



HEALTH MATE

infrared wellness since 1979



who is health mate?

Rejuvenate Yourself

Baths and saunas have been around a long time, since the ancient Greeks and Romans. Some wealthy citizens even had a private "bath room" in their villas. Others went to public bathhouses. Such a bathhouse was more than just a place to wash. It was a combination of a spa, sports center and outlet, similar to our current fitness and wellness centers or day spas.

Even then, people knew that the body needed more than just a scrub to be clean. A little indulgence is actually good for your mental health.

Today, we need to go the extra mile in pampering. We live a fast-paced life and need moments of rest and relaxation. One of the finest ways to relax is in an infrared-sauna—and the best of these is the Health Mate infrared sauna, with the latest in technology and design.

Who is Health Mate?

For over 40 years, Health Mate has made its name in the infrared sauna industry. In 1979 Health

Mate introduced the first infrared sauna to the United States. Now, Health Mate manufactures and distributes more infrared saunas than anyone else, making Health Mate infrared saunas the undisputed leader of the infrared sauna industry. Health Mate's mission is 100% customer satisfaction through quality, innovation, service and superior craftsmanship.

Not all saunas are created equal. Health Mate believes that quality products only come from quality materials. The company combines the latest technology with the best components available worldwide. Health Mate has facilities in the U.S., Europe, Canada and Asia, employing more than 500 people.

In a sauna, your body warms up using a heat source. As your body heats up, your body sweats to regulate your body temperature, releasing the extra heat when your sweat evaporates. Along with this moisture loss, you also lose toxins from your body.





how does infrared work?

Infrared rays are part of the spectrum that come from the sun. These rays are the warmth you feel in the sunlight that “disappears” when you step into the shade even though the air temperature hasn’t changed.

All objects emit energy or heat. When objects are not hot enough to give off visible light, they will give off mostly infrared rays or heat.

Hospitals have been using infrared heat for decades in their neonatal units, to keep newborns warm. It is the natural “radiant heat” that all living things emit and absorb from each other. Infrared energy is used in the Health Mate sauna because of these natural life-supporting and curative properties.

Infrared rays are absorbed directly by the body in the form of heat. This warms your body without heating the surrounding air because infrared rays are absorbed by objects. So your body warms up but the air is still pleasant.

When the infrared rays penetrate your body, the heat raises your body temperature. This stimulates your immune system and the cell renewal process which means your immune system improves. Loyal sauna users have often reported having fewer colds!

This warming works your cardiovascular system similar to a half hour workout, without the strenuous effort. The infrared heat works your lungs and your heart, improving your circulatory and respiratory systems.

A session in the Health Mate infrared sauna has a beneficial effect on your immune system and is a perfect support in the treatment of muscle pain. Using the Health Mate sauna after a relaxing massage can even enhance the benefits of your massage. (Massage Magazine, March 2010).

Customers have said the Health Mate infrared sauna is excellent therapy for various medical conditions.



scientifically proven

There has been extensive research over the last 40 years on the effects of infrared therapy on the body. The amazing benefits have long included relief from pain and joint stiffness, detoxification, stress reduction, weight maintenance, improved immune system and blood circulation, and enhanced skin tone.

Recent studies in biology, cardiology, and alternative medicine have all shown that infrared sauna therapy improves a large range of conditions, including depression, chronic heart failure, cancer, rheumatoid arthritis, and hyperthermia.

Researchers worldwide have seen positive results. For musculo-skeletal conditions, studies have shown that infrared energy relaxes the muscles, which reduces muscle spasms, relieves pain, and heals fractures faster. Other conditions and discomforts can be remedied also. Patients

undergoing infrared sauna treatment have found improvement in their rheumatoid arthritis, fibromyalgia, back pain, gastrointestinal issues, hypertension, whiplash, insomnia, and menstrual pain.

A session in the Health Mate infrared sauna is also great for the skin! After detoxification and sweating, the pores narrow and scars can fade over time. Your skin looks younger and fresher. For people with cellulitis or skin problems such as psoriasis, eczema or acne, Health Mate infrared therapy brings healing relief.

The extra burning of about 1,500 Cal per week is sufficient for most people to lose excess weight. Whether by exercise or by other methods, it is important that calorie burning is encouraged for a healthy weight lifestyle. A Health Mate infrared sauna is the perfect choice.





detoxification is the key

Our bodies are exposed every day to the most harmful substances and what's worse is that we are not able to escape them. The culprits are everywhere—in our diet, in the air we breathe, in our homes, and in the water we drink. Consider the phthalates (plasticizers in PVC) from the plastic packaging that stores our food and beverages. Even if we do not include these carcinogens, the rest of our environment is pretty unhealthy too.

From air pollution caused by factories and cars to water pollution caused by dumping, we ingest or absorb thousands of toxins every day, according to Dr. Leigh Erin Connealy, medical director at the Center for New Medicine in Irvine, CA.

It is therefore not surprising that we suffer so many diseases. We have more breathing problems, allergy symptoms, fertility problems, learning difficulties, and psychological disorders than we did a decade ago.

Granted, we can't avoid all the harmful elements in our daily lives, but we should do our best to remove them or they will remain in our bodies. A healthy body has the mechanism for toxic disposal. The body naturally dissipates harmful substances when it sweats. You can go jogging, play sports, or work in the garden, but the easier and more measurable way to sweat is with a session in the Health Mate far infrared sauna.

"I can't imagine my life without my Health Mate sauna. I originally purchased it for my arthritis but I have since noticed several other health benefits. In a matter of one week I almost forgot I had pain anymore and if I use it 2 times a week minimum I do not require any medication for my pain. I highly recommend Health Mate."

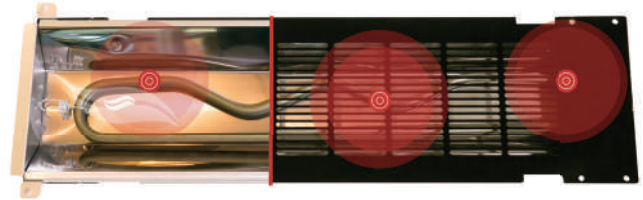
Gail, San Juan Capistrano, Ca

A shower or bath before your Health Mate infrared session may promote perspiration. Drink plenty of fluids before and after your session to prevent dehydration.



dual wave micron heaters

Working with the #1 heater company* in the world, Health Mate has created the ultimate far infrared heater designed and engineered to perform for a fundamental experience ensuring health benefits full circle.



With our state-of-the-art 360 degree Dual Wave Micron Heaters, experience a new wave of infrared heat therapy that delivers powerful far infrared heat. As the only company able to achieve this level of heat in the world, Health Mate's infrared heaters emit 2 infrared wavelengths, doubling your overall health benefits. for the ultimate body health and wellness achievement.

With Dual Wave Micron technology, you achieve higher core temperatures at faster speeds while maintaining the full detoxification benefits of far infrared heat.

- 360 full circle heat
- Dual Micron: 2 infrared wavelengths
- Heating benefits NO other infrared sauna heaters create
- Certified 100% Non Toxic
- Highest watt density than any other infrared sauna heater
- Fastest sauna warm up time with temps reaching as high as 160°*
- 3rd Party tested Low EMF Certification



full circle heat



dual micron



non-toxic



watt density



heat level

*Based on the model purchased.





why dual micron matters

In order to increase a true core temperature, it is vital to have shorter wavelengths combined with longer wavelengths, creating a full 360 degree infrared wavelength of circulation. With shorter wavelengths your body can achieve higher core temperatures, allowing you to absorb the maximum benefits from the longer wavelengths of far infrared energy.

Every Health Mate sauna is designed and equipped with the Dual Micron heat for maximum heating benefits. To help show the level of high performance of Health Mate heaters, to the right is a side by side comparison of details.

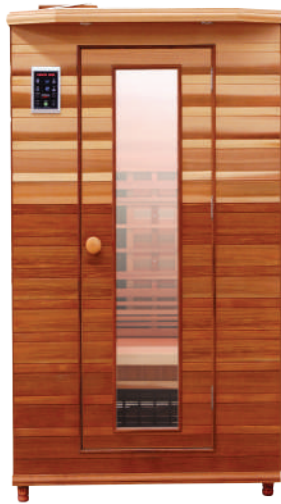
Whereas traditional sauna companies use toxic sprays on their heater reflectors to achieve higher temperatures, Health Mate uses 100% non-toxic, stainless steel reflective panels to achieve maximum wavelengths.

With our commitment to quality, rest assured your body is receiving all natural healing, safely.

Starting at the heart of our saunas, our Health Mate Tecoloy® Infrared Heater output 2 far infrared wavelengths simultaneously, resulting in double therapeutic wavelengths of far infrared heat.

The first comes from our heater rod itself that outputs 5.8 micron as an average. The second wavelength comes from the reflective panel that outputs a wavelength of 8.2 micron.





Health Mate Heaters	Other Sauna Heaters
360 full circle heat	180 degree heat surface
Certified 100% Non Toxic	Made of toxic Materials
Dual Micron: 2 infrared wavelengths	1 infrared wavelength
Highest Watt Density	Lowest Watt Density
20-30 minute warm up time	60-90 minute warm up time
3rd Party tested Low EMF	EMF testing is not required
Strategically placed heaters for effective wavelength benefits	Lack of heater placement for effective wavelength benefits
Patented heater designs	General carbon heater designs
Lack of glass for heat loss and efficiency	Glass overload allows immense loss of heat



advanced chromotherapy

The Health Mate sauna's innovative LED Color Light System is the first of its kind in an infrared sauna. Studies have shown the healing benefits of LED lights. Depending on your mood or need, you can set the LED Color Light System to a specific color or rotate it for your light therapy needs.



RED | Eases joint pain, and arthritis



BLUE | Kills bacteria that induces illness in the body, as in cold and flu



PURPLE | Reduces anxiety and promotes tranquility



GREEN | Fights the "winter blues" and Season Affective Disorder



ORANGE | Promotes cheerfulness and mental clarity

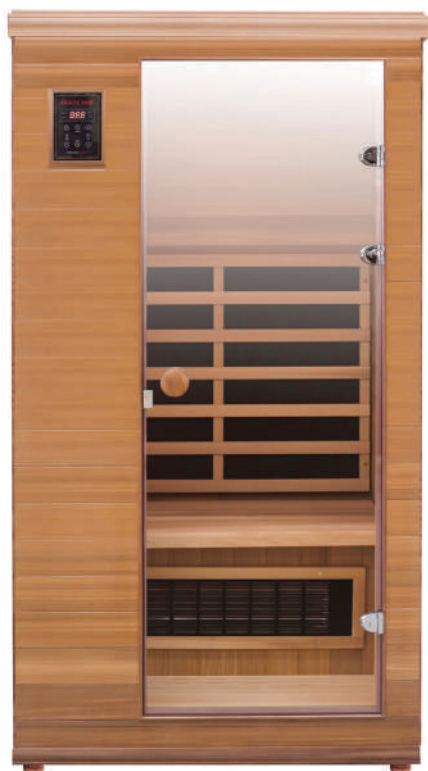


YELLOW | Promotes positivity and spirituality



renew for one

Renew your health with our Renew I far infrared sauna. Using a combination of Carbon and Tecoloy heaters, this space saving unit is equipped with Bluetooth with AUX and requires no tools for assembly.



Dimensions

Exterior: 40"W x 40 ½"D x 75 ¼"H

Interior: 37 ¼"W x 35 ¾"D x 69 ⅞"H

Electrical Specifications

120 Volt | 1230 Watt | 15 Amp

5 Heaters Total

Front Wall: 1

Back Wall: 2

Under Bench Seat: 1

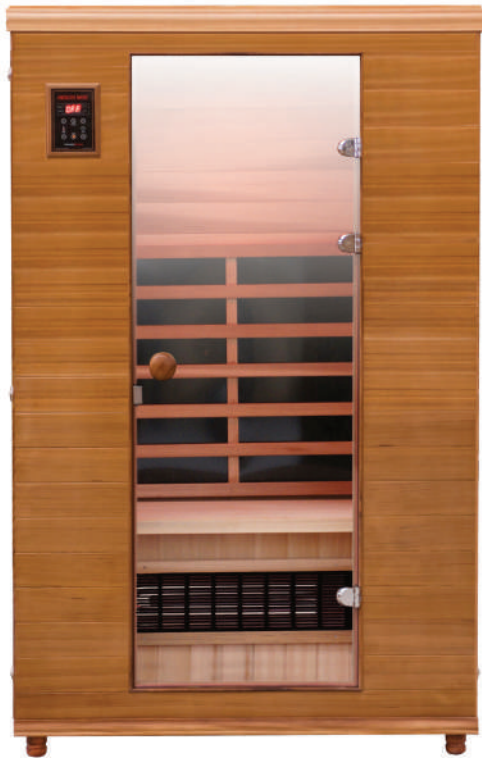
Floor Heater: 1





renew for two

Nature's finest gift for you and your loved one, our Renew II is a perfect fit as a 2 person far infrared sauna. This mate is made out of 100% Western Red Cedar and features clear glass on doors for added visibility.



Dimensions

Exterior: 48"W x 40 1/2"D x 75 1/4"H

Interior: 45"W x 35 3/4"D x 69 7/8"H

Electrical Specifications

120 Volt | 1630 Watt | 15 Amp

7 Heaters Total

Front Wall: 2

Back Wall: 2

Under Bench Seat: 1

Floor Heater: 2





renew for three

Bring wellness and renewal with the Renew III far infrared sauna. With 10 Carbon and Tecoloy heaters, enjoy the warmth of a luxurious sauna, with an ergonomic backrest included.



Dimensions

Exterior: 60"W x 40 ½"D x 75 ¼"H

Interior: 57"W x 35 ¾"D x 69 ⅞"H

Electrical Specifications

120 Volt | 2170 Watt | 20 Amp

10 Heaters Total

Front Wall: 2

Back Wall: 3

Under Bench Seat: 2

Floor Heater: 3

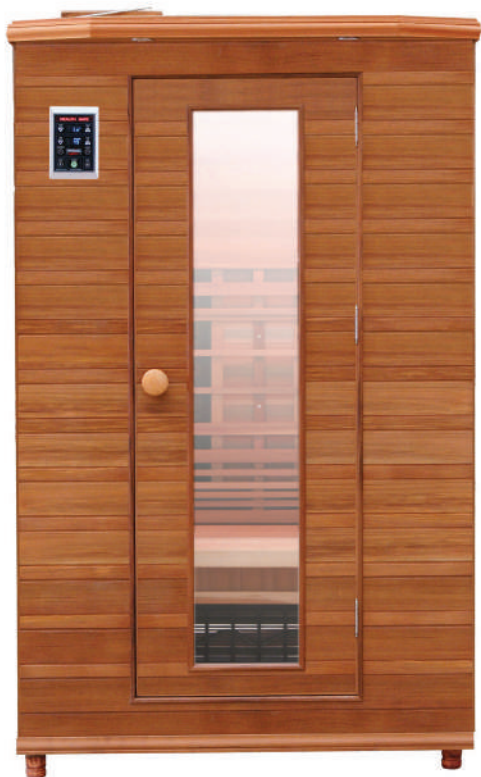




enrich for two

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This luxurious 2-person unit features exterior lighting, mirrored glass windows, low EMF Tecoloy® heaters and Full Spectrum Infrared. It is equipped with LED Color Light panels, dual touch-sensitive control panels, and audio sound system.



Dimensions

Exterior: 48 ½"W x 48 ¾"D x 78 ½"H

Interior: 45"W x 39 ¾"D x 71 ½"H

Electrical Specifications

120 Volt | 1810 Watt | 15 Amp

8 Heaters Total

Front Wall: 2

Back Wall: 2

Under Bench Seat: 1

Floor Heater: 2

Lower Back: 1





enrich for three

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This 3-person unit is perfect for families or sauna enthusiasts alike. This sauna comes equipped with our Full Spectrum Infrared, panoramic glass design, 96 LED Color Light panels, dual touch-sensitive control panels, and audio sound system.



Dimensions

Exterior: 60 ½"W x 48 ¾"D x 78 ½"H

Interior: 56 ¾"W x 39 ¾"D x 71 ½"H

Electrical Specifications

120 Volt | 2225 Watt | 20 Amp

10 Heaters Total

Front Wall: 2

Back Wall: 3

Under Bench Seat: 1

Floor Heater: 3

Lower Back: 1





enrich corner

The Enrich Corner is the only sauna specially designed so you can place it in the corner of a room. With 11 heaters total of Full Spectrum Infrared, this space saving unit is easily assembled and uses a standard 20 amp electrical outlet



Dimensions

Exterior: 54 ³/₈"W x 54"D x 79"H

Depth: 61

Interior: 49 ³/₄"W x 49 ³/₄"D x 71 ¹/₂"H

Electrical Specifications

120 Volt | 2270 Watt | 20 Amp

11 Heaters Total

Front Wall: 1

Back Wall: 4

Under Bench Seat: 2

Floor Heater: 2

Lower Back: 2





elevated health

Our unique bi-level sauna is perfect for multiple people to enjoy the sauna at the same time. This model gives users multiple ways to enjoy their sauna session.



Disclaimer: Sauna model will ship with black heater covers for saunas sold after September 2017.

Dimensions

Exterior: 70"W x 63 1/8"D x 77 1/2 "H

Interior: 65 1/2"W x 58 1/4"D x 69 3/4"H

Electrical Specifications

230 Volt | 3235 Watt | 15 Amp

16 Heaters Total

Front Heaters: 2

Side Heaters: 2

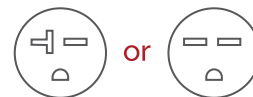
Back Panel: 3

Upper Bench: 1

Lower Bench: 1

Floor: 3

Lower Back: 4





therapy lounge

The ultimate sauna for even the tallest of individuals. This model allows people up to 6' 5" tall to fully lie down. For added user comfort we have integrated a built in lounge into the bench.



Dimensions

Exterior: 83 ½"W x 49 ½"D x 77 ½"H

Interior: 79"W x 44 ½"D x 69 ¾"H

Electrical Specifications

230 Volt | 3270 Watt | 15 Amp

18 Heaters Total

Front Heaters: 2

Right Side: 2

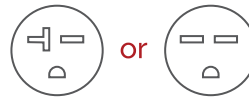
Back Panel: 3

Bench Support: 2

Floor: 3

Lower Back: 3

Lounge Bench: 3



Disclaimer: Sauna model will ship with black heater covers for saunas sold after September 2017.



inspire for two

This technologically innovative model has captured the heart and imagination of the industry. By using the only Tecoloy Max heaters on the market, Health Mate has once again raised the bar beyond therapeutic benefits and reliable performance to a committed focus on consumer safety and a satisfying return on investment.



Dimensions

Exterior: 47.5"W x 43.5"D x 78"H

Interior: 44"W x 40"D x 73"H

Electrical Specifications

120 Volt | 1780 watts | 15 Amp

7 Heaters Total

Front Heaters: 1

Side Heaters: 1

Back Panel: 2

Lower Back: 1

Upper Bench: 1

Floor: 2



inspire for three

This technologically innovative model has captured the heart and imagination of the industry. By using the only Tecoloy Max heaters on the market, Health Mate has once again raised the bar beyond therapeutic benefits and reliable performance to a committed focus on consumer safety and a satisfying return on investment.



Dimensions

Exterior: 59.5"W x 43.5"D x 78"H

Interior: 56"W x 40"D x 73"H

Electrical Specifications

120 Volt | 2205 Watt | 20 Amp

Heaters Total

Front Heaters: 2

Back Panel: 3

Lower Back: 3

Bench: 1

Floor: 3



warranty

Every Health Mate sauna is checked before leaving the factory for quality and excellence. Even so, you can rest assured the Health Mate sauna is backed by the strongest warranty in the industry. Each Health Mate sauna offers a lifetime warranty on its Tecoloy heaters and 5 years on the Tru-Infra heaters, craftsmanship and electrical components.

Health Mate has over 38 years experience in the sauna business. This means we have the longevity to back up our warranty. With this history, you can be 100% confident in our products and service.

Easiest to Install in the Industry

The Health Mate infrared sauna is easily assembled. All panels are equipped with a simple latch-buckle system, making the sauna quick and easy to assemble. Within 30 minutes, your sauna is ready.

Just open the cartons, move in the panels, and put together your sauna in six easy steps!

All Health Mate infrared saunas are easy to assemble---just 6 panels that snap together with our Easy Click system.



Health Mate takes the timeless sauna to the next level, utilizing state-of-the-art infrared technology to provide a deep heat and relaxation. For centuries, infrared therapy has been used for many body ailments. Even children can enjoy, because infrared energy is the energy that keeps newborns warm in the hospital.



800.946.6001 | healthmatesauna.com

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