

Sauna Buying Guide - Difference Between Traditional and Infrared Saunas

If you are planning on buying an infrared sauna, you will need to know the differences between them and your traditional saunas. They are very different in terms of how they operate but essentially, they offer the same result, profuse sweating.

When you are about to purchase an infrared sauna, you should understand that you can't buy one on impulse or without research because this is a very expensive investment that needs to suit your preferences. What doesn't help is the fact that most infrared sauna kits look almost alike and this can be very confusing. Add the fact that there are a lot of terms that you might not understand at first. A complete guide to buying infrared saunas can be found at <https://www.choicesaunas.com>

There are also a lot of new vendors/manufacturers that seem to pop up every year offering the "very best" and this is not helpful to potential buyers because with new vendors, there are a lot of uncertainties. Just so you know, this industry has a very high turnover rate, meaning, a lot of vendors come and go and if you happen to buy one from those that go out of business quick, you are left with a sauna kit that will not have any sort of warranty. This can be very frustrating because if it happens to malfunction, you are left with a useless unit or you will have to shell out a large amount of money for repairs.

Differences Between Traditional and Infrared Saunas

The biggest difference between the two is the way they generate heat. With infrared, you are getting a dry sauna experience while with a traditional sauna, you will get a wet sauna session.

Wet saunas are those that make use of water to generate steam. Water is poured to the heated rocks and these produce steam, then the steam heats up the room, allowing you to sweat. With dry saunas, the humidity level is very low and the heat will not be generated from steam, instead heat is produced by a heater that heats up the room or in the case of infrared, raises the temperature of your body.

Aside from that, there are more and we will detail them below.

Traditional Saunas

Traditional saunas make you sweat by heating the room. The rocks are heated and when water is poured onto them, steam is generated. Steam heats up the air in the room and this is what makes you sweat. The temperature can reach more than 160 degrees Fahrenheit.

If you are the type that can't handle too much heat, a traditional sauna may be too much for you and in this case, you should opt for an infrared kit because it can only reach a temperature of 140 degrees Fahrenheit, more on infrared saunas below.

There are a lot of people that dislike traditional saunas because they can feel discomforts such as nausea, light-headedness and more. This is counter intuitive because you are in the sauna to feel

relaxed and rest and if you are neither, then you are just wasting your time and putting yourself in an uncomfortable environment unnecessarily.

Infrared Saunas

Infrared saunas do not heat the room, well, they heat up the room but that is not their primary intent. Infrared saunas raise the core temperature of the body and this makes the user sweat.

Infrared heaters are used in this type of sauna and they are called carbon fiber heaters. Carbon fiber heaters emit infrared light and this energy wave penetrates the body to raise your core temperature. This is a gentle warmth that is felt by the body and with it, comes a lot of health benefits.

These heaters can reach a temperature of 140 degrees Fahrenheit and this is significantly lower than those of traditional saunas. As a result, this leads to a relaxing warmth that is not harsh to the user.

Some of the benefits that you can enjoy with infrared saunas are rest and relaxation, soothing of muscles, improved blood circulation, healthier respiratory system, improved immune system and more. Because of these benefits and the gentle warmth that is produced by this type of sauna, it has become the most popular type and a lot of people are buying them instead of other sauna types.