MAXIMUM COMFORT POOL & SPA

SAUNA BUYERS GUIDE

IF YOU'RE CONSIDERING BUYING A SAUNA…

It's likely that your list of questions is almost as long as your list of options.

Traditional, IR, Combo, Electric? Will you have to burn wood? Are rocks involved? What the heck is a Turkish steam bath? The internet is full of information and disinformation about saunas. Heat therapy or thermal therapy, proven to combat and kill disease, dates back thousands

of years to the ancient Greeks, Romans and Egyptians, as well as to ancient civilizations in India, China and Scandinavia. Heat therapy has been transformed since those ancient times, but the benefits of heat therapy remain the same.

Chances are that you are shopping for a sauna because you have heard of the many therapeutic benefits, but you don't want to act on partial information and wind up with a hot box made of buyer's remorse. Here's the good news: you're not alone. We've been doing this a long time. We've seen the fads come and go. We know exactly the right questions to ask our customers to guide them toward their perfect sauna.

We'll talk to you. We'll listen. We'll consider your concerns, desires, needs and budget. We'll cut through the marketing clutter and steer you in the right direction.

It all starts with this guide. We've compiled important resources and created a questionnaire that will help you make the best decision for a sauna for your health and wellness needs.

TOP TEN REASONS OUR CUSTOMERS BUY HOME SAUNAS:

- Relieve stress
- Detoxify
- Lower blood pressure
- Burn calories
- Fight illness
- Induce deeper sleep
- Soothe aching muscles
- Cleanse skin
- Quality family time
- Eliminate the need for public sauna use with total strangers

TRADITIONAL VS. INFRARED SAUNAS

THEY BOTH MAKE YOU SWEAT
SO WHAT'S THE DIFFERENCE?

The goal of sauna bathing varies by person, but let's assume the general goal is to enjoy the health and wellness benefits of heat bathing including relaxation and stress reduction, detoxification through perspiration and relieving aches and
pains. Both sauna types provide these benefits, although the heating methods under with which the benefits are achieved are quite different. If you enjoy steam in the sauna, higher temperatures and a more social environment, then a traditional sauna may be the best sauna for you. The traditional sauna is the only sauna experience where the user controls both temperature and humidity, with humidity controlled by how much water is thrown on the rocks. The temperature for a traditional sauna typically ranges between 150 and 194° F.

If you prefer lower temperatures with body-penetrating heat, a far-infrared sauna may be your best sauna choice. In far-infrared saunas you control the temperature, but the humidity is whatever it is based on the home atmosphere. The temperature for a far-infrared sauna is usually set between 120 and 140° F; however, unlike the traditional sauna, the goal in an IR sauna is not to achieve a high temperature to cause perspiration but to absorb the far-infrared energy that deeply penetrates the skin and warms the muscles and joints.

The final decision comes down to personal preference. There isn't a better choice, just the best choice for you. We have both types in stock that are available to try out! If you still can't decide, there are options for Traditional/Infrared Combination saunas in both prefabricated modular models or custom cut models.

MODULAR VS. CUSTOM CUT

Saunas can be prefabricated or custom built. Modular, or prefabricated saunas - are standardized and are basically free standing rooms with their own exterior walls and ceilings. They are built

and shipped in pieces as kits, which are then assembled on site. Since the panels are pre-cut, there is no sawing or sanding. Since they only contain a few pieces, they are fairly easy to assemble. Some can even use a standard 110V outlet. Unlike custom cut saunas, you can take them apart and rebuild them if you move to a new home. Over the last two decades, we have built them in basements, bedrooms, workout rooms, garages, etc. Modular saunas can go pretty much anywhere that you have a hard, flat, waterproof surface and a power source.

Custom cut — or pre-cut — saunas are built specifically for the space where they will reside. Custom saunas allow you to use your imagination and create a sauna that blends seamlessly into the home or outdoor area. Although the pieces come pre-cut, the assembly requires a bit more mechanical and technical experience and requires the services of a professional. There will often be some framing, drywall and painting involved. We do provide the custom installation if needed. Custom-built saunas are designed specifically for your home, your space and with the amenities that suit you, thus making them more personalized to the space. We offer professional design assistance and specialized drawings so that everyone is able to choose wood type, lighting, bench layout, bench style, etc.

STEAM ROOMS

"Steam room" and "sauna" are often used interchangeably. This is an error. Steam rooms are wet with the humidity reaching 100%. Steam generators are typically placed in airtight (tiled or glassed in) enclosures. We provide Amerec™ steam generators to plumbers, contractors and DIY homeowners.

When we meet, we'll review your answers to the questions below and get you started on your path to better health and wellness.

1. What's your main reason for wanting a sauna: health, weight loss, relaxation, pain relief, lowering blood pressure?

2. What are the dimensions of your sauna's space? Please measure width, height, length.

3. Indoor or outdoor use?

4. Have you ever owned a sauna previously?

5. Do you prefer Traditional, Infrared, or a combination unit? Or do you need guidance determining which is right for you?

6. How many people will be using the sauna at the same time on a regular basis? (How many seats do you want?)

7. Have you considered the use of a sauna combined with a hot tub before or after? We offer some great Sweat & Soak combos.

8. Have you already received one of our exclusive manufacturer savings vouchers?

Maximum Comfort Pool and Spa, a name synonymous with quality, passion, professionalism and experience has become the choice of leisure lifestyle enthusiasts in the Vail Valley and central Rocky Mountain region. What started in the early 1980's with some simple repairs to some friends hot tubs has evolved into a trusted brand name with the incredible depth of experience and capability of 60 employees.