



## SAUNA HEATERS

A sauna heater needs to produce a consistent level of temperature. The by-product being heat. Several types of sauna heaters are available, the most common being electric. For those who have a house in the country, wood-burning sauna heaters are quite popular. Though oil and gas heaters can be used they are far less common.

Of course all have their advantages and disadvantages that relate to an individuals preference, life style and location.

Home saunas are becoming popular for a number of reasons, mainly because of the price. Affordability and portability give everyone the chance to experience the amazing benefits they offer. One of the fastest growing products is the Infrared Sauna. So this will be dealt with first.

### Infrared Sauna Heaters

commonly known as Far Infrared Emitters.



How Infrared saunas work can be a bit misunderstood. Some people mistake the word 'infrared' with other forms of so called 'radiation'. This couldn't be further from the truth.

FIR (far infrared) waves are the safest and the most beneficial. What is radiant heat? No need to worry - Radiant heat is also called infrared energy (IR). It is NOT the same as ultraviolet radiation (known as UV which burns and damages your skin), or atomic radiation. Radiant heat is simply a form of energy that heats objects directly through a process called conversion, without having to heat the air between.

More on the [infrared sauna heater](#) here.

# Common Sauna Heaters



The 'normal' electric sauna heater consists of a heating element and a tray to hold the heated rocks. Traditional sauna rocks are igneous stones from Finland. When switched on, the heat (radiant heat) from the heating elements inside the unit is transferred to the [rocks](#), which in turn produces the high temperatures.

The thermostat attached to the unit monitors and controls the room temperature as set by you. Before ordering a sauna the size of the heater (i.e. heating capacity) needs to be calculated to match the size of the sauna room. Manufacturers will calculate this for you. If they don't, move on to another supplier.

Learn more about the [electric sauna heater](#) here.

Learn more about the [gas sauna heater](#) here.

Learn more about the [wood sauna heater](#) here.

For obvious safety reasons it's advisable never to use a sauna without control over the temperature and/or time.

Learn more about all things sauna by visiting [www.home-sauna-info.com](http://www.home-sauna-info.com)

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