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 state 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 reason why people are installing home saunas in record numbers. Almost any size of home can accommodate our range of saunas.
DuraWave™ Infrared Technology

DuraWave™ Infrared heaters are made from 100% pure ceramics 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 ensuring your device is always ready to perform when you want to use it. For example, the DuraWave™ heaters have a failure rate of less than 0.01%. 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

A strong commitment to safety is manifested in our commitment to the industry's highest standards. Our saunas are electrically certified to meet nationally recognized safety standards and are regularly inspected by an independent authority.

WHY CHOOSE SaunaMed?
Health Benefits

If there was a way to increase energy, lose weight, increase 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-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 - how much would you pay for that?

What the Experts Say

"The Far Infrared sauna is the safest, most efficient and economical way of eliminating stored toxins, making it a valuable necessity. I am convinced that the Far Infrared sauna is something that we should incorporate into our personal and daily routine. In addition to the health benefits it offers, it is a source of great relaxation and stress relief. I believe that Far Infrared sauna therapy is a safe and effective way to improve health and well-being." (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, simple documented evidence to treat ailments as a source of natural healing for many diseases 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)
- Enhances overall health and well-being
- Improves circulation and lymph drainage
- Improves skin tone and complexion
- Helps relieve stress and anxiety
- Removes toxins and impurities
- Promotes overall health and vitality
- Improves mood and reduces stress
- Improves heart function and blood pressure
- Improves circulation and boosts immune system
- Improves skin conditions such as acne and eczema
- Improves blood flow and reduces swelling
- Increases energy levels and overall health
- Improves circulation and boosts immune system
- Improves heart function and blood pressure
- Improves skin conditions such as acne and eczema
- Improves overall health and vitality

What else can a Far Infrared sauna do for you?

- Promotes healthy skin
- Reduces inflammation
- Enhances cellular detoxification
- Promotes weight loss
- Improves circulation
- Reduces stress and anxiety
- Improves sleep quality
- Increases energy levels
- Improves mood and reduces stress
- Improves circulation and boosts immune system
- Improves heart function and blood pressure
- Improves skin conditions such as acne and eczema
- Improves overall health and vitality
What is Far Infrared Ray (FIR)?

What is infrared 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 means other than direct light called infrared heat or infrared energy. The sun is the primary source of radiant energy, but not all of the energy is beneficial. Although the sun sends energy that warms the skin, 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. Far-infrared heating is used in hospitals to help maintain comfort. 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 confirmed the benefits of FIR in the 1980’s by using infrared rays to mend astronauts’ injuries on long, cramped space flights.
What are DuraWave™ Infrared Heaters

DuraWave™ Infrared Heaters use technology which incorporates 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 output range is between 7.5 and 15 microns which is very close to the frequency of water molecules. This similarity makes it vital to our bodies as about 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 wavelength at 9.4, which falls at the resonant frequency of water molecules. This optimises the output for health benefits of Far infrared heat which includes pain relief, detoxification, and deeper body penetration. 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 which work with the natural harmony of the human body, resulting in increased benefits. Many products have not been tested, making it very difficult to verify their safety and peak infrared output wavelengths.

Medical Research & Benefits

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

For infrared saunas using pure ceramic emitters there is a long history (decades) of use, results, and conditions treated by the manufacturers. This includes skin conditions such as cellulite and arthritis, and many more. The use of Far infrared heat by healthcare professionals is increasing with many doctors and health practitioners recommending infrared saunas as a viable therapy for a wide range of conditions.
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. 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.

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, and the processes of flexible fiberglass (plastic resin and glass cloth), thin conductive layer of carbon to create units for the Far-Infrared sauna, glass resins are laminated to complete the assembly. Through this process lead, iron, aluminium, zinc, boron and barium are introduced into the saunas. 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 elements 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 which can be awkward to ship and difficult to replace. For 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 oriented companies use ceramic elements.
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 makes it impossible to evenly heat the entire interior of the sauna. 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. 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 conduct any level of sweating.
- To create the internal temperatures and infrared flux 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 unappealing.
- 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.
- 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.

Why DuraWave™ elements are preferred over carbon?
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 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 Luxury Sauna Range includes all the advantages of the Classic Sauna Range and more. The hand selected inest 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.
Modern European design, the stunning full glass front and wood finishing 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.

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.

- 3 Person Lumina Hemlock FAR Infrared Sauna
- 4-6 Person Lumina Hemlock FAR Infrared Sauna
Traditional Saunas feature a full glass front and robust heating provided by the experts at Harvia.

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 traditional sauna experience.

SaunaMed traditional saunas are compact and easy to assemble. Manufactured from high-quality 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 textiles. Furthermore, its contemporary light wood finish will soften any room.
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 independent authorities.

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

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

Environmentally Friendly
All the materials we use are 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 increase, the PEFC provides an assurance mechanism to purchasers of wood and paper products that they are supporting the sustainable management of forests.

We are so confident in the quality of our items we offer a 5 year warranty on our wooden and glass parts and 2 years on electrical parts. If there are any faults with the saunas within this period, you can simply return them to us for a full refund or repair.
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