

helios infrared sauna, solaris infrared sauna, sundance infrared sauna, eclipse combined sauna, igneus finnish sauna, serenis finnish sauna, calidus finnish sauna

SAUNAS

RELAXATION, REFRESHNESS, RENEWAL

You have probably already heard about the positiv benefits of saunas. There are several different types of saunas, and not easy to find the one that meets your preferences. In this article, we will explain in detail the benefits of the saunas, the differences between the Finnish and the infrared saunas, as well as the main features of our Wellis saunas.





Infrared saunas

An infrared cabin is efficient, yet more gentle than traditional saunas, as the temperature inside is only 35-45 °C, thus it is suitable for people who don't prefer higher temperatures. The heart of the infrared cabin is an infrared heater that emits an invisible ray of certain defined wavelengths. Long-wave infrared radiation penetrates into muscle fibers at a depth of 3.5 to 4 cm, resulting in 3-4 times stronger sweating than normal.

Inside an infrared sauna, sweating happens not only through the sweat glands, but also through the sebaceous glands, which is important because many toxic substances are not soluble in water but only in body fat. In a normal sauna, 97% of the sweat consists of water, while in the case of an infra sauna, 80% of sweat is water and 20% of it is fat, and it contains cholesterol and other fat-soluble substances as well. So during the use of an infrared sauna, you not only lose weight but also get rid of harmful chemicals and toxins accumulated in your body.

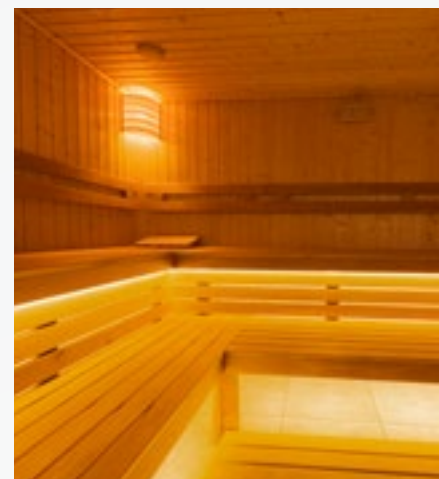
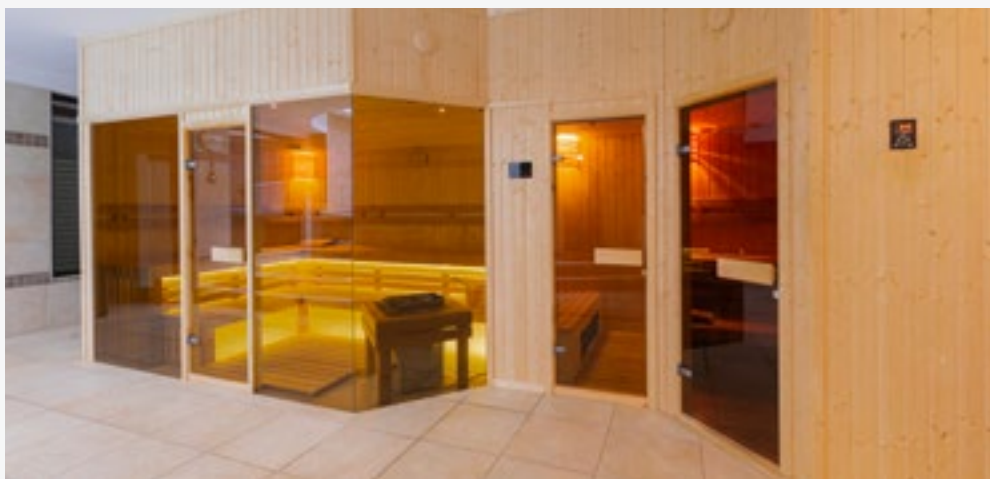
Special lamps use light waves to heat a person's body, not the entire room. Temperatures are typically lower than other saunas, but the person sweats in a similar way.

Beneficial effects of Finnish sauna

The high temperature of the sauna generates steam. Heat and steam induce increased sweating, which dilates the pores of the skin. Sweating removes toxins and other deposits from the body through the pores. In addition to refreshing, sauna users often experience an improvement in their health. It is no coincidence. Sweating detoxifies our bodies, relaxes our muscles, and significantly improves our overall well-being. Warm steam stimulates blood circulation in all cartilage in our body, including muscles and joints. As a result, the oxygen supply improves, which is vital for the regeneration and formation of cells.

Many people consider usage of saunas to be a more effective weight loss method than sports. In fact, the sauna has a positive effect on our metabolism - it speeds up and increases its efficiency, which in turn can lead to weight loss. 15-20 minutes in a sauna is worth of an hour of brisk walking or lighter training!

Using a sauna with constant frequency helps relieve tension. Those with sleep difficulties (e.g. insomnia) especially like it, because using the sauna may trigger a deep and relaxing sleep. It is also suitable for treating allergic problems. It is recommended to use up to twice a week. You have to wait for it to warm up to the right temperature before entering.





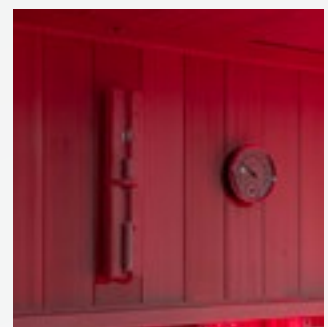
helios infrasauna



solaris infrasauna

Measurements (l x w x h)	828 x 1 007 x 1 940 mm
Sitting places	1
Material	Canadian hemlock tree
Glass material	6-mm thick tinted safety glass
Led lights	standard
Bluetooth reciever	standard (for playing music)
Speakers	2
Ventilation holes	1
Heater	4 x energy saving RedLights <small>(1 back: 350W, 2 front: 400W/pc, 1 calf level: 500W)</small>
Energy requirement	1.65 kW

Measurements (l x w x h)	1 314 x 993 x 1 940 mm
Sitting places	2
Material	Canadian hemlock tree
Glass material	6-mm thick tinted safety glass
Led lights	standard
Bluetooth reciever	standard (for playing music)
Speakers	2
Ventilation holes	1
Heater	5 x energy saving RedLights <small>(2 back: 350W/pc, 2 front: 400W/pc, 1 calf level: 500W)</small>
Energy requirement	2 kW





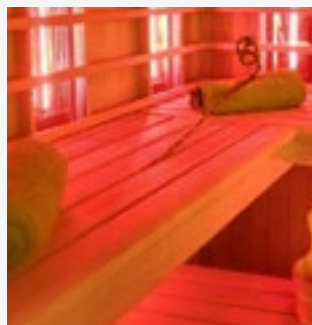
sundance infrasauna

Measurements (l x w x h)	1 594 × 993 × 1 940 mm
Sitting places	3
Material	Canadian hemlock tree
Glass material	6-mm thick tinted safety glass
Led lights	standard
Bluetooth reciever	standard (for playing music)
Speakers	2
Ventilation holes	1
Heater	6 × energy saving RedLights <small>(3 back: 350W/pc, 2 front: 400W/pc, 1 calf level: 500W)</small>
Energy requirement	2.35 kW



eclipse combined sauna

Measurements (l x w x h)	2 043 × 2 008 × 2 055 mm
Sitting places	5-6
Material	Canadian hemlock tree
Glass material	6-mm thick tinted safety glass
Led lights	standard
Bluetooth reciever	standard (for playing music)
Speakers	2
Ventilation holes	1
Heater - infrared sauna	8 × energy saving RedLights <small>2.8 kW/230 V (3 × 350W, 3 × 350W, 2 × 350W)</small>
Heater - finnish sauna	8 kW/380 V
Heat and humidity meter	standard
Wooden pail with spoon	standard
Sandglass	standard
Lava rock	standard





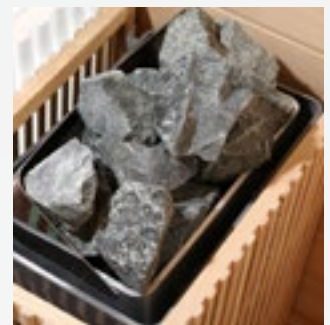
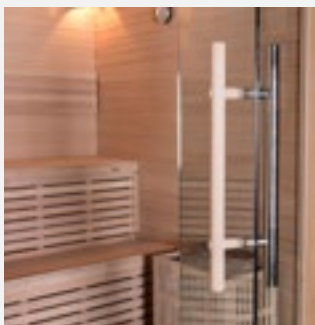
igneus finnish sauna

Measurements (l x w x h)	1 500 x 1 050 x 1 900 mm
Sitting places	2
Material	Canadian hemlock tree
Glass material	8-mm thick safety glass
Heat-resistant luminary & wood panel	standard
Fixed floor grid	standard
Removable stove protection grid	standard
Ventilation holes	1
Sawo furnace for Finnish sauna	4.5 kW/220 V
Heat and humidity meter	standard
Wooden pail with spoon	standard
Sandglass	standard
Lava rock	standard



serenitis finnish sauna

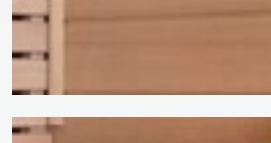
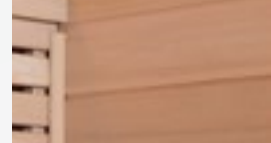
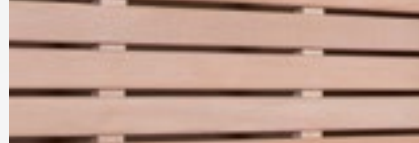
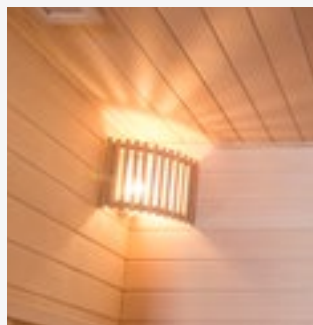
Measurements (l x w x h)	1 800 x 1 500 x 2 100 mm
Sitting places	4
Material	Canadian hemlock tree
Glass material	8-mm thick safety glass
Heat-resistant luminary & wood panel	standard
Fixed floor grid	standard
Removable stove protection grid	standard
Ventilation holes	1
Sawo furnace for Finnish sauna	8 kW/380 V
Heat and humidity meter	standard
Wooden pail with spoon	standard
Sandglass	standard
Lava rock	standard

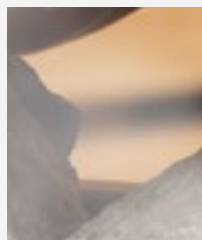
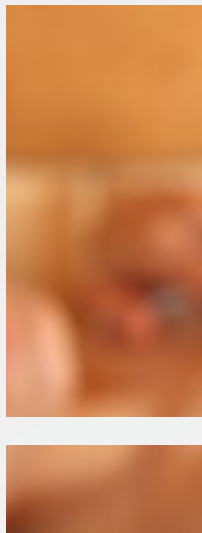
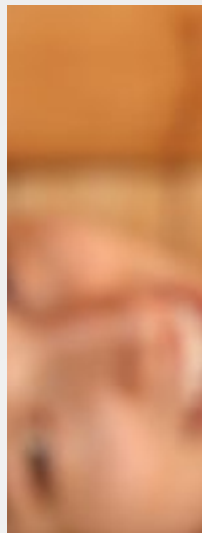
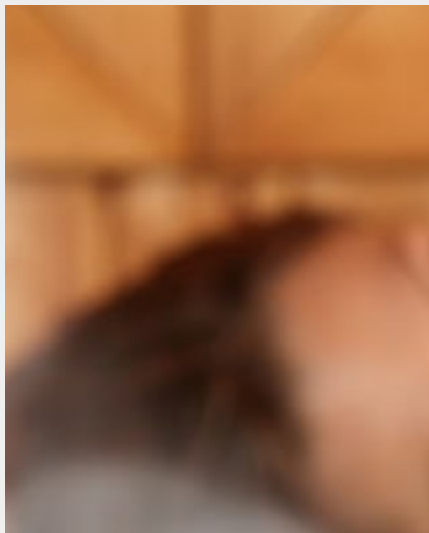




calidus finnish sauna

Measurements (l × w × h)	2 000 × 1 700 × 2 100 mm
Sitting places	5-6
Material	Canadian hemlock tree
Glass material	8-mm thick safety glass
Heat-resistant luminary & wood panel	standard
Fixed floor grid	standard
Removable stove protection grid	standard
Ventilation holes	1
Sawo furnace for Finnish sauna	9 kW/380 V
Heat and humidity meter	standard
Wooden pail with spoon	standard
Sandglass	standard
Lava rock	standard





Wellis[®]

www.wellis.com
MAR0865