from the drying process. All Celebration Saunas are specially kiln-dried to burn away oils and resins that may otherwise outgas allergens and toxins during the heating and cooling of the wood in the sauna environment.

Consider the weight of your wood. Not only can the weight of the wood increase the price of your sauna it's also more challenging to put together and more expensive to ship to you. With an unnecessarily heavy wood, you need additional hardware to support the added weight, increasing the price of your sauna.

How will your sauna age? *Wood shrinkage* properties tell us how the wood will age over time. It will determine how likely the wood is to splinter or crack as your sauna heats up and cools down. Woods that warp, splinter or absorb moisture will need to be replaced more often and may make sauna benches uncomfortable. It is best to use a wood that is kiln-dried to stabilize wood fibers to reduce shrinkage, warping, cracking, buckling or splintering.

Depending on the size of your sauna, you could have 600 lbs. or more of people sitting on the bench. Crushing Strength is important to consider because we don't want to step through our floor or split our bench as both pose a danger of pain instead of relaxation. Although construction design is also an important factor in the strength and durability of your sauna, it is important that the wood itself is strong enough not to crack or give when under pressure.

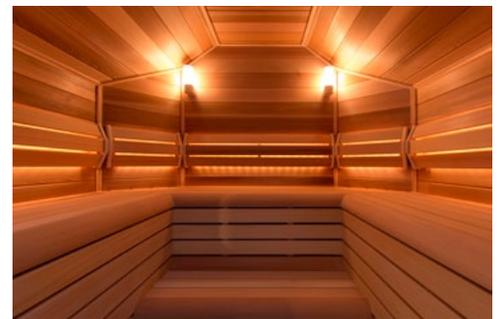
How easily wood can be fashioned, or the working properties of a wood into a sauna will affect the price of your sauna. Use a wood that is too hard you'll double the hours needed to sand and increase wear and tear on tooling, increasing the price of the wood used in your sauna. Using a wood that is too soft won't hold nails causing structural problems that could cost you more in repairs and replacement wood. Most softwoods are more suitable to carving, not for a long-lasting sauna cabin.

WOOD TYPES USED IN TRADITIONAL SAUNAS

Traditional Saunas can be made from anything, but most of us associate sauna with the distinctive fragrance found in cedar chests or closets. Although more expensive, Cedar is a popular sauna wood because of its light appearance, its resilience to decay, resistance to moisture, bacteria, fungi and insects. Cedar is very durable under harsh conditions and will not expand or contract as much as other woods when the temperature fluctuates, meaning that it is less likely to bend and warp with regular use.

Canadian Red Cedar

Canadian Red Cedar is an incredibly useful wood and has been used for centuries for everything from lodgings to musical instruments due to its soft but durable properties. This versatile tree, once called the „tree of life,” was exactly that to Indians of the Pacific Northwest who used red cedar to make everything from bark woven baskets, braided rope and cast fishing lines to planked lodges using this



Canadian Red Cedar Finnish sauna

lightweight, yet highly durable, cedar wood. Next to their planked lodges stood towering carved totems depicting family histories. Hundreds of years later many of these totems can be found near Ketchikan, Alaska an indication of how well this wood weathers.

Canadian Red Cedar trees can get as tall as 190 feet and ten feet wide. The fibrous cellulose material of red cedar accommodates a crushing strength of 4,560 lb. of per square inch but can be susceptible to scarring or indentation. The fibrous nature of Red Cedar won't absorb as much heat leaving benches and walls comfortable to the touch. Dense or harder woods like oak can absorb so much heat from the sauna that it can burn the skin.

Cedar is a lightweight wood at about 28 lbs. per cubic foot. Its volumetric shrinkage is 6.8%. It is considered a toxic wood as over time the fragrances can be sensitizing and cause an allergic reaction to the human body. The most common reactions include eye, skin, and respiratory irritation, as well as asthma-like symptoms and nervous system effects.

Poplar

Poplar wood is a genus of some 35 species of trees in the willow family. The poplar species native to North America is divided into three loose groups: the cottonwoods, the aspens, and the balsam poplars. Poplar woods are relatively soft sapwoods and are mostly used to make cardboard boxes, crates, paper, and veneer.



Poplar wood

Aspen



Aspen wood

Aspen grows in areas cleared by fire and farming and supports much of the logging industry of the Great Lakes and Canada. They rarely exceed 60 feet in height and are usually a diameter of 20 inches. Aspen is abundant as it grows and propagates rapidly, renewing forests in as little as 20 to 30 years. Beavers love aspen and will gnaw down these trees and drag or float them as far as a half a mile to build their dam. Aspen bark, seeds and fruit are a rich source of food for a wide variety of forest animals.

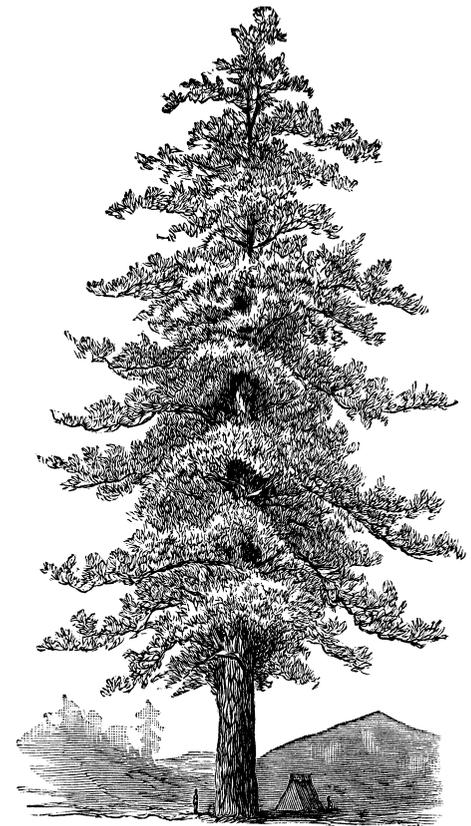
Aspen's light weight of 25 lbs. per cubic foot and its blond good looks, uniform texture, workability, and low-toxicity has made Aspen another wood choice for sauna use. Aspen sapwood is a hypo-allergenic, stable wood, that wears without splintering when kiln-dried to eight percent moisture which also reduces shrinkage and warping of the boards. Aspen has a crushing strength

of 4,250lbs of force. Aspen is best used in an indoor dry sauna environment as it deteriorates in wet conditions and susceptible to rot with heavy use. Aspen is not suitable for steam or outdoor use. Aspen can be a good choice for those who are allergic or dislike the pungent fragrance of cedar. You will find Aspen made into furniture, toothpicks, matchsticks, crates, and as popular paper pulp. Heartwood Boards will neither be wide nor thicker than one". Expect to pay about 40% less than cedar.

Pine

Western White Pine and Nordic Spruce, Yellow Spruce and Sitka Spruce are all in the Pinaceae family of Pine trees. These trees have sappy, white wood that can darken over time.

Western White pine prefers to grow in the high altitudes of California, Idaho, Montana, Oregon and Washington and can be identified by its white color and large knots. White Pine trees can reach 175 feet in height with an eight-foot diameter. The highest quality white pine comes from Idaho and is known as Idaho White Pine or IWP. Western white pine is one of the highest prices of all softwoods about 35% more than cedar. It is frequently used as window and door frames, molding, veneer plywood, crates, boxes, boatbuilding, indoor furniture, cabinets, and shelving units, as well as light construction. Western white pine weighs 26 pounds per cubic foot and has a crushing strength of 4,800 lbs. In a sauna application the wood should be kiln-dried to 15% moisture. Due to the high moisture content you will want the wood to acclimate to the environment before working with it. Straight grain and even texture means that it works easily but has been reported to cause allergic skin reactions and/or asthma-like symptoms in some people due to its high moisture content and natural oils.



American Yellow Spruce

Nordic, Sitka or Yellow Spruce are strong odorless woods that weather well. Having the greatest strength to weight ratio of any wood, Sitka spruce was used to construct Howard Hughes famous Spruce Goose airplane. Sitka Spruce is well suited for masts and oars and stringed instruments. It is found from Northern California to Kodiak, Alaska. Most Spruce is used as paper pulp because of its long wood fibers but it is also used in constructing furniture, boxes and crates. Spruce can range in color from white to yellow to pink to light brown. Spruce is a lighter weight wood at 25 lbs. per cubic foot air dried. Working with Sitka Spruce will require bandsawing with sharp, wide blades. Its strength and rot resistance are why this can be a preferred traditional sauna wood.

Eucalyptus

Eucalyptus also known as swamp mahogany is of the Myrtaceae family of plants and gum trees. It can grow to seventy feet with a trunk base of three feet. Eucalyptus is highly fragrant light-colored sapwood. It is strong, durable wood that has a high rot resistance to the elements and it can withstand dramatic temperature changes that keep it from bending or warping over time. Eucalyptus can retain heat, so surface temperatures of the sauna walls and benches could become uncomfortable. Eucalyptus has a dry weight of 53 lbs. per cubic foot. Its crushing strength is 8,710 lbs. Eucalyptus is typically used for cabinetry and floor work firewood and some construction. It is an inexpensive wood for outdoor saunas. It is susceptible to splintering, so woodworkers are encouraged to wear gloves.



Eucalyptus wood

Teak

Teak wood is the prime nautical wood of the 1800s because of its weather resistant properties and is still a favorite for boat decks and trim today. Teak is also the perfect candidate for garden furniture and outdoor structures.

Naturally occurring teak can grow to heights of 100 feet with trunk diameters of 12 feet over 300 years. At teak farms, the tree can grow taller but will never have as wide a base and these trees can be harvested every 60 years. Teak is found in tropical rainforests and harvesting includes elephants that move these massive logs for miles to a river where it waits for a monsoon to carry them down the riverbed. The harvesting of these forests is approximately a five-year delivery time and is one of the most expensive woods money can buy due to the high cost of harvesting. You can expect to pay \$8 per foot of board.



Teak wood

The dry weight of teak is 40 lbs. per cubic foot and it has a **CRUSHING STRENGTH** of 7,940 lbs. Teak hardwood will dull blades more quickly and will have many sanding stops to clear away sticky dust. It is best to finish Teak with Tung oil as stain, lacquer and clear finishes won't stick to the wood.

WHAT TYPES OF WOOD ARE USED TO CONSTRUCT FAR INFRARED SAUNA KITS?

There are a number of wood options available when selecting a sauna. The wood chosen for the construction of your sauna contributes to the longevity of your investment. In this section, we will cover the characteristics of the various wood types used to build most infrared saunas.

Canadian Red Cedar is a common wood for traditional saunas, but in a far infrared environment, we must kiln-dry the wood to burn away resins and oils that can outgas. In a properly constructed far infrared sauna the cedar wood should not have the cedar fragrance that we associate with a cedar chest or cedar closet. The cedar fragrance contains things like cedrene and terpineol both of which can be sensitizing to the human body and cause a reaction over time. The primary focus of far infrared technology is to eliminate toxins from the body, so we don't want to introduce new toxins into the far infrared sauna environment. Most sauna companies are phasing out the use of Cedar in the construction of a far infrared sauna. Those of us who do use cedar it is simply out of tradition for people who are accustomed to steam or hot rock style saunas. Cedar is a beautiful traditional wood that makes gorgeous furniture but can be susceptible to scarring or indentation due to its soft nature. Cedar far infrared sauna kits can extend the life of your sauna when used outdoors as it is very durable regarding decay resistance, and has some resistance to insect attack.

Aspen wood is better suited to the far infrared environment than the traditional sauna environment. Aspen is hypoallergenic and wears without splintering. This soft sapwood has the lowest crushing strength of 4,250lbs of force which can lead to problems in the shipping process as it does not hold up well to pressure and your sauna could arrive irreparably dented. Aspen is best used in an indoor dry sauna environment as it deteriorates in wet conditions and susceptible to rot with heavy use. Aspen is not suitable for steam or outdoor use.

Basswood

American basswood or *Tilia Americana*, grows all throughout the Midwest. Basswood is a decorative tree used in cityscapes. The tree's fragrant flower clusters provide a strong-flavored nectar for nearby beekeepers. Basswood can grow to 90 feet tall with trunk three feet in diameter. Basswood weighs about 26 pounds per cubic foot air-dried. Basswood has a tan color, and in some cases may be nearly white. This sapwood characteristic fine-grain is one reason basswood has always been the carver's wood of choice. A sharp knife or gouge slides through Basswood as if cutting butter. Native Americans centuries ago used basswood for carving masks. Its tough fibers were also used for cord, rope and thread. The Basswood's featureless whitish wood won't split



or chip ahead while carving and takes color readily. Basswood is a hypoallergenic wood free of knots. Basswood won't warp or bend with temperature changes. It must be dried to a maximum moisture content of eight percent to protect the integrity of the structure. Expect to pay around \$2 per board foot. Basswood's low-hardness rating makes it ideal for hand tools. Basswood won't take stain. Today Basswood is used to produce boxes, yardsticks, crates, toys and hidden furniture parts. Due to its soft nature, it is not recommended for structures like a sauna.

Hemlock

Thriving in the deep, damp forests of the Pacific Northwest, and making up nearly 60% of the mature coastal forests of Oregon, Washington and British Columbia, found as far east as Montana and as far south as San Francisco. Hemlock is the most beautiful of all other conifers. It ranges in color from a creamy white to a yellowish brown with little variance between the sapwood and hardwood. It resembles pine but its wood is harder, stronger, resin-free with straight fine-grain that sands to a silky, reflective smoothness making it popular for paneling, flooring, doors, cabinets and furniture. Hemlock trees 500 years old can be 200 feet tall with an eight-foot diameter.

Hemlock is the ideal construction species not only for saunas but for building much of America. Since the 1940's housing boom Hemlock lumber has been used in most wood-frame housing because of its resistance to termites, its firm hold of nails and screws and hemlock's ability to get stronger with time. It is one of the lumber industry's few resources of large, clear timber that can get harder over time. The strong nature of hemlock makes it resistant to surface scarring making it an ideal wood for furniture products that must be shipped.

Hemlock has no resin, has no fragrance and is available in very large, knot-free dimensions. It weighs about 29 pounds per cubic foot air-dry. Western Hemlock unlike Douglas fir, won't easily splinter when machined against the grain. This all-purpose wood grips screws and accepts all glues, paint, stain, or clear finish with more satisfying results than many of the woods we have discussed.

Western hemlock's hypoallergenic properties, attractiveness, wear resistance, ease of machining and finishing qualities make it ideal for far infrared sauna construction. At Celebration Saunas we use the clearest hemlock wood; grade A (Western Wood Products Assoc., USA finish grades). Our wood is kiln-dried to eight percent moisture. The low cost of hemlock, due to its prevalent availability and common building use, helps to make receiving the benefits of far infrared affordable and available to those who need it most.

Barking Up the Wrong Tree

As we narrow down the woods based on important properties specific to sauna use we find that Hemlock is the ideal choice for both its hypoallergenic properties, appropriate balance of weight and strength and minimal shrinkage. Other far infrared sauna companies choose different woods such as Basswood or Aspen, but these woods are very soft often poorly hold nails and are more suitable to carving not for a long-lasting sauna cabin construction.

Avoid building a sauna out of knotty woods or woods known to expand significantly when exposed to water and moisture. Careful not to use woods that will absorb so much heat that the wood feels uncomfortably hot as the sauna temperature rises. Oak, hickory, magnolia, birch, elm, eucalyptus and sycamore are poor choices for sauna construction.

No stain! No oil! No chemicals! ! No matter the wood you select for a sauna room be sure you leave it raw and natural.

The primary focus of getting into an infrared sauna is for detoxification. We don't want to use wood that will outgas toxins or allergens during the heating and cooling of the sauna. We want wood that is hypoallergenic, durable enough to hold up over time, that maintains a comfortable temperature for a luxurious spa experience in the privacy of your home.



The short answer is Yes, very important. Around the world, laws require the certification of electrical equipment for safety, and many countries require that these certifications are found on every piece of electrical equipment. Electrical certification assures you that your sauna has been tested to meet safety and performance standards. Most of us don't notice the safety icons on nearly all our electronics, but without these critical safety agency listings, there is no proof that a product passes electrical and safety standards. So, it is a good idea to look for them.

Although unlikely, the risk of buying a non-certified sauna still exists. The far infrared sauna industry is relatively small and new in the United States. New brands with inexperience in international business can make critical mistakes when directing manufacturers to make your sauna. These rookie mistakes can impact the quality and safety of your sauna. Knowing how long a company has been in business if they own the manufacturing facilities and what electrical certifications they hold should be a consideration when deciding on which company to purchase your sauna from.

At Celebration Saunas, we pride ourselves on maintaining the highest quality and safety standards in the industry because we are committed to your safety as our **number one priority**. Our certifications assure you that our infrared saunas have met a level of quality construction, as well as safety and performance standards. Celebration Saunas is partnered with the largest American manufacturer of infrared saunas in the country. We own three manufacturing facilities in China and are importing 12,000 saunas each year. We keep an inventory of 4,000 saunas at any one time. As you compare companies, be sure they carry the appropriate safety certifications. Celebration Saunas have been tested and approved by safety agencies, and our saunas bear the CE and ETL-certifications and UL testing results. At Celebration Saunas, we list our [safety certifications](#) on our website, and they can be found on the following pages.

INTERTEK'S ETL SEMKO STANDARDS FOR THE UNITED STATES AND CANADA

Electrical Testing Laboratories (ETL) was founded in 1896 by Thomas Edison, and is one of the oldest product safety testing laboratories in the world. Certification by ETL and ETL-C assures you that all At Celebration Saunas all sauna models have been tested to meet both US and Canadian safety and performance standards ensuring that products are safe, reliable and of good quality.



ETL certificate_6225
ETL for 6215 & 6315 plus others
ETL certificate (6254, 6354, 6264, 6273, etc.)
For more information about Celebration Saunas ETL Certification 1 & ETL Certification 2.



UL TESTED

If a product carries this Mark, it means UL found that representative samples of this product met UL's safety requirements. These requirements are primarily based on UL's own published Standards for Safety. (*Celebration Saunas Celebration Saunas Underwriters Laboratories Report.*)



CE CERTIFIED EUROPEAN SAFETY STANDARDS

The CE Mark is a requirement for products sold to the European Market. Our ETL certification shows that our sauna products meet all national standards such as ANSI, CSA, CGA, IEC, NFPA, NSF and UL for electrical, medical devices, and other products – guaranteeing public safety. The CE Mark identifies a product as complying with the health and safety requirements spelled out in European legislation and is mandatory for equipment operating in the European Union (EU).

At Celebration Saunas, we are actively involved in the day to day operations of our American owned factories in China, we own three sauna factories. We have end-to-end control in the design, testing and manufacturing of our saunas.

We procure all our wood from Canada only using the highest grades of Hemlock and Western Red Cedar. We kiln-dry the wood for four days to burn away any resins and oils that can outgas during a sauna session as well as maintaining its strength over time.

- [Wood: Country of Origin Phytosanitary Certificate.](#)

We only use non-toxic glues, stains or clear coat.

- [Stain and Glue Report 2007](#)
- [Glue Test Report 2013](#)

Working with our designers and engineers we've developed our cutting-edge biophoton heaters in which 87% of our far infrared light emitted is produced at exactly 9.4 microns to match your body's output of far infrared in the form of body heat at 9.4 microns, maximizing your health benefits in the shortest amount of time. We design every element of our sauna with quality, durability and safety in mind. We only use the highest quality woods, biophoton heaters, electronic components, wiring, hinges and thermostat to construct your sauna and we back that promise with a Lifetime Warranty where we pay for parts and shipping for as long as you own the sauna.





The price of infrared saunas has remained relatively in-step with the rate of inflation in America. The average home sauna in America in 2014 was just under \$4,000. The sauna technology you choose and the region of the country in which you live can make a tremendous difference in the price of a new sauna. For this reason, there is a huge delta between the low and high range of sauna cost.

Traditional Saunas

With that said, in most parts of the country the average traditional sauna ranges between \$5,000 and \$10,000.

Vinyl Liner Portable Saunas

Vinyl Liner, Portable saunas are typically between \$300 and \$1200.

Near-infrared Saunas

Near-infrared saunas are typically between \$1250 and \$5000.

Far Infrared Saunas

At Celebration Saunas, our average customers spend between \$1500 and \$3000.



Like any large purchase, when weighing your options, it is important to consider the design and size of your sauna to maximize your comfort. You don't want a sauna so big it's an eyesore to walk into the room, but you also don't want a sauna too small that you won't be comfortable using it. A lot goes into choosing a sauna. When figuring out which sauna to purchase the first step is to measure the space where you want to put your sauna. This measurement should narrow your choices to a sauna size usually defined as [1](#), [2](#), [3](#) or [4](#)-person saunas.

Next, you will need to identify the power you need for your sauna. All 1 and 2-person infrared saunas requires a standard household outlet, whereas our 3-person saunas and larger require a dedicated 120V/20 amp circuit. This means your sauna will need its own 20 amp breaker switch at the box and the 120V outlet. If you do not have this outlet, you will need an electrician to install one.

Once you have determined your space and the electricity available it is time to choose your sauna. Most saunas are square or rectangle in shape, but in recent years many [corner saunas](#) have become available which can be a space efficient design for people who are space limited.



Traditional Saunas

The size and shape of traditional saunas are 100% customizable. If you need an extremely wide or deep sauna, or a sauna that is an unconventional shape, a custom traditional sauna will meet your needs. However, a custom design will be costlier.

Vinyl Liner Portable Saunas

Vinyl Liner Portable saunas are for people who do not have a space to dedicate to a sauna but still would like to get some of the benefits. Portable saunas can be flattened out and stored between uses.

Far Infrared Saunas

Far infrared saunas are one of the easiest ways to enjoy a personal sauna in the privacy of your home. The far infrared sauna kit typically comes in four to five sizes. Each sauna is a stand-alone kit that goes together in approximately an hour and can be set up anywhere in the home. Many people do find a design that they love, that can fit anywhere in their home, from our nearly [40 sauna models](#). Considering the low maintenance, durability, and aesthetic benefits of a far infrared sauna it almost always makes sense to go with far infrared sauna kits.



[Make sure to check out our full line of home saunas.](#)



Traditional Saunas

The nature of traditional saunas is such that the sauna is completely built from scratch right on the job site. A bundle of wood is delivered, a team of contractors arrive, and it all is transformed into a traditional sauna, which is very cool!

But because these processes occur outside where it's impossible to control the conditions, traditional sauna builders are left at the mercy of the weather. And factors such as temperature and moisture play a role in the result of the quality of your sauna.

Vinyl Liner Portable Saunas

The quality control of the portable saunas industry-wide is hit or miss. Too many small business owners and importers don't know enough about the technology to monitor the quality of these saunas being produced and sold. Many inexperienced importers ask their manufacturers to lower their price without realizing it will also lower the quality and safety of the sauna. Because vinyl saunas can be made from many materials both toxic and non-toxic Celebration Saunas does not recommend or sell this type of sauna.

Far Infrared Saunas

A huge advantage of our far infrared saunas is that we own the manufacturing facilities and control every part of the manufacturing process. We communicate daily with our manufacturing facilities to continually test and improve our saunas. Our saunas are produced with dozens of quality checkpoints throughout the entire manufacturing process. We have completely removed the need for considerations of weather or toxic materials from the equation to give you the comfort of knowing your sauna is manufactured in ideal conditions with all non-toxic materials. As the manufacturer, we stand behind all our products with a full lifetime warranty.

A HUGE ADVANTAGE OF A CELEBRATION SAUNA IS THAT OUR SAUNAS ARE MANUFACTURED UNDER OUR FACTORY CONTROLLED CONDITIONS.





The first thing to understand is that the clear majority of sauna accessories are not specific to any one type of sauna. For example, sauna lights, heaters, salt systems, automatic covers, slides and any other piece of equipment is available in any sauna regardless of type.

Traditional Saunas

Because traditional saunas allow for more design flexibility, one does have the ability to customize the placement of different types of convection heating units and steam generators. Towel racks, a bucket and ladle, heating rocks like granite, marble and sandstone are common accessories found in this type of sauna.

Vinyl Liner Portable and Near-infrared Saunas

Portable saunas do not have many features other than a digital touch pad controller and chair for sitting. There are no upgrades to these saunas.

Far Infrared Saunas

Far infrared saunas today are trending toward larger saunas packed with features such as wall to wall heating elements, color therapy/chromotherapy lighting, backrests, oxygen ionizer, cup holders, towel racks, stereos and speakers. Waterproof non-toxic sauna cushions are the newest most popular feature adding a new layer of comfort to your sauna room. Not only do these waterproof cushions keep your sauna looking new protecting benches from accumulating sweat stains but it is the difference between a hard bench and a soft cushion. Look for a cushion that has at least a seven-year warranty.



If you're wondering about how much return you'll get on your initial sauna investment, understand this: they are a family investment, not a financial one. By and large, you will not get back all of what you spend on a sauna. On average, you can expect to recoup between one-half to two-thirds of your initial investment if sold with your home. Your far infrared sauna can also be easily transported to your new home. That's a lot of return on an investment when we think of the years of use in a sauna life, much more of a return than our family vacations or quarterly spa days.

... THEY ARE A FAMILY INVESTMENT NOT A FINANCIAL ONE.

Traditional saunas:

If well-kept and maintained, Traditional saunas do hold their value well and are perceived as a definitive improvement to a home.

Far Infrared saunas:

The public perception of home saunas has made a dramatic shift over the past 15 years. Home saunas are a luxury product that belong in high-end homes and backyards. A far infrared sauna can also be considered an appliance that comes with the home. From a resale standpoint, the perception of luxury can affect what you will retain from your initial investment. Depending on the location of your sauna, the condition it is in and the functionality of the space like a bathroom or a sauna space that appears built in, you can retain a large part of your initial investment.



Traditional Saunas

From a structural standpoint, a lot of changes have occurred in these saunas over the last 5000 years, but today neither the raw materials nor the processes used to construct a traditional sauna have changed much since their introduction in the United States after WWII. For the most part, so long as a sauna is engineered and built well, it is there to stay.

Far Infrared Saunas

Breakthroughs in science and technology have greatly increased the number of health benefits that can be achieved in a far infrared sauna environment. Narrowing the bandwidth of far infrared light to match the human body not only improved the benefits you get from far infrared it also drastically expanded the life of a sauna heater from 2,000 hours to 20,000 hours. The wood used in our far infrared saunas have been specially chosen for their hypoallergenic properties, durability and strength. Owning the manufacturing facilities gives us the ability to use only the newest technology in conjunction with top-of-the-line assembly systems and components to manufacture only the highest quality, strong, durable saunas that will last a lifetime.

What does all this mean? Simply that because far infrared saunas are based on modern technology, they can evolve and improve as new technology and construction types become available. Consequently, we have a product that looks great, feels great, lasts a long time, and is easy to maintain. This partially explains the double-digit growth of far infrared saunas in our nation. And the most exciting part is that far infrared saunas just keep getting better.

Well, there you have it. A crash-course in sauna history and a snapshot of the sauna industry today. So, what do you think? Have some aspects of the sauna industry advanced more than others in the past 60 years? Have some products evolved to stay relevant to our modern lifestyle? You be the judge. Only you can decide which type of sauna best meets the need of your family.

But regardless of what sauna you end up with in your home, we wish you the best of luck! And thank you again for spending your time with us here.

If you'd like to continue learning, please check out these other resources:

HISTORY

- *The History of Sauna Culture*
- *The World's Most To-Die-For Saunas*

HEATERS

- *Near-infrared vs Far Infrared Sauna Heat – The Ultimate Guide To Home Sauna Heater Technology*
- *EMF Dangers of Home Infrared Saunas*

HEALTH BENEFITS

- *The Healing Benefits of Color*
- *Luxurious Sauna Hair Treatment*
- *Home Health Equipment To Live For!*
- *10 Experts Weigh-In on Stress and Weight Gain*
- *Sauna Therapy: The Secret of Sweat*
- *Sauna Weight Loss: You're NOT Fat, You're Tired & Stressed*
- *Individual Sauna Benefits*
- *Sauna Kits – The Benefits of a Traditional Sauna in Your Home*
- *5 Heart Healthy Tips for a long active life.*

WOOD

- *What is the best wood choice when purchasing an infrared sauna? Basswood? Cedar? Or Hemlock?*

SAUNA DESIGN

- *Dry Sauna Kits – Top 10 Best Sauna Kits, Which is Right for You?*
- *The Ultimate Infrared Sauna Buying Guide: What You Absolutely Must Know.*
- *The Best Infrared Sauna – 5 of The Best Infrared Saunas & Why They're So Great*
- *Corner Saunas – Fill That Empty Corner Space*
- *Before You Buy an Infrared Sauna, Read This!*
- *10 Reasons to buy a Celebration Sauna*

ACCESSORIES

- *Top 10 Infrared Sauna Myths*
- *Home Health Equipment To Live For!*
- *Infrared Sauna Features & Accessories*
- *The 10 Best Home Sauna Accessories*
- *8 Benefits of Financing Your Infrared Sauna*
- *Sauna Tips by Celebration Saunas*
- *Home Sauna Kits – What Comes In The Package?*

Celebration Sauna
353 W 56th Ave
Denver, CO 80216

Celebration Saunas
3550B E Jurupa St
Ontario, CA 91761

Contact
T:855-728-6248
E: info@celebrationsaunas.com

For more information, visit www.celebrationsaunas.com

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