



## Do-It-Yourself Saunas

We are not in the sauna business. Yet we know that ceramic heaters are by far the most popular heat source used by infrared sauna manufacturers and a large percentage of our sales goes to sauna-makers. We also know that building-your-own sauna has become a very popular home project. We realize that many of our customers are purchasing our heaters, reflectors and controllers as components for their homemade saunas. Whether built from scratch or from a kit, here are some tips from some of our sauna building customers.

I guess the first thing to decide is whether your sauna will be located inside the house or outside. Some people put them in their basements, outside on decks, inside greenhouses, old chicken coops or poolhouses, off their garage, or as an independent structure away from the house. It certainly makes a difference in construction cost, building materials, and heat need based on heat loss. The outside construction of the sauna can be built by any material. Insulation is not really necessary with infrared heat but wouldn't hurt either, so it might be considered optional depending on where the sauna is located and in what type of climate.

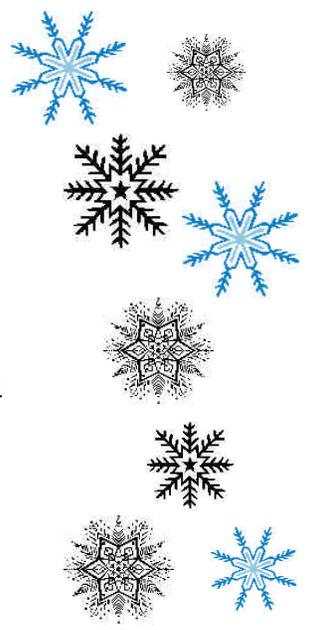
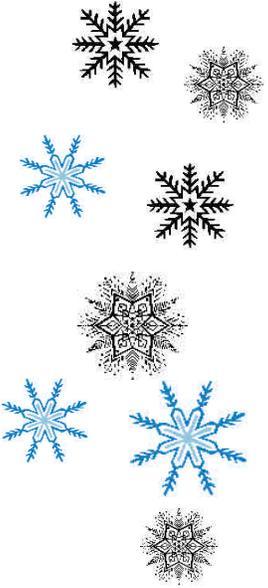
The inside construction of the sauna is much more important than the outside. The type of wood lining used can have a large effect on how it reacts when heated. A lot of saunas are lined with redwood, pine or cedar which can be very aromatic, maybe too much for some people. One customer used poplar and claims that it is the best wood to use because it emits no fumes that can be irritating, especially for people with asthma or allergies. Tongue-and-groove assembly seems to be very popular and attractive. Manufactured wood products such as particle board should not be used because of fumes that can be emitted.

Size is the next point to be considered because this will determine the amount of heat needed. A 4ft. X 4ft. sauna can hold 2 people, 4ft. X 6ft. up to 4 people. The rule of thumb for ordering heaters is 100-110 watts per square foot. A 4'X4' sauna would need 1600-1760 watts. Our most popular heater is a 163 watts because it's peak wavelength is at 6.3 microns, the optimum wavelength for absorption of the human body. While still hot enough to generate the ambient temperature necessary for the entire body to become heated enough for perspiration. Our 4'X4' sauna could use 10-163 watt heaters for a total of 1630 wattage.

After identifying the amount of wattage and heaters needed, the sauna can be designed and placement of the heaters established. Ceramic heaters must be mounted within a metal reflector. They can be mounted alone, or in lengths from 2 up to 5 or more, depending on the size of the sauna and how many people it will be heating. They are usually mounted in pairs or singly, with two heaters behind each back, mounted vertically along the spine, and one under the legs. One customer added a plug and cord set and portable stands to our three (3) elements fixture vertically. This makes them portable enough to be moved and used wherever needed.

The heaters then must be controlled to maintain the desired temperature, which is based totally on personal preference, and a safe amount of time to be using the sauna. We sell a control specifically designed for sauna use which not only controls temperature but also contains a timer, because it is important to not stay in a sauna for too long. A controller with a timer would automatically shut off the heaters in the event the user fell asleep or left,

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forgetting to turn the heaters off. Many people have used a variety of electronic or mechanical temperature controllers based on accuracy and cost. Just make sure they are electrically compatible to the heaters as far as voltage and total amperage drawn and that some sort of electronic or mechanical timer is used within the sauna.



ALEX-FF Reflector



SD-2 Temperature Controller

Along with using a sauna in a way that is physically healthy is ensuring its safety from fire. You may be building a very hot structure within or adjacent to your home. As I stated at the beginning of this article, we are not in the sauna business. We sell ceramic heaters and reflectors. We don't sell sauna heaters, but our heaters and reflectors are often purchased and used in saunas. When sauna manufacturers purchase our heaters, they take responsibility for the safety of their product. If you are building your own sauna, you must take responsibility for the components you are building it out of. To be completely safe, our heaters should not be recessed. Many people hang them from the ceiling, or mount them angling down from the walls. For those people that are recessing them, a non-combustible material should be used behind them such as plaster board or sheet rock, and a 1 inch or more air space left around the perimeter of the heater depending on the wattage.

I have heard great things from the do-it-yourself sauna builders I spoke to. They are very proud and satisfied with what they have built. They use them for relaxation, entertainment, and therapeutic treatment. We are happy that our product works so well in this product and we encourage the proper care, treatment, maintenance and usage as you would with any other electrical heater or appliance in your household. Safety should come first over cost, efficiency or ease of construction. The motto of every sauna owner should be to "sweat safely".



# Hot (New) Product

## Electromode/Dimplex Garage/Workshop Heater

### ELECTROMODE

- Heats fast - powerful fan and 4000 watt stainless steel heater element
- Versatile mounting bracket - attaches to wall or ceiling - heater swivels to direct heat
- Automatic temperature control - helps maintain consistent temperature from 45-77°F
- Powder-coated epoxy finish - long lasting and corrosion resistant



When a tough, rugged, high performance heater is called for - this is the one you'll want!

This heavy-duty steel unit's mounting hardware allows the direction of airflow to be adjusted up or down.

Additionally, the heater can be placed onto a workbench or other solid surface. The unit's casing element and fan blade are corrosion resistant, all designed to provide long product life. If the airflow should become restricted for any reason, the unit automatically shuts off.

#### Dimensions:

Heater 7.3" x 9.0" x 11.0"

Heater w/Handle: 7.3" x 9.0" x 14.0"

Bracket Only: 12.5" x 1.2" x 14.0"



| Catalog # | Watts | Volts | Amps | BTU's  |
|-----------|-------|-------|------|--------|
| DGWH4031  | 4000  | 240   | 20   | 13,640 |

# Bargain Bin

## One Attic Fan Left

Did you have a hot summer? Get ready for next year, now! We have one Emerson whole house attic fan in stock, and we will not be stocking anymore. This is a real bargain for the first person who calls, faxes, e-mails or comes in and buys it. This fan currently lists at \$374.95. Our one time price for our last item is **\$150.00**.

36" fan

2-speed

7500 CFM

7.0 amps 730 watts

Belt Drive

Wall or Ceiling Mount

Residence size for one complete air change:

2500 sq. ft. every 2 minutes

3750 sq. ft. every 3 minutes

Variable speed control included

Shutter must be purchased separately

**FREE Winter Cover**



**Model # WST36BDPRO**

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