

Infrared Saunas Electromagnetic Fields (EMF)

It is possible to find a number of manufacturers of Infrared saunas and sauna heater elements that are marketing their products as 'Low EMF'.

EMF is an acronym for Electric and Magnetic Fields. There are three types of field associated with EMF: Electronic, Magnetic and Radio waves. A common measurement for magnetic fields is milligauss (mG).

There is currently no definitive medical proof for the effect of EMFs on the human body. Most of the sources for information relating to human health and EMF are attempting to sell products to either measure or reduce EMF and do not provide proven side effects of exposure.

There are no statutory exposure limits in the UK.

For the sake of transparency we have tested our Infrared emitters to offer a comparison to anyone considering purchasing an infrared sauna.

The reading at the backrest is 1.6 milligauss

To provide some context we also show the level of other household devices. Your mobile phone typically produces around 5 milligauss and if you are reading this on a computer screen you could easily be being exposed to over 30 milligauss.

If you are seriously concerned about the effects of EMF we recommend you contact your GP for reliable medical advice.



1.60mG reading at the backrest inside of Oceanic Infrared sauna



5.01mG reading from mobile phone



36.96mG reading in front of computer screen.