

**Comprehensive Guide to the**

# SAUNA



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## **A Comprehensive Guide to the SAUNA**

### **Build Sauna**

We have all heard about the wonders that staying for a few hours in a sauna can provide for the tired person. While there are many ways that you can enjoy these benefits of soaking the steam into your body the best way is probably to build sauna room units. You will be able to find different companies that will provide you with various sized pre-cut sauna rooms.

Some of these companies will also help you with the assembling of the sauna room that you need. You can also find various manuals and articles that will detail the process of how to build sauna rooms in your homes. A few of these materials can be found on the internet and in other cases you can find books on building saunas at your local library and book shops.

The best way to build sauna rooms is to look for a good location for the sauna. You can find the various items that you need for the sauna from companies that supply water resistant wood.

To build sauna rooms the best type of wood that you can buy and place inside of the sauna is that of Cedar wood. This wood is water resistant by nature and it is also stain resistant. You will also be able to clean the sauna once you gave finished using it.

Additionally you will need to locate stones that have the ability to withstand the constant heating and cooling that is needed in a sauna. Therefore when you are buying

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these sauna stones to place in your sauna stove you should buy good quality Finnish stones. When you about to build sauna needs to have a place set in the center for the sauna stones.

The roof of the sauna should be high enough so that the heat will not press too much on you. You can make this roof level about seven to eight feet about the ground of the sauna. You will have to ensure that when you are about to build sauna shed that any metallic pieces are not showing or protruding outside into the sauna itself.

For the various inhabitants of the sauna you will need to provide long and wide benches. These benches should be attached to the walls in a manner where you won't have any problems with the benches moving aside.

While you are able to create the perfect sauna in your home you may feel less stress when you buy a ready to assemble sauna instead of seeing if you can build sauna rooms with the various pieces that you have.

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### **Sauna Benefits**

Many of us have heard of saunas and how they are used for relaxational purposes. Besides relaxing you after a hard day at work there are some other interesting benefits that you can get. These sauna benefits are for the most part well known. As with most items in the world there are certain precautions that may have to be looked into.

These precautions are needed to be checked out if you have autoimmune disorders, uncertain and very unstable heart conditions. Also pregnant women and individuals with uncontrollable blood pressure should consult their doctor before trying out a sauna. Other than these medical conditions the majority of people can use the sauna and enjoy the sauna benefits.

The various benefits of relaxing in a sauna have not been fully proven in any medical research but there are lots of people who will advise you to try this simple way to relax and enjoy life. The main benefit that can be found with a sauna is that your body will sweat out the various poisonous toxins that have become stored in your body.

As the sauna opens the skin pores on your body due the heat and the sweat that you will be producing, these various toxins will be flushed out of your body through these pores. The heat of the sauna will, as was stated cause you to start sweating. This profuse sweating is another of the many sauna benefits that you can enjoy.

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From the sauna heat and your sweating you will begin you to burn about 300 to 600 calories in just one 20 minute session. The sauna will also increase your heart rate by about 50 to 75 %.

This will feel as if you have gone through a high energy cardiac workout. Since the dry heat from the sauna and the sweat that you are producing is responsible for this cardiac workout you will have no undue stress places on your body.

The other sauna benefits that you can enjoy are to be found on your skin. With a sauna treatment your body will tighten up the loose skin and various skin complaints like acne are cleared as the sauna heat opens the pores.

This fully clearing and opening of the pores will also stimulate your blood vessels to expand. This expansion will allow your blood to circulate better through your body. These are just a few of the many sauna benefits that you can find when you use a sauna on a regular basis.

A final precautionary note should be that if you want to enjoy these various sauna benefits to your health you should consult your doctor before you embark on a daily course of sauna treatments.

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### **Building a Sauna**

As our lives today are very hectic we tend to look for ways to relax and unwind. One of these ways is with the use of a sauna. These saunas come in different models but you should be able to find one that is suited for your home and your budget. You can also try your hands at building a sauna.

To build your very own sauna you can find various companies that will sell you ready to assemble pieces so that you can start building a sauna that is designed according to your needs. These companies will send you the required material and instructions so that you will be able to see how to being fixing your sauna room up.

Before you start the task of building a sauna that you can happily relax in, you should make sure that all of the sauna pieces and tools are within your grasp. These tools will generally be ones that you have at home. To start building a sauna room in your home you should select the place where this sauna will be placed.

The place that you select for your future sauna should be large enough to accommodate about five or six people relaxing inside of the room. There should be room to place wooden benches against the walls so that the occupants of the sauna will be able to lie down full length if they wish to.

You should make sure that the floor and the walls of your sauna are made from wood that is easy to clean and this

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same wood flooring needs to be heat and fire resistant. The best type of wood that is considered as being suitable for your sauna is Cedar wood.

When you are building a sauna, you will need to ensure that there are no metallic fixtures or pieces that can be felt anywhere in the room. As the heat from the sauna is very hot the metallic pieces or fittings should be embedded deep in the walls and flooring. You will also have to design the roof of the sauna so that it is high enough for the heat to circulate around the sauna.

As the sauna is where you will be relaxing your tired muscles you should ensure that there is an outlet for your stove to produce the heat that it needs without causing any damage to the sauna.

These are just a few of the items that you will need to think about when you are building a sauna for your home. The main fact that you will need to remember is that a sauna is going to a place where you can relax, therefore you may want to buy a readily built sauna.

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### **How to Build a Sauna**

To have a relaxing evening you can see about ways to build a sauna. The various how to books should have information that will tell you how to build a sauna in your home. You should make sure that you have found a copy that is up to date. This how to build a sauna instruction will take you through the process one step at a time.

To build your very own sauna you can also find various companies that will sell you ready to assemble pieces so that you can start building a sauna that is designed according to your needs. These companies will send you the required material and instructions so that you will be able to see how to build a sauna easily.

The main fact that you need to keep in mind is your sauna should be within your budget limit. You will need to buy the equipment that that will allow you to build your sauna. You have look for a place where you can build your sauna.

Before you start the task of building a sauna that you can happily relax in, you should make sure that all of the sauna pieces and tools are within your grasp. These tools will generally be ones that you have at home. To start building your sauna in your home you should select the place where this sauna will be placed.

When you have found the place you should start by measuring the room so that you can place the wood on the walls and on the floor. You will also have to figure out

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how to build a sauna where the wooden benches will be fitted flush against the walls so that the occupants of the sauna will be able to lie down full length if they wish to.

You should make sure that the floor and the walls of your sauna are made from wood that is easy to clean and this same wood flooring needs to be heat and fire resistant. The best type of wood that considered as being suitable for your sauna is Cedar wood.

The many how to build a sauna manuals and articles will inform you that it is best if there aren't any metallic fixtures or pieces that can be felt anywhere in the room. As the heat from the sauna is very hot, any types of metallic pieces or fittings should be embedded deep in the walls and flooring.

You will have to know how to build a sauna so that the roof of the sauna is high enough for the heat to circulate around the sauna. This high roof will ensure that your body doesn't become overheated as a result of the heat from the sauna.

As the sauna is where you will be relaxing you should see if you have the various items that you will need to make your sauna a great place to relax. Keep the how to build a sauna manual safe.

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### **Home Steam Cabinets**

There are different places where you can buy home steam rooms. These steam rooms are built according to modern designs and with many of the most newest technology. While these new steam rooms are based on various new methods the concept of steam rooms is very ancient. These various home steam rooms have the ability to relax and detoxify your body.

Sometimes you will find these various steam rooms in a variety of shapes and sizes. These rooms can be found in the traditional look and sometimes in the shape of shower cubicles. These different looks are mainly cosmetic in design and they are varying in price and accessories.

Even though both of these types of home steam rooms give you almost the same effects there are very large differences. The first difference is that in the sauna you will find that the sweating is produced by the dry heat that is raised by the stove and hot sizzling rocks. With the steam rooms the steam that pours throughout the room elevates the temperature of the room.

It is this steam that will give you the full benefits and effects of relaxing your body, opening your blood vessels so that your entire body feels re-energized by having your blood flowing freely through the veins. To make sure that you don't feel lightheaded, there are benches that can be placed along the walls of the home steam rooms.

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Here you will be able to sit down or even lie down on the benches and relax. While you are relaxed the steam will raise your internal body temperature and cause you to start sweating. This continuous sweating slowly but consistently causes the heavy metals and other toxins that have become lodged in your skin, to melt and drain out through the fully open pores.

The other benefit of relaxing in home steam rooms is that your heart is working well as if you had a cardiac workout. This “workout” is good for your entire body as there is no stress placed on the various joints of your body. To have these great effects you will have buy the type of steam room that is appropriate for your home.

You can find different home steam rooms that different steam and sauna companies have designed. These steam rooms can be placed inside of your house or you can have a steam room built for outdoor purposes.

When you are selecting the steam room that you feel will deliver the best health benefits you should see if these home steam rooms will fit well in the space that you have allocated for it.

You can choose the best type of home steam rooms that are known to give you lots of great health benefits and let you relax and unwind from the rigors of the day. All that is required is that you see which one you feel that you can relax in.

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### **Infrared Sauna**

The idea of relaxing in a sauna sounds like a wonderful idea. There are different versions of the sauna that you can buy for your home. One of the many different home saunas is that of the infrared sauna. This type of sauna uses the infrared rays to help heal your body of the many toxins that are found in our atmosphere.

The most common use that you can find in infrared sauna use is that of portable saunas. These portable saunas use the infrared rays to heat the water that is placed in the infrared sauna. Once the sauna is heat to the optimum heat the internal reflecting panels that are placed around the sauna will make sure that your entire body from the neck down is enveloped by hot air.

This infrared heat that is produced in the infrared sauna will cause your body to sweat quite a lot. The sweating that is produced will bring many health benefits to you. Among these benefits is that of opening your pores so that your blood circulation flows freely through the body.

You will also see that your skin is tightening considerably as the various heavy metals and other foreign substance that have accumulated in the skin are washed out of your body via the sweat. The other benefit to your health that you will find as a result of the infrared sauna is that of the calories are burned as if you had gone through a cardiac workout.

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Since the infrared sauna heats to a constant degree you will find that even though you are sweating profusely your body is not burning up as opposed the traditional sauna rooms. While these infrared saunas are much safer for your body compared to the normal sauna you should still consult a doctor before you start using any saunas.

You can buy these infrared saunas from different companies that produce state of the art saunas like that of an infrared sauna. When you look for these companies you should see if you can find brochures that detail how these infrared saunas work. You will also need to find a good deal for the type of infrared sauna that catches your eye.

As there are different types of infrared saunas you will need to look carefully at these many products and choose a sauna that you will feel comfortable in. Infrared saunas are great places for anyone to relax and let the soothing infrared rays seep into your skin and unravel the knots of the day's work.

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### **Mr. Steam**

There are various companies that design and build steam rooms. Some of the steam rooms that are made are designed for commercial uses like hotels, exercise clubs, health clubs, spas, or other types of commercial uses. Mr Steam on the other hand is a company that makes these various steam rooms for anyone who desires to use these units. You can find these Mr Steam products in different companies that sell sauna and steam products.

To make your steam experience complete you can buy the various items that you may need in your steam room. These items will include the best type of sauna or steam room that you can afford. The various accessories for the steam and sauna rooms can be found with the Mr Steam company as well.

Mr Steam provides the traditional wood bucket and ladles where you can scoop water onto the hot sauna rocks. You will be able to buy the various sauna thermometers that will allow you to set the temperature in the sauna or the steam room and see that this heat amount is not rising uncontrollably.

The Mr Steam company also designs hot towel racks. You can place your towels on this rack and the internal heater that is found on this towel rack will make your towels nice and toasty warm. This towel rack is a welcome addition to steam rooms or sauna rooms where you need the extra warmth that comes from these towels.

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As most of these modern steam units require external heating that is in compliance with local building and safety laws, you will be able to purchase a Mr Steam, steam generator to provide the appropriate amount of electrical power that your sauna or steam room will require.

The Mr Steam company provides 2 types of steam generators. One type of steam generator is perfect for homes. This steam generator by Mr Steam comes in different sizes and types. As most of the home steam rooms are enclosed spaces you will be able to find the best steam room that has different control panels to set the steam room to your specifications.

There is also another range of Mr Steam generators for the various steam rooms that are produced by the Mr Steam company. These steam room generators are for commercial industries like hotels, spas, clubs and exercise centers.

The various accessories and steam generators that are provided by the Mr Steam company allows you to design your steam room so that it functions as well as the many different steam rooms in commercial enterprises.

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### **Portable Sauna**

Many people love the idea of staying in a sauna and letting the heat from the sauna drain the tiredness away from you. To have this relaxing heat benefiting you there are different designs for the sauna. One of the more popular ideas for saunas is that of portable saunas. You can find many different versions of this portable sauna.

While most of these saunas look the same there are a few differences that can contribute towards the various prices. You should look at the different models and their price ranges before you make your final decision. One type of portable sauna is designed like the traditional sauna room. This room does not require lots of items or accessories for it to work well.

This portable sauna requires an electrical outlet to provide heat for the sauna. When you plug the sauna on you are letting the sauna rocks that are placed on the floor to heat to a constant heat.

The dry heat from the sauna is provided when you pour some water onto the rock bed. When the rocks are at a critically high heat level the water will evaporate into a super fine mist. This mist is what causes the air in the sauna to become even hotter.

This is just one type of portable sauna. There are other types of portable saunas that you will be able to purchase. In these types of portable sauna units you pour some tap water into a heating unit. While the water is heating up

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you step inside of the portable sauna and zip the covering of the sauna right up to your neck.

When you have closed the opening of this portable sauna, the heated water that is in the heater unit introduces this water as a dry heat like mist into the portable sauna. Since the heat that has been produced from the water is hot you start to sweat quite a lot. These types of portable sauna units can be bought in many different countries.

You will need to see what the price ranges for each of these portable sauna units is. You should also enquire about the electrical output that is required. The best fact about owning a portable sauna is that you can assemble this sauna in a few minutes and you can fold the sauna and put it away in a few minutes as well.

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### **Sauna and Steam**

A sauna is considered to be the ideal way to relax after a hard day at the office. Likewise many people will tell you that steam rooms are one of the best ways to relax. While both of these can be found in many exercise facilities and health spas you can also find many people using these sauna and steam rooms at home.

There are lots of companies that can supply you with the type of sauna or steam room to fit not only your budget but also your home space. These companies can show you the various models that are available in their sauna and steam inventory. You should also ask these companies about the various installation procedures that are required.

As so many people are interested in having their own sauna or steam room the various companies who manufacture these items have pre-cut saunas, fully constructed saunas and steam room, and even steam suites. There are other companies who can provide you with high quality portable saunas, steam cabinets and steam shower units too.

While both of these sauna and steam methods are great ways to relax and reap other health benefits there are differences that you need to be aware of. These differences are mainly the way a sauna functions and the way that a steam unit works.

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The housing for both of these units needs material that can withstand high amounts of heat and moisture. The sauna and steam houses both need to be able to be cleaned properly of excess water and possible lime scale growth.

In the sauna you will find that Cedar wood is considered to be the best wood floor, walls and ceiling covering. The sauna works by the sauna rocks being heated to a super critical high level. At this stage there is a lot of hot, dry air circulating through the sauna. The people who are in the sauna will spoon some water over the hot rocks. As the water touches these rocks they will evaporate with a hiss.

The result is a fine, almost invisible mist that rises throughout the sauna room. This mist slightly cools the sauna room down and prevents it from becoming too hot. In the steam room the air is moist, humid yet at the same time hot.

The steam room produces lots of hot steam that is produced when the heating unit which is located outside of the steam room heats the water. When this water has turned into a thick mist it is directed into the steam room. Here the steam bathes the entire room with a hot mist.

The effects of both sauna and steam are the people inside develop a high amount of sweat. This sweating produces many healing benefits for the body. You may want to find more information about sauna and steam units and how they can change your life. [\*\*Back to INDEX\*\*](#)

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### **Sauna Equipment**

When we step into a sauna we begin to feel relaxed as the steam from the sauna envelops us and loosens the muscles in our body. To get the best results from the sauna you will need to have a well built sauna in your home or you can go to spas or exercise facilities where these saunas can be found. To make the sauna work well what are the various types of sauna equipment that you will need?

The sauna equipment that you will use for your sauna depends upon the type of sauna that you are using. There are some saunas that require a minimal amount of equipment. These are portable saunas. The portable sauna requires tap water to be poured into a heating unit. The heating unit needs an electrical outlet so that the heater will turn the water into a fine dry mist.

As you see there is a minimal amount of sauna equipment needed for the portable sauna. You mainly need a heater unit, some tap water and an electrical outlet. For a traditional sauna you will need hammers, drills, a saw and some sand paper to assist in the building of a sauna.

Besides these types of sauna equipment you will also need a hot towel rack to have your sauna towels warm and toasty dry. To power the sauna's heat conversion there are different types of generators that can provide that amount of power that will turn water into a high and very fine mist. These generators will be found in various sizes and types.

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To make sure that the sauna stays hot at a constant amount and the temperature doesn't rise very high other sauna equipment is needed. One of these is a sauna thermometer that is used in conjunction with the heat generators is needed. The heater unit can be placed outside of the sauna but the temperature controls need to stay in or near the entrance to the sauna.

With these types of sauna equipment you should be able to adjust the settings on the heater unit and the thermometer as well. This way you can control just how hot the air inside the sauna will become. The traditional style sauna uses a wood or gas stove as part of its sauna equipment to provide the power to the sauna.

There are high quality sauna rocks that need to be found so that the cooling mist that is needed in the sauna can be produced with the addition of a ladle of water. These items are just a few of the common sauna equipment that you can find. For other specialized sauna equipment you will need to consult with experts in the field of saunas.

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### **Sauna Heaters**

While having a sauna is a relatively simple idea there are various items that you will need to look for to make your sauna work properly. One of these items is that of a sauna heater. These heaters are needed to make sure the sauna becomes hot and stays heated at a certain temperature setting. You will need to look for a sauna heater that has the capability to work with your sauna.

Each sauna has different temperature settings that will allow you to set the sauna on a certain settings that will heat the sauna. The amount of heat that is indicated by the sauna temperature will make the sauna heater work to produce the amount of heat energy that will turn the water in a dry mist.

You will find various types of sauna heater units. Some of these sauna heaters can be used by residences as well as commercial businesses. For this reason you will find that the various sauna heaters can come in many sizes and types. You will need to look at these heaters to see if you can find one that is compatible with the sauna that you have.

The residential sauna heater is a small and compact version. This compact design makes this the ideal type of sauna heater to have in your home. You will be able to find the residential sauna heater in various sizes and types.

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The sauna heater that is used with commercial industries like hotels, exercise gyms, spas, clubs and other places has a larger sized sauna heater. This sauna heater is capable of generating the amount of power that is needed for larger sized saunas. When you use these saunas heaters there is the assurance that the sauna is being provided with the right amount of power.

To find the best sauna heater you will have to know the power wattage that your establishment can handle. You will also have to know what sort of a sauna heater your sauna requires. Once you have obtained this information you can ask for assistance to choose the sauna heater that you require for your sauna needs.

While there are different types of saunas that you can use, you will need the best possible power outage to provide you with a high amount of dry heat for your sauna. The different sauna heater units that are available can help you to obtain this power and heat that you want.

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### **Sauna Party**

We all love the idea of a party but a sauna party is something that will make your home the best place to relax during the winter and summer time. To have the best possible sauna party you will need to invite people who will feel comfortable relaxing and socializing with each other in their bathing suits.

You can have written sauna party invitations that tell your invitees when they should visit your home for the party. On your invitation you will need to state that you are having a sauna party and that your guest should bring their bathing suits to wear with them. You can plan on having an after sauna dinner party as well.

There is one item that you may want to include on your sauna party invitations. This is a warning to pregnant women who are going into a sauna for the first time and people with high blood pressure or other types of problems like this that they might want to seek their doctor's advice about going into a sauna.

To have your sauna party you should have your sauna located where the outside temperatures will not make your party unbearable. The ideal place to have your sauna party will be near a lake or a swimming pool where everyone can relax or swim in the pool to cool down.

The best time to have a sauna party is around winter where the cold winter air will contrast with the heat of the sauna. A summer time sauna party is also possible if you

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plan your party for a day when there is a good cooling breeze blowing.

While everyone is getting ready for the sauna party you will need to place hot towels in a place where the towels will still remain hot but they can still be taken quickly and without any types of problems.

Once you have readied the hot towels you will need to make sure that the sauna stove is working properly and that the sauna is getting heated nicely. Once everyone starts coming inside the sauna you should test to see if the sauna rocks are hot enough.

Place a wooden heat resistant bucket that is filled water near the sauna rocks. There should be a wooden ladle in the wooden bucket. This will make it easy for your guests to pour the water on the sauna rocks to make the dry, invisible steam circulate through the whole sauna.

You can check the sauna thermometer to see if the sauna is at a good degree of dry heat. Your sauna party in the sauna itself should last for no more that 20 to 30 minutes. Once this sauna party is over have your guests and yourself cool down in the cooling breeze outside.

You can finish your sauna party at what ever time that you want. You should make sure that everyone has a warm towel to dry themselves before you say goodbye. Until your next sauna party.

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### **Sauna Suits**

While the idea of relaxing in a sauna is very nice you need to prepare yourself for this experience. One of the best ways to enjoy a sauna is make sure that you have all of the materials like hot towels and a warm bath robe where you can get to them at your leisure. Getting into a sauna is one way to make your body sweat out calories, fat and stored fuel reserves. The other way is by wearing sauna suits.

These sauna suits have been designed so that they can be worn by anyone who wants to have many of the benefits of the sauna without having to buy a sauna. The sauna suit is made of rubberized vinyl.

This sauna suit has been constructed so that it will be strong enough for many different activities. For this reason you will find that various people wear these sauna suits. Among the many people who can be found wearing sauna suits are various athletes, wrestlers, amateur sporting individuals and people who want to lose some weight.

When you look for these sauna suits you should make sure that you are buying a sauna suit that is from a company that has some experience in making products like this. You should find out if this company has a known reputation for the weight loss benefits that are found with their product.

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The sauna suit works on the same principal as the sauna. The suit builds up a certain amount of heat. This heat is drawn into your skin and since the area that is enclosed in the sauna suits become very hot you start sweating. This sweating produces another effect that can be experienced in saunas too.

While you are in the sauna the sweat makes your heart beat rate faster and opens the blood veins so that the blood will be freely circulating throughout the body. As a result of this blood flowing through your body the fat layers and stored fuel layers need to be converted into energy.

This energy is then made into sweat. By using sauna suits you can get the same effects as if you were inside of a sauna. The main difference with these sauna suits and saunas is that you can wear the sauna suits under your normal clothes and no one will know the difference. For this reason you can carry on with your normal activities and no one will know that you are wearing a sauna suit.

A sauna on the other hand requires that you step inside of the enclosed space to feel the effects of the sauna and the resultant sweating. While both the sauna and the sauna suits can help you to lose weight, the sauna suit will allow you to take your sauna with you wherever you go.

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### **Sauna Thermometer**

To have a perfectly functioning sauna where the temperature is at the highest possible heat you should see if your sauna thermometer is working as it is supposed to. To find the best type of sauna thermometer you will need to look in sauna companies for their various accessories and tools.

These different sites will be able to show you the various sauna thermometers that you can choose. When you have looked through these various sites you will be able to buy the one that you want.

These sauna thermometers are needed to make sure the sauna becomes hot and stays heated at a certain temperature setting. You will need to look for a sauna thermometer that has the ability to work with your sauna.

As each sauna has different temperature settings you will need to set the sauna on a certain settings with a sauna thermometer to have the sauna heated to the amount that you want. The amount of heat that is indicated by the sauna temperature will make the sauna work to produce the amount of heat energy that will turn the water in a dry mist.

You can find different types of sauna thermometers. These thermometers can be used by residences as well as commercial businesses. For this reason you should look for the best type of sauna thermometers that can find.

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These thermometers are available in many sizes and types.

The residential sauna thermometer is a small and it resembles your traditional thermometer. This compact design makes this the ideal type of thermometer to have in your home. The sauna thermometer is also constructed of material that will not become corroded by the heat and water condensation.

The sauna thermometer that is used with commercial industries is a larger and higher powered thermometer. This sauna thermometer is capable of controlling the amount of power and energy that is needed in large saunas. When you use these types of thermometers there is the assurance that you have that the sauna is being provided with the right amount of power needed.

To find the best sauna thermometer for your sauna you will have to know what sort of a sauna thermometer your sauna requires. Once you have obtained this information you can ask for assistance to choose a sauna thermometer that you require for your sauna.

While there are different types of saunas that you can use, you will need a high amount of dry heat for your sauna. The different sauna thermometer units that are available can help you to control this heat and ensure that the sauna does not become overly hot during your stay in the sauna.

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### **Steam Bath**

You have enjoyed standing under a hot steamy shower. Besides the shower you can enjoy a steam bath. The steam bath units are available for sale in steam shower and sauna companies. When you buy a steam bath unit you will get the same benefits as from a steam shower and a normal bath.

These steam baths are different in design. The steam bath will be enclosed in a cubicle. This cubicle will resemble a normal shower excepting instead of a shower space there will be a shelf or a bench as in a sauna. You will find multiple shelves on the walls of the steam bath. You will be able to place your various toiletries and aromatherapy oils on these shelves.

The steam bath will have an enclosed fiber glass door that is designed so that it fits flush against the doorway. As a result of this you will not find any steam from the steam bath escaping into the cold air of the bathroom. This design feature also ensures that there is an even flow of hot steam enveloping the cubicle.

The effects of being in a steam bath are felt as you are slowly enveloped by the steam arising all around you. Since the steam that is generated from the steam fittings is trapped inside of the steam bath cubicle you will feel this mist slowly pouring into your body. The result of this is in many ways similar to the sauna in that you begin to sweat.

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Unlike the sauna your body doesn't get overheated as the mist is also cooling. The other effects of a steam bath include your body flushing out any environmental toxins. You will feel your muscles become loose.

The tense and painful feeling that you may experience in your head and shoulder muscles will be unraveled by your soothing steam bath. Even though a steam bath is very relaxing you should make sure that you don't stay in the steam bath for more than 15 to 20 minutes.

After a suitable period of time you can experience that heat and relaxation of the steam bath. To make sure that you will not experience any ill effects of the steam bath you should make sure that you drink plenty of water right throughout your steam bath time sessions.

To get the ultimate experience in a steam bath you should add some healing aromatic aromatherapy oils into a container or dispenser so that the oils will mix with the steam from your steam bath. This will provide you with a great relaxing end to your day.

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### **Steam Cabinets**

As many of us know there are many different methods for relaxing and unwinding from a hard or frustrating day at work. Some people will recommend that you relax in front of a fire and slowly sip some wine. Others will strongly suggest that you sink down into a warm bath. The other alternative is that you enter a steam cabinet. These steam cabinets are in many ways like a steam room.

The main difference is that with a steam room you either have to own a steam room in your home or you will need to go to a place where they have a steam room for you to enjoy the relaxing mist. Steam cabinets on the other hand don't need any type of installation and they are easy to maintain.

There are various companies that produce these steam cabinets. The material of these steam cabinets is like fiberglass but they are hardy and you can select the color of your steam cabinet that you want. The steam cabinets are very simple in design.

The steam cabinets resemble large boxes and inside of this cabinet you will find a molded plastic material shelf seat. Underneath this seat there is a space where you will see a container. You need to pour two cups of water into the container.

The steam cabinets are plugged into a wall socket with a 129 volt capability. This electrical power will provide the

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power to make the heater vaporize the water that is within the steam cabinet. As the entire steam cabinet is enclosed there is no way for the steam that is trapped within the steam cabinets to escape.

To ensure that you have the ability to breathe without hindrance your head will be left free above the steam cabinet. Once you have completed a 20 minute steam session you can open the door of the steam cabinet and allow the air in the room to slowly cool you down.

As the steam cabinets are easy to operate and clean they are considered as a great alternative usage to the larger steam rooms, steam shower and steam cubicles that you will find. Once you have finished with your steam session you can roll the steam cabinets to where you want to have them stored.

While there are many different types of steam cabinets and other steam room items you should look each of these over carefully before you make any final choice. While the idea of a large steam shower or steam room might sound enticing, buying a steam cabinet will provide you with an easy and no fuss way to have the relaxing benefits of a steam bath.

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### **Steam Rooms**

We have all felt the soothing benefits that are found with the use of a sauna or a steam room. These rooms are designed so that we feel the effects of a dry heat or a steam mist covering our bodies. The result is that our body temperature is raised and we begin to sweat.

Even though both of these rooms give you almost the same effects there are very large differences. The first difference is that in the sauna you will find that the sweating is produced by the dry heat that is raised by the stove and hot sizzling rocks. With the steam rooms the steam that pours throughout the room elevates the temperature of the room.

It is this steam that give you the full benefits and effects of relaxing your body, opening your blood vessels so that your entire body feels re-energized by having a your blood flowing freely through the veins. To make sure that you don't feel lightheaded, there are benches that are placed alongside the walls of the steam rooms.

Here you will be able to sit down or even lie down on the benches and relax. While you are relaxed the steam will raise your internal body temperature and cause you to start sweating. This continuous sweating slowly but consistently causes the heavy metals and other toxins that have become lodged in your skin, to melt and drain out through the fully open pores.

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The other benefit of having relaxing in steam rooms include your heart is working well as if you had a cardiac workout. This “workout” is good for your entire body as there is no stress placed on the various joints of your body. To have these great effects you will have buy the type of steam room that is appropriate for your home.

You can find different steam rooms that various companies have designed. These steam rooms can be placed inside of your house or you can have a steam room built for outdoor purposes. When you are selecting the steam room that you feel will deliver the best health benefits you should see if there are any complicated assembling procedures that need to be done.

You will also need to have your electrician’s advice about whether your power lines can take the additional strain that steam rooms can generate. With all of these pieces of information you can choose the steam room that will give you lots of great health benefits and let you relax and unwind from the rigors of the day.

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### **Steam Sauna**

Imagine lying down in a nice hot sauna where the steam from the sauna will relax you from the rigors of your hard day at office. Some steam sauna units are steam shower units, steam cabinets or steam baths. These units are very practical and you can have these units installed in your bathroom with very little space taken up.

Most of these steam sauna units are available from different companies. These steam sauna units will look like your normal enclosed shower cubicle and they have both the conventional shower and steam units fitted onto the same shower fitting. To make sure that the steam sauna is giving you the full effects of the steam the door of this unit needs to be fitting the enclosure totally with no spaces left open.

You can get these steam sauna units to have either the steam shower effect or the steam sauna can be designed to produce the heat effects of a dry sauna. Both of these options are available in steam sauna designs. In this enclosed cubicle or steam sauna room you will have a small ledge or sturdy shelf where you can sit down while the steam or dry heat envelops the entire cubicle.

To ensure that the steam sauna is always maintained at a consistent temperature you will have the temperature settings where you can reach them easily. The steam generator can be installed and hidden inside of your vanity cabinet. To power the steam sauna you will need

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an electrical power line that is capable of holding 220 volts of electricity.

The various steam saunas have ceilings that are at least seven feet above the top of the steam sauna unit. This high roofing pace allows the steam more room to expand and keep your skin from overheating to the high heat levels that have been generated in the steam sauna.

Some of these steam sauna cubicles will have a container or receptacle where you can pour some aromatherapy oils and let these oils vaporize and mix with the steam. The effect of this is that not only are you enveloped in a soothing mist but you will also have the healing benefits that these various oils are known to have.

Besides these healing oil effects you will see your cramped muscles loosening and your skin cleansing itself. To enjoy the many soothing benefits that can be found with steam sauna units you should visit the showrooms of one of these sauna and steam companies.

At these places you can see the different models that are in stock. With a steam sauna you can feel the benefits that are part of using the steam sauna. For these many interesting health benefits there are few things in life that can rival relaxing in the soothing mists of a steam sauna room.

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### **Steam Shower**

You have enjoyed the benefits of a hot steamy shower. In addition to the shower nowadays you can take a steam shower. These various steam showers are available for sale in sauna and steam companies. When you buy a steam shower unit you can reap the benefits from a steam shower and a normal shower.

These different steam showers look different in design. Some of these steam showers will be an enclosed cubicle. This cubicle will resemble a normal shower in looks. You will find multiple shelves in the shower where you can place your various toiletries. There are some steam shower units where there are fittings for a telephone, CD player and if you want a radio as well.

The steam shower has a fiber glass door that is designed so that it fits flush against the doorway. For this reason you will not find any steam from the steam shower escaping into the cold air of the bathroom. This design feature also ensures that there is a consistent flow of hot steam enveloping the cubicle.

The effects of this steam shower are usually felt almost immediately. Since the steam that is generated from the shower is trapped inside of the shower you will feel this mist slowly pouring into your body. The result of this is in many ways similar to the sauna in that you begin to sweat.

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Unlike the sauna your body doesn't get overheated as the mist is also cooling. The other effects of a steam shower include your body flushing out any environmental toxins that our stressful lives have a way attracting. Your muscles will also become loose and the tense, painful feeling that you may experience in your head and shoulder muscles will be eased away by the soothing steam shower.

When you are buying your steam shower you should have your electrician come and advice you about where you should install your steam shower. Your steam shower unit should have access to a near by electrical socket where the electrical steam generator can be connected to. The electrical amount of power that your new steam shower will need is about 220 volts.

Once your steam shower unit is installed you will need to have the various steam jets point away from the person who is seated inside of the shower. Since the steam shower is also fitted onto the shower fitting you can use the shower head to wash and cool yourself off after your steam shower is finished.

To get the ultimate experience in a steam shower you can add some healing aromatic aromatherapy oils into a container or dispenser that is found in the steam shower so that these soothing oils will mix with the steam from your steam shower and provide you with a great relaxing end to a stressful and tiring day.

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### **Sweat Lodge**

While the idea of a steam room is something that many of us in the modern world enjoy the idea of the steam room itself is not something new. In the olden days the steam room was known as a sweat lodge. These sweat lodges were designed primarily to allow various people to purify themselves before religious ceremonies.

The sweat lodge was constructed of material like wood or animal hide that would hold the steam that was released from the hot rocks inside of the lodge as steam. This steam would build up sufficiently to cause the inhabitants of the sweat lodge to sweat. This was the primary reason of the sweat lodge.

When the people had built up a good amount of sweat they would find that their limbs were completely relaxed. The sweat helped to purify the body and ready the body for a state of meditation. To enable this to occur the sweat lodge would be placed in a location where there was ample room to build a large sized lodge.

Today the sweat lodge idea is still used but it is made from modern materials. In many sweat lodges the primary covering is treated wood. This wood is pre-cut according to various sizes that may be needed to construct a sweat lodge.

The sweat lodge is generally constructed in the basement or just outside of the house and it is large enough for about five or six people to enjoy the benefits of the sweat

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lodge. In the center of the sweat lodge floor a small stove or gas, electric burner is placed on the floor.

On this stove you will place good quality Finnish sweat lodge rocks. These rocks will be medium sized and resistant to the constant heating and cooling effects of the sweat lodge. The stove heats the rocks up so they are hot right throughout the time that the sweat lodge is being used.

The rocks are used to heat the sweat lodge up to a certain temperature. This heat helps the body to start sweating. To aid this process even more but also to make sure that the rocks and the sweat lodge are not overly heated water is ladled over the heat rocks in small amounts.

When the water hits the highly heated rocks there will be a super heated steam mist that will begin to circulate through the sweat lodge. The combined heat and water vapor all contributes towards the sweat lodge giving the inhabitants of this lodge a relaxing feeling.

Additionally there are certain other benefits that staying in a sweat lodge can give. These include your skin clearing up of various skin complaints, losing weight and feeling more energized than before you started using a sweat lodge.

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