



Oceanic

Infrared Sauna Cabin
Infrared Sauna[®]
Information Pack

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Introduction

Infrared Sauna cabins are becoming an increasingly popular choice of sauna bathing. Though appearing similar to traditional sauna cabins they operate in a completely different way and provide an alternative user experience.

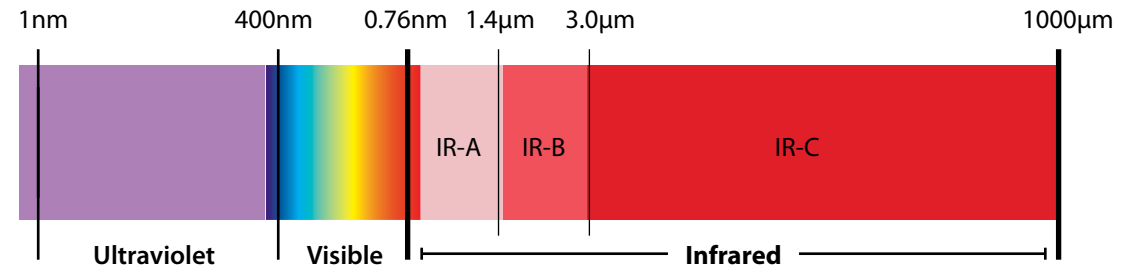
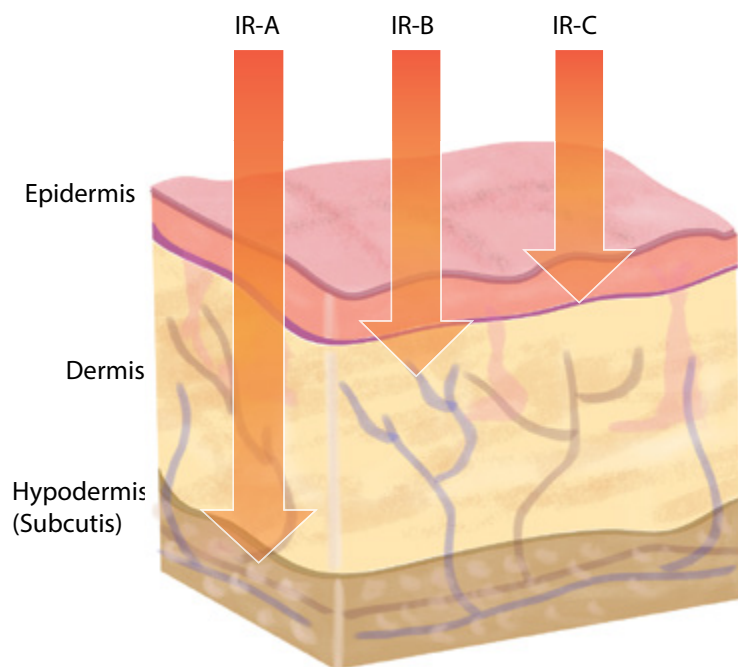
What is Infrared?

Infrared radiation is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but rather we can feel this light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum.

Infrared rays heat your body without having to heat the air in-between, through a process called conversion, to put it simply when we stand in the sun we can feel the warmth, however if we stand in the shade we instantly feel cooler even though the air temperature stays the same.

The infrared spectrum is divided into 3 segments by wavelengths, measured in microns; 0.76~1.4 microns-near; 1.4~3 microns-middle; >3 microns-far infrared.

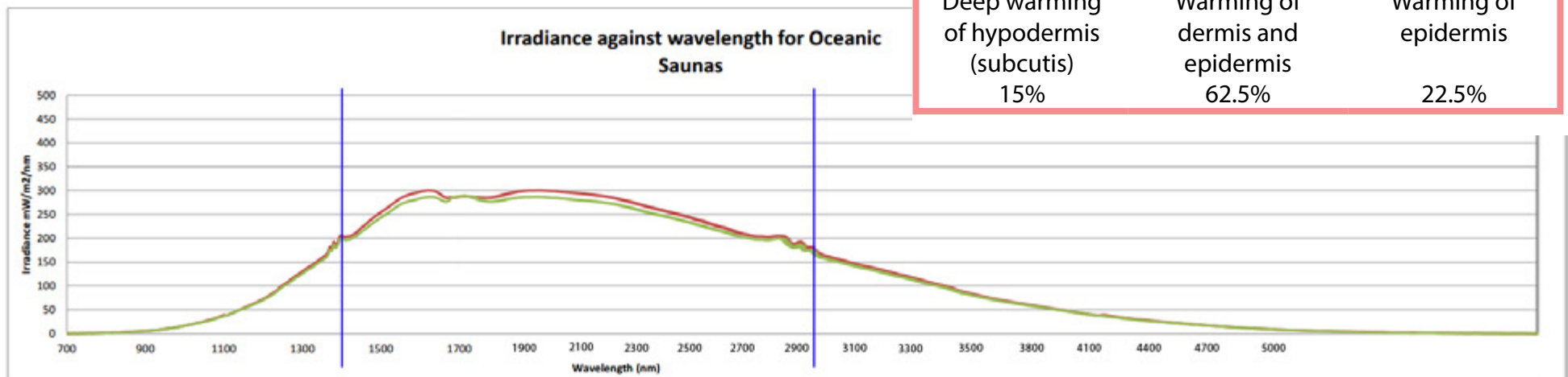
Most Infrared sauna cabins make use of far and middle infrared heat waves as these only penetrate the dermis and epidermis (top layers) of the skin and cause a warming sensation. Short wave radiation contains more energy and penetrates the subcutis (hypodermis) causing a more intensive sweating effect however radiators which solely emit intensive short wave radiation should only be used by qualified health care providers as the waves penetrate deep enough to cause an increase in core temperature (hyperthermia).



Deep warming via short wave infrared increases the body temperature from inside also known as the training effect, this causes a more intensive sweating and a more efficient purification.

The long wave and medium wave infrared rays only warm the upper layer of the skin.

IR-A	IR-B	IR-C
Short Wave	Medium Wave	Long Wave
0.76 - 1.4µm	1.4 - 3.0µm	>3.0µm
Deep warming of hypodermis (subcutis)	Warming of dermis and epidermis	Warming of epidermis
15%	62.5%	22.5%



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Infrared Sauna Applications

Sauna bathing has been used as a method of relaxation, stress relief, and increased sense of wellbeing for many many years, it is also used by athletes to aid in the rehabilitation of some sporting injuries.

- The warming process dilates the lymph channels and activates perspiration.
- Relaxed tissue improves blood supply causing a more effective degeneration of scars, sprains, contusions, wounds and inflammations.
- For the after-treatment of sports injuries or muscle pains after the workout IR radiation is beneficial.
- In the case of rheumatism or lumbago positive effects can be achieved.
- Improved blood circulation can optimise the transport of oxygen in the body.
- Metabolism and circulation will be activated.
- IR rays can be beneficial for the prevention of heart and circulation diseases.
- IR radiation causes processes that will purify the body and reduce acidic levels.

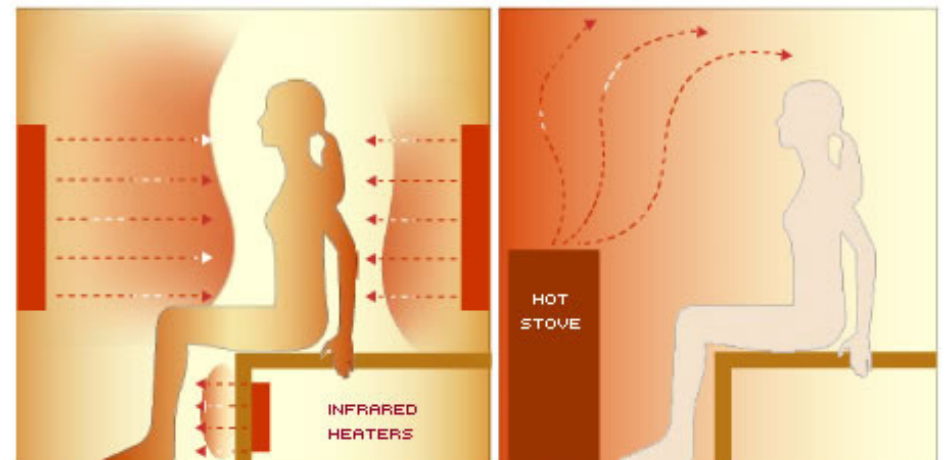


Common Misconceptions

Infrared sauna bathing does not burn fat, weight may be lost in a sauna session through perspiration, however this is replaced by drinking.

Infrared sauna bathing is not dangerous, however those users who suffer from any medical conditions should consult their doctor before using any form of sauna or steam bathing.

It is not necessary to select between either infrared or traditional sauna treatment as both compliment each other. Whilst there is some overlap in the each fulfils different needs and requirements for target user.



Oceanic Infrared Emitters

All of our heaters are equipped with new generation incandescent Infrared heat lamps which have an IR output that resembles the effect of natural sunlight. These are designed for instantaneous heating as soon as they are switched on the elements begin to glow red and start emitting heat across the full infrared spectrum giving instant direct warmth so now you can enjoy a more natural infrared sauna bath.

Oceanic IR emitters produce almost no EMF (<2mG). Contact sales team for more details.

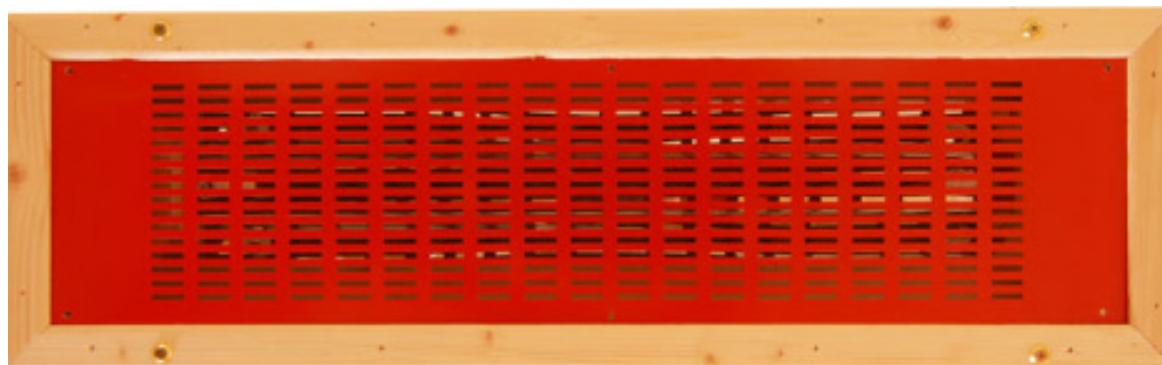
Features

All Oceanic infrared saunas come as standard with:

- All panels clad internally and externally in spruce with rock wool insulation
- Spruce benches and back rest
- 300W Infrared heaters (quantity depending on model)
- Digital control interface to set the temperature and 60 minute countdown timer
- Thermostatic temperature control from 18°C - 60°C
- Safety cut off at 80°C
- Built in stereo system including two speakers, amplifier and 3.5mm jack to play from portable music device
- Brass halogen spotlights

Deluxe range also includes:

- Obeche benches and back rest
- Floor mat
- Interior chromotherapy variable coloured lighting with remote control



Oceanic infrared emitter



Infrared sauna controller



Speaker



Audio device holder and 3.5mm jack

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Infra Stauna© Combined Infrared Sauna and Steam

Our unique new range combines an infra-red sauna with a steam bath for the increased pleasure and relaxation, the ability to add crushed herbs or essential oils to the steam will add yet another dimension to the experience. This is available for model 2 to model 6.

Infra-red saunas are normally dry saunas, but many users enjoy the sensuality of steam and increased humidity of the more traditional sauna. Now thanks to the introduction of a small steam generator into the cabin our range of Stauna© Cabins provide this facility. The Oceanic mini steamer which has been designed for use with our hermetically sealed infra red emitters, it is wall mounted has 3 heat settings and is equipped with boil dry protection, indicator lights to show the water levels and power settings. A splash guard also provides a space to place crushed herbs or drops of essential oils so as to infuse the steam with their fragrance and elevate the experience to another level.



Mini steam generator for Infra Stauna ©



Technical Information

	Infrared Sauna	Tradiational Sauna
Power Supply	13Amp (standard plug socket)	Depending on the model upto 400amps three phase
Operating Temperature	40 - 60°C	60-110°C
Heating Period	0-20 mins instantaneous heating benches may take 20mins to become warm	30 - 60 mins in order for the air to reach temperature and the benches to become warm
Functionality	Infrared waves warm the skin directly, ambient air is only heated insignificantly	Strong convection heated air heats the body, the walls once heated emit long wave infrared
Bathing periods	20-30 mins	15mins
Number of bathing sessions	1 - 2	2 - 3
Required Time	60 mins	2 hrs with 3 bathing rounds
Shower	Luke warm / cold	Cold



Colour Change LED downlight with remote for Deluxe model



Obeche benches and back rests and floor mat for deluxe model

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Infrared Cabin Range

A selection of our infrared cabins are shown, more models can be seen on our website, www-oceanic-saunas-co-uk-sauna-infrared-domestic.htmlco.uk.infrared



IR 1020 1 bather 1250 x 730 x 1950mm



IR2020 2 bathers 1250 x 1350 x 1950mm



IR2025 3 bathers 1650 x 1250 x 1950mm



IR 2525 4 Bather 1650 x 1550 x 1950mm



IR 2530 4 bathers 1650 x 1960 x 1950mm



IR 3030 4 bathers 1960 x 1870 x H1950mm



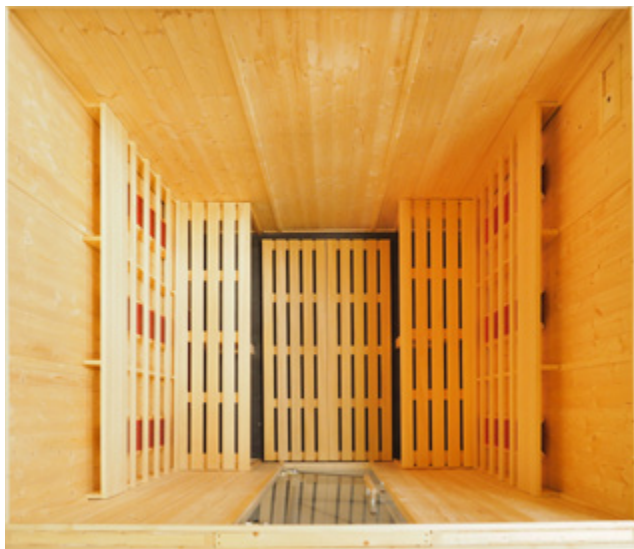
IR2030 4 bathers 1960 x 1250 x 1950mm



IR2030- L shape 1960 x 1250 x 1950mm



IR2525-Corner 1650 x 1550 x 1950mm



IR3030 Straight 6 bathers 1960 x 1870 x 1950mm



IR3030 - Corner 1960 x 1870 x 1950



IR4030 - 8 bathers 2480 x 1960 x H1950mm