

TheraSauna™

In-Home, Dry, Infrared Health Sauna



A) 1-Person



B) 2-Person



C) 4-Person
Straight Bench



D) 4-Person
Facing Bench

Four TheraSauna™ Types

What Is Far-Infrared Heat?

Infrared heat is one type of solar energy produced by the sun. This is the heat you feel penetrate your skin when you stand in the sun — and miss when you walk into the shade. Infrared energy is also given off as body heat.

The human body can also absorb solar infrared heat. Infrared energy is measured in wavelengths as microns. The human body can best absorb infrared energy in the 3 to 50 micron range, with the best absorption occurring at 9.4 microns. TheraSauna™ TheraMitters™ emit infrared heat in the 7 to 14 micron range with a peak at 9.4 microns for the easiest absorption by the body. Easier absorption also means that the infrared heat can penetrate deeper into body tissues than traditional hot air saunas — up to an inch-and-a-half.

Four Sauna Types: Dimensions

- A) SAS07 (1-Person) TheraSauna™ — Straight Bench (7 TheraMitters) (44.4" x 43.9" x 74") (120 Volt/1141 Watt/10 amp)
- B) SAS10 (2-Person) TheraSauna™ — Straight Bench (10 TheraMitters) (55.4" x 50.75" x 74") (120 Volt/1690 Watt/14 amp)
- C) SAS12 (4-Person) TheraSauna™ — Straight Bench (12 TheraMitters) (78.5" x 50.9" x 74") (120 Volt/2016 Watt/17 amp)
- D) SAF12 (4-Person) TheraSauna™ — Facing Bench (12 TheraMitters) (74.9" x 52" x 74") (120 Volt/2016 Watt/17 amp)

A Revolutionary New Step in the Evolution of Saunas

Traditional saunas, like most found in health clubs, use a wet heat that is produced by pouring water over super-heated rocks in an insulated, tightly enclosed room where the air can heat to an excess of 200 degrees Fahrenheit. This can be uncomfortable and make it difficult to breathe. The body is warmed mostly on the skin surface and superficial muscles. The high humidity causes perspiration to form on the skin, limiting the body's natural ability to expel toxins.

In contrast, **TheraSauna™** produces a radiant heat that penetrates as deep as one-and-a-half inches below the skin for deep muscle therapy. This sauna helps your body produce up to three times more perspiration than conventional saunas. This natural process rids your body of harmful toxins and mineral waste, in turn strengthening its natural immunity.

In addition, **TheraSauna™** operates at safer, more comfortable temperatures of 110 degrees to 130 degrees Fahrenheit. The patented TheraHeat™ control system ensures a constant temperature that is automatically maintained by varying the heat output to the TheraMitters™.

TheraSauna™ uses a safe, radiant infrared heat source similar to those used by doctors and physical therapists. Infrared heat is so safe that it is used in

incubators to warm newborns and effective enough to be used in major league sports therapy. The radiant heat warms the body directly — not the air.

Other Benefits

There are many additional therapeutic benefits to the use of **TheraSauna™** including: improved blood circulation, strengthened cardiovascular system, eased joint pain and stiffness, improved muscle relaxation and flexibility, and reduced stress and fatigue. In addition to these benefits, your body can **burn 300 to 600 calories** during only a 20–30 minute session!

TheraSauna™ Features

- 2 digital control panels (*external only on 1-person model*)
- 60-watt incandescent sauna light with dimmer switch
- Skylight roof vent
- Built-in stereo speakers hook up to your existing stereo (*2- and 4-person models only*)
- Full tempered glass door
- Cabinets handcrafted with the look of fine furniture
- Easy assembly — only 15 minutes!
- 5-year warranty
- No custom wiring or plumbing — plugs into a standard outlet (*4-person model requires 20 amp/120 volt*)



“To counter the effects of these toxic times, TheraSauna™ helps strengthen your natural immunity because it helps your body **perspire up to three times more** than conventional saunas, ridding your body of harmful toxins and internal waste. The TheraSauna™ also improves circulation, strengthens the cardiovascular system, eases joint pain, relaxes muscles and reduces stress and fatigue. I routinely recommend TheraSauna™ for its many benefits.”

— Dr. Bob Marshall, PhD, CCN, DACBN

Key Features of TheraSauna™



Patented Soft Touch Controls

TheraSauna™ soft-touch digital controls incorporate two solid-state controls with timers. One control is located on the inside with the second control located outside the sauna. Each control is heat, humidity, and water-resistant.

TheraSauna™ needs no additional wiring and plugs into a standard 15 or 20 amp, 120-volt outlet.



Energy Efficient

At the heart of the TheraSauna™ is the TheraHeat™ system of heaters and patented, solid-state digital controls. The controls regulate the level and temperature of infrared waves emitted by the ceramic heaters. The TheraHeat™ system has a radiant efficiency of 96% — the highest efficiency available.



Patented Ceramic TheraMitters™

TheraMitters™ warm the body — not the air as a conventional sauna would. TheraMitters™ are ceramic heating elements that operate with a 96% efficiency by

reaching their maximum output in five to six minutes. Other saunas use a radiant heater sheathed in a metal tube that has a radiant efficiency of only 50%. TheraMitters™ absorb and maintain radiant heat to exacting temperatures and have an operating life of over 10,000 hours.

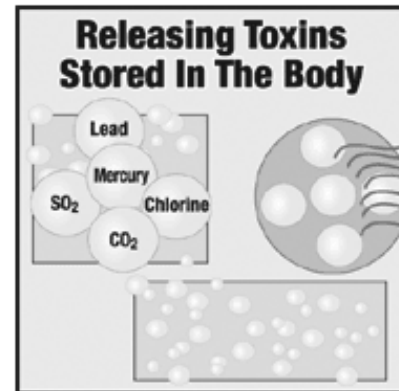
Built With Non-Toxic Wood

TheraSauna™ portable units are hand crafted of 100 percent clear, **non-toxic Aspen wood** from Canada and Alaska for years of durability and lasting beauty. Other saunas are constructed from cedar and redwood that contain a volatile oil called cedrene. When cedar or redwood is heated, it creates toxic gases that are inhaled and absorbed through the skin. TheraSauna's non-toxic wood gives off virtually no detectable toxins.



Natural Infrared Healing

Patented TheraSauna™ TheraMitters™ produce infrared heat in wavelengths of 7 to 14 microns. The TheraMitters™ have a peak output of 9.4 microns — the same as the human body. Since the heat emitted by the TheraMitters™ is similar to the heat emitted by the human body, the body is better able to absorb the **beneficial infrared frequencies** in a shorter period of time.



Easy To Assemble

Step 1:

The TheraSauna™ is shipped completely disassembled in six easy-to-assemble panels. Our saunas are transportable. Owners can take it along whenever they move.



Step 2:

Units can be assembled in as little as 15 minutes.

Step 3:

The door and bench mount easily onto the sauna.



Step 4:

Wood panels are screwed snugly together for strength and durability.