



Infrared Sauna Buyer's Guide

It is natural to be a little bewildered when you first step into the world of infrared saunas. When you start looking at options to buy, you will see that there are many different ones available. It can be intimidating to choose from such a wide variety. Here are some tips that will help you make your decision.

Capacity

See how much space there is inside the saunas you are looking at. If possible, find one, or a similarly sized sauna, to see whether it is comfortably sized for you. You may find it hard to locate an infrared sauna showroom in your area, but it is fine to look at traditional saunas just to get an idea of their size. Keeping in mind that in a sauna you will want a certain amount of elbowroom, consider how many people you may be able to share the sauna with, if desired. You should also be sure that you choose a sauna that will fit into the space you have available!

Frequency Range

Different infrared saunas have different frequency ranges. Our saunas here at Pure Sauna are carefully attuned to the most beneficial Far Infrared (FIR) range to provide you with the greatest health benefits. Near infrared produces similar relaxing warming sensations, but its health benefits are minimal. Choose an FIR infrared sauna from Pure Saunas to get the most benefit from your sauna.

Construction

Pure Saunas uses only tongue and groove construction to ensure that your sauna is sturdy as well as beautiful. We prefer this method of assembly to those that use screws, nails, or pegs, as it produces smooth surfaces without any projecting bumps and nubs where feet or towels can snag.

Wood Quality

Your infrared sauna does not need to be made out of a very specific type of wood in order for it to be strong and long lasting. However, the wood must be kiln-dried for at least 45 days. This process ensures that the wood is strong and fully cured before it is put into construction, so you can be comfortable knowing that it will not warp, crack, or rot.



Heat Emitters

There are two types of heat emitters, carbon fiber and ceramic, each with its own benefits. Ceramic heat emitters have a faster warm up time, approximately 15 minutes as opposed to 20 minutes for carbon fiber. However they are highly directional, unlike carbon fiber emitters which can be built as panels embedded into almost any surface of your infrared sauna, allowing direct heat delivery to the back, sides, legs, feet, and so on simultaneously.

Warranty and Parts Availability

No matter how well built your product and how well you take care of it, eventually a part will fail. Be sure that you examine the manufacturer's warranty carefully and inquire about the availability of parts and services before you make your purchase. A sauna that you can't repair, or can't afford to repair, is going to cost you much more over time than one with a good service agreement, so make sure that you buy from a reputable dealer like Pure Saunas who can stand behind their product.