

INFRARED SAUNAS

Stay healthy, unwind, relax and detox
with our new Infrared Saunas

Achieve your wellness goals with an infrared sauna. Using safe, deep-penetrating mid-infrared (MIR) light, they help relieve sore muscles and improve your health and well-being.

You will be sure to reap all of the benefits and contribute to your overall health whilst enjoying a comfortable sauna session.

Available in 2, 3 and 4 person sizes.



INDOOR 3 PERSON

Model IOS 30L. Size 150 L x 105 W x 190 H cm



INDOOR 2 PERSON

Model IOS 20L. Size 120 L x 100 W x 190 H cm



INDOOR 4 PERSON

Model IOS 40L. Size 175 L x 135 W x 190 H cm



INDOOR / OUTDOOR 2 PERSON

Model IOS 20D. Size 125 L x 125 W x 248 H cm

WARRANTIES

Up to 5 years.

All dimensions are estimates only.



**WAREHOUSE
FACTORY DIRECT**
THE SAUNA & SPA SPECIALISTS

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www.indooroutdoorspas.com.au



OVER 40 YEARS EXPERIENCE. Servicing the Central Coast, Newcastle, Hunter, Upper Hunter, Mid North Coast



SCAN HERE
to see our
range of
infrared
saunas

Infrared Saunas – technology and benefits

From offering relief to your sore muscles and pain to ensuring that you feel relaxed and enjoy better sleep, infrared saunas are the real deal.

The main thing to know about high quality infrared saunas is that, unlike traditional saunas, they do not heat the air around you. Instead, infrared saunas use electromagnetic radiation through infrared lamps, in order to directly warm up your body. The light waves create heat within the body producing sweat, and a higher body temperature.

Our saunas are not only made with superior craftsmanship, but they look great too! Made from the finest Canadian wood, it will enhance the look of any room.

Benefits



Detoxification

Infrared saunas can help increase blood circulation and stimulate the sweat glands, releasing built-up toxins in the body.



Skin Rejuvenation

Infrared waves help spur the body into increasing production of collagen and elastin. Collagen is well-known to keep skin resilient and glowing and elastin keeps the wrinkles away!



Stress and Fatigue Reduction

Just a few minutes in the gentle warmth of an infrared sauna will help one feel relaxed, rejuvenated and renewed.



Pain Relief

Infrared light can penetrate further down into the joints, muscles, and tissues, promoting circulation and blood flow. Good circulation is critical for proper healing.



Workout Recovery

Great to use after a workout. Increased circulation helps deliver oxygen rich blood to the muscles as well as relaxing them.



Immune System Support

The penetrating infrared wavelengths from infrared saunas raises the core body temperature, inducing an artificial fever. A fever is the body's mechanism to strengthen and accelerate the immune response, as seen in the case of infection.



Circulation

As the body increases sweat production to cool itself, the heart works harder to pump blood while boosting circulation. This increase in metabolism is also burning more calories.



Wound Healing

An infrared sauna is great for reducing the time for wound healing and for reducing the appearance of scars.



Lower Blood Pressure

An infrared sauna may lower blood pressure. It may also be helpful in improving blood circulation and boosting blood flow through deep sweating - both are essential for a healthy heart.



Weight Loss

Did you know that a 30-minute infrared sauna session can burn up to 600 calories? While sweating out calories might sound too good to be true, the heat generated by an infrared sauna actually causes your heart rate to increase - the same heart rate you experience when exercising.

Please seek your own medical advice prior to using a sauna.



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