

The Ultimate Sauna Buyer's Guide

By All-American Recreation





Foreword

What could be more relaxing

than stepping into your own sauna on a weekend morning? This level of luxury is not as out of reach as people think. Not only is a sauna a great way to rejuvenate body and mind (especially during colder months!), the health benefits are far-reaching.

All-American Recreation wants to bring this comfort into every home. This guide will cover health benefits, frequently asked questions, and what it's like to own your own sauna.

We hope this guide brings you one step closer to understanding saunas are not an extravagance but a worthwhile investment for someone dedicated to health and serious about relaxing!

-Jerry Schiltz
All-American Recreation

Part 1: Health Benefits

Weight loss

Studies have shown that sitting in an infrared sauna for 30 minutes can burn upwards of 600 calories. When you use our infrared sauna, your core body temperature increases, causing your body to work hard to cool it down. This causes an increase in your heart rate, metabolic rate, and cardiac output, allowing you to burn many calories while you sit back and relax.

Detoxification

Sweating is one of your body's natural ways to remove toxins from your system. Removing toxins from your body is a great way to avoid disease, prevent illness, and generally improve your overall feeling of health and vitality. Since infrared saunas heat your body from the core, they allow you to sweat out up to 7 times more toxins than traditional saunas.

Skin Purification

Studies on infrared light therapy have shown improvements in skin complexion, tone, texture, elasticity and overall appearance. Less toxins in the skin = healthier skin.

Relaxation

Everyone who has ever spent time in a sauna is likely familiar with the generally euphoric feeling that results. Spending time in an infrared sauna is no different. Cortisol is a hormone that is produced by the body as a result of stress. Studies have shown that infrared heat therapy helps the body maintain healthy levels of cortisol, allowing you to relieve that day-to-day stress, and relax.

Pain Relief

One of the most popular reasons people turn to infrared saunas is pain relief. Infrared heat works by deeply penetrating joints, muscles, and tissues, which increases circulation and speeds oxygen flow. Many doctors recommend infrared therapy to athletes for sports injury relief, arthritis, fibromyalgia, and other chronic pain syndromes.



Lower Blood Pressure

During a session in an infrared sauna, your heart works harder to cool your body down, promoting healthy blood flow. Infrared sauna therapy is a safe and effective way to improve your heart functions, and can be especially beneficial for patients with diabetes, high blood pressure or high cholesterol.



Improved Circulation

Heating your muscles with infrared rays causes a similar increase in blood flow to exercising. The direct heat emitted from our saunas will also cause your blood vessels to dilate and will increase your breathing and heart rate. Never before has getting your blood going been so relaxing!

Part II: Frequently Asked Questions

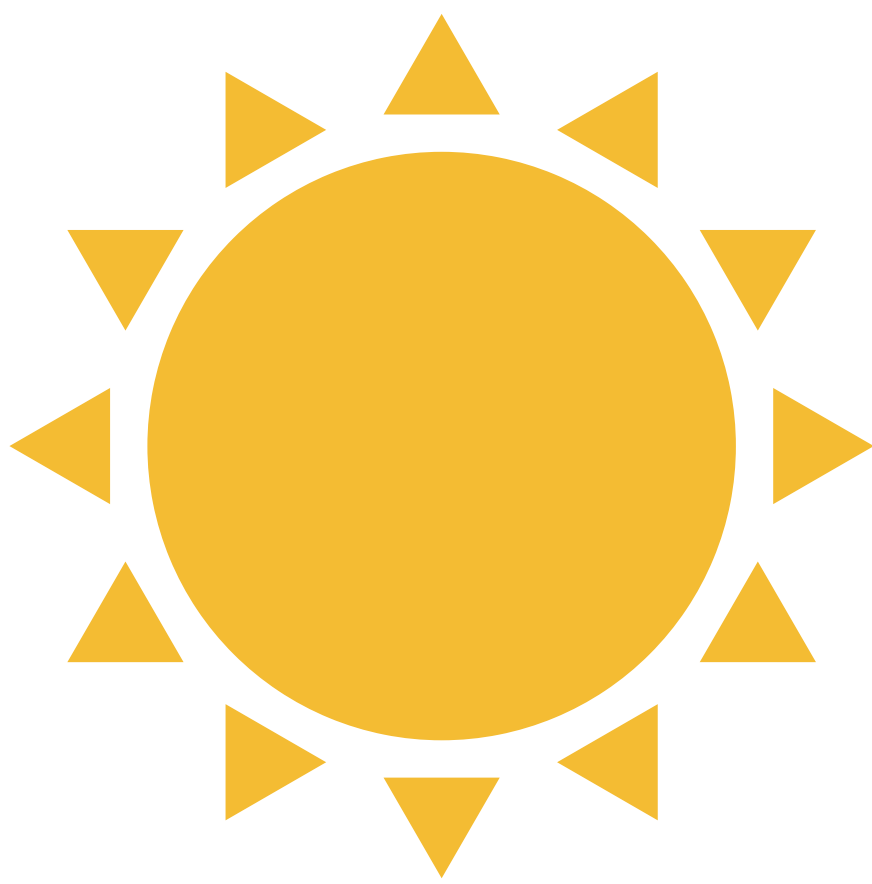
What is far infrared ray?

Infrared ray refers to the electromagnetic waves that lie between the visible and microwave sectors of the electromagnetic spectrum. They are similar to the natural rays received from the Sun. Infrared radiation (IR) is electromagnetic radiation of a wavelength longer than that of visible light, but shorter than that of radio waves. The radiation penetrates the body and heats through a process called conversion, instead of heating the air around you.



Are infrared rays safe?

Yes! Far infrared radiation (FIR) is considered harmless to humans. Your body directly absorbs as much as 93% of the heat generated by our carbon fiber heaters. Infrared heaters are often used as the heating element for premature babies in incubators.



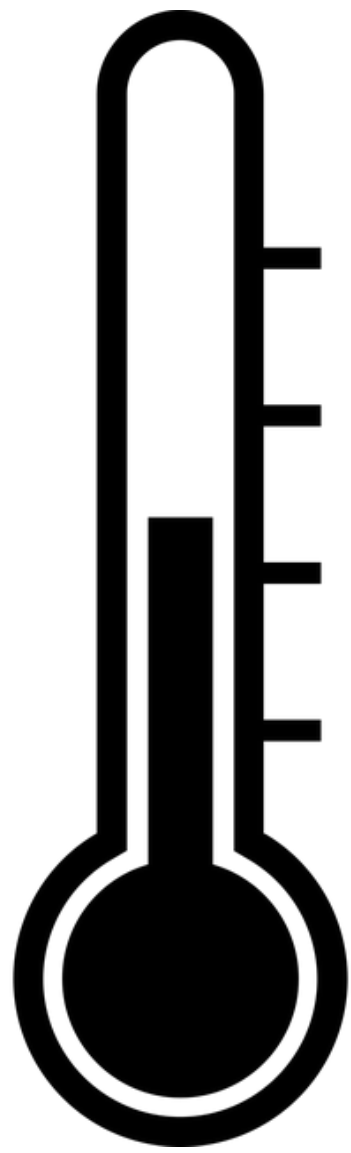
The infrared radiant waves penetrate the body's tissues to a depth of over one to one-and-a-half inches. Its energy output is tuned to correspond very closely to the radiant energy that our bodies generate.



Is there any difference between traditional saunas and infrared saunas?

First things first, the temperature that the traditional sauna needs to reach for your body to sweat is extremely high, too high to safely handle for an extended period of time. Studies have shown that anything longer than 20 minutes at high temperatures may be placing a strain on your heart.

Infrared sauna heat penetrates the body much deeper (up to 1 ³/₄ inches compared to the traditional sauna which only penetrates roughly 1/8 of an inch), so your body is able to work up a detoxifying sweat at about 120 degrees as opposed to 180 degrees in a traditional sauna.



What heaters do your saunas have?

Our saunas feature carbon fiber heaters. The carbon fiber heater is an upgraded technology that emits heat at a lower air temperature than the leading ceramic heater. Our carbon fiber heaters contain an extremely low surface temperature and are extremely efficient. An estimated 95% of the energy given from our heaters is converted into infrared rays. Most ceramic heaters have an emission rate of around 60%.

What is the ideal temperature?

While a comfortable temperature can vary from person to person, we recommend utilizing the sauna in moderation with the temperature between 120-140° F. This will allow you to get a feel for the temperature and length of time that best suits you.

What will happen when I get inside of the sauna?

You will instantly feel the heat being generated by the infrared emitters. The wavelength of this heat will allow the rays to penetrate your skin and heat your body beneath the surface. This will excite the water molecules stored in the layer of fat just under your skin, and cause you to sweat. The average person will begin to sweat after 20 minutes. (This time will shorten with frequent sauna use.) It is recommended that you drink water prior, during, and after any sauna use in order to prevent dehydration.



**Part III:
Owning
a Sauna**

How much space will I need for my sauna?

This is one of the more important questions to consider when purchasing a sauna. The first step is to find out the dimensions of the sauna itself. After that, you will need to measure the space you are considering for the sauna. All-American Recreation currently carries 4 different models and sizes of saunas, as we realize some customers may be working with limited space. We can help you find the perfect fit.



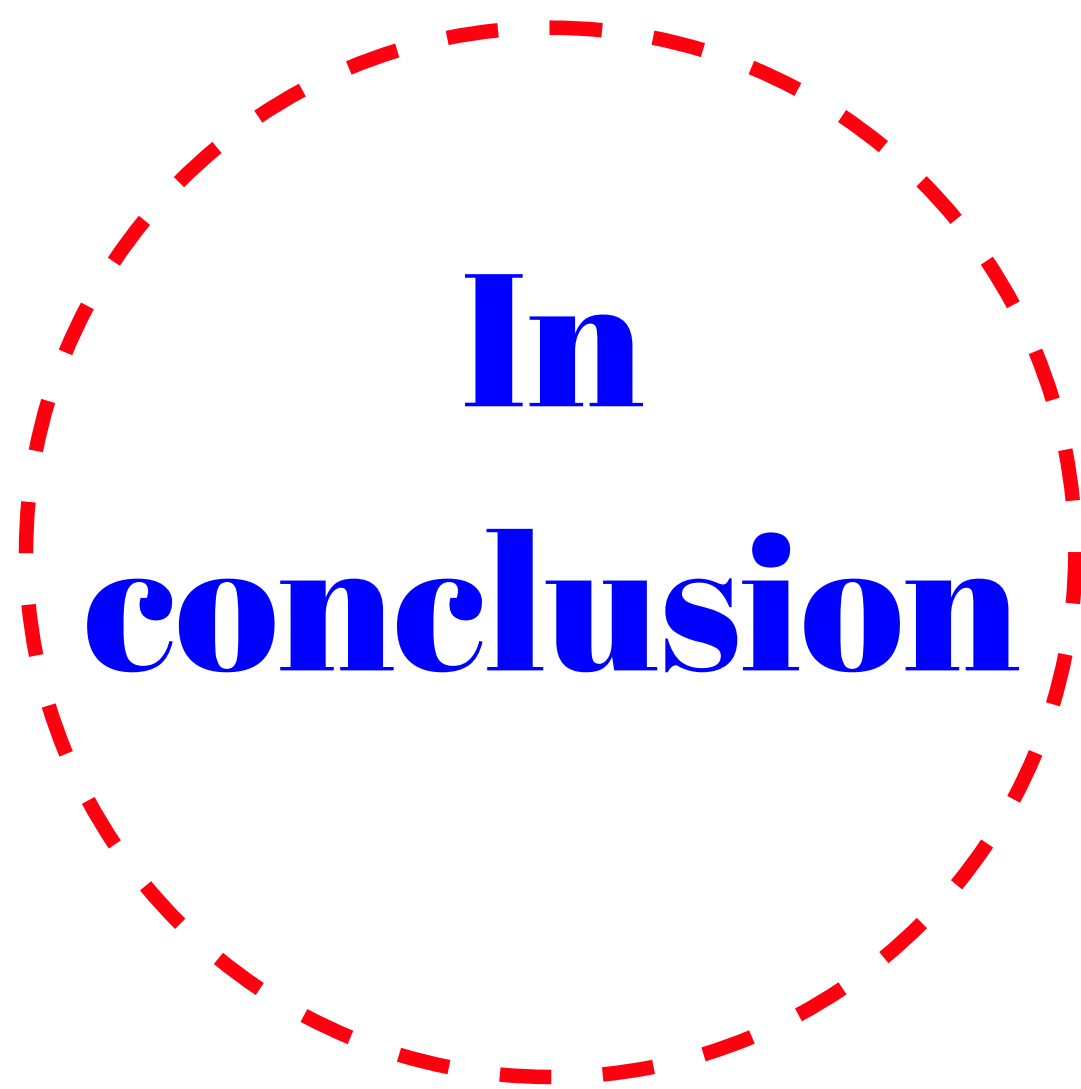
How much electricity do saunas take?

Infrared saunas operate on 115 volts, meaning that they can be plugged directly into standard outlets. There is no need for special wiring, so you can enjoy your sauna the minute it's warmed up!

What special features will I need for my sauna?

All-American Recreation provides all the special features you need in our sale price. Saunas include LED lights, an iPod station with two stereo speakers, and an oxygen generator.





If you're serious about health,

a sauna is the perfect fit. The advantages can't be topped, because a sauna is beneficial to both your body and mind.

All-American Recreation saunas are stress-free. With simple installation, free features, and easy care, you don't have to worry about a thing.

This relaxation is not as far out of reach as you think. Come into All-American Recreation today to see for yourself, or visit us at AllAmericanRec.com.

We look forward to seeing you!

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