

# THE CHRONICLE OF INFRARED SAUNAS

**BROUGHT TO YOU BY CWGLIVE.COM**

**Discover the Truths About  
Infrared Saunas  
That You Were Never Told Before**

**And  
Avoid The 9 Most Critical  
Mistakes  
That Infrared Sauna Buyers Often Make**

**Sudeshna Dey**  
[admin@cwglive.com](mailto:admin@cwglive.com)



**Copyright © 2010-2011 by Sudeshna Dey and <http://www.cwglive.com>**  
- All Rights Reserved

**You do have the permission to give away this report to others, provided all the contents remain unchanged. Please feel welcome to forward this document, with no change in its contents, to anyone you know to be interested in Infrared Saunas / Far Infrared Saunas.**

Unauthorized duplication or distribution of this material in any form is strictly prohibited. Violators will be prosecuted to the fullest extent of the law.

The author, publisher and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report. While every effort has been made to ensure reliability of the information within, the liability, negligence or otherwise, or from any use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.

The reader is encouraged to seek competent legal and accounting advice before engaging in any business activity.

## **Attention Before You Start Reading The Rest Of The Report !!**

**Infrared Saunas are popularly known as Far Infrared Saunas. In theory they are different (since infrared can be *far infrared* or *near infrared*) but in practice it is far infrared saunas that are sold in the market, and are the recommended ones.** So in this report, we use the words Infrared Sauna and Far Infrared Sauna interchangeably and request you to understand that we mean the same object no matter which of the two terminologies we use in any context within this report.

**Please remember to save this report on your desktop or somewhere else on your Computer so that you can access this easily later.** Not many things are easier than losing reports and documents you find in the Internet unless you save them carefully. Save this **now** before you read it, and **read it now** before you forget.

## **Which Sauna? Steam or Infrared? Carbon or Ceramic?**

### **Are all saunas the same, or is there any difference between saunas? Steam or infrared sauna?**

Let's start with those who are seeking for a traditional steam sauna. Is there something wrong with them? Nothing at all. Traditional saunas are good, and they feel great if you take a short session. Unfortunately, a traditional sauna does fall short of some of the benefits that can be enjoyed by using an infrared sauna.

Please note that the temperature of a traditional sauna must reach a point high enough for your body to sweat. But that temperature is too high to be safely handled by your body for extended time duration. Most doctors would agree that anything more than 20 minutes at such high temperatures is not good for the human body. Actually, it could end up stressing and straining your heart.

This is completely the other way round with infrared saunas. Since the infrared heat would penetrate the skin and go deep inside the body - carry out almost 2 inches penetration, compared to the penetration of 1/8th of an inch of a traditional sauna - one would experience a sweat at 120 degrees that is comparable to the sweat at 180 degrees of a traditional sauna. And this sweat is a detoxifying one.

Many **doctors** nowadays recommend an infrared sauna to patients for a number of issues. This includes weight loss, blood pressure control, arresting and reducing high cholesterol levels and inflammation. The other great benefit of the heat penetrating deep into your body is the capability of detoxifying your body. The heat removes toxins deep inside the body (deep below the skin) and emits them through the skin. Lead, mercury, mold, tobacco, chemicals, hair-dyes, car emissions and a few hundred other pollutants are bombarded on our bodies every day.

Infrared sauna detoxification would help remove these polluting substances. Our bodily system thus is saved from accumulating these substances. That in turn leads to prevention of possible diseases and premature aging of our body, skin and mind. This improves our immunity system to the peak efficiency.

## Ceramic or carbon-based?

We now know that infrared saunas (also called *far infrared saunas*) are way better compared to traditional saunas. So now, what type of an infrared sauna would you want to buy? There are two types today that are popular - carbon based and ceramic. Which is the one to go for? I recommend you to go for carbon based saunas. These are way better than ceramic saunas, hands down.

In the space of infrared technology, ceramic heaters were the state of the art once upon a time, not too many years back. They worked well too. However, technology changed with time - in fact technology improved with time as one would expect. Today, comparing a ceramic sauna and a

carbon-based one is equivalent to comparing a cross-country ride on a horseback against that on a car. Let me elaborate on what I want to say here.

How do ceramic rods produce infrared heat? They produce the heat through small tubes of glass placed throughout the sauna in a strategic way. But they would produce limited heat and that too at a very high temperature. This causes two problems. One - this sauna will have some hot spots. So some areas of your body will get sufficient exposure to the infrared heat, and other areas will have none. This isn't good. To enjoy the entire benefit of an infrared sauna, your body should uniformly receive the heat and exposure and absorb the infrared rays to the maximum extent.

Also, since the heat comes from an insufficient area trying to heat the whole sauna, the rods become very hot. Ceramic sauna users have often complained getting red marks coming from leaning on the hot rods. And in spite of this almost burning temperature, the infrared heat does not completely surround the user of a ceramic sauna.

Let me give you an example here. If we look at a 2-person sauna, a panel of a standard size with ceramic rods would produce around 56 square inches of infrared heat. With a panel of the same size, a carbon based sauna will produce around 572 square inches of infrared heat. So a carbon sauna is 10 times more effective. Also, the heat coming from a carbon panels is evenly dispersed. You can choose to be close to absolutely any panel within the sauna and stand no chance of getting burned.

So why do they still sell this inferior technology? Probably because they are cheaper to buy, and ordinary people have no idea about the difference. Carbon-based technology has been around now for several years. Practically all the modern research studies done today are based upon this new-age cutting edge technology.

## **Benefits Of Using Infrared Sauna**

### **Detoxification**

The skin is our largest surface organ. Surprisingly, it is also our biggest latent organ for excretion. The skin plays an important role in ejecting the undesired toxins out of our bodies. Some physicians refer to the skin as a third kidney. Infrared technology is capable of penetrating deep and removing the toxins stored in fat cells. With a good-quality far infrared sauna, all of this detoxification becomes a reality. Detoxifying in one such sauna lets your body get rid of potential carcinogenic heavy metals such as mercury and lead, as well as alcohol, nicotine, sodium, sulphuric acid and cholesterol. Your body is cleansed with ease. Amazing but true – good-quality infrared saunas are capable of producing sweat with up to 17-20% toxins. As you can guess, this is the best tool available today for full body detoxification, barring none.

### **Pain Relief**

The infrared energy released by a state-of-the-art sauna can penetrate up to 1.5" deep into muscle tissue. 93% of this energy is absorbed through our skin. By heating these tissues, we experience a vasodilatation of peripheral blood vessels which can be beneficial in reducing muscle spasms, joint stiffness and achiness, as well as general aches and pains due to conditions such as Fibromyalgia, Osteoarthritis and Rheumatoid Arthritis. There is also evidence that when used 24-48 hours post injury, far infrared energy can reduce the time it takes for your body to heal sprains and strains. May help to reduce pain and swelling in the body.

### **Weight Loss**

As you bask in the comforts of an infrared sauna, your body is actually hard at work attempting to maintain a constant core temperature. Our body does this by increasing peripheral blood flow and by sweating. Guyton's textbook of Medical Physiology states that 1 gram of sweat requires 0.568 kcal to produce. An average sauna user can produce 500 grams of sweat and burn 350 calories during a therapeutic sauna session. This is the

equivalent of running 2-3 miles. Our infrared saunas can also help rid your body of cellulite which is a gel like substance made up of fat cells, water and wastes. Feel those extra pounds melt away.

## **Cardiovascular Health**

The infrared heat therapy is one way to achieve cardiovascular conditioning effects even without exerting yourself. During a sauna session, vasodilatation of peripheral blood vessels takes place which increases heart rate, cardiac output and metabolic rate. This provides a workout for your heart as the body attempts to cool itself in diverting blood from internal organs to the extremities and the skin. Research suggests that regular infrared heat therapy has been beneficial in reducing blood pressure. Relax and get your heart in shape.

## **Stress Relief & Relaxation**

Some top-quality saunas are equipped with Carbon 360 far infrared rays or equivalent levels of technology – this leads to an improved quality of relaxation. Feel the stress of the day melt away in your private sanctuary. Increased circulation triggers the release of endorphins, loosening tight muscles and making you feel better all over.

## **Beautification of Skin**

Do you want to improve the tone, texture and elasticity of your skin? By sitting in a far infrared sauna with the right quality make, the increased blood circulation to the skin brings fresh nutrients to the surface. At the same time, profuse sweating is assisting in the removal of toxins that accumulate deep within your pores such as make-up, dirt, lotions and conditioners. It makes you look and feel better.

## **Tissue Elasticity**

The warmth of an infrared sauna relaxes your muscles, increases flexibility and increases your range of motion. Studies show that tissues heated to 130° and then stretched have exhibited an elastic elongation that persists long after the stretch is removed. This was not the case when the same

tissues were stretched at normal tissue temperatures. Therapeutic benefits were also seen in working with ligaments, tendons, fascia, joint capsules and symposiums that have become scarred, thickened or contracted. Improve flexibility beyond your expectations.

### **Chromotherapy or Light Therapy**

Chromotherapy is defined as the therapeutic use of color and light in order to bring about homeostasis within the human body. Organs, muscles, cells and nerves all have a level of vibration or frequency. Each color of light has its own frequency and vibration. When our bodies become out of balance, disease occurs. Through extensive research, we know that color and light will help bring our physical and emotional systems into balance. Color works through and in us, in every nerve, cell, gland and muscle. All saunas from the brand we recommend (at the end of this report) come standard with a Chromotherapy Light System.



## Contraindications For Use Of Infrared Sauna Therapy

**Prescription Drugs:** Always check with your physician or pharmacist for possible interactions with a drugs affect due the use of an infrared sauna.

**Certain Diseases:** Raising the core temperature may be contraindicated for individuals with adrenal suppression, multiple sclerosis, or systemic lupus erythematosus.

**Joint Conditions:** An acute joint injury should not be heated within the first 48 hours, or until the joint erythema and swelling subsides.

**Pregnancy:** When pregnant, we recommended that you discontinue using any infrared sauna immediately.

## Infrared Sauna – Better To Own Or Use At Public Spa?

To decide whether it makes sense for you to own a sauna or to go to a spa club for sauna sessions, we simply calculate the cost of buying a sauna versus that of going to a spa for sauna sessions, and the benefits that you get out of each.

### Cost calculations

**Cost of buying and ownership:** In terms of the cost of a good sauna (assuming that you get the best value for money deals without compromising quality such as going for ceramic saunas over carbon based ones), you purchase high quality 1-person saunas within \$2000 and 2-3 person saunas around \$2500-2600. Even if you plan to use it at a bigger scale such as family and friends, the bigger sauna is going to cost you around \$3400-3500. This is a 1-time cost with electrical parts and other guarantees for ETL-certified saunas. ETL stands for **Electrical Testing Laboratories**.

ETL certification is one of the most difficult to get and top-quality sauna associates boasts of the certificate and seal (and this is something that only a handful of sauna brands boast of). So this would give you a fantastic mental peace. Since the saunas are high-quality and guaranteed over and beyond that, the cost of ownership is practically zero, and so are the hassles.

**Cost of using public spa:** For a spa club, you would not want to go to a below-standard one simply because of health and safety reasons. Any average sauna spa will charge you around \$50 per session less than an hour – and of course you spend time driving back and forth – let's ignore that for the time being (let's balance that against your electric power cost when you run your sauna at home). So, only 40 sessions, in other words 9 months of a sauna session once a week – and you would anyway spend the same amount as you would to buy a 1-person best-quality infrared sauna.

**Summary:** In terms of cost, if you want to use a sauna even for 3 years of your life, buying a far infrared sauna is going to cost you 1/3<sup>rd</sup> of what you would spend in a spa club. If you use that any longer, the savings just grow on.

**Verdict:** So if you plan to use a sauna only a few times in your life, it is wise to go to a public Spa. And if you want to use the sauna with the long term goal of sustained comfort and health, purchasing a high-quality infrared sauna gives you a significant monetary advantage.

## Benefits

**Privacy:** You get to use the sauna with much more privacy if you install one at your home if you love relaxing in peace at your private moments.

If you love having friends then you may want to purchase a multi-person sauna (2, 3 or 4 person saunas) and invite your friends over – this would lead you to have privacy within your friends' circle – strangers do not get to intrude in your friendly session and conversation. With friends, you can always go to a public spa club of course – no matter whether you own a sauna at home or not.

**Guarantee of safety:** With an ETL-certified your safety is guaranteed – the ETL seal is one of the hardest to get. There is absolutely no guarantee that the safety standards will be maintained in your local public spa club. So prefer using ETL-certified saunas any day, or saunas with equivalent electrical certifications. Electricity can kill if dealt with wrongly.

**Carrying the freshness forward:** I don't know about you, but I would hate to drive back home after my sauna session – it would spoil much of the freshness and relaxation that I would gain during the session. This is a major drawback of having sauna sessions at spa clubs and not at home.

**Using at your own free and independent time:** Using the sauna at your own time becomes a reality if you own a sauna at home. Using a sauna before you go to bed, for example, is a luxury that can happen only if you have an infrared sauna at home. Make no mistake – this is something that

you would not want to do even if you have a steam sauna at home.

**Verdict:** It is much more convenient to have a sauna at home both in terms of cost as well as benefit.

## **CRITICAL – AVOID THESE 9 MISTAKES LIKE PLAGUE WHILE CHOOSING YOUR SAUNA**

For a new buyer of an infrared sauna, every sauna seems to you like exactly what the seller wants them to appear to you like. In other words, if you are looking for “oranges”, there are chances that clever sauna dealers put a fast one on you and prove that their “apples” are actually a kind of the “oranges” that you are looking for. And you lose your money and joy for a reason that stinks.

**You would not want to erase your sweet taste of a low price of purchase with the bitter taste of a poor quality infrared sauna shattering your home sauna experiences.**

Due to lack of your first-hand experience, you probably have no concrete idea about the reality of an infrared sauna – only vague ones based on whatever you have heard and maybe read in bits and pieces here and there. So read this section to understand what the mistakes to avoid are and what to go for, no matter where you buy your infrared sauna from. Please note that CWGLive takes **all of these factors** into account while reviewing and recommending saunas – but you don't have to go by our merchant recommendations as long as you ensure that all these factors are taken care of in the sauna that you select.

**(1) The Heater:** There exist a number of types of heaters, and not all are of great quality. Bad, inefficient heaters will require you to spend a lot of extra time inside your sauna to achieve the same results, and the comfort factor will be lesser. The far infrared heaters that are used today are the following.

(a) **Steel Rod Heaters (Incoloy):** Heat emitters use reflector tray to compensate for most of the infrared rays flowing away from your body. But a significant portion of the infrared heat does not travel far enough to penetrate inside your body. The sauna has its internal hot spots and bad coverage.

(b) **Ceramic Rods/Tubes:** This has been discussed in the report earlier, since this is often the biggest point of confusion for inexperienced sauna buyers. Avoid ceramic rod heating at any cost no matter how much cheaper the sauna is – it is better to keep your money and not buy a ceramic sauna than spend your money on a bad sauna and harm your body.

(c) **Carbon Fibre Sprayed Panels of Fiberglass:** These are most often poor imitations of full-fledged carbon panels. They are thin, producing weak signals and lasting lesser. The panels are small and insufficient in number. Your body does not receive the desired heat.

(d) **The ideal choice is Organic Carbon Fibre Panels:** This is what you would want to choose. The carbon panels used here are large, thick and 100% organic flexible. The state-of-the-art **Carbon Wave 360** technology with panels made of 20 proprietary minerals has been independently tested to provide an efficiency figure of 95% in emitting 8-10 micron strong signals (8-10 microns is the wavelength you would want for ideal penetration). The surface area coverage is maximal and the infrared energy absorption factor for your body is the best. Always prefer a high-quality sauna that will have heating panels 360 degree around you covering all around you. Prefer large front bench and floor panels. This will give you the maximum benefits in the shortest time period.

(2) **Electrical Safety:** Remember, an infrared sauna is an electrical device – hence if you compromise on this front, you may put yourself to a risk. Forget uncertified infrared saunas. Never, never settle for any low-quality certifications of your sauna. I cannot stress this point enough. Most cheap saunas have thin gauge wirings, poor insulation and improper electromagnetic frequency (EMF) shielding. Bad EMF shielding may lead to increased fire hazards too. Go for heavy-duty wiring and gauges. Use the best-quality electrical certifications such as ETL (Electrical Testing Laboratories) certificates, as also discussed earlier.

(3) **Safety Certification Quality:** Make sure that the safety certifications are world-class in every sense. The saunas that we recommend in the final section of this report are well-certified. They have the following

certifications:

(a) **ISO:** The ISO – International Organization for Standardization – this is one of the best certificates recognized all over the world. ISO 9001 certificates attest the worldwide highest standards in product quality assurance.



The ISO 9001 Seal

(b) **ETL:** Once again, this is THE certificate you would want on your sauna. This comes from Electrical Testing Laboratories, and is valid across USA and Canada.



The ETL Seal

(c) **CE:** Certified European Safety Standards – this is the *health and safety* standard accepted by the European legislation and is mandatory for European Union to approve.



The CE Seal

(d) **RoHS Directive:** In addition, a good sauna should also avoid using any hazardous material as its electrical and electronic equipment. The RoHS directive stands for “the restriction of use of certain hazardous substances in electrical and electronic equipment”. Clearly, this is something that you would want your infrared sauna to have.



## The RoHS Compliance Seal

The sauna company we recommend at the end of this report have all the above certifications and seals. While you do not need to go for our recommended sauna company, but we do suggest that you make sure whichever sauna you decide to go for to have all the above certifications. It is critically important to ensure your safety and also take care of your health improvement factors.

**(4) Type of Wood:** While buying your infrared sauna, make sure that you get a good quality wood. What is a good-quality wood in context of an infrared sauna? The wood must not be knotty – it would lead to early crack and split in the sauna. The wood must be dried to around 10% moisture content to prevent warping, and should be non out gassing. Beware: low-price saunas tend to compromise on the wood quality, and use thinner, marginally cured woods that warp easily. Some of the most common wood used in manufacturing infrared saunas are the following.

(a) **Aspen/White Fir/Basswood:** These woods are soft, light, low-strength and poor for long term durability. Scratches and dents easily. Poor resistance to shock. Avoid saunas made of these woods.

(b) **Western Pine:** Moderate in terms of stiffness. Low strength. Shock resistance not up to the mark. Out gassing is seen often, and can cause irritation to eyes. Often knotty. Not recommended.

(c) **Poplar:** Reasonably okay, since the wood is non out gassing and stability is just about okay. But there are other woods that do a lot better in terms of stability. Also, the decay resistance and durability are not too great. In summary, there are much better options and poplar-wood saunas are better avoided.

(d) **Hemlock:** This is one of the best choices that you can make. The wood



is stable and non out gassing. The durability is great. Yields clean, straight edges. The wood does not twist or bend easily. The smoothness and stability with excellent shock resistance has made hemlock wood saunas to be a favorite option among many. The wood has no odor and low resin, hence it is a great choice if you have allergies.

(e) **Red Cedar Wood:** The beautiful red cedar and its positive physical attributes make it one of the best possible woods in the world for manufacturing saunas. Resistance to warping, twisting and bending, minimal shrinkage factor and long durability adds to the favor of these saunas. The wood is non out gassing if properly dried and treated. Cedar, though, is a bit more expensive compared to Hemlock – a price that you may want to pay for the added beauty but only if you have the budget.

(f) **California Redwood:** Attribute-wise similar to red cedar while the wood is somewhat lighter. But the cost is prohibitive – too expensive for most people to afford, and that too, for no further additional benefit compared to red cedar wood saunas.

(5) **Backrests:** Surprisingly, most sauna manufacturers use horizontal backrests with no lean system in place. The comfort factor goes down immediately by a whole notch – you don't want the slats to be inadequate in number (as in practically all cheap saunas) and you don't want them to poke into your ribs as in a horizontal backrest system. Avoid fabrics on your backrest – the sweat is going to make it stink in practically no time at all.

Also, prefer avoiding a sauna with a portable backrest. Some companies offer these as upsells or as part of the sauna shipping, but the point is that they are uncomfortable. They are cumbersome.

Rather, go for a hand-made vertical dowel backrest. This is comfortable, and the right spacing between the vertical dowels will ensure that the infrared heat reaches your body optimally without creating “hot spots”. As long as “hot spots” are avoided, you can lean along the backrest without wriggling around and trying to find a “comfortable position” all the time.

(6) **Sauna Wall Thickness:** Now that I mention this, doesn't it sound

---

obvious that manufacturers would try to save by reducing wall thickness, thus minimizing wood usage and maximizing profits? Indeed, and more so with cheap saunas. Most of the sauna manufacturers have saunas that are 4-5 mm thick rather than the preferred thickness of 7-8 mm.

In addition, do not go for single wall saunas. They don't hold up – rather, they have a poor history of cracking early in their lifecycle. Go for double-wall saunas.

In fact, the manufacturer we recommend at the end of this report uses a sauna wall thickness of 8-9 mm – one of the highest in the world, and use a double-wall (an inside wall and an outside wall). Again, no matter where you buy your sauna from, ensure that the wall thickness is at least 7 mm and preferably 8 mm or more and go for a double-wall sauna all the time.

**(7) Engineering Design of the Sauna:** There are a few attributes that play a direct role in the efficiency, effectiveness and durability of an infrared sauna.

**More-than-desired glass:** Glass looks good and many sauna manufacturers tend to go with a lot of front glass to make the sauna more attractive-looking to the customer. Glitter sells. But there is a catch to it. The glass comes in place of heating panels. In other words, the front side of many saunas (that look otherwise good) actually lack the desired number of heating panels in the front, which leads to less-than-desired far infrared exposure of the sauna user. This is avoidable.

**Insufficient heating panels/elements:** This is a common way for the manufacturer to save money at the buyer's expense. Smaller panels, lesser in number, saves the manufacturing cost by reducing the panel manufacturing costs. But that is something you would want to avoid. The best saunas for you would be those having carbon panel covering wall-to-wall with floor heaters and front bench leg heaters.

**Weak floor:** Cheap saunas have weak floors and may crack beyond a certain weight. Talk to your manufacturer and ask the floor weight limit and whether the floors have been reinforced.

**Lightweight hinges that bend with time:** Poor-quality and lightweight hinges often fail to remain erect while supporting the heavy front door of the infrared sauna. So soon enough the door no longer closes properly and the sauna leaks air and heat. Make sure that the hinges used by the sauna are heavy-duty.

**(8) Assembly and Structural Integrity:** Assembly system is one of the biggest points on which most saunas try to compromise and save their money. And the better the assembly is, the better becomes the structural integrity of the sauna. There are two major kinds of assemblies to beware of.

One of these assemblies is **exterior buckle and clip** based. This is used in situations where the fit and finish of the sauna is imperfect, in order to compensate for poor engineering, misaligned walls and improper measurements. The buckles are capable of holding such saunas together because of the forceful clamping that one can apply on these. However, the looks of these saunas are unattractive with the corner finish often being an eyesore. Also, the sauna becomes much more prone to cracks and cups since the buckles and clips force fit the sauna wall woods.

The other commonly found example of bad finish with poor workmanship is **magnet**-based sauna wall alignments. Magnets are not capable of holding any heavy bang on the walls. The fit is not tight and consistent and there is a good chance of leaking heat/air through the joints. Misaligned hardware with magnets attaching the walls will compound the issues with the sauna's fit and finish.

The recommended finish for an infrared sauna is a **bolt-and-anchor based one**. This assembly requires tight tolerance wall construction and precise, pre-drilled hole alignment. The fit is tight and secure. The assembly is solid and durable. Air leakage is avoided by the perfection of fit and finish. In addition, it would also provide for the expansion of the wood in heat and contraction of the wood in cold temperature, without the wood cracking and warping. Furthermore, if you have to move your sauna, the reassembly is also easy and safe (no risk of damaging the sauna) thanks to the steel anchors that are used to receive the bolt.

**(9) Nature of “Lifetime Warranty”:** What is a “lifetime warranty” coming with the sauna? Nowadays, every sauna comes with a lifetime warranty – but without looking at company history does that mean much? No. While talking to a company representative, ask how they are going to handle a warranty claim. This will help you understand whether they have a responsive system in place that will really help you in an efficient and effective manner. Ensure that you have the warranty terms readily available in case you need them in future.

**Once more, no matter where you buy your sauna from, make sure that you cover all the above factors to ensure you are buying a good sauna that will serve you hassle-free for a long time in future. The manufacturer we recommend in the last (next) section of this report is one of the very few that follow all the quality standards avoiding the undesired workmanship. You don't necessarily have to purchase your infrared sauna from the manufacturer that we recommend, but no matter where you purchase it from, make sure that they follow all the above standards.**

## The Next Step – Now What?

For any further information on infrared sauna in general or specifically about E.C. Saunas (**this is THE infrared sauna manufacturer I recommend**, and their saunas come directly from the factory with no middleman involved so you get the best price without paying to the middlemen) or to purchase an infrared sauna.

To buy your far infrared sauna, the next step for you is to:

**Call toll-free: 1-800-264-8129**

OR

**Visit E.C. Saunas website:** [Click here to visit the website](#)

**To contact CWGLive, please write to us at the following email address**

**Email:** [admin@cwglive.com](mailto:admin@cwglive.com) (Please mention the following in the subject line: “Infrared Sauna Information Request”)

### **Important**

Please note that I have seen the same sauna models being sold by a number of other distributors. But the above one that I have given here is the main company manufacturing the saunas (the **real** brand owners). So this is where you shall get the best price for all the models as factory-outlet saunas will have no middlemen involved to jack the prices up. Plus, all the original parts will remain fitted (no counterfeit parts or false fits) since you shall get the sauna directly from the manufacturer.

[Thanks for reading this report. Feel free to write to CWGLive.com for any question or help – we would love to hear from you!!](#)