

# Infrared Vs Traditional Saunas

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Comparison Item	Infrared	Traditional
Temperature	90-135 F Dry Radiant	180-233 F Moist or Dry
Sweat	Sweat up to 3 times as much. 80% Water, 20% Toxins, Heavy Metals etc.	97% Water, 3% Toxins, Heavy Metals etc.
Air	Fresh, No Steam and Comfortable	High Humidity, Very Hot
Health Benefits	Pain Relief, Detoxification, Increased Circulation, Weight Loss, Lowered Blood Pressure Cholesterol, Cellulite Removal	Moderate Detoxification, Pain Relief and Weight Loss. Restricted by limited time users can stay in.
Plumbing Required	No	Yes
Electrical Required	Depends from Model	Yes
Mold and Mildew	No	Yes
Portability	Yes	No
Stereo and Electronics	Yes	No
Warm up Time	10-15 minutes	30+ minutes
Set up Time	45-60 minutes	Several Days
Electrical Costs	\$0.11/hour	Can be expensive depending on unit size.