



relax, feel good

SaunaMed has established an excellent reputation. Competent advice, consistent research and continued development as well as premium quality are just some of the building blocks for our success. Experts claim that SaunaMed infrared technology is among the most efficient and, above all, most effective the world over.

The SaunaMed health and beauty development provides all the conventional benefits of a sauna and more through lower temperature sun-simulating technology.

The SaunaMed range has been commended for its ease of construction and variety of models available.

- Born out of the factory that was the first to manufacture IR therapy units on a large scale over 25 years ago.
- The first trusted sauna brand to be using FSC certified wood.
- The primary brand in the UK to be approved and used by medical professionals.

The health benefits of regular sauna use are the main reasons why people are installing home saunas in record numbers. Almost any size of home can accommodate our range of saunas.

why choose SaunaMed?

DuraWave™ Infrared Technology

DuraWave™ Infrared Heaters are made from 100% pure ceramic and include no chemicals or toxins.

Regular clinical tests demonstrate that DuraWave™ infrared heaters produce far-infrared rays close to perfection to work with the natural harmony of the human body resulting in increased health benefits.

Solid State Electronics

The SaunaMed manufacturing process uses components which are all solid state with no moving parts, making the SaunaMed system an extremely robust and reliable one.

Factory Testing

Each SaunaMed sauna is thoroughly tested at the factory to ensure that it is fully functional. It has been shown that the electrical components in a SaunaMed sauna have an extremely low failure rate meaning your sauna is always ready to perform when you want to relax and detoxify. For example, the DuraWave™ heaters have a failure rate of less than 0.01%. In fact, each SaunaMed sauna is manufactured to a standard to meet both residential and commercial demands.

Because of the precision and quality of the parts used in the manufacturing process, SaunaMed saunas are recognized for their durability.

World Class Safety Standards

In addition to quality and innovation, our commitment to safety is unparalleled in the industry. With strict quality control measures in place you can be assured all of our saunas are electrically certified to meet and surpass stringent safety standards and are regularly inspected by an independent authority.

health benefits

If there was a way to increase energy, lose weight, decrease stress, detoxify the body and purify the skin while elevating the immune system to fight off everything from the common cold, circulation, asthma, bronchitis and other respiratory conditions to serious life quality threatening illnesses, what would it be worth?

What if all a person had to do to receive such benefits was relax and sit down for 15 to 30 minutes a day, three or four times a week, listening to music, reading a book, watching TV or talking on the phone - now what would that be worth?

What the Experts Say

"The Far Infrared sauna is the safest, most efficient and economical way of eliminating stored toxins, making it a household necessity. I am convinced that the Far Infrared sauna is something that everyone should incorporate into their lifestyle to restore health. The Far Infrared sauna is far safer and more tolerable than a conventional sauna because it uses a heat energy that penetrates into tissues, triggering mobilization of chemicals from fat storage, directly into the sweat."

(Sherry A. Rogers, M.D. Centre for Environmental Medicine)

It has become well known that people who take regular saunas (2-3 per week) reduce their incidence of colds and influenza by over 65% (a study by the British Medical Association).

While many people use saunas primarily for relaxation and stress reduction, the other health benefits are increasing the popularity of saunas. The reduction and removal of body toxins through the sweating process is becoming a highly regarded benefit of the sauna.

Hundreds of years ago, people discovered and turned to heat therapy as a source of natural healing for many illnesses and discomforts. Far Infrared saunas are growing in popularity and are naturally rising to the top of health regime requirements.

What are the main health benefits?

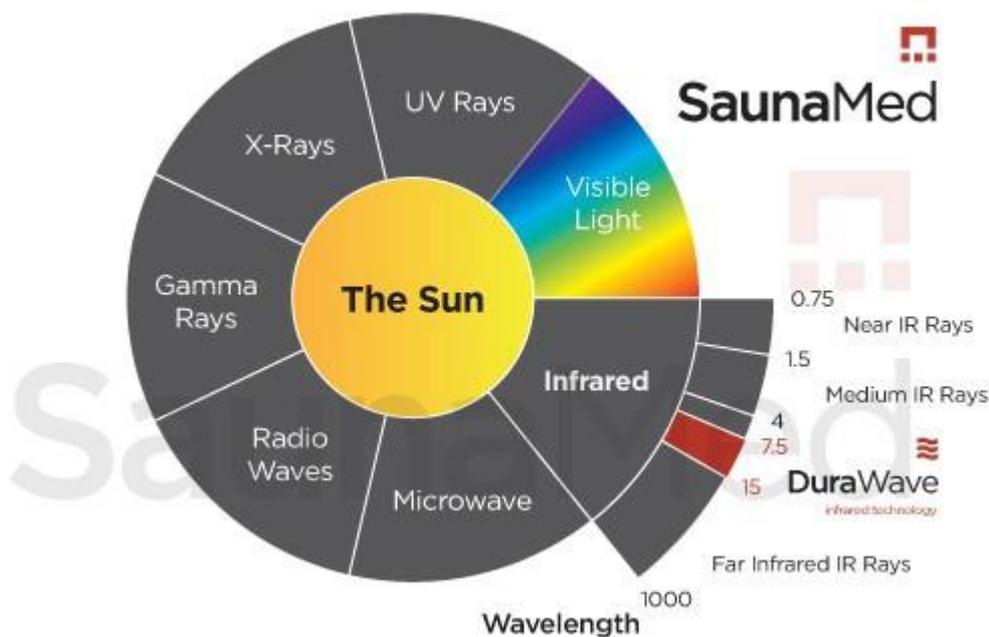
- Helps purify fat cells and controls weight
- Effective way to burn calories (up to 600 calories in one session)
- Detoxifies heavy metals, hydrocarbon residues, alcohol, nicotine, sodium and cholesterol
- Strengthens the cardiovascular system with deep Far Infrared penetration
- Effective for treating sprains, muscle spasms and joint stiffness
- Relieves aches and pains
- Improves and clears cellulite
- Improves skin tone and complexion
- Helps scars and burns, acne, psoriasis and eczema
- Sharpens senses and relieves stress and fatigue
- Stimulates endorphins of the brain and „feel good“ hormones
- Improves your immune system and kills organisms like bacteria and parasites
- Increases overall health and resistance to disease

heating technology

What is Far Infrared Ray (FIR)?

„What is Infra Red energy you may ask?“ It is the warm glow you feel on a sunny day, which comes directly from the sun’s rays. That is why you can feel a sharp drop when a cloud blocks these rays – even though the temperature in the air has not changed.

Far-infrared radiant heat is a completely safe form of naturally occurring energy that heats objects by a process called direct light called infrared heat or infrared energy. The sun is the primary source of radiant energy, but not all of this energy is beneficial. Although life needs energy from the sun, too much sunlight damages the skin. FIR heat provides many of the health benefits of natural sunlight without any of the dangerous effects of solar radiation.



Is Infrared really safe?

Absolutely! Infrared light energy is really beneficial and not at all damaging to the body. To illustrate the safety of the heater, Far Infrared heating is used in hospitals to warm newborn infants. Infrared has been researched and used in medical practices for many years. Sports medicine has long accepted and used infrared to promote healing of sprains and strains. NASA has also concluded after lengthy trials in the 1980's that infrared therapy is the best way for astronauts to maintain cardiovascular fitness on long cramped space flights.

What are DuraWave™ Infrared Heaters

DuraWave™ Infrared Heaters use technology which encompasses 100% pure ceramic elements filled with lava sand to give the best heat distribution and include no chemicals or toxins.

All humans send and receive Far infrared waves. The range of waves generated by the human body is 6 to 20 microns. The optimal micron output range is between 7.5 and 15 microns which is very close to the resonant frequency of a water molecule. This similarity makes sense since our bodies are almost 70% water.

DuraWave™ infrared heaters have been designed and calibrated to target the correct vital wave range of 7.5 to 15 microns with a good portion of wavelengths at 9.4, which is the frequency at which a water molecule resonates or vibrates. This vibration causes a release of cellular toxins such as mercury, aluminium, cholesterol and other toxic gases such as sulphur and formaldehyde. This optimal micron output also allows for deeper penetration of Far infrared heat, which improves pain relief, detoxification, circulation, and increased peripheral blood flow. They are also designed to be safe to touch and comfortable to sit against.

Regular clinical tests demonstrate that DuraWave™ infrared heaters produce far-infrared rays close to perfection to work with the natural harmony of the human body resulting in increased health benefits. Often, many products have not been tested making it very difficult to verify their safety and peak infrared output wavelength.



Medical Research & Benefits

Far Infrared saunas which use pure ceramic concave shape emitters are backed by a long history, extensive medical research and results.

Far Infrared saunas using pure ceramic emitters have a long history (decades) of use, results, and confidence, not only by the manufacturers, but also by doctors and people who use them. Many of the books published, and research of naturopathic doctors have been based on the far infrared saunas using pure ceramic heating emitters.

Constant Concentrated Infrared

Because Far- Infrared Rays travel in a straight line, conventional Infrared heating elements cannot reach every part of your body. This is the main problem with carbon elements meaning the whole of the sauna interior has to be covered with this material. DuraWave™ pure ceramic Far-Infrared Heaters are coiled in a concave shape and use surgical-grade stainless steel wide-projection deflectors designed to concentrate and maximize infrared output towards the body. So no matter how you are positioned in a SaunaMed Sauna, whether you are directly in front of a heater or not, your whole body is effectively receiving the beneficial Far-Infrared Rays.



Why DuraWave™ elements are preferred over carbon

DuraWave™ heating elements were also developed to solve the fundamental issue with the chemicals used in the production of carbon heating elements. Carbon heating elements, start as two pieces of flexible fibreglass (plastic resins and glass cloth). A thin conductive layer of carbon is printed onto the fibreglass, then fibreglass pressure laminated to complete the assembly. Through this process compounds of styrene, lead, iron, aluminium, zinc, boron and barium are introduced into the sauna. We found it absolutely unacceptable to introduce lead, and especially styrene in a therapeutic environment designed for detoxification.

Ceramic infrared sauna heaters are more advantageous as they heat up much faster, have a high emissivity and they are known for high levels of durability. Ceramic heaters are the most common and popular choice. Our DuraWave™ ceramic heaters are also very easy to ship and replace should a problem arise, unlike carbon heaters that can be awkward to ship and difficult to replace.

Far Infrared Saunas which use pure ceramic concave shape emitters are backed by a long history, extensive medical research and results. If you take a look around it is why the most experienced and health orientated companies use ceramic elements.

Why DuraWave™ elements are preferred over carbon?

SaunaMed did consider developing carbon elements, however after extensive research we chose to stick with our very popular DuraWave™ elements due to the following findings;

- Carbon Infrared heating elements cannot reach every part of your body as the rays travel in a straight line. This is a problem meaning the whole of the sauna interior has to be covered with this material. DuraWave™ pure ceramic Far-Infrared Heaters are coiled in a concave shape and use surgical-grade stainless steel wide-projection deflectors designed to concentrate and maximize infrared output towards the body. So no matter how you are positioned in a SaunaMed Infrared Sauna, there are no cold spots.
- Infrared efficiency dropped dramatically when sitting more than 20cm away from the elements. Meaning much of the infrared heat sources are not warming the body efficiently but simply warming the air.
- The elements have to be thermostat controlled which meant that cabin temperatures would have to be much higher to produce any level of sweat production.
- To create the internal temperatures and Infrared flow required for the elements to be effective, the majority of the cabin interior needed to be lined with the black carbon elements, which was very dark and unsightly.
- Toxic chemicals are used in the production of carbon heating elements. Compounds of styrene, lead, iron, aluminium, zinc, boron and barium are introduced into the sauna. We found it absolutely unacceptable to introduce lead, and especially styrene in a therapeutic environment designed for detoxification.
- Carbon panels in general give off very high levels of EMR (Electromagnetic Radiation) and there is no way to shield this.
- Wooden brackets holding the carbon heater panels in place created a trap for dust and bacteria and absorbed the infrared heat rather than your body.
- Sweat stains on the carbon elements were difficult to clean.

the range

classic



SaunaMed Classic infrared saunas are manufactured from the finest grade Non-allergenic / Non-toxic Canadian Hemlock which is the perfect choice for people who have sensitive skin or allergies and cannot tolerate aromatic oils, perfumes or herbs. Furthermore, its contemporary light wood finish will soften any room.

SaunaMed infrared saunas are built with a solid tongue-and-groove construction. Thick tempered safety glass is used for heat retention within the sauna to help provide the best infrared therapy conditions. SaunaMed sauna kits are compact, easy to assemble, they take only a few minutes to heat, plug into a standard household electrical socket and stand off the floor on 4 legs and therefore won't damage your flooring.

the range

luxury



The Luxury Sauna Range includes all the advantages of the Classic Sauna Range and more. The hand selected finest grade A+ Canadian Red Cedar sauna cabin is a statement of pure luxury. External spot lighting, 8mm tinted solid full glass doors and windows, colour therapy system, commercial grade oxygen ionizer system and built in stereo system are again all signs of the ultimate luxury sauna cabin.

No expense has been spared when our team designed this sauna range, we simply selected the absolute best of everything to bring you the ultimate sauna range.

The SaunaMed Luxury Sauna Range has been said to rival the most advanced commercial saunas today. From the specification you can see why.

the range



Modern European design, the stunning glass and wood finishing's on the Lumina infrared sauna range is the ultimate in style and craftsmanship.

Our Lumina Sauna Range uses the Finest Grade Non-allergenic / Non-toxic Canadian Hemlock. All the glass used in these saunas is tempered and toughened safety glass. Energy efficient highest spec 100% pure FAR infrared ceramic sauna heaters are used.

Our Hemlock sauna cabin is the perfect choice for people who have sensitive skin or allergies and cannot tolerate aromatic oils, perfumes or herbs. Furthermore, its contemporary light wood finish will soften any room.

The state of the art digital control panel includes an advanced internal thermostat, automatic timer function which allows control from inside and outside of the sauna.

The Lumina Sauna Range is now also available as a Traditional Finnish Sauna featuring the exceptional Harvia Vega Steam Sauna Heater which replaces the DuraWave Ceramic Heaters.

certifications

World Class Safety Standards

In addition to quality and innovation, our commitment to safety is unparalleled in the industry. With strict quality control measures in place you can be assured all of our saunas are electrically certified to meet and surpass stringent safety standards and are regularly inspected by an independent authority.

Many of our certifications are issued by SGS Germany, which is regarded as the premier quality management centre in the world today.

Certifications include CE (EMC, LVD), ISO 9001:2000, ETL, ETS, C-TICK, ROHS, GS, and SAA to name a few...



Environmentally Friendly

All the material we use is non-allergenic, non-toxic and environmentally friendly. Our wood comes from renewable forests. Furthermore, SaunaMed saunas use half the electricity of standard units. We also go a step further and ensure that all of our products are manufactured to ROHS standards, which restricts the release of Hazardous Substances.



SaunaMed is one of the only manufacturers of far infrared saunas with certifications from the Sustainable Forestry Initiative (SFI) and the Programme for the Endorsement of Forest Certification (PEFC).

“Being certified shows that you comply with the highest social and environmental standards on the market. As public concerns about the state of the world’s forests and timber resources increases.

“The PEFC provides an assurance mechanism to purchasers of wood and paper products that they are promoting the sustainable management of forests.” http://www.pefc.org/internet/html/about_pefc.htm

We are so confident in the quality of our items we offer a 5 year warranty on our wood and glass parts and 2 years on electric parts. If there are any faults with the sauna within this period, parts and simple replacement instructions will be sent out free of charge.

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