

RELAX &
REGENERATE

wellness
saunas

INFRARED SAUNAS

Wellness Saunas are the newest and most advanced portable saunas on the market! Our saunas offer a range of configurations, functionalities, accessories and options to suit your lifestyle and individual needs, allowing you to bring the experience of a commercial sauna into your own home.

Our infrared saunas are similar to a traditional style sauna in the sense that you are still sitting in a small heated room. The major difference is the heat source; in this case it's infrared heat.

Our range of premium Infrared saunas offer ultimate comfort and relaxation, using this unique heat source to provide a clean and dry beneficial heat to our users.

AUSTRALIAN ELECTRICAL STANDARDS

Wellness Saunas are 100% Australian Electrical Safety compliant and we are proud to produce a product that offers peace of mind to all of our customers.

SAUNA WARRANTY

✔ 10 year on heaters

✔ 5 year cabinet and electrical*

*excludes customer replaceable parts

✔ 1 year labour and stereo

www.wellnesssaunas.com.au

PREMIUM FAR INFRARED HEATER SYSTEMS

Premium Far Infrared Heater Systems

Our premium far infrared saunas are designed to deliver a number of relaxing benefits and could also be used to:

- Relieve muscle tension
- Assist with relaxation and rest
- Detox
- Promote wellness

INTEGRATED CONTROL PANEL TECHNOLOGY

Our Infrared Saunas come fully equipped with a control panel that allows you to set the sauna to your perfect temperature. The control panel also offers a variety of functionalities from Bluetooth audio options to setting your sauna's timer.

The control panel makes Wellness Saunas easy to operate and program your perfect sauna experience.

Designed with relaxation and lifestyle in mind, Wellness Saunas offer Infrared Saunas to suit every lifestyle.

Offering a range of sizes to cater to your individual needs, starting with our 1-person, right through to our spacious 4-person. Visit Wellness Saunas for more information about choosing the right sauna for you.



PREMIUM

1-2 PERSON SAUNA

Dimensions:

100 x 95 x 190 cm

Total Seats: 1

Material: Hemlock

Heater: Carbon

Power: 10amp 240V



2-3 PERSON SAUNA

Dimensions:

119 x 104 x 190 cm

Total Seats: 2

Material: Hemlock

Heater: Carbon

Power: 10amp 240V



3-4 PERSON SAUNA

Dimensions:

145 x 104 x 190 cm

Total Seats: 3

Material: Hemlock

Heater: Carbon

Power: 10amp 240V



4-5 PERSON SAUNA

Dimensions:

175 x 120 x 190 cm

Total Seats: 4

Material: Hemlock

Heater: Carbon

Power: 10amp 240V



STANDARD INCLUSIONS

External LED Lighting, Internal Colour Therapy Lighting, Bluetooth Audio System, Superior Control Pad



BUILT TO LAST

All Wellness Saunas products are built to last 10+ years.



25+ YEARS INDUSTRY EXPERIENCE

We are the experts in infrared saunas in Australia.



QUALITY WOOD MATERIALS

Wellness Saunas products use only A-grade hemlock wood materials.



TRUE SPECTRUM HEATERS

Our true spectrum heaters provide a comfortable and safe sauna experience every time.



EASY ASSEMBLY

With our simple instructions, Wellness Saunas are easy to assemble.



360° HEAT EXPOSURE

Our infrared technology offers complete heat exposure from all angles, saving on energy and delivering maximum heat.



AUSTRALIA'S BEST WARRANTY

Wellness Saunas are back by a comprehensive warranty, offering peace of mind to our customers across Australia.



EMF RATING

EMF is short for electromagnetic fields or sometimes known as electromagnetic radiation (EMR) or electromagnetic energy (EME). Electromagnetic fields are created when electric current flows, such as using a hair dryer, microwave or cell phone. The Wellness Saunas EMF Rating is virtually zero.

FIND YOUR WAY TO WELLNESS WITH WELLNESS SAUNAS

Saunas have been linked to provide a number of benefits for those that use them, here are a few reasons why having your own Wellness Sauna is the perfect addition to your home.

EMISSIONS

Emissivity' refers to the ability of a material to absorb and release energy in the form of infrared heat. Without high emissivity from the heater your body will not receive the quantity or quality of infrared required to achieve the documented wellness outcomes. Emissivity works best between 45° to 58° Celsius.

All Wellness Saunas have a high emissivity rating.

HEATING TIMES

All heating times are based on an ambient temperature of 25° Celsius, at this temperature the sauna will take approximately 35 to 45 minutes to heat to the maximum temperature of 70° Celsius. If the ambient temperature is

lower than 25° Celsius then the maximum temperature the sauna can reach will be impacted eg: ambient temperature of 10° Celsius means a maximum heating temperature of around 55° Celsius.

Note: The 4 Person sauna will have a slower heat up time due to the overall size.

1. STRESS RELIEF

Saunas are a great way of taking time out to relax, and de-stress. Sitting quietly surrounded by warmth can help to relax tired or tense muscles after a long day at work or session at the gym.

2. SOOTH MUSCLE PAIN

Heat can assist in the relaxation of tense or stressed muscles, and can aid in improving circulation. Healthy circulation can promote oxygenation, cell growth and organ function.

3. DETOX

Sitting in a sauna causes our body temperatures to rise, this can induce perspiration which aids the body in its own natural detoxification process of eliminating unwanted toxins and bacteria.

4. REVITALISE SKIN

One of the oldest techniques to cleanse skin has been the use of heat or steam. Our skin is our largest organ and inducing perspiration can assist in releasing bacteria from our pores, resulting in skin feeling smoother and cleaner.

5. REST

Factors such as stress, anxiety and muscle tension have been linked to exacerbating some sleep disorders such as insomnia. Going to bed feeling relaxed can promote deeper and a better quality of sleep.

6. IMPROVE CARDIO

Another great benefit from increasing body temperature is an increase in heart rate. Blood vessels near the skin dilate which increases cardiac output, meaning you can improve your cardiovascular performance from simply sitting in a sauna.

7. BURN CALORIES

We aren't claiming that saunas are a complete weight loss solution, however some studies have found that saunas can potentially assist in burning calories through perspiration.

DISCLAIMER

Please check with your doctor or healthcare professional to ensure this product is suitable for you.