

Infrared Heat, an Introduction

The principal source of radiant energy that we are exposed to is the sun. This energy allows life on earth to flourish and regenerate. Infrared radiant heaters supply the same energy as the sun, but without any of the dangerous UV rays and sunburn that come with it. Like the sun, infrared heat penetrates the skin and raises the temperature of the blood traveling close to the skin surface. This raises the body temperature high enough for the human body to sweat.

Controlled sweating promotes a healthy body. Along with regular exercise and proper diet, body-wellness, and with that mental health, can be improved considerably.

Increased blood circulation through daily use of your infrared sauna will improve the quality of your life in many ways.

- Youthful and elastic skin. Wounds heal more quickly with reduced scarring
- The effects of acne, eczema, psoriasis, burns, skin lesions, scars and roughness will be less severe
- Cellulite may be reduced through regular sweating sessions
- Headaches, back-pain, arthritis and muscle spasms are eased through increased blood flow
- Sports injuries heal more quickly. The 1996 Atlanta Olympic Games chose their saunas to be infrared. The electronic components for these saunas were manufactured by us
- Prior to an athletic event stretching and warming up in a sauna reduces the risk of injury
- Stress is reduced through relaxation
- Weight loss has been recorded with regular sauna use. Sweating can consume up to 600 calories a sweating session. This is more than many exercise activities will do

For additional information please read our papers: An Introduction to Infrared Saunas,

Tips for Building a Custom Infrared Sauna and How Infrared Radiation Works, available at our website www.SUNETTE.com

Building an Infrared Sauna

Before you start building your sauna you need to consider a number of options:

- Portable or built-in
- Inside and outside finishes
- Interior size
- Floor-plan and layout

Portable or Built-In:

A portable sauna can be dismantled and you can take it with you should you move. This is the way the majority of commercially produced infrared saunas are constructed. These are easily assembled, disassembled and moved. Portable sauna construction does not lend itself to customized needs (space limitation or special-needs users).

Inside Finish:

The most popular interior finish for any sauna is western red cedar. Please be aware that some people are allergic to cedar. Another wood often used is pine. Never apply any coat of paint or sealer to the inside surface of your sauna. Many chemicals react to heat and create noxious fumes.

Laminate paneling could be applied for use in commercial applications.

Outside Finish:

Any finish suiting the surrounding décor is suitable.

Interior Size:

The size of your sauna depends on the maximum number of users for any sauna session at a time. Calculate the heating power required by multiplying the interior size: Width x Depth x Height x 14. This will give an indication of the total wattage required for a comfortably

warm sauna. Please remember that in North America the maximum wattage on a 115 VAC wall-outlet is limited to 1450 Watts. 230 VAC kits are available for very large saunas that require a higher wattage.

Floor Plan:

Some floor plans are shown over-leaf. For additional floor plans and general building information visit www.SUNETTE.com

Conversion from a Traditional Sauna:

Operating a traditional steam sauna is expensive (four to five times the cost of an infrared sauna) and maintenance is time consuming. Conversion to an infrared sauna can be done with a customized **SUNETTE** sauna kit. Some woodworking and electrical wiring skills are required for such a conversion. Please contact us with your specific needs.

The SUNETTE Technology

SUNETTE Custom Infrared Sauna Systems provides complete sauna installation kits, not just bits and pieces. The reliability of our product has proven itself around the world since 1992.

The SUNETTE Infrared Sauna Kit

The **Control Panel and Power Interface:**

- Large display for time and/or temperature
- Full-function control panels inside and outside of the sauna
- Hearing and visually impaired features built in
- Remote on/off control option
- Deg. C or F user selectable
- Light dimmer and fan speed control options
- Easy plug-and play installation
- Accurate temperature sensor
- 115 VAC/15 Amp. or 230 VAC/10 Amp. Option

The Infrared Heaters:

- Highly efficient solid ceramic heaters of varying outputs
- Directionally adjustable heater reflectors
- Fiber-flocked heater covers
- Ceiling heater

The Wiring Kit and Customer Supplied Equipment:

- Complete wiring kits for six to nine heater units are available from stock
- Custom wiring kits are available on request
- Optional variable light control and fan speed controller
- All electrical equipment is supplied
- Wood, insulating materials, hardware (screws, hinges, brackets, window glass and other miscellaneous building materials are not included in the kit supplied). Construction labor are the responsibility of the customer
- Construction plans (floor plans) are for general information only

Customer Service and Warranty:

- Heating elements, unless the ceramic unit is broken, are guaranteed for life
- Electronic components and wiring are guaranteed for five years
- This warranty includes materials and factory labor only. The costs of labor to replace a defective part at the customer's location are borne by the owner of the product
- These warranties extend to the original equipment owner only. Proof of purchase is required to validate a warranty claim. One-way shipping charges apply after 90 days of purchase

Regulatory Approvals:

SUNETTE products are compliant to bear the CE mark for the European market. CSA/UL/ULC approvals are applied for.