QUESTIONS & ANSWERS

1. **Are infrared saunas energy efficient?**

   Being energy efficient means finding ways to use less energy to produce the same level of energy service. We incorporate this imperative understanding in the production of our saunas. For instance, our double-panel wall construction allows our saunas to maintain the heat within the sauna requiring the use of less energy input. Furthermore, the lack of a continuous flow of energy once the set temperature is reach on the sauna leads to the consumption of fewer resources. Being energy efficient also allows are saunas to operate cost effectively as well.

2. **Are saunas costly to operate?**

   No. Our saunas do not draw a continuous flow of energy and are thus very cost efficient. For example, turn on the saunas for 60 minutes and set the temperature for 120^{o} F. The sauna will cycle on and off continuously to regulate the temperature at the set temperature of 120^{o}F within those 60 minutes. You can also calculate the number of kilowatts used by one of our saunas. For example, our 1-2 person sauna uses 1450 watts; 100 watts equal 1 kilowatt. Therefore, that sauna would use 1.45 kilowatts per hour. This is a best estimate because the sauna will cycle on and off continuously to reach your set temperature.

3. **Are saunas difficult to assemble?**

   No. Our saunas are designed for ease of assembly in your residence at an outstanding value. Our quality saunas require two individuals to assemble and take approximately 1 hour to assemble, depending on the model and size you purchase.

4. **Where can the sauna be assembled for use?**

   Our saunas are not only ideally designed to be used within your residence, but also to fit your established decor. Whether you want to assemble the sauna for use in your garage, basement, or bed/bathroom, our saunas can sit on virtually any common flooring surfaces from concrete and tiled floors to wood and carpeted floors. Regardless of your choice for assembly, the sauna needs to be placed indoors.

5. **What is Infrared Heat?**

   Our sun produces most of its energy output in the form of Radiant heat, also known as Infrared Energy (IR). Infrared heat is shorter in wave length, heats an object from within (as opposed to the surrounding air), and does not expose the user to harmful UV rays. In short, Infrared heat produces the same benefits of natural sunlight without any of the harm.

6. **What are the benefits of using infrared technology in our saunas?**

   Infrared technology provides many health and healing benefits for the human body. Infrared has been found to contribute to outstanding caloric consumption, weight control, and pain relief. It also helps increase the extensibility of collagen tissues, decrease joint stiffness, relieve muscle spasms, and increase blood flow.

7. What types of safety features are incorporated in the construction of the sauna?

Significant consideration and analysis has been integrated into producing a quality and safe product. From the non-toxic glue to tempered glass to heat absorbing felt materials, we have continuously made improvements to establish a sound and secure product. These types of measures have allowed the factory to produce over 30,000 units last season to accommodate the increasing number of sales of our product.

8. What are the differences between Ceramic Heaters and Carbon Heaters?

Ceramic heating elements are engineered to produce a more direct and intense distribution of infrared waves and heat. Ceramic heating elements tend to heat up slightly faster and has limited heat distribution. In comparison, Carbon Tech heating panels are more flexible/less fragile and are engineered to produce a wider, softer heat that is evenly distributed throughout the sauna, covering a significantly larger surface area.

9. What type of wood is used to manufacture the sauna?

Our saunas are manufactured using Reforested Red Cedar Wood imported out of British Columbia, Canada. The wood is inspected and tested to be free of quarantine and non-quarantine pests and conforms to the specified procedures of the appropriate official phytosanitary requirements and certified by the Canadian Food Inspection Agency (CFIA), a division of the Government of Canada.

10. What is a dedicated circuit?

A truly dedicated circuit is an electrical outlet used for that one purpose and the only outlet on that given line. Having a truly dedicated circuit ensures that your sauna will receive the electrical current it needs without overloading the circuit breaker or wiring. If this is not the case, then your sauna would be on a quasi dedicated circuit.
A quasi dedicated circuit means that you have multiple outlets on the same circuit and have multiple appliances plugged into that outlet. If your sauna is plugged into a quasi dedicated circuit, the other appliances plugged in the same outlet must be turned off while your sauna session is in use to prevent circuit overload.