

Sunlight Saunas vs. Ceramic Saunas

Feature	Sunlight Saunas	Ceramic Saunas
heating technology	Wide Spectrum CarbonSurround	Ceramic
heater warranty	Limited Lifetime	5 years to life*
heater surface area	622 square inches	12 to 56 square inches
outdoor use	Yes	Not available
electromagnetic field radiation (EMF)	Tested extremely safe levels due to steel conduit electrical shielding (a Sunlight Saunas exclusive)	Shielding not available
environmentally safe	Yes- RoHs	Varies

*Note: Most companies have been in business for less than 5 years

- ▶ The experience of a far infrared sauna is similar to sunbathing, which gives you the radiant heat that is all your own.
- ▶ Infrared light is part of the Sun's invisible spectrum of light that has the ability to penetrate the human tissue.
- ▶ Infrared heat therapy uses these far infrared light characteristics to heat the body directly rather than just the air.
- ▶ Unlike sunbathing, far infrared heat therapy is completely healthy and safe. You can relax in a far infrared sauna and it will not cause your skin to burn.
- ▶ Far infrared saunas increase the body's core temperature thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed.
- ▶ Conventional hot rock/steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breath.
- ▶ A far infrared sauna uses soothing dry far infrared heat that is well ventilated and extremely comfortable and relaxing.
- ▶ Far infrared heat therapy has also been shown to assist with weight loss, pain relief, improved circulation and skin rejuvenation.