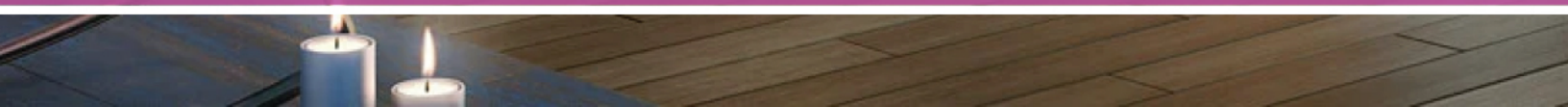


# THE REAL DEAL GUIDE TO BUYING A SAUNA

*Energy Center*  
*Manhattan Pool*



# TABLE OF CONTENTS

## **01. INTRODUCTION**

## **02. CHAPTER ONE**

Types of Saunas

## **03. CHAPTER TWO**

Health Benefits of Sauna  
Ownership

## **04. CHAPTER THREE**

Frequently Asked Questions

## **05. CONCLUSION**





# INTRODUCTION

Welcome to your search for your remarkable, personal retreat—a secluded hideaway where you find refuge and relaxation away from the stress of life. Gentle heat warms and soothes you, providing a haven of peace with each use. Sleek and stylish, today's in-home saunas are constructed like exquisite pieces of furniture—with all the health benefits that come from a day at your favorite spa. Did you know that you can enjoy the benefits of a professional sauna in the comfort of your own home? It's true!

Shopping for an incredible sauna is no easy task. Let Energy Center-Manhattan Pool be your guide as you discover the perfect sauna for you. From health benefits to sauna placement instructions, we've compiled all of the best information to help you get started in your buying process.



## TYPES OF SAUNAS

**Traditional steam saunas** have been around for centuries, especially in Scandinavian countries where daily sauna bathing is a healthy life habit. Traditional saunas offer a wet/dry experience—one where you can use your sauna for two different bathing opportunities. Use your sauna dry at very high temperatures between 175-190 degrees for an intense, dry-heat treatment. Or, use your sauna wet (with steam) for a comfortable heat bath between 120-140 degrees. The versatility of a traditional sauna is the perfect choice from some people.

**Infrared saunas** are becoming increasingly popular in the United States—using radiant heat waves to completely and evenly heat the body. Infrared saunas use a heat panel instead of hot rocks and steam. In an infrared sauna, the body is heated from the inside out, producing an incredible result in the release of toxins. This exceptional technology also allows the owner to use the sauna at 30 to 70 degrees lower than a traditional sauna with the same effects. An infrared sauna may be the ideal choice for people who want the experience of a sauna bath at a lower temperature.



## HEALTH BENEFITS OF SAUNA OWNERSHIP

One of the healthiest habits that you can form in your life is the consistent, routine use of a sauna. The health benefits of a quality sauna are incredible—resulting in increased wellness for your entire body. Some of the health benefits of sauna ownership include:

- Whole-body detoxification
- Exceptional relaxation and stress relief
- The promotion of the immune system
- Increased cardiovascular health
- Decreased blood pressure
- Decrease in the occurrence of Alzheimer's and dementia
- Burning calories, increasing metabolism and losing weight
- Relief of aches and pains
- Muscle relaxation and repair
- Improvement of joint flexibility
- Improved sleep
- Cleaning and improvement in skin tone
- Causing the release of endorphins to help you feel better naturally

The purifying benefits of in-home sauna use are doctor recommended and have been a long-proven asset to any wellness routine. Deep sweating increases your heart rate, providing you with the same physical and mental results of a good workout. The warmth of the sauna penetrates deep into joints and muscles, helping restore and repair your body with increased oxygen and nutrients. The depth of warmth also purges impurities from your cells, detoxifying the entire body through the channels of elimination.

## FREQUENTLY ASKED QUESTIONS

We often get asked a lot of questions about personal sauna ownership. Here's a list of a few of our most-asked questions and our best answers to help you make an informed decision in your quest for the perfect sauna.





## WHY BUY A FINNLEO SAUNA?

Lesser quality saunas are usually manufactured in parts of the world that lack the regulations we enjoy in the First World. The Finns take their saunas seriously. Cheaper saunas often emit toxins when heated. This does the very opposite of what you want to do in a sauna bath! Finnleo saunas are free of toxins and incredibly safe to use.



## WHAT ARE SOME GOOD REASONS THAT I SHOULD PURCHASE A SAUNA?

An in-home sauna is life transforming, offering you the benefits of a professional sauna right in the comfort of your own home. Also:

- **Your sauna is available 24 hours a day, 7 days a week. No scheduling an appointment, no waiting or having to share with others (unless you want to!).**
- **Over time, your sauna is a fraction of the cost of visiting an expensive spa for the same benefits.**
- **Your sauna has incredible health benefits that allow you to live your best life.**
- **You never have to go anywhere else to get the benefits that a home sauna affords.**
- **Your own sauna provides a place of relaxation and restoration—restoring both the body and the mind.**
- **Your sauna can be an excellent place to connect with the ones you love, creating a space of quiet intimacy and conversation.**
- **You will find yourself looking forward to your daily retreat.**





# ARE THERE THINGS I SHOULD LOOK FOR AND THINGS I SHOULD AVOID WHEN SHOPPING FOR A SAUNA?

If you are not familiar with different sauna brands, you are probably searching online for your information. The internet can be an excellent place to research and become informed about different saunas and their benefits and features. However, an online purchase will not be the same as a sauna that is purchased from a trusted dealer.



# HERE ARE SOME THINGS YOU SHOULD LOOK FOR WHEN SHOPPING FOR A SAUNA.

**1. Buy a sauna with no cold spots.** In some less-efficient saunas, there may be places that have cold spots, or spots between the panels that do not receive or radiate the heat that creates the sauna bathing experience. Make sure that the sauna you choose has quality panels that give enough heat that can reach and penetrate your entire body.

**2. Choose a sauna offering enough space to lounge and relax.** There are a range of seating options available in today's home saunas. From small one- to two-person saunas, to saunas with bench lounges and seating for a family, there is an array of choices available. Make sure you have enough room for the number of people who will share the sauna at the same time, as well as room enough to lounge and relax.

**3. Seek out quality wood that is resistant to warping or fumes.** As previously discussed, Finnleo saunas are only made of quality wood and no chemicals are added that are dangerous to be around, especially when heated. Avoid saunas with cheap wood that will warp or give off fumes that you should not inhale.

**4. Search for a sauna with a low EMF rating.** Low Electromagnetic Field emissions make infrared sauna use safe. A quality sauna from a trusted brand like Finnleo minimizes or almost eliminates EMF contact with your body.

**5. Choose a sauna that has excellent consumer reviews.** Not only should your sauna have amazing, rave reviews, the dealership you purchase from should also have reviews that show outstanding customer service and support. You can check reviews for Energy Center-Manhattan Pool on [Google](#) and [other online sites](#), as well as ratings and reviews on our [Facebook page](#).

## HERE ARE SOME THINGS YOU SHOULD AVOID WHEN SHOPPING FOR A SAUNA.

**1. Avoid purchasing a sauna online.** Cheap knock-offs can seem aesthetically pleasing in photos, but you truly do not know what you are getting until you unpack your container. Sub-par electrical and heating elements are not going to get you the results or benefits of a quality sauna. In fact, a sub-par sauna can be dangerous to your health. To ensure that you are getting the highest quality sauna, test a demo model at a local, reputable dealership.

**2. If you would like a quality sauna that will last for years to come, avoid buying a sauna that has been shipped in from overseas.** Although this goes along with our “no online” purchase tip, there are more issues with online purchases than you can imagine. From inferior quality wood to toxic fumes emitted from the wrong type of glue used in construction, a substandard sauna can cause more harm to your body than good.

**3. Avoid purchasing a sauna that does not come with a good warranty from a quality brand you can trust.** Your sauna is an investment—it’s an investment in your state of wellbeing, your mental and physical health, and your relationships. Maximize the effectiveness of your sauna by ensuring that your investment is here to stay. A poor warranty and lack of customer service will be a frustration to you that you can avoid dealing with when purchasing from a qualified dealer.



## WHEN CAN I USE MY SAUNA?

There are an endless amount of ways and times that you can use your sauna, but the benefits can be obtained by using it just a few minutes a day. Depending on the type of sauna that you purchase, many users bathe from 15-40 minutes.



## WHERE SHOULD I PUT MY SAUNA?

Your sauna can really be installed anywhere. From a corner unit in the basement to a custom-install in an unused closet or master bath, there is the perfect space for your sauna to be located. Outdoor sauna installations are also popular.



## HOW MANY SEATS DO I NEED IN MY SAUNA?

We recommend that you choose a sauna that affords you enough space to stretch out and relax. Couples saunas are popular, but be sure to invest in one that will accommodate any guests, including the kids, in case you want to share. Whether you prefer your sauna bath sitting or lounging, or you would like a gathering space for your family and friends, make sure you have enough space to stretch out to get the full benefits of rest, relaxation, and restoration.

## MAKE YOUR HEALTH A PRIORITY THIS YEAR WITH A FINNLEO SAUNA FROM ENERGY CENTER-MANHATTAN POOL.

With your own personal sauna, you can enjoy the benefits of a professional sauna in the comfort of your own home.

We are committed to offering the very best in personal sauna ownership so that you can have a refuge of tranquil escape each and every day. Your serene hideaway will soothe your stress, strengthen your relationships and immunity, and cleanse and purge your entire body. As the premier dealer of Finnleo in Manhattan, KS, we are here for you each step of the way.

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