



Saunas

Buyer's Guide

For thousands of years, people have used saunas to improve health and well-being. Whether you're looking to unwind after a long day, relax after a workout, or recover from an injury, you'll benefit from regular sauna use. It's the best kind of sweat.

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CONTENTS

- 3** What Is A Sauna?
- 6** Sauna History 101
- 9** How Do Saunas Work?
- 13** Common Sauna Types
- 18** 6 Key Benefits of Having A Home Sauna
- 21** Top 10 Sauna Health Benefits
- 27** How Much Does A Home Sauna Cost?
- 31** Top Sauna Maintenance Tips
- 34** Home Sauna Size
- 39** Top 10 Tips for Buying the Best Sauna
- 43** Ready for Your Sauna?



What is a **Sauna?**

Hippocrates once famously said: “Give me fever and I can cure every disease.” And it’s this very same power of increased body temperature that makes saunas so beneficial for your physical health, mental well-being, and overall relaxed state. While you are most likely somewhat aware of saunas, we wanted to go a bit more in-depth so that you can learn their backstory as well as modern-day saunas’ ability to transform your home into a 24/7 health and wellness oasis. Are you ready?

Saunas: A Basic Definition

Saunas are a therapeutic, heated, enclosed, wood-lined room with many different options for benches, seating, design, and size/capacity. The intense heat generated within the sauna encourages detoxifying perspiration, relief from aches and pains, and deep relaxation. And these are just a fraction of the benefits saunas deliver.

Top Sauna Features

Many cultures embraced the concept of “heat bathing” early on – especially the Finnish culture that is often credited as the “inventor” of saunas. This ancient bath was a big part of the Finnish culture. Women used to give birth in saunas, and it was also a pre-feast day ritual. It remains a cornerstone of daily life even in modern-day Finland.

Other cultures like Russian (banya), American (including the Native Americans), Spanish, Lithuanian (Pirtis), Swedish (Bastu), and Turkish (Hammam) have all used saunas for cultural reasons, social gatherings, as well as health and relaxation benefits.

What Are Saunas Good For?

What saunas do for you is pretty comprehensive. Since there is so much detail around sauna benefits, we encourage you to check out two of our sauna resource guides:

6 key benefits of having a home sauna: Not only do you have 24/7 access to the ultimate health &

wellness retreat, you can enjoy an escape from stressful reality, gain the best fitness ally, and enjoy a social oasis with friends and family – all at an affordable cost and easy maintenance.

10 amazing health benefits of saunas: Sauna health benefits range from cardiovascular health, mental health, pain management, powerful detoxification, immunity boosting, weight maintenance, better skin, better sleep, and the prevention/management of many health conditions and ailments.

What Do Saunas Do in Terms of Functionality?

Fundamentally, all saunas do the same thing: They heat the body to bring about the many physical and mental benefits to the bather. However, how they deliver heat is totally different in functionality – since it's either via a traditional sauna or an infrared sauna.

To best break down what saunas do, their functionality, and their components, here's a comprehensive side-by-side comparison that highlights it all:

Category	Traditional Sauna	Infrared Sauna
Physical sauna product	Enclosed in a heated, wood-lined room with different options for benches, seating, design, and available person capacity.	Enclosed in a heated, wood-lined room with different options for benches, seating, design, and available person capacity.
Overall experience	If you enjoy steam in the sauna, higher temperatures and a more social environment, then a traditional sauna may be the best sauna for you.	If you prefer lower temperatures but with body-penetrating heat, an infrared sauna may be your best sauna choice.
Social experience	Traditional saunas are typically large enough to allow multiple people to enjoy the sauna for social time.	While it is possible to converse in an infrared room, due to the smaller room sizes and room design, the typical experience of the infrared room is often more of a private escape but some models can accommodate more people.
Indoor vs. Outdoor use	Designed for both outdoor- and indoor-use	Designed for indoor-use only
Heat source	Electric sauna heater filled with rocks	Infrared technology; an emitter produces infrared waves to provide heat.

Category	Traditional Sauna	Infrared Sauna
Temperature	Median temperature between 185-190 degrees Fahrenheit	Optimum temperature between 125-130 degrees Fahrenheit
Heat & Humidity	Very dry until water is sprinkled over hot rocks. <i>Both temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.</i>	Relatively dry with average humidity <i>Temperature is controllable; humidity is not.</i>
Pre-heating time required	30-40 minutes required to preheat rocks before use	No pre-heat time required
How it heats the body	Traditional saunas heat the air to heat the body.	Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – causing a more pronounced sweating.
Typical sauna session length	10-15 minutes optimal time for use	10-15 minutes optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures)



Sauna **History 101**: From the Finnish Sauna to Modern-Day Home Saunas

While you've likely enjoyed a modern-day sauna at a spa or resort, you may not be familiar with the origins of a sauna. It's a great story, and we share some of that here, starting at the very beginning.

Where Did Saunas Originate? A Loved Tradition of Many Cultures

Traditionally, saunas were enclosed in a small, heated, wooden room (powered by wood stoves, heaters, and rocks), and "bathers" would relax on benches at varying heights – choosing to sit or lay down – and start sweating profusely to eliminate impurities from the body.

Who invented saunas? And, where were saunas invented? It's most associated with the Finnish culture. While it's unknown exactly when saunas were invented, Finnish saunas started as a combination of the Roman bath (that uses hot dry air) and the Russian banya (that uses steam). The traditional Finnish sauna was a smoke sauna "savusauna" where stones were heated with a fire for several hours and bathers would go into the enclosure once much of the smoke had cleared.

This ancient bath was always a big part of the culture – ranging from women having their babies in a sauna to a celebratory-sauna the night before a feast day. Today, it's still a huge part of the modern-day Finn life, where the sauna remains a much needed (and beloved) daily life ritual.

In addition to the Finnish culture, these cultures embraced this heated bath very early on:

Russia: In Russian saunas (banyas), participants use a venik (a small bundle of dried leafy branches of birch, oak, maple, or other plants) to lightly flog their skin. This process helps increase blood flow and increase endorphins.

United States: Traditionally, the Native Americans have used sweat lodges for spiritual

ceremony. It's also believed that the American sauna culture gained steam (no pun intended) in the late 1800s and early 1900s from European immigrant influence.

Spain: In 1976, National Geographic described how the Cinnabar mine workers were able to "detoxify" mercury accumulation by taking a post-work sweat bath.

Other cultures that have heat bathing histories include Lithuania (Pirtis), Sweden (Bastu), and Turkey (Hammam).

A History Mention for Infrared Saunas, too

Infrared sauna therapy has the same principles as a traditional sauna. But, while it's also referred to as "a bath from the inside out", the technology is different. This type of sauna relies on infrared technology; an emitter that produces infrared waves to provide heat. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient electrical fields in your home. In fact, the EMR and EF levels are far below even Sweden's toughest radiation standards. Infrared saunas heat your body directly. More specifically, the infrared energy penetrates the body and raises the core temperature to activate a more pronounced therapeutic sweating.

The science of infrared is very cool, and one notable fact is out of this world – literally. About 15 years ago, NASA determined that infrared sauna technology was the best for maintaining fitness levels for astronauts in a weightless environment, especially when you consider that a 20-30-minute session in the infrared sauna burns as many calories as a six-mile run with the same beneficial cardiovascular effects.

Modern-Day Saunas

Today, people are lucky enough to have a traditional or an infrared sauna in their own homes – gaining access to a 24/7 heated oasis for the ultimate health and relaxation benefits whenever wanted!

We pulled together a comprehensive side-by-side comparison table between traditional and infrared saunas here in the What is a Sauna? section, but we will distill the top-line differences here:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then the *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor.
- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed for indoor use only.

Modern-Day Benefits

Since there is so much detail around sauna benefits, we encourage you to check out two of our resource guides:

6 key benefits of having a home sauna: Not only do you have 24/7 access to the ultimate wellness retreat, you can escape from daily stress, gain the best fitness ally, and enjoy a social oasis with friends and family – all at an affordable cost and easy maintenance.

10 amazing health benefits of saunas: Sauna health benefits range from cardiovascular health, mental health, pain management, powerful detoxification, immunity boosting, weight maintenance, better skin, better sleep, and the prevention/management of many health conditions and ailments.



How Do Saunas **Work**? The Science Behind Sauna Therapy

Curious about how a sauna works and the components that provide sauna therapy? This section is for you. Let's get started.

How Does A Sauna Work?

Saunas are a heated, enclosed, wood-lined room with different options for benches, seating, design, and capacity. The intense heat provides what has been called, "a bath from the inside out." This heat encourages detoxifying perspiration, relief from aches and pains, and deep relaxation among many other health benefits.

Before we get into the common components that are universal across all saunas, it's important to note the distinction between the two different types of sauna technology, traditional and infrared, captured concisely below:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor. Here are some other quick facts about traditional saunas:
 - The median temperature is between 185-190 degrees Fahrenheit
 - Traditional saunas heat the air to heat the body
 - Heat and humidity: Very dry until water is sprinkled over hot rocks. Both temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.
 - It requires 30-40 minutes to preheat rocks before use
 - Proper ventilation will be required

- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed only for indoor use. Here are some other quick facts about infrared saunas:
 - Optimum temperature is between 125-130 degrees Fahrenheit
 - Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – activating a more pronounced sweating. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards.
 - Heat and humidity: Relatively dry with average humidity. Temperature is controllable; humidity is not.
 - No pre-heat time required
 - Since water isn't used with an infrared sauna, there's no concern about ventilation. It's a completely dry heat that maxes out at 150 degrees.
 - 10-15 minutes is optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures).

Basic Sauna Components

Wooden structures:

Why are saunas made of wood? Saunas get very hot and they need to be designed to let bathers be comfortable in them. Even at maximum temperatures upwards of 190 degrees Fahrenheit, wooden benches and wooden walls stay relatively cool to the touch – allowing people to lay on the benches or lean against the walls without getting burned. Other materials (like tile) would be too hot to touch in a sauna environment.

Usually, the seating boards are built from either Abachi or Cedar woods. Walls are most often covered with Nordic White Spruce, Hemlock, or Cedar wood types.

Not only do these wooden materials hold heat and moisture, but they are also very easy to keep clean.

Seating benches:

To get the most efficiency from your sauna and to increase the amount of people that can enjoy it (which is more specific to traditional saunas), it's important to maximize bench space and minimize wasted floor space. Typically, a sauna plan should include space for both a lower bench and an upper bench (except for some smaller models optimized for space and less people, which generally just have

one bench for sitting only). The upper bench area can be used as the main calculation in terms of how many users you'd like to accommodate and it's smart to factor in about 2' of bench space per individual sauna bather.

Heaters:

The heart of the sauna is its heater! You will want to work closely with your local sauna dealer to ensure you have the best heater model, best heater placement, and corresponding heater control options to perfect your sauna experience.

- With a *traditional sauna*, you'll be looking at traditional sauna heaters and high-quality sauna heater stones. Speaking of good stones, here are some quick tips to consider before you select them:
 - They need to withstand high temperatures and significant heat fluctuations.
 - They cannot create dust or discharge any odors.
 - They must sufficiently deliver the heat, grab water and prevent the dripping of water — making an uneven surface preferable as opposed to an even one.
 - They must be large enough so that the air can circulate between them for operational efficiency
 - They must hold heat well. Once the room reaches temperature, a rock that properly holds the heat will use less energy to stay hot and will produce wonderful steam.
 - All sauna heater stones should be recommended and tested by the heater manufacturer.

With *infrared saunas*, you'll be looking at the infrared technology where an emitter produces infrared waves to provide heat.

Doors:

All-glass doors have become the standard, given their stylish and durable characteristics – and functionality. The glass is resistant to high heat levels as well as wet and dry steam fluctuations.

Proper ventilation (for traditional saunas):

Did you know that colder air mass will always try to move downwards? It's true – sauna room temperature air sinks down to the floor level unless it can be circulated properly with the air mass inside the sauna. To achieve the “natural draw effect” and to pull fresh air through the sauna room, and to avoid heat loss while still keeping it high enough to achieve adequate air exchange, you'll want to discuss specifics with your local sauna dealer dependent on the make and model of your sauna.

Energy use:

An in-home sauna is an inexpensive luxury to operate and it may end up being one of the most energy efficient assets in your home! In fact, for most families, the cost to run an in-home sauna is less than the typical costs to run a washer and dryer. While your total energy cost will be dependent on YOU (how often you use the sauna and for how long, the amp of the heater in the sauna, average costs for electricity in your area), here are some general estimates:

- *Traditional saunas:*

On average, if you use your sauna 3 times per week, a 6kW heater will cost approximately \$4 to \$6 per month. On the other hand, a 2.1 kW heater would use less and cost approximately \$2 per month.

- *Infrared saunas:*

On average, these typically run at about \$3 to \$5 per month.



Common Sauna **Types**: Two Different Ways to Bring Relaxing Heat

Did you know there are two main types of saunas? To best meet your preferences and desired sauna experience, there are traditional saunas and infrared saunas to choose from. There is no such thing as the “better” sauna, but instead, it’s all about finding the “best” sauna for you. After all, the sauna you will use the most is the best sauna. If you are eager to figure out what sauna type is right for your life, let’s get started!

Infrared Saunas vs. Traditional Saunas

Due to the increasing popularity of infrared saunas, we’ve heard the question: Is an infrared sauna better than a traditional sauna? Again, nothing is better – just different! Here’s a quick overview of the sauna experience between the two types before we get into our side-by-side comparison table.

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These can be indoor or outdoor saunas.
 - *Its heat technology and sauna experience:*

Powered by an electric sauna heater filled with rocks, traditional saunas heat the air to heat the body. This is the classic version people think of for heat bathing – since its “enveloped heat” is very hot with lots of steam. The median temperature is between 185-190 degrees Fahrenheit and it’s very dry until water is sprinkled over hot rocks. Both the temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy. A well-constructed sauna will typically achieve a temperature of 150-160°F at head level in about 30-40 minutes. For hotter temperatures, the room may need to heat for a longer period. Once the room achieves a set temperature, the heater will cycle on and off, typically operating about 50% of the time. The insulated walls and the heated rocks will keep the room hot and at stable temperatures.

- *Notable and unique traditional sauna benefits:*

Bathers often enjoy the steam, especially as it can open up the nasal passages and relieve symptoms of sinus congestion from colds and allergies.

- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed for indoor use only.

- *Infrared sauna experience:*

How does an infrared sauna work? An infrared sauna's optimum temperature is between 125-130 degrees Fahrenheit. They're relatively dry with average humidity (there is no humidity control or steam) and these saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – activating a more pronounced sweating. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards. The goal in an infrared sauna is not to achieve a high room temperature, but rather to produce the precise optimal wavelength of infrared heat energy that is most readily absorbed by the bather to stimulate profuse sweating.

- *Notable and unique infrared sauna benefits:*

Because of the lower heat threshold and the fact that it uses light instead of heat, infrared saunas are better for treating types of chronic muscle or joint pain; your body absorbs more of it, so it gets deeper into your body. More specifically, regular saunas heat the skin superficially, causing an opening of the sweat glands and allowing excess water to escape. Far infrared saunas penetrate to a depth of 5-7 cm or 1.5 inches, stimulating fat cells to release toxins. Compared to other saunas which only heat 20% of the air, 93% of the heat energy emitted from a far infrared radiation (FIR) sauna is absorbed by our tissues, explaining how the energy emitted by FIR matches our own bodies' energy.

If you need an even clearer picture of how these sauna types are different, our chart here should help:

Category	Traditional Sauna	Infrared Sauna
<i>Physical sauna product</i>	Enclosed in a heated, wood-lined room with different options for benches, seating, design, and available person capacity.	Enclosed in a heated, wood-lined room with different options for benches, seating, design, and available person capacity.
<i>Overall experience</i>	If you enjoy steam in the sauna, higher temperatures and a more social environment, then a traditional sauna may be the best sauna for you.	If you prefer lower temperatures but with body-penetrating heat, an infrared sauna may be your best sauna choice.

Category	Traditional Sauna	Infrared Sauna
Social experience	Traditional saunas are typically large enough to allow multiple people to enjoy the sauna for social time.	While it is possible to converse in an infrared room, due to the smaller room sizes and room design, the typical experience of the infrared room is often more of a private escape but some models can accommodate more people.
Indoor vs. Outdoor use	Designed for both outdoor- and indoor-use	Designed for indoor-use only
Heat source	Electric sauna heater filled with rocks	Infrared technology; an emitter produces infrared waves to provide heat.
Temperature	Median temperature between 185-190 degrees Fahrenheit	Optimum temperature between 125-130 degrees Fahrenheit
Heat & Humidity	Very dry until water is sprinkled over hot rocks. Both temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.	Relatively dry with average humidity Temperature is controllable; humidity is not.
Pre-heating time required	30-40 minutes required to preheat rocks before use	No pre-heat time required
How it heats the body	Traditional saunas heat the air to heat the body.	Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – causing a more pronounced sweating.
Typical sauna session length	10-15 minutes optimal time for use	10-15 minutes optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures)

Category	Traditional Sauna	Infrared Sauna
Health benefits	<ul style="list-style-type: none"> • Encourages detoxifying perspiration • Relieves aches and pains, promotes relaxation • Relieves symptoms of sinus congestion from colds and allergies (steam) 	<ul style="list-style-type: none"> • Encourages detoxifying perspiration • Relieves aches and pains, promotes relaxation <ul style="list-style-type: none"> - Because of the lower heat threshold and the fact that it uses light instead of heat, infrared saunas are better for treating types of chronic muscle or joint pain; your body absorbs more of it, so it gets deeper into your body.
Energy Use	Low energy use	Low energy use
Other notable mentions	Proper ventilation will be required	<p>Since water isn't used with an infrared sauna, there's no concern about ventilation. It's a completely dry heat that maxes out at 150 degrees.</p> <p>The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards.</p>
Options, sizing, and pricing	Please check out our options/sizing guide and pricing section to get started and please reach out directly to your local sauna dealer to talk more specifics!	Please check out both our options/sizing guide and pricing section to get started and please reach out directly to your local sauna dealer to talk more specifics!
What is right for me?	Test it out!	Test it out!
	<p>Resources: Mainely Tubs: The Complete Guide to Buying Your First Sauna PDF, https://www.finnleo.com/infrared-saunas, Customer chat with Collin Drake at Mainely Tubs, Traditional vs. Infrared Sauna Whitepaper</p>	

The Many Benefits of ALL Saunas

Essentially, traditional sauna benefits and infrared sauna benefits are one in the same. While the heat delivery and experience are different (and infrared saunas are linked to deeper pain relief due to their unique technology), heated bathing can bring about benefits like:

- 24/7 access to the ultimate wellness retreat
- Restorative stress escape
- Powerful fitness ally and faster muscle recovery helper
- Rewarding social oasis with friends and family
- Boosted cardiovascular health
- Sanctuary for improved mental health
- Effective pain management
- Powerful detoxification
- Notable immunity booster
- Helpful for goal weight maintenance
- Better (and more youthful) skin
- Improved and deeper sleep
- Prevention/management of many health conditions and ailments
- Affordable cost and minimal maintenance

If you'd like more details on these exciting benefits, check out these sections for some pretty amazing health benefit stats:

- 6 key benefits of having a home sauna
- 10 amazing health benefits of saunas

What About Indoor and Outdoor Saunas?

As we mentioned earlier, infrared saunas are designed for indoor use only. However, if you are looking for a traditional sauna that can be an outdoor sauna, you are in luck! There are several outdoor sauna options (from saunas that can also act as pool houses to outdoor sauna barrels).

What's the Best Sauna for Entertaining?

While it's totally possible to hang out in an infrared sauna, the smaller room sizes and design cater more toward a private escape for 1-2 people and most higher-end infrared saunas have light therapy and sound systems. The size of most rooms allow for 2 people to comfortably use the room, while some designs may allow for a 3rd or 4th person, too. Custom infrared sauna rooms are also available but given the need to be in close proximity to the infrared emitters, the range of available sizes is not as great as traditional saunas. A traditional sauna is built for a social oasis, providing an enriching spot to connect with family and friends in a unique and relaxing way.



6 Key **Benefits** of Having A Home Sauna

This affordable, 24/7 wellness sanctuary is possibly one of the best investments that you can make for your physical and mental well-being. The following is just a handful of the home sauna benefits you will enjoy with sauna ownership.

There are Two Sauna Types to Choose from

While the sauna benefits we are about to explore are universal across all sauna types, there are two different ways that the sauna experience is delivered: in a traditional sauna and in an infrared sauna.

We went into all the distinctions between the two sauna types, so we'll make it very brief here. It's not about the "better" sauna, but it's all about the sauna type that is right for you, and the one you'll enjoy using the most.

This quick profile quiz should point you in the right direction:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor.
- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed for indoor use only.

What Are the 6 Key Benefits of Saunas?

1. *A sauna is 24/7 wellness retreat at your home.*

Before we get into all the reasons why saunas are good for you – above all else, sauna heat simply feels amazing on your skin! And, there is nothing better than having this personal getaway available at your own home whenever you need a little escape. For the most part, saunas are limited to expensive gym

memberships or spa retreats, and even then, you are paying a lot of money to share this space (and potential germs or viruses) with other people that you don't know. When you own a sauna, this is all yours and you can customize your sauna experience exactly how you want it.

2. A sauna is a much-needed escape from a stressful world.

Times of stress and anxiety can be detrimental to your health, and the world can be a very stressful place sometimes. Saunas can help your body and mind adapt to stress and reduce the risk of depression and other mental disorders – all due to the benefits of increased temperatures. When you enter into a small sauna space with hot temperatures, it helps your body release endorphins, which are the “feel good” chemicals in your brain. This is especially critical in cold and dark climates where less activity can contribute to depression.

What else do sauna-induced endorphins help with?

- *Sleep:*

Often hand-in-hand with stress, insomnia/sleep issues can kick up when the body is anxious. This is why many bathers use a sauna before bed, since the sauna session releases endorphins and boosts temperatures. Afterwards in bed, the combination of declining endorphins and decreasing temperatures can be great for deep sleep. In fact, some research shows that longer stage 4 sleep happens post-sauna, which provides a deeper and more restful sleep, as well as healthier dream activity. Sleep affects so many other aspects of health, including mood, immune function, and the ability to handle stress, so getting more ZZZs can have a pretty big impact.

- *Pain:*

Endorphins make great painkillers and a sauna can provide deep pain relief. (Infrared saunas are especially effective for chronic pain sufferers).

The world can be challenging, but with a sauna, you have a lot more ways working for you to reduce stress, get better sleep, and enjoy a mental breather (including better focus and enhanced powers of meditation).

3. A sauna is an effective (and enjoyable) ally to your fittest and healthiest lifestyle.

How do saunas help you up your fitness game? If you are an exercise fanatic, you know how sore your body can get, and often this can lead to unwanted extended “rest” and recovery periods where you can't workout. Sauna usage can help with faster recovery, eliminating lactic acid build-up, increasing growth hormones by 200-300% after a single sauna use, and help ease overall joint and muscle pain. Regular sauna use can also help with strength training through boosted growth hormones and improved recovery times.

4. Saunas provide a place for family and friends to socialize, relax, and unwind.

What are the benefits of using a sauna when it comes to your social life? It seems like an odd benefit, but it's a really important one. While solitude is so necessary for relaxation sometimes, your mental well-being is also deeply nurtured through bonding time with friends and family.

Just like in historical times, traditional saunas are designed to be a social connection space – providing a warm, comfortable space to socialize and relax.

The psychosocial aspects of group sauna bathing have existed in many cultures over time, and this unique social spot is still an amazing tradition that exists today with home sauna ownership.

5. A sauna is a daily part of your routine with massive health benefits.

We love when people ask is a sauna good for you? The short answers are yes ... and yes. We have compiled a pretty extensive [Top 10 Sauna Health Benefits list over here](#), and you can see all the ways (heart health, mental health, pain management, detoxification, immunity boosting, weight maintenance, youthful skin, prevention/management of various health conditions, etc.) that a sauna can transform your life for the better.

And, the more you use a sauna, the better it is for you. Here are two frequent questions with the answers:

- *How long should I stay in a sauna?*

While both the traditional and infrared sauna sessions are recommended at about 10-15 minutes for ideal timing, bathers can often stay in longer in the infrared saunas (about 25-30 minutes) due to the lower temperatures.

- *How often should I use a sauna?*

While it will be totally up to you on your frequency of how often to enjoy your sauna, research shows that frequent sauna use will give you the most benefits. Certainly not a hard task to accomplish as most sauna owners incorporate this into their daily routine!

6. A sauna is an affordable (and easy to maintain) investment into your health and well-being.

A sauna is wonderful for your health and amazing to enjoy, and you no longer need to wait for the gym or spa to experience the many sauna benefits. There are many different sauna size options with easy maintenance, and all at surprisingly affordable price ranges and financing options. It's a one-time investment that gives you 24/7 daily access to improving your health and stress.



Top 10 Sauna **Health** Benefits

Saunas and wellness are inseparable. The full scope of health benefits that your at-home sauna can bring to you is nothing short of amazing. Ready to be amazed? Start right here!

Getting to Know the Different Types of Saunas

Did you know there are two different ways that the sauna experience is delivered? The choice is between a traditional sauna and an infrared sauna. Which one is better?

Well, it's not about which one is the "better" sauna, it's about the sauna experience that's right for you, and the one you'll enjoy using the most. This distinction should help:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then the *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor.
- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed for indoor use only.

Let's explore saunas' many health benefits!

1. Saunas Are Good for Your Cardiovascular Health

In both a traditional and infrared sauna, the skin heats up and the core body temperature increases. The heat also makes the blood vessels near the skin dilate and increases "cardiac output" in a sauna session. Research varies on heart rate numbers, but it's believed the heart rate can increase from 60-70 bpm (beats per minute) to 110-120 bpm in the sauna (or even 140-150 bpm in a more intense session) and the heart rate post-bathing can go below normal as the body cools down.

What does this all mean for regular sauna usage? We can train our heart muscles and improve the heart rate/cardiac output at the same time helping the body's regulatory system. For extra "cardiovascular conditioning," bathers can do multiple sessions in the sauna separated by cool immersion into water. When this quick temperature changeover happens (from hot to cold), your heart rate increases by as much as 60% - pretty comparable to the increase experienced during moderate exercise.

Since elevated blood pressure is one of the biggest risk factors in cardiovascular disease, it's also important to discuss how frequent sauna use can lead to lower blood pressure. As an example, a University of Eastern Finland study (published by the American Journal of Hypertension) showed "the risk of developing elevated blood pressure was nearly 50% lower among men who had a sauna 4-7 times a week compared to men who had a sauna only once a week."

Sauna use may also be linked to other cardiovascular benefits including reduced risk of stroke and hypertension and decreased risk of fatal cardiac incidents. It also can help fight depression and anxiety. Saunas also have notable benefits in cold and dark climates where people may be less active and more prone to obesity and heart-health risks.

2. Saunas Are Good for Your Brain and Mental Health

Following up on #1, did you know that the vast majority of disease (like heart disease) is partially linked to stress? Stress and anxiety do more damage to the body than may meet the eye, and saunas are effective in boosting endorphins and making you feel GOOD. It lets you truly sweat away the worries of the real world.

3. Saunas Are Effective for Pain Management

Some magic happens in the sauna when heat releases! First, endorphins release into the body. Not only do endorphins make you feel good, they also have a mild and enjoyable "tranquilizing effect" – helping minimize the feelings of pain, especially in the joints and muscles.

At the same time, your increased body temperature increases blood circulation since your blood vessels dilate from the heat. This increased blood flow speeds up the body's natural healing process and can help soothe pain and muscle aches, reduce muscle tension, spasms or cramps, eliminate lactic acid and/or other toxins that may be present, and may possibly speed up the healing of minor bruises or cuts.

4. Saunas Release Harmful Toxins from The Body

In everyday life, we come into contact with pesticides, industrial chemicals and other toxins, whether it's through food, household cleaners, or beauty products. Toxins can collect in your body's fatty tissue, in your organs (liver, kidneys), fat cells, and in your lymph system. The accumulation of toxins has been linked to things like weight gain, brain fog and fatigue.

How can you get rid of toxins? Deep sweating is key, and there is no better way to do this than a sauna.

Simply put, most of us don't actively sweat on a daily basis, which is unfortunate since deep sweating has a wealth of health benefits. In a sauna, sweating is profuse and effective due to the heat that makes the core body temperature rise so much. The blood vessels dilate and cause increased blood flow; once it reaches the skin's surface, the nervous system tells the millions of sweat glands that cover the human body to start working!

Sweat is composed of 99% water and it's designed to cool the body. In deep sweat, the body may be effective at better reducing toxins like lead, copper, zinc, nickel, mercury, solvents, organic chemicals, PCBs, pharmaceuticals, heavy metal toxins and other chemicals commonly absorbed just from interacting with our daily environment. It's also believed that sauna sessions can clear out about one-third of the toxic material that your kidneys remove from your bloodstream.

High temperatures also increase the body's ability to kill bacteria, fungi, parasites, and viruses.

It's also important to note the power of infrared saunas more specifically. Regular saunas heat the skin superficially, causing an opening of the sweat glands and allowing excess water to escape. Infrared saunas penetrate to a depth of 5-7 cm or 1.5 inches. At this depth, our fat cells are stimulated to cause a release of toxins to the surface. Compared to other saunas which only heat 20% of the air, 93% of the heat energy emitted from a FIR sauna is absorbed by our body tissues – which may signal a deeper detoxification experience by using infrared saunas.

5. Saunas Help Boost Immunity

Are saunas good for colds? It's a pretty common question to explore the connection between saunas and colds but taking a step back – saunas can boost immunity before you get a cold.

When you raise your body's temperature (by inducing an artificial fever), it helps kill bacteria and viruses by increasing white blood cells, antibodies, and other disease fighting agents. As your body works to lower its temperature, your immune system is "exercising" and getting stronger.

More specifically, the number of white blood cells may increase as much as 58 percent with sauna temperatures, and your T cells and antibodies may increase by as much as 2,000 percent. Plus, lots of harmful microbes die off at temperatures of 104 degrees Fahrenheit. All of this is great for immunity.

So, can saunas help with colds? It can help you feel better. In more traditional saunas (that have steam/higher humidity), it can also help open the nasal passages, assist the sinuses to drain, and help relieve minor respiratory discomforts. Do saunas help colds in terms of timing? It's possible that damaged cells repair themselves quicker in fever conditions due to an increased metabolic rate, so you'll have to test it out and see!

6. Saunas Help Maintain A Healthy Weight and Fit Lifestyle

If you've ever Googled these phrases ("are saunas good for weight loss" or "can saunas help with weight loss"), you already know that the connection between saunas and losing weight exists.

However, saunas are not a magic weight loss tool whereby after a single session, you are down a few permanent pounds. That water weight lost during a sweating session will come back, but saunas are effective pairings for weight maintenance.

Here's what saunas can do for your weight:

- **Torch calories.** When the heart rate increases, the body needs more oxygen and the body begins to convert more calories into usable energy.
 - It's believed that a 20-40-minute infrared sauna session can burn 200-500 calories, as many as rowing a boat for 30 minutes or running several miles.
- **Help with overall fitness.** It helps you meet your fitness goals with things like improved strength training through boosted growth hormones and improved recovery times.
- **Helps burn fat deposits.** These fat deposits get removed from the muscles and make room for newly formed muscle cells. By increasing the body's metabolic process, you burn more calories (including the ones when you worked out).
 - As a bonus detail, fat becomes water-soluble at a temperature of 100 degrees Fahrenheit before it begins to dissolve and enter the bloodstream to be removed from the body.
- **Increases fat metabolism.** This can help with weight loss.

So, while saunas are not the complete magic solution to weight loss or weight maintenance, they can help you meet your weight goals.

7. Saunas Are Powerful for Youthful Skin and Overall Skin Health

Are saunas good for skin? Research indicates that saunas may indeed be a fountain of youth!

Heat bathing is one of the oldest beauty tricks for skin. Deep sauna sweating cleanses the skin, removes bacteria from the epidermal layer and sweat ducts, clears out pores, and replaces dead skin cells. With boosted capillary circulation, skin looks softer and more youthful. Heat bathing is also believed to be effective in maintaining the collagen structure of the skin, helping fight off wrinkles.

Can saunas help with acne? While a dermatologist is the best source of acne treatment and recommendations, there is some notable research to share.

There are two major types of glands in your skin that secrete substances to help it: Sweat glands and sebaceous glands. Sebaceous glands surround your hair follicles and secrete a waxy substance, called sebum, onto the surface of your skin and help moisturize it and repel water from your skin. When your sebaceous glands get blocked (via dead skin, cosmetics, bacteria, etc.), you can get a blackhead if the blockage is at the surface of your skin. If the blockage is underneath, you get a whitehead, pimple or a boil. In the sauna, the heat makes the sebum more fluid, and helps rid itself of the toxins and helps unclog pores.

How else are saunas good for your skin? In addition to firming and improving skin tone, saunas may also be beneficial help with skin conditions like eczema, psoriasis, and cellulite, but these are all discussions you should have with your dermatologist.

8. Saunas Are Linked to Effective Prevention/Management of Many Health Conditions and Ailments

As with all health conditions and ailments, people should work directly with their doctor in terms of diagnosis and treatment, but we can share some medical findings around health and sauna use outlined below. It's important to note that for this particular benefit, research seems to support the use of infrared saunas specifically, as this heat can more deeply penetrate the body.

Saunas and arthritis:

Arthritis causes joint inflammation which often restricts blood flow, and it's painful. Are saunas good for arthritis? In the infrared heated sauna, pain relief is instantaneous. The sauna also helps dramatically enhance circulation to the joints, relax tense ligaments and tendons, and experience some relief.

Chronic Fatigue Syndrome:

Symptoms of Chronic Fatigue Syndrome are highly variable and fluctuate in severity, and treatment can be complex. Some researchers believe that these sufferers struggle with toxic build-up. Of infrared saunas, Dr. Michael R. Lyon says: "For the chronic fatigue patient, a consistent program of infrared sauna therapy will assist the problem of autonomic dysregulation, which is common to the condition. Symptoms of autonomic dysregulation are muscle pain, digestive problems, visual disturbances, and dizziness. These symptoms are reduced, as regular sauna therapy induces normal autonomic functioning. Through extensive research, it has been shown that saunas greatly assist in the elimination of accumulated toxins."

Fibromyalgia:

Similar to Chronic Fatigue Syndrome, the exact cause of Fibromyalgia is not known, but it's also believed that these patients may have high toxins (heavy metal poisoning like mercury, lead and arsenic) and their detoxification pathways are often compromised. Infrared saunas are helpful in working to restore normal autonomic nervous system functioning – the part of the body that governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance.

Alzheimer's and Dementia:

Frequent sauna use has been linked to lower risk for these conditions.

Physical Disabilities:

Infrared sauna therapy makes it possible for people in wheelchairs, or those who have a disability that affects their ability to exercise, to achieve a cardiovascular training effect.

9. Saunas Are an Effective Sleep-Booster

Short and sweet, saunas can help you kick insomnia to the curb and get better sleep. As part of your daily routine, a sauna before bed can help you get the sleep you need, not to mention better and more restful sleep that impacts all other facets of your life.

10. As Part of Your Regular Routine, A Sauna Can Help You Be Your Healthiest and Most Relaxed Self Whenever You Need It

The more you use your sauna, the more you can experience all these incredible health benefits. These saunas come in both traditional and infrared models, across many options, are affordable, easy to maintain, and accessible to you 24/7 for immediate use once you welcome one into your home.



How Much Does A Home Sauna **Cost**?

If you want to get right to the point, you likely want to know how much saunas cost and is it worth the investment? Simply put, it's an affordable, one-time investment that will give you a long-term, 24/7, on-demand wellness retreat in your home. In this article, we'll provide you with some basic sauna costs to help get you started. First, let's kick off this pricing guide with sauna 101.

A Brief Drilldown into The Two Common Types of Saunas and The Many Options

In general, saunas are an intensely heated, enclosed, wood-lined room that gives bathers "a bath from the inside out," helping facilitate detoxifying perspiration, relief from aches and pains, and deep relaxation.

The specific sauna experience and technology will be different depending on what sauna type you prefer – traditional saunas or infrared saunas. Here are the top-line distinctions between the two:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor. Here are some other quick facts about traditional saunas:
 - The median temperature is between 185-190 degrees Fahrenheit
 - Traditional saunas heat the air to heat the body
 - Heat and humidity: Very dry until water is sprinkled over hot rocks. Both temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.
 - It requires 30-40 minutes to preheat rocks before use
 - Proper ventilation will be required
 - Bathers enjoy 10-15 minutes - optimal time for use

- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed only for indoor use. Here are some other quick facts about infrared saunas:
 - Optimum temperature is between 125-130 degrees Fahrenheit
 - Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – activating a more pronounced sweating. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards.
 - Heat and humidity: Relatively dry with average humidity. Temperature is controllable; humidity is not.
 - No pre-heat time required
 - Since water isn't used with an infrared sauna, there's no concern about ventilation. It's a completely dry heat that maxes out at 150 degrees.
 - 10-15 minutes is optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures).

If you'd like an even more in-depth explanation of how these saunas differ, check out our [extensive side-by-side sauna comparison page](#).

The Options of Traditional and Infrared Saunas:

How much does a sauna cost for a traditional or infrared model? It depends. There are so many makes and models of saunas across both traditional sauna and infrared sauna categories that will impact sauna prices, including things like:

- Sauna type (traditional saunas tend to be more expensive)
- Sauna make and model
- Sauna size (bigger models will cost more to make and be more expensive to buy)
- Sauna option selection (from wood to doors, etc.)
- Sauna placement (if you are looking to create an outdoor oasis and have the traditional sauna as part of an outside spa retreat, there may be additional costs outside of the sauna purchase you'll be making)
- Sauna accessories
- Any kind of sauna customization

If helpful, you can start looking at specific dimensions of existing traditional and infrared sauna models in the Sauna Sizes section to help you start narrowing your search of the right sauna for you – before you start thinking sauna price.

Sauna Cost: An Investment into Your Health

You can't ask how much saunas are without looking at how many sauna benefits there are to enjoy! As a true investment into your health, here's what regular sauna sessions can help with (and if you are a sauna owner, this can be part of your daily routine for the most health benefits):

- Restorative stress escape
- Powerful fitness ally and faster muscle recovery helper
- Rewarding social oasis with friends and family
- Boosted cardiovascular health
- Sanctuary for improved mental health
- Effective pain management
- Powerful detoxification
- Notable immunity booster
- Helpful for goal weight maintenance
- Better (and more youthful) skin
- Improved and deeper sleep
- Prevention/management of many health conditions and ailments

General Cost Ranges: From Purchase to Ongoing Maintenance

While we will provide very general sauna price ranges here, you will need to work specifically with your local sauna dealer since your actual sauna price will be dependent on the many factors we touched on earlier.

General average home sauna cost range:

Traditional saunas range from \$6,000 to \$11,000+ depending on size and payment method.
Infrared saunas range from \$4,400 to \$9,000+ depending on size and payment method.

Sauna Financing:

Please discuss possible financing options directly with your local sauna dealer to see what can work best for you.

General sauna energy efficiency and operating costs range:

While this will depend on you (your sauna usage, the amp of your sauna heater, average costs for electricity in your area): here are some general estimates that should shed some light on sauna costs:

Traditional saunas:

If you use your sauna 3 times per week, a 6kW heater will cost approximately \$4 to \$6 per month. On the other hand, a 2.1 kW heater would use less and cost approximately \$2 per month.

Infrared saunas:

These typically run at about \$3 to \$5 per month.

Fun fact:

For most families, the cost to run an in-home sauna is less than the typical cost to run a washer and dryer.



Top Sauna **Maintenance Tips**: How Easy Is It to Maintain A Sauna?

This quick and easy sauna maintenance checklist may be your final stop in your sauna research if you've already decided to become a sauna owner. The best news is it's really simple, and it requires almost none of your time!

Sauna Maintenance: What Parts Do You Have to Clean?

As with all guidelines and recommendations, you will want to work with your local sauna dealer about sauna maintenance requirements for your specific make and model, but this should get you started in the right direction.

Sauna wood maintenance:

Wood is the perfect choice for sauna construction since saunas get very hot and need to be designed to let bathers be comfortable. Even at maximum temperatures of upwards of 190 degrees Fahrenheit, wooden benches and wooden walls stay relatively cool to the touch – allowing people to lay on the benches or lean against the walls without getting burned. Other materials (like tile) would be too hot to touch in a sauna environment.

Usually, the seating boards are built from either Abachi or Cedar woods and the walls are most often covered with Nordic White Spruce, Hemlock, or Cedar wood types. Not only do these wooden materials hold heat and moisture, but they are also super easy to keep clean.

Weathering/minor wear and tear:

Since saunas are traditionally built of soft woods, the wood can be susceptible to minor dents, scratches, and scuffing. While it won't impact the integrity of your sauna, it is normal to see wood respond over time in the sauna and experience things like minor cracking due to changes in the moisture or get a little scuffed from use.

Here are some quick sauna wood maintenance tips:

- *Exterior of the room:*

In most cases blemishes can be concealed by using a small amount of furniture polish, oil, or other furniture treatment.

- *Interior of the room:*

The interior blemishes, scratches, or scuffs can be either left alone, sanded, or fixed with a combination of gluing and sanding.

- What do you clean a sauna with? If you get some dirt or sweat stains developing, use a hand brush with a warm water/mild detergent solution to clean.

- To get the benches looking like new, you can lightly sand your benches about once per year to lighten them closer to their original condition.

- If you should happen to have mold develop anywhere (on duckboards, for example), you can clean them with warm water and bleach such as Chlorox or Hi-lex.

- *Products to avoid:*

Steer clear of any treatment containing benzene or a high concentration of alcohol.

- *Important:*

Do not paint, varnish or stain the interior portions of your sauna. The wood needs to breathe (absorb and slowly release heat and humidity). Also, artificial finishes make the wood surface much hotter, create the possibility of fumes from the wood treatment, and take away some of the "softness" of heat and steam penetrating the wood.

Door handles and floorboards maintenance:

It's important to note that these two spots of the sauna can get dirty easily. To make cleaning easier, you can treat the handles and floorboards with a good wood sealant or polyurethane finish.

How to Clean A Sauna: After Use

It's so easy to keep your sauna in great condition with the shortest checklist ever:

After each session (approximately 30-60 seconds of time required): Keep a hand brush in the sauna. The last person out dips the brush in the water bucket (plain water), and does a quick scrubbing of the benches, walls, backrests, etc.

Occasionally (also about one-minute of required time): Depending on how often you use your sauna, occasionally wet-mop the floors with a liquid deodorizing cleaner such as Lysol or Pine-Sol when they need it.

That's it.

Sauna Maintenance Cost: How Much Does It Cost to Run A Sauna?

The answer to how much does a sauna cost to run is also super short and sweet! For most families, the cost to run an in-home sauna is less than the typical cost to run a washer and dryer!

While this all depends on you (your sauna usage, the amp of your sauna heater, average costs for electricity in your area): here's some general estimates that should shed some light on how much it costs to run a sauna:

- *Traditional saunas:*

If you use your sauna 3 times per week, a 6kW heater will cost approximately \$4 to \$6 per month. On the other hand, a 2.1 kW heater would use less and cost approximately \$2 per month.

- *Infrared saunas:*

These typically run at about \$3 to \$5 per month.



Home Sauna **Size**: What Size Sauna Is Right for Me?

If you have made the decision to become a sauna owner (congrats!) and you have moved into the logistics phase of planning, we are guessing these are your top next questions:

- What is a standard sauna size?
- What is the smallest sauna size?
- What is the largest sauna size?
- What is the optimal sauna size?
- What size sauna should I get? (Factoring in sauna sizes capacity for who I want to use it!)

We will give you a complete sauna size guide in a moment, but first, do you know exactly what type of sauna you are shopping for? If you weren't aware, there are two different sauna types. Let's start here first!

Traditional vs. Infrared Saunas

Here's a quick review of the differences between traditional and infrared saunas.

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor. Here are some other quick facts about traditional saunas:
 - The median temperature is between 185-190 degrees Fahrenheit
 - Traditional saunas heat the air to heat the body
 - Heat and humidity: Very dry until water is sprinkled over hot rocks. Both temperature and

humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.

- It requires 30-40 minutes to preheat rocks before use
- Proper ventilation will be required
- Bathers enjoy 10-15 minutes - optimal time for use
- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed for indoor use only. Here are some other quick facts about infrared saunas:
 - Optimum temperature is between 125-130 degrees Fahrenheit
 - Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – activating a more pronounced sweating. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards.
 - Heat and humidity: Relatively dry with average humidity. Temperature is controllable; humidity is not.
 - No pre-heat time required
 - Since water isn't used with an infrared sauna, there's no concern about ventilation. It's a completely dry heat that maxes out at 150 degrees.
 - 10-15 minutes is optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures).

General Sauna Size Dimensions

We're going to give you specific sauna size dimensions on this page, but here are some very general sauna size notes first:

- *The typical traditional sauna is 6 feet by 5 feet, with upper and lower benches, easily enough room for a family of four.* Traditional saunas tend to be larger than infrared sauna sizes which

require sitting in close proximity to emitters. As a general rule of thumb, traditional saunas tend to be more social, and accommodate bigger groups.

- *The minimum permitted ceiling height of any given sauna is 77 inches.* Most often, however, an average sauna ceiling height is 84 inches and a maximum safe ceiling height is 96 inches – but be sure to check the numbers for your specific make and model.
- *If you plan on laying down in sauna:* You'll need at least 6 feet in one direction, while ceiling space above 7 feet is typically wasted.
- *Bench configuration:* The goal is always to minimize wasted floor space and maximize bench space for efficiency. Typically, there should be space for both a lower bench and an upper bench. An upper bench area can be used as the main calculation in terms of how many users you'd like to accommodate and it's smart to factor in about 2' of bench space per individual sauna bather.
- *Space around your sauna:* Make sure to leave plenty of room to get in and out of the sauna and to have access behind it for maintenance.
- *Indoor saunas:* Use a smaller heater, smaller circuit breakers, and provide more efficient heating.
- *Outdoor, traditional saunas:* You can select the roofing type (i.e. plywood or metal roofing) that compliments your housing style and they're perfect on an outdoor patio or near your outdoor swim spa.
- *Custom-sized saunas:* There are options for custom-cut saunas that can easily fit beneath a stairwell, or in a tiny home.
- *Indoor placement options:* You can create a personal spa in a wide-open basement, transform the "extra room" (i.e., if your kiddo just went off to college) into a sauna room, or even renovate an existing closet space into a sauna oasis.

Your Specific Sauna Size Guide!

Since you are looking for specific size numbers, we listed some actual dimensions below. Just be sure to discuss these options with your local sauna dealer before finalizing your decision:

- *Wood options:* Some saunas offer high-quality wood options including Nordic Spruce with Abachi benches & accents, clear Western Red Cedar, or Canadian Hemlock. With these

options, your sauna keeps its high-end appearance looking brand new, and these wood options are all easy to maintain.

- **Door options:** Whether you are looking for a bronze-tinted door to match accents in your home, an all-glass door to capture more light, or a Canadian Hemlock door to create more privacy, there are several options in a variety of sizes to create the sauna that looks exactly how you want.
- **Traditional sauna accessories:** Buckets, ladles, and linens are available to help you create desired steam and humidity level during your experience while protecting your sauna from stains from perspiration.

Dimensions

Now here are the dimensions across both traditional saunas and infrared saunas in standard sizes and designs:

Indoor traditional saunas <i>An indoor traditional sauna can look like any of the sizes and arrangements below:</i>	Dimensions
<p>Best values in traditional saunas can use a hook and pin panel design that is easily assembled in less than an hour.</p>	<p>5 sizes available (4x4, 4x6, 5x5 corner, 5x7, and 6x6 corner) saunas are 80" high</p>
<p>Some saunas use a frameless all-glass door, top panel and two full glass fixed side panels for an inviting and luxurious look.</p>	<p>72"x84", 77"x84" with ceiling overhang Outside dimensions: Depth 84 inches, Width 72 inches, Height 84 inches 4 people</p>
<p>Some saunas have been created for the popularity of contrasting wood colors and glass. Expansive use of bronze-tinted glass with four sidelight windows and an all-glass door, creates a warm glow when viewing from outside and a panoramic view from inside.</p>	<p>72"x81 3/4"m 82 7/8"x93" with ceiling overhang Outside dimensions: Depth 72 inches, Width 81 3/4 inches, Height 84 inches 4 people</p>
<p>Some saunas have a gentle, wave-like curved glass front... the ultimate in design, features and comfort.</p>	<p>72"x72" Outside Dimensions: Depth 72 inches, Width 72 inches, Height 84 inches 4 people</p>

<p>Indoor traditional saunas An indoor traditional sauna can look like any of the sizes and arrangements below:</p>	<p>Dimensions</p>
<p>A broad-angled front wall gives an open and spacious feel and fits well in corner installations.</p>	<p>84"x84" Outside Dimensions: Depth 84 inches, Width 84 inches, Height 84 inches 5 People</p>
<p>A curved glass front is great for mid-wall locations where a panoramic view is desired.</p>	<p>72"x84" Outside dimensions: Depth: 72 inches, Width 84 inches, Height 84 inches 2 to 10 People</p>
<p>The contemporary glass-to-glass corner creates an amazingly open feel and has luxurious backrests and recessed LED lighting.</p>	<p>84"x84" 5 People</p>
<p>Some saunas have elegant design features with contemporary glass-to-glass corner, luxury backrests, recessed LED lighting, and accented wood features inside and out.</p>	<p>72"x84" 5 people</p>
<p>Some rooms are light-colored, well-ventilated, and comfortable. Some use Abachi white wood that makes it comfortable to the touch even at high temperatures.</p>	<p>4'x4', 4'x6', 5'x6', 6'x6', 6'x6' Corner, 6'x8', 7'x7' Corner, 8'x8', 8'x12' 2 to 10 people</p>
<p>Custom options are unlimited including the innovative use of glass windows and doors, unusual angles and unique bench configurations.</p>	<p>4'x4', 4'x6', 5'x6', 6'x6', 6'x6' Corner, 6'x8', 7'x7' Corner, 8'x8', 8'x12' 2 to 12 People</p>
<p>The barrel sauna design gives you a much smaller heating area than any rectangular sauna with plenty of room for bathers.</p>	<p>The red cedar barrel saunas come in various different sizes with endless options.</p>

Indoor-only infrared saunas

An indoor-only sauna can come in any of these sizes:

<p>36" X 36" X 76 3/8" h 1 person</p>	<p>40" x 48" x 76 3/8" H 2 people</p>	<p>44" x 64" x 76 3/8" H 3 people</p>	<p>44" x 72" x 76 3/8" H 3 people</p>
<p>52" x 52" x 76 3/8" H 3 people</p>	<p>56" x 72" x 76 3/8" H 4 people</p>	<p>60" x 60" x 76 3/8" H 4 people</p>	



Top 10 Tips for **Finding & Buying** the Best Home Sauna

There has never been a better time to own a sauna! Having your very own personal sauna gives you a convenient 24/7 health and wellness retreat right in your home. If you want the quickest and best overview possible on why and how to buy a sauna, you've come to the right place! So, let's take a look at our top 10 sauna buying tips now.

1. Learn the Difference Between Traditional Saunas and Infrared Saunas!

The best way to kick off this home sauna buyer's guide is to make sure you understand the dynamic differences between traditional saunas and infrared saunas, as they use different technology to deliver the ultimate sauna experience. Here's a quick tutorial:

- If you enjoy steam in the sauna, higher temperatures, and a more social environment, then a *traditional sauna* may be the best sauna for you. These saunas can be indoor or outdoor. Here are some other quick facts about traditional saunas:
 - The median temperature is between 185-190 degrees Fahrenheit
 - Traditional saunas heat the air to heat the body
 - Heat and humidity: Very dry until water is sprinkled over hot rocks. Both temperature and humidity are adjustable (by adding water to rocks); you can also incorporate essential oils into the water for aromatherapy.
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- If you prefer lower temperatures but with body-penetrating heat, an *infrared sauna* may be your best sauna choice. These saunas are designed only for indoor use. Here are some other quick facts about infrared saunas:
 - Optimum temperature is between 125-130 degrees Fahrenheit
 - Infrared saunas directly heat your body. The infrared energy penetrates the body and raises the core temperature – activating a more pronounced sweating. The EMR (electromagnetic radiation) and EF (electrical field) on some models that utilize certain technology are lower than the ambient in your home. The EMR and EF levels are far below even Sweden's toughest radiation standards.
 - Heat and humidity: Relatively dry with average humidity. Temperature is controllable; humidity is not.
 - No pre-heat time required
 - Since water isn't used with an infrared sauna, there's no concern about ventilation. It's a completely dry heat that maxes out at 150 degrees.
 - 10-15 minutes is optimal time for use, but bathers often stay 25-30 minutes (due to lower temperatures).

2. Explore the World of Sauna Ownership Benefits and the Many Health and Wellness Benefits!

For its small footprint, the sauna packs a huge punch when it comes to its many benefits – especially if you use your sauna on a regular (or daily) basis which is pretty much the easiest job there is!

Since there is so much detail in the world of sauna benefits, we encourage you to check out these two sections of our resource guide:

6 Key Benefits of Having a Home Sauna:

Not only do you have 24/7 access to the ultimate wellness retreat, you can also enjoy an escape from stressful reality, gain the best fitness ally, and enjoy a social oasis with friends and family – all at an affordable cost and easy maintenance.

10 Amazing Health Benefits of Saunas:

Sauna health benefits range from cardiovascular health, mental health, pain management, powerful detoxification, immunity boosting, weight maintenance, better skin, better sleep, and the prevention/management of many health conditions and ailments.

3. Decide Where It Will Go (Indoor Vs. Outdoor)

As we mentioned earlier, infrared saunas are designed for indoor use only. However, if you are looking for a traditional sauna that can be an outdoor sauna, you are in luck! There are several outdoor sauna options (from saunas that can also act as pool houses to outdoor sauna barrels) and you can learn about these options on our Home Sauna Size section.

4. Maximize Your Existing Space for A 24/7 Accessible Sauna Oasis

Outdoors or indoors: you can create your own dream sauna space. What is feeling right for you?

- *Outdoor, traditional saunas:* Complimented to your housing style, a traditional sauna is perfect on an outdoor patio or near your outdoor swim spa.
- *Indoor (traditional or infrared):* You can create a personal spa in a wide-open basement, transform the "extra room" (i.e., if your kiddo just went off to college) into a sauna room, or even renovate an existing closet space into a sauna oasis.

Check out our Home Sauna Size section for some sample dimensions and options.

5. Finalize the Preferences of Your Sauna

As one of the best sauna-buying tips, remember that the best sauna is the sauna that you will use the most. So, think about what you most want in terms of:

- Sauna size
- Sauna seating capacity
- Sauna features
- Customizable options (from wood, to doors, to accessories)

While our Home Sauna Size section can help, you'll want to rely on your local sauna dealer to ensure that you get exactly what you want in your dream sauna!

6. Establish Your Sauna Budget

The sauna price range will be totally dependent on the sauna make and model, and accessories that you choose. As a very general category range, you can spend anywhere from:

- \$6,000 to \$11,000+ depending on size and payment method for traditional saunas.
- \$4,400 to \$9,000+ depending on size and payment method for infrared saunas.
- Low, ongoing energy costs: For most families, the cost to run an in-home sauna is less than the typical cost to run a washer and dryer!

7. Find A Reputable Sauna Dealer

Since this sauna purchase is an important investment, find the right local sauna dealer. Make sure they have been in business for a long time, have good customer reviews, are fully knowledgeable about saunas and all their components, are available for hands-on training, offer post-purchase questions and assistance, and are focused on finding you the right sauna over simply making a sale.

8. Test Out the Saunas!

Especially if you are still on the fence between buying a traditional or infrared sauna, go test them out to see which sauna experience feels right for you! If you find one you love, work with your local sauna dealer for all the details and next steps.

9. Finalize the Details of Your Sauna Purchase – And Ensure Installation Day Is A Breeze

It's time to lock it all up! Finalize your payment details, warranty plans, and installation details with your local sauna dealer. These are super easy to install and to get up and running right away, so work with your dealer on putting the big day on the calendar!

10. Maintain Your Sauna (With Just Minutes of Maintenance!)

It's shocking how little time you need to maintain your sauna! Basically, keep the wood clean and wipe down the sauna floor occasionally. Seriously – that's it. Feel free to check out our super easy maintenance checklist section, but just know the time you'll spend enjoying your sauna far outweighs this effortless maintenance – by a lot!



Ready for Your **Sauna?**

At Mainely Tubs, we are here for you throughout the entire process – from initial consideration, to sauna comparisons, to delivery day. When you are ready, give us a call, email us, or pop by our showrooms in Scarborough, Maine or Rye, New Hampshire. We're always happy to help you make the first steps to becoming a new sauna owner!



About Mainely Tubs in Scarborough, Maine and Rye, New Hampshire

Mainely Tubs is a 100% Employee Owned premier Hot Spring Spas dealer. We sell and service new hot tubs, used hot tubs, portable spas, swim spas, saunas, gazebos, hot tub accessories, hot tub water treatment, and more. Our Brands Include: Hot Spring Spas, Caldera Spas, Freeflow Spas, Nordic Spas, Endless Pools Swim Spas, Finnleo Saunas, Covana, Pool & Spa Enclosures, Leisure Time, Fresh Water, Silk Balance, and other brands you can trust. We have been in business since 1978 and service over 28,000 customers in New England. In our 40 years we have found that the happiest hot tub owners are folks who shop diligently (including touching and feeling) before they buy, and who use multiple criteria (not just price) to make their decision.