

Saunas designed with your health in mind.

While a clean-air environment is desirable in saunas, it is absolutely essential in saunas used for detoxification. Saunas that are built for the chemically injured must meet this requirement very strictly. Such saunas must be constructed in a manner that is much different than for commercial ones. There can be none of the usual resinous softwood that may trigger allergies, nor any sheets of adhesive-based laminates (hardboard, plywood, etc.). The properly built detox sauna should not be varnished, should not use plastic windows, should change its' inside air efficiently, and should not be glued together.

Heavenly Heat has been building safe saunas that strictly fulfill all of the above requirements since 1989. Untreated white poplar, a low-resin, low-aroma hardwood is used for all of the wooden parts of the saunas. Windows are made of strong heat-tempered glass. For exceptionally sensitive individuals, mostly-glass units are available. No wood glue, varnish, or putty is used. Far-infrared (FIR) heaters with comparatively low EMFs are used. For more than 15 years, these specially built saunas have been recommended exclusively by those physicians most experienced in using saunas to treat the chemically ill, including Dr. William Rea, Dr. Allan Lieberman, and many others.

Three types of saunas are offered: traditional stone-heat saunas in which *FIR* can be added optionally, two models in which the two types of heating are combined, and three all-infrared (IR) models.

The Models

Traditional and Combination FIR/Stone Saunas

(the dimensions are rounded off, exterior sizes, depth by width)

A: 3' x 4'2": personal saunas with stone heaters, 110v (*A1*) or 240v (*A2*), or with mostly *FIR* heat (*A-Rad*).

A+: 4'2" x 4'3": 2-person combination models with stone heaters & 8 *FIR* emitters – 110v (*A+1*) or 240v (*A+2*).

M: 3 larger 240v traditional saunas for personal, family, or clinical use (*M1*, *M2*, *M3*) in which *FIR* can be added.

The *A-Rad* and the *A+* are the two *FIR*/stone combination models. Infrared heating can be added in the other *A* models and in the three *M* models by selecting from our options that are listed below.

All-Infrared Saunas

FIR1: 3'4" x 4'5" - a roomy personal *IR* sauna with 6 *FIR* and 1 red/near-infrared (*NIR*) heater.

FIR2: 4' x 4'6" – a large 2-person *IR* sauna with 6 *FIR* & optional red/*NIR* heat.

FIR3: 4' x 6'2" - an over-sized 3-person sauna with 7 *FIR* & 2 red/*NIR* heaters.

The Options

You may customize a sauna with options: more or less glass (*GL*); casters, so the unit is raised and can roll (*C*); a wall light in a mostly-glass room (*L*); add *FIR* with a "radiant backrest" (*RB*) or a *FIR* heater under a seat, or by a bather's feet (*XIR*); an in-ceiling red/near-infrared heat lamp (*NIR*); a safe, water-based sealant for the exterior (*S*); a stainless steel floor cover (*SSF*); 2 extra replacement carbon air filters (*A*); metal-grilled or boxed stereo speakers with cables for hookup to your sound system (*SND*); a 2-way intercom for remote monitoring (*INC*).

The Glass/Wood Choices

Each model has a set amount of glass as listed as the standard on the "The Detail Sheet" (under **GL**), but you can change this with any available "*GL*" option for \$75. Wooden walls retain heat slightly better than glass panels do.

GLD: a wooden room with a glass door.

GL1: glass in the door & the front wall section(s).

GL2: a glass front & side (in corners), or glass on the approximate front ½ of the sauna in the *A+*, *M1* or *M2*.

GL3: a glass front & both sides, with a wooden rear wall.

GL4: glass sections all the way around.

(A wall light is automatically installed, at no added charge, when the *GLD* or the *GL1* option is selected).

The Heaters

Each stone heater is a UL/CSA-approved deluxe, stainless steel model with thermostat, timer, and stones. The warmed stones emit *FIR* abundantly and provide the ability to control humidity or to use aromatherapy. The air is charged with invigorating negative ions when the stones are moistened.

The *A*, *A+*, and *FIR* models have power cords. The *M* models require professional hookup. Each stone heater is cleaned and run prior to placement in the sauna. Electrical specifications are on the *Detail Sheet*.

FIR heating in the combination models is: 6 ceramic emitters in the *A-Rad* and 8 in the *A+*. Several *RBs* (*FIR* backrests) can be used in each of the *M* models. More intense, deeper penetrating energy from red/*NIR* lamps, installed in the ceiling, is available as an option in these models – one in the *A*, one or two in the *A+*, and up to five in the *M* models.

The *RBs* are backrests containing 3 curved ceramic *FIR* emitters with wide-angle reflectors and built-in intensity controllers. The base emitter is vertical and the upper two are horizontal so most of the back receives the *FIR*, not just the spine. These emitters produce far infrared energy primarily in the 4-14 micron range.

The comparatively low EMF's of our *FIR* heaters is important due to a required close proximity to bathers in *FIR* saunas. In a corner, an *RB* can be turned against an adjacent wall so one can stretch their legs out and retain the ideal *FIR* exposure upon the back. In the *A+* and *M* models, bathers can sit in-between two *RBs* that are turned to face each other to create a unique “sandwiching” effect upon the upper torso.

In the all-infrared models, low-emf carbonized steel *FIR* heaters are built into the walls with large reflectors. They are designed to most comfortably maximize *FIR* exposure. One *NIR* lamp is standard in the *FIR1* and two are in the *FIR3*. One or two *NIR* are optional in the *FIR2* as their inclusion changes the required circuit from 15 to 20-amps.

Because infrared energy is very fast-acting, it can overly accelerate the detox process, especially for beginners. For safety and comfort, *Heavenly Heat* uniquely takes the invaluable precaution of making the intensity of the infrared energy from the most significant heaters fully controllable from within the sauna.

Conclusion

Saunas are increasingly promoted for their health benefits, yet the purity of a sauna's air is often unaccounted for. *Heavenly Heat* developed safer saunas by using only non-resinous wood and no-adhesive construction techniques. It is obvious that a therapeutic sauna must effectively limit a bather's exposure to harmful chemical vapors.

Aside from chemical exposure issues, glues eventually wear down from the dramatic temperature shifts of a sauna, and a glued-together sauna's durability is eventually compromised. Our hand-built, labor-intensive, no-glue construction relies on non-corrosive screws, assuring that each sauna is made to last a lifetime.

Several companies offer low-resin wood for the wall paneling to describe their saunas as hypoallergenic or appropriate for the chemically sensitive. Consumers may not realize that the concealed wood may be an objectionable resinous softwood, or that inappropriate hardboard, plywood, plastic windows, or varnish may be used. *Heavenly Heat* pioneered the non-resinous sauna. We do not use untreated poplar simply to claim that our saunas are safer, but instead, build them to actually be as safe as possible, and the construction materials are openly disclosed. We honor the trust that our customers and the healthcare providers that recommend our saunas have placed in us for many years.

A *Heavenly Heat* sauna can serve a family's health and fitness needs for generations. We designed them by consulting with the leading experts in chemical sensitivity and by addressing the needs of hundreds of individuals. It is with good reason that they are recommended by the world's leading authorities in clinical sauna detoxification.

Each *Heavenly Heat* sauna is factory-assembled and tested, disassembled in sections, crated (no boxes), and shipped insured with a 7-year warranty. They may be disassembled and relocated. Other standard features found in all models are: wide benches with backrests, towel bars, and tall tempered glass windows. The quality of these saunas is readily apparent to health-conscious persons.

Sauna Heating Characteristics

Traditional saunas with Finnish stone heaters:

- Used dry clinically, but humidity is controllable
- a natural, mild FIR & warm-air environment; a far-infrared factor of about 60% (the warmed stones and interior surfaces all radiate FIR)
- offers a broad temperature range, clinically 110F-160F, otherwise 130F-190F
- the body is warmed in a comparatively even fashion
- a milder sweat prod than FIR, but effective, eliciting gradual, natural acclimation responses
- air heated efficiently; allows for good ventilation

FIR saunas:

- heat the body directly & faster
- also a FIR & warm-air environment, but a far-infrared factor of about 80%
- dry only
- necessitate upright sitting for full effects *
- microcirculation increased significantly & quickly
- closer proximity can make EMFs a greater factor
- poor air heating can mean poor air changing, an important factor in the detox environment *
- a stronger sweat prod; may cause bather to bypass normal acclimation responses. Intensity control essential for safety
- can heat body unevenly *

Combination saunas:

- uses superior air-change ability of stone heater
- allows generally larger, more comfortable saunas
- can allow wider temperature range
- can utilize FIR while being heated more evenly
- allow humidity control
- can be used initially at low temp, dry, with reduced FIR for safer, more natural, gradual acclimation

* these are typical *FIR* sauna shortcomings that are not found in our saunas. Each *FIR* wall heater is separately vented; side wall and/or ceiling heating creates more even body heating with the ability to stretch out (*FIR2*) or recline (*FIR3*) with continuous infrared exposure.

Model Details

1. Traditional & FIR/Stone Combination Models

A Models

The *A1* & *A2* are comfortable personal saunas that use stone heaters with *FIR* as an option.

The *A-Rad* is the same size room, but uses a lower-powered stone heater plus 6 *fir* heaters - 3 in the *RB*, 1 below the seat (for back of the calves), and 2 in front - one for the knees and one for the soles of the feet. The stones provide *FIR* towards the front of the body just above the legs. Regardless of including a stone heater, there is more *FIR* exposure than in most *FIR* saunas.

Electrical circuits: *A-Rad*, 15-amp/110V; *A1*, 20-amp/110V; and *A2*, 20-amp/ 240V.

The *A-Rad's* *FIR* system can be selected in either the *A1* or the *A2* for the same price as the *A-Rad*. A second 110V circuit must then be used. Electrical specs are on the "Detail Sheet".

A+ Models

The *A+* is a large 2-person sauna that integrates the best features of *FIR* and authentic stone heating. A sole bather in the *A+* can turn a *RB* against the adjacent side wall and stretch out with the *FIR* still at their back. In this position, you can pivot the other *RB* to face you from the other end of the bench to stimulate the nerve endings in the soles of the feet. You can also sit in-between them to target both sides of the upper body. You can receive more *FIR* exposure in greater comfort than in most 2-person *FIR* saunas. Two circuits are required. Please refer to the "Detail Sheet".

M Models

In the larger *M* models, the height is raised from 6'1" to 6'7". The main bench is raised so the heat and *FIR* from the stones is most effectively experienced. The *M1* and *M2* have windows on the front and both sides (*GL3*). The *M3* uses *GL1*, all wood except for the front, with an inside light. These units use deluxe stainless steel 240V stone heaters. *RBs* can be added in these units within general limits: the *M1* will most comfortably utilize 1-3, the *M2* 1-4, and the *M3* 1-5.

The **M1** is 4'7" deep by 6'2" wide. The raised bench along the rear is 5'10". A lower 4' bench runs along the side wall and under the rear bench. This yields a temperature variance of about 15F between levels which is often ideal for couples bathing together, each within their own comfort zone.

The **M2** is 4'7" deep by 7'6" wide. This allows for a full elevated "L" bench of 7' x 4'. A lower seat parallels the shorter bench from the front to the back wall. This is a comfortable room for 3 or 4 bathers and accommodates a very tall bather who desires to recline in the sauna.

The **M3** is 5'9" deep by 7'6" wide. This large family-sized sauna allows for a twin set of L-shape benches, including two 7' spans.

Wooden backrests are automatically included if *RB* options have not been selected.

Please Note - For Children: If you expect that a young child will use a sauna with stone heat, please let us know. We will install a protective fence around the stone heater at no charge.

2. All-Infrared Models

Each of these models is designed to be larger and more comfortable than other FIR saunas. They also provide greater amounts of far-infrared exposure along with our unique, state-of-the-art safety control systems.

In these models, one of the FIR back heaters and the NIR ceiling heaters are separated from the sauna's thermostat so they are not automatically regulated by the room's air temperature setting. They are controlled by the sauna's timer and also by the direct control of the bather from within the sauna. Each inside controller modulates the infrared intensity of these critical heaters. Beginners have the ability to minimize the infrared exposure initially, as they adapt, and to later allow continuous full-power exposure regardless of the sauna's air temperature. These are important features for both safety and optimal detoxification benefits.

FIR1

A personal *FIR* sauna that surrounds the bather with 6 far-infrared heaters. The bather has full *FIR* exposure in front of each leg, behind the lower legs, along the back, and at each side of the upper torso. To increase the sauna's intensity, and to receive the therapeutic benefits of red light, a near-infrared (*NIR*) ceiling lamp can be switched on, and its' intensity modulated, from within the sauna. This model uses a standard 15-amp, 110V outlet.

FIR2

Full *FIR* exposure is provided for two bathers with 6 heaters. One *FIR* heater is positioned at the end of the bench, in the side wall, so a single bather can stretch out along the bench with *FIR* still at their back. Most 2-person *FIR* saunas have no end wall heater to warm the back in this more comfortable position, and removing the back heating causes the sweat rate to quickly drop off or to stop completely.

This sauna also uses a standard 15-amp, 110V wall outlet. One or two red/*NIR* ceiling lamps can be added as options, with these options necessitating the use of a 20-amp, 110V circuit.

FIR3

At 6'2" wide, this is a very spacious 3-person *FIR* sauna. A single bather is able to recline on a 5'9" long bench. It includes 7 *FIR* heaters plus two red/*NIR* ceiling heaters. The red light is positioned to provide comfortable heating upon the bench so sweat rate is not compromised when the bather reclines. A 20-amp, 110V circuit is required.

The Detail Sheet

Type	Description	Model	Dimensions Depth x width	Stone Heater	GL Used	Price	GL Options	RB	SSF	C	Seal	NIR
A	1-person Can add FIR	A1	36" x 50"	2.1kw*	3	2,600	D, 1, 2	200	100	100	100	175 (1)
		A2		3 kw	4		D, 1, 2, 3					
	1-person FIR & Stones +	A-Rad		.75 kw +	1	3,100	D, 2					
A+	2-person FIR & Stone	A+1	50" x 51"	2.1kw*	3	3,500	D, 1, 2	STD (2)	200	150	150	175 (1, 2)
		A+2		3 kw	3		D, 1, 2, 4					
M	For 2-4. Add FIR	M1	55" x 74"	6 kw	3	3,900	D, 1, 2, 4	200	300	200	150	175 (1-5)
	For 2-5 Add FIR	M2	55" x 90"	8 kw	3	4,600	D, 1, 2	200	400	200	175	
	Family/Clinic Add FIR	M3	69" x 90"	8 kw	1	5,400	D, 2	200	450	250	200	
FIR	Personal	FIR 1	40" x 53"	-	2	3,300	I, D	-	150	100	100	STD (1)
	2-person	FIR 2	48" x 54"	-	1	3,500	D	-	250	150	150	175 (1, 2)
	3-person	FIR 3	48" x 74"	-	1	4,200	D	-	350	200	150	STD (2)

* This stone heater requires a 20-amp, 120V circuit. If this circuit is not available, a 1.7kw, 15-amp heater can be substituted. Standard use of glass & prices are in bold. Sizes are exterior. Heights are: M's: 6'7"; others: 6'1". **STD**= standard feature for that model. The GL2 for A+1, M1 & M2 can be glass on the front and either side, or wood on the rear ½ of the sauna & the front half with full-windows.

+ The A-Rad uses a low-power .75kw stone heater to run on a single 15-amp, 120V circuit. If a second circuit is available, a stronger stone heater can be used instead, at no extra charge: a 1.7kw (dedicated 15-amp, 120V), a 2.1kw (20-amp, 120V), or a 3kw (20-amp, 240V).

Option Abbreviations & Notes

GL: Modify the standard amount of glass (\$75.). **C:** casters. **SSF:** stainless steel floor cover. **S:** exterior sealant. **RB:** 3-emitter FIR backrest: \$200. **NIR:** a red, near-infrared heat lamp @ \$175. The number that can go in each model is listed under NIR in the chart above (two are standard in the FIR 3, one in the FIR 1). **XIR:** A FIR emitter under-seat (one is standard in the A-Rad, 2 in the A+). Can be added into the other A models and into the M models @ \$125.

Other Options

SND: Stereo speakers: \$175. **L:** Wall light: \$75. (for GL2-4). **INC:** 2-way intercom: \$150. **A:** extra air filters: \$50. (Selecting a GL1 or GLD option reduces the size of the stone heater in the M1 and M2 models. See the chart below for specifics)

Heaters & Electrical Specifications

Model	KW	Volts	Amps	Wire	Plug	Wall Receptacle- NEMA code #
A-Rad	1.6	120	13.8	14	15-amp, 120V	5-15R (common wall outlet)
A1; A+1	2.1	120	17.5	12	20-amp, 120V	5-20R (for 20-amp plug)
A-Rad or A+1 with optional stone heater	1.7	120	14.1	14	15-amp, 120V	5-15R
A2; A+2	3	240	12.5	12	20-amp, 240V	6-20R
M1, GLD/1.	4.5	240	18.7	10	Hardwire only	Electrician hooks up. No plug.
M1; M2, GLD/1.	6	240	25	10	Hardwire only	"
M2; M3.	8	240	33.3	8	Hardwire only	"
FIR 1	1.65	120	13.8	14	15-amp, 120V	5-15R
FIR 2	1.65	120	13.8	14	15-amp, 120V	5-15R
FIR 2 with red/NIR option	1.9	120	15.8	12	20-amp, 120V	5-20R
FIR 3	2.2	120	18.3	12	20-amp, 120V	5-20R

Use dedicated circuits for all models. Infrared heaters in the combination models use separate controls for 15-amp, 120V circuits.

The A-Rad specs give the power of the combined stone heater & infrared. Heat lamps draw 150W each.

For the A+, only the stone heater is listed. The infrared portion uses a separate 15-amp, 120V circuit.

Delivery

Prices do not include shipping. The saunas are delivered freight collect, fully insured. The fee is collected upon delivery, with charges reflecting our 60% discount. For estimating, the A models average in the \$150- 225 range, and each model size larger increases the delivery cost by about \$50. Rate quotes are available.

Terms of Sale

Please allow 4-6 weeks for shipping, although 2-3 weeks is typical. Orders are placed by a 50% down payment. The balance is due upon shipping. Sales are final. Each sauna is fully warranted, including materials and workmanship, for seven years, with the exception of the heat lamp bulbs, which are warranted for one year in clinical settings and for 2 years in personal use. Warranty and instructional pamphlets are mailed prior to shipping the sauna.

We reserve the right to make design modifications as needed.

Heavenly Heat's saunas and/or equipment have been purchased by:

The Nova Scotia Environmental Health Center (EHC Canada)
 The Edelson Center for Environmental & Preventive Medicine
 The American Environmental Health Foundation
 Health-Med (Dr. David Root)
 HOC (Hyperbaric Oxygen Corporation)
 Ann Jackson (Director, Environmental Health Association)
 Dr. Lynn Desautels (EPA)
 Dr. Jacqueline Krohn (author, *Natural Detoxification*)
 Dr. Susan Smith Jones (author, *Fresh Start*)
 The Response Team for the Chemically Injured
 Mr. Akira Nishikage (President, *Dust Free Japan, Inc.*)
 Integrative Health Care
 Claire Farr (founder, Klaire Labs)
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 The Weimar Institute
 Dr. Bryan McConnel
 Brenda O. Brown (author, *Dying in the Land of Plenty*)
 Dr. Larry Bailey
 Dr. L. Lessard
 The Alpine Clinic
 Dr. Patrick Scott
 The Hirani Wellness Medical Institute
 Dr. Robert McClanahan
 The Living Source
 Dr. Charity Simmonds
 MCS Information Center, Tokyo
 Champion Medical Center of NYC (for 9/11 firefighter detox)
 Dr. Ellie Stein
 Dr. Patricia Braun
 Dr. Michael Lebowitz
 Paula Baker LaPorte (author, *Prescriptions for a Healthy House*)
 Dr. Jim Murdoch
 Rose Hill Medical Center
 Dr. Kathleen Hannum
 Aqua Terra Natural Health Center
 Years To Your Life
 Body & Soul Lifecare Center
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 Dr. Bill Coury
 Dr. Marlene Long
 Dr. Dan Beilin
 Dr. Ann McCampbell

Heavenly Heat is recommended in books by: Dr. Jacqueline Krohn, Dr. Susan Smith Jones, Dr. Pamela Reed Gibson, Dr. Doris Rapp, Brenda Brown, and Marilyn McKiver. In addition, *Heavenly Heat* has been recommended by: Dr. Paul Cheney, Dr. Albert Robbins, Dr. Allan Lieberman, Dr. Bernard Raxlen, Dr. Anthony Calpeno, Dr. Nedra Downing, Dr. Peter Holyk, Dr. Paula Davey, Dr. Gary Ordog, Dr. Richard Conrad, Dr. Nancy White, Dr. Jeffrey Anderson, Dr. Fred Bisci, Dr. Susan Tanner, Dr. David Buscher, and others.

Outside of North America, *Heavenly Heat* saunas are used in: Belgium, Denmark, The Netherlands, Germany, India, Japan, Singapore, South Korea, China, Scotland, Mexico, and Australia.

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