

Far Infrared Thermo Cabins

Design and Construction

- Sandwich panel construction with optimal insulation properties.
- Highest grade T&G kiln dried panels with selection from Clear Cedar or Clear Spruce Vertical Grain material.
- Monitored moisture content is less than 10% -- to ensure minimal shrinkage and warping.
- Smooth panel finishing. All interior panels are first planed to reach the smoothest finish possible --no splintering on surface.
- Control panel provided with all necessary electric components for your sauna, as well as easy access for hook-up to your home electrical system.
- Unique European interlocking hardware between panels ensures maximum sealing, easy assembling and dismantling.
- All panel framing planed to ensure accurate fit. All pieces are screwed and glued together to ensure maximum strength and durability.
- All doors have rubber seal and are fitted with European hardware (hinges adjustable and maintenance free with Teflon pins). Glass doors are bronzed and tempered for your safety.
- Our benches are all removable and slide for easy cleaning. Sloped or uneven floors are no problem and again, no wood touches the floor. Every single bench element is planed sanded and fastened with stainless steel screws. All bench screws are countersunk and screwed in from the bottom so there will be no contact between bathers and metal. This will also preserve the beauty of your benches since there will be no discolouring where wood, metal and moisture could meet.
- The outside of any Euro-Sauna can be made to meet almost any of your requirements e.g. cedar panels such as the inside, wall papered, stucco or faced with anything to accommodate its desired surrounding.
- Sizes and shapes of Euro Saunas may be custom made to your space and shape requirements.
- All units are backed up with a 5-year no nonsense warranty for all parts manufactured by Euro-Sauna

Technology

The heart of any sauna is the means of delivering the desired therapeutic heat to your body. With this in mind, we set out to discover an effective heater (Emitter) system. We offer what we believe the best possible solution available to North America.

- 30 % larger Stainless Steel Reflectors.
- Special Full Quartz Heating Rods for the use in Infrared-Thermo Cabins, from the leading German Manufacturer Fa. Elstein in Northeim.
- No Industrial Radiators.
- Guaranteed longevity, large surface and even ray distribution
- Assurance of ideal Ray Spectrum through testing and research.
- Safety of all electrical components tested by safety of electrical connection through hidden wiring.
- All connections made with high temperature resistant silicone wires and ceramic wire connectors.
- Simple maintenance friendly surface mount on all radiators.
- All electrical Components CSA/UL approved.
- Polished surface Stainless Steel reflectors.
- Galvanized Steel housing offers excellent reflection and longevity.
- Digital Control with precise temperature settings.
- Temperature controlling and by Temp.-Difference in Carbine von 0,5° -1,0 ° Celsius.



4x4 Clear Cedar or Poplar
Far Infrared Thermo



4x5 Clear Cedar or Poplar
Far Infrared Thermo Cabin



4x6 Clear Cedar or Poplar
Far Infrared Thermo Cabin
43" x 70.5" x 78"



Health Benefits

The Far Infrared heat is widely accepted to provide the optimal heat penetration for your tissues, while eliminating a feeling of an intense heat experienced in a conventional sauna. The health benefits are also widely documented and we would encourage you to conduct your research into how a Euro Sauna Far Infrared Thermo Cabin may assist you in your health goals.

Sweating for fitness

It is recommended to set the temperature of the Thermo Cabin according to your fitness and health level, with ideal settings of between 40 to 60 degrees Celsius. At these relatively low temperature settings increases of blood pressure and skin irritations are commonly avoided. An ideal time spent per treatment is usually 30 minutes, chosen according to your physical condition.

Relaxation

An Infrared treatment is the ultimate solution to increase blood flow and ease any discomfort. The elderly and people with circulation problems will especially enjoy a Infrared treatment due to the low treatment temperatures. Strengthening of the body's immune system, increased vitality and energy levels are observed as another pleasant effect of frequent infrared treatments. Toxins, buried in muscles and the bodies soft tissues are literally flushed from the body with the sweat, thus increased feeling of well being.

Stress control

Infrared Cabins are known to have a calming effect on the body's nervous system. It relaxes tensions, built up through our hectic environment and lifestyles.

Skin cleansing

Due to the deep penetration of infrared ray into skin and the resulting perspiration, harmful impurities and residues left in the skin for years are flushed out and rejuvenate the skins appearance.

Family Benefits

One of the greatest advantages of Thermo Cabins is that you can enjoy the soothing feeling in the comfort of your home at any time of the day. Using very little space and energy Infrared Thermo Cabins can be used mornings, before and after your sport activities, after strenuous housework or just after a long day at work. It will always leave you with a feeling of freshness and vital Relaxation along with a strengthened body to face today's challenges.



What Infrared rays do in the human body

Regular use of Infrared applications triggers a series of processes in the human body. It contributes in a positive way to the natural self healing ability of the human body it increases the bodies resistance and provides deep relaxation. Long wave infra red rays deeply penetrate and unfold their benefits. As opposed to the traditional sauna, where most of the sweat consists of water, analysis have revealed that in an infrared treatment 70% - 80% of the sweat is water and 20% to 30% consists of body fat and embedded heavy metals and toxins. The analysis of human sweat shows the following non-water substances being expelled during a infrared bath:

Led: 84 mg
Cadmium: 6.2 mg
Nickel: 1.2 mg
Copper: 0.11mg
Natrium: 0.84 mg

Aside from the excellent detoxification properties of an Infrared Cabin, Infra red rays are accredited for a number of other beneficial effects to the human body. People with ailments like rheumatism, strained ligaments, joint pains and sinus infections report miraculous healing effects through infrared treatments.

In Euro-Sauna's Infrared Thermo Cabins, European designed and manufactured emitters provide the most soothing efficient infrared rays. Our CSA approve Emitters are arranged inside the cabin in a way to allow the best coverage and distributed rays throughout the cabin.

Weight management

The use of IR Cabins has similar effects to exercising your body. It had been to be observed that 300 to 600 calories are burned off in a 30 min session. Comparing to below chart of strenuous exercises this is a phenomenal effect.

Sport Calories

-Marathon Running 590	-Vigorous Racquet Ball 510
-Rowing (peak effort) 600	-Swimming (crawl stroke) 300
-Jogging 300	-Tennis (fast game) 265
-Chopping Wood 265	-Cycling (10 mph) 225
-Golfing (without a cart) 150	-Walking (3.5 mph) 150