Infrared Heat Sauna Therapy For The Two Of You

Imagine the two of you coming home from work all tired and in need of relaxation. You flick the switch and your infrared heat sauna starts warming up for your daily 30 minute rejuvenating session. After just 5 10 minutes of pre-heating the far infrared sauna is ready to use. You sit down and let the sauna do its soothing heat therapy while you listen to your favorite music with the built-in stereo system. Its like having a spa at home!The far infrared home saunas by SeaMax fit the above description. Built for two persons, these compact saunas require only a 4 x 4 floor space and a standard 110 V electrical outlet. Setup is extremely easy. No plumbing or electrical work is required. A simple screwdriver is just about the only tool needed to assemble this infrared sauna and start enjoying its beneficial heat therapy.The SeaMax infrared home sauna is perfect for a couple. Its a completely free-standing unit that can be set up in the corner of your bathroom or bedroom. The walls, ceiling and benches are made from fir and hemlock wood. There is a reading light *Click here for info* and a fresh air vent. The far infrared heater is very economical to operate. The manufacturer claims that these heaters run on 10 cents worth of electricity for each half hour sweating session.Far infrared heat has several benefits over conventional convection type heaters. A wood burning sauna room heater needs to warm up the air in the sauna to a certain temperature which in turn heats up the body. A far infrared system heats only approx. 20 % of the surrounding air and 80% is directly transferred to the body. A sauna bather can expect to sweat profusely while being able to breathe easily. Infrared rays are completely safe and penetrate deep into the skin, opening pores and detoxifying the body. Some experts claim that this type of home sauna therapy is superior to the heat produced by the traditional wood burning heater found in Finnish saunas.

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