



Hot Box

Infrared rays heat up Sunlight's new saunas

IN THE LATEST MERGER of ancient practices with modern technology, the therapeutic benefits of the sauna have been combined with infrared rays. The result is a new line of home saunas from Sunlight Saunas, which claims to be the only company using an exclusive Solocarbon technology to produce pure infrared heat.

Traditional saunas use convection heat to warm the air, typically within a range of 180 to 220 degrees Fahrenheit. Infrared heat, however, warms the body directly, requiring a lower temperature of around 110 to 130 degrees Fahrenheit. "Because the infrared rays raise your core temperature, you sweat more

at a lower temperature," says Aaron Zack, president and CEO of Sunlight Saunas.

The health benefits of infrared heat have been documented in the *Journal of the American College of Cardiology*, which reported in 2002 that infrared sauna treatments significantly lowered blood pressure, blood sugar and cholesterol levels and produced weight loss.

The sauna line is crafted of hypoallergenic basswood and red Canadian cedar and is modular, "so they assemble in around 45 minutes or less," Zack says. The company designed an innovative magnetized locking system that uses no external clips to hold the walls together. And the new saunas are

freestanding, so they can be placed almost anywhere in the home. Once assembled, the sauna simply plugs into a standard outlet and is ready for use—consuming less electricity than an average hair dryer. The new models also feature a CD player with Blaupunkt speakers, an LCD TV and an MP3 circuit for PC and iPod stereo use.

The company recommends a 30-minute session to receive the sauna's full therapeutic benefits. Sunlight Saunas' wooden infrared line comes in four sizes, ranging in price from \$3,995 to \$5,995. **JOANNE FURIO**