

RED LIGHT SAUNA



FAQS



IS EYEWEAR REQUIRED FOR RED LIGHT SAUNA?

If using the LED red light, avoid looking directly at the red and infrared light panels. For user safety and comfort, eye protection should be worn.

HOW LONG SHOULD I USE RED LIGHT SAUNA?

A 15-minute session (2-3 times a week) is recommended for best results.

WHAT IS THE GUIDANCE ON CLOTHING AND SKIN EXPOSURE FOR RED LIGHT?

Members should remain appropriately clothed at all times. Lightweight gym clothes are recommended. Avoid thicker, heavy weight clothing. Red Light Sauna has both near infrared light (850 nm) and red light (630nm), which are both partially blocked by clothing and most effective directly on the skin.

IS THERE ANY WAY TO RUN A SESSION WITHOUT HEAT AND WITH JUST RED LIGHT? THE MANUAL SUGGESTS THE SAUNA IS MANDATORY, AND THE RED LIGHT IS OPTIONAL?

The heat has three settings (Low, Medium, and High). The temperatures range from approximately 100 – 130 F, so at the low heat setting, the user does not encounter extreme heat, but still gets the benefits of infrared heat (sauna) during their red light session.

WHERE DOES THE MUSIC COME FROM IN THE UNIT? IS IT BLUETOOTH OR THE UNIT ITSELF HAS MUSIC IT PROVIDES?

The unit has optional relaxation music installed with volume control. The product is not compatible with Bluetooth, so members wouldn't listen to their own music through the speakers in the sauna.

CAN YOU PLEASE PROVIDE MORE BACKGROUND INFORMATION ON THE SAFETY GUIDELINES / CONTRAINDICATIONS?

A complete list of contraindications and safety guidelines for both infrared sauna and red light exposure are available on the unit for review, and can also be printed by staff to keep at the front desk. For any specific conditions or questions, always consult with a physician prior to use.

IT MENTIONS THE SAUNA STAYS AT 100 DEGREES AT ALL TIMES. IS THIS 24/7 OR DOES IT HAVE A COOL OFF PERIOD?

The unit has software that enables the unit to turn off automatically during off hours when the club is closed and then heat up again when the club re-opens the following day.

WHAT KIND OF ADDITIONAL VENTILATION IS NEEDED IN THE ROOM TO ENSURE IT DOES NOT OVERHEAT?

The heat is well insulated inside the unit, so unless the sauna door is purposely kept open by a member (there is an alert to help prevent this), the heat stays inside the unit. That being said, building out to the proper HVAC specifications is recommended and if you would like to be extra cautious, you can also add a thermostatically controlled exhaust fan in the ceiling.