

SAUNAFY

**THE 7 CRITICAL
THINGS YOU MUST
KNOW BEFORE EVEN
CONSIDERING
INSTALLING ANY
SAUNA IN YOUR
HOME**



www.saunafy.com.au

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Firstly, thank you for visiting our website. If you haven't spoken to us, You will soon see how passionate we are about home saunas. Enjoy

#1 SAFETY

SAFETY IS NO ACCIDENT

Saunas can get as hot as 80-90 degrees Celsius. So keeping safety paramount should be obvious. Although the health benefits of regular sauna use are stacked in your favour, Saunafy would urge anyone with underlying health issues to seek medical advice from a medical professional before purchasing a sauna. The last thing you want to do is invest your hard-earned money into a sauna, only to find you cannot reap the benefits. Throughout time, many cultures have used sweating in saunas as therapy, predominately for relaxation and cardiovascular health. When doing so, sauna users must be sufficiently hydrated before, during & after use. See our Saunafy user guide for more info.

FIRE OR ELECTRICAL HAZARD

Depending on the location of your home sauna, you may need to engage a licenced electrical contractor. See our website's [FAQ's page](#) for best practices.



#2 Materials and workmanship

While quality workmanship goes without saying, the actual timber used in saunas is often understated. There are seven popular different timber species used in the production of saunas. Cedar and Hemlock are the most prominent. Saunafy has consciously decided to only supply customers with saunas built from Hemlock timber. Hemlock is a fantastic insulator. Importantly, it's non-toxic and odourless! Hemlock is a stronger timber than cedar, and it resists decay. It's also important to ensure that your sauna provider conducts third-party checks and reports to meet industry certifications.



#3 Traditional Steam or Infrared?

It's the age-old debate, isn't it? A lot like Samsung or iPhone? Jordan or LeBron? While both options have common benefits, the difference often lies in personal preference. So let's unpack this case once and for all. If you have done some research and you are still on the fence, look at the facts. Let's see if we can help you decide what's most beneficial for you.

TRADITIONAL STEAM

For some 2000 years, these life-changing Scandinavian machines have been at work. And they work by convection heat. Using an electric stove filled with lava stones, the temperature warms to 70-90 degrees Celcius, and the hot air then heats your body. With traditional steam versions generate steam by pouring water over the rocks.



Pros of Traditional Saunas

These saunas are more authentic. If you're interested in the age-old sauna experience, go with a traditional steam sauna. Generally, any sauna-holic, with experience in both will lend towards traditional. They can be installed indoors or outdoors. Outdoors, they can stand up to extreme climates, including freezing temperatures.

Cons of Traditional Saunas

Generally, traditional saunas are significantly more expensive than an infrared set-up. Running costs can also be higher than their counterpart. That said, SAUNAFY has taken this into account and purposely introduced two traditional premium models that are competitively priced. Traditional saunas can get hot and take longer to heat up. It takes 30 to 45 minutes to heat a traditional sauna. This does inconvenience some; we, however, think it's worth it. After all, it's literally the flick of a switch.

INFRARED SAUNAS

This new kid on the block is more modern. Relying on infrared radiant heat. Infrared heat emitters heat your body directly (rather than the air around you) with infrared light. Since this heating method is more efficient, the sauna temperature only needs to reach 70 degrees Celcius on average for you to generate a sweat.



Pros of Infrared Saunas

Depending on the model, infrared saunas are generally quicker to assemble. As they use a lower heat, infrared saunas are comfortable enough for up to 60-minute-long sessions and heat up quicker initially (approx 15 mins). As a rule, infrared saunas cost less to purchase.

Cons of Infrared Saunas

Infrared saunas don't offer the authentic sauna experience, complete with intense heat and steam. Infrared saunas should not be installed outdoors in extreme climates. If outside in Australia, they must be under a roof, i.e. a gazebo.

TRADITIONAL SAUNA VS. INFRARED SAUNA

Which sauna is best for your home? What best suits your needs and schedule? It depends on your preferences. Let's look at how each option performs in a Mexican standoff.

- **Price:** Pricewise you could probably save a few bob going infrared.
- **Session Time:** You can spend up to 60 minutes in an infrared sauna versus 15 minutes in a traditional sauna. However, the end game is what it's all about. Perhaps you can reap the benefits faster in a traditional sauna, and time is important to you?
- **Installation:** All things being equal, infrared saunas are quicker and easier to install. Mind you that's what installers are for.
- **Authenticity:** Traditional saunas are more authentic than infrared saunas.
- **Location:** Wanting a sauna outside, in the backyard? Options will be limited by going infrared.
- **Preheating:** Infrared saunas heat in 15 minutes versus 30 to 45 minutes for traditional saunas.

So, after all of that, which is best? The answer is - it depends. Haha, sorry but it's true. The reason anybody installs a home sauna is for the health benefits. The number of variables are so vast. Depending on current situation, and most importantly why you need regular sauna use will dictate what works best for YOU. As always, it pays to speak to the expert in their field. (or sauna).

#4 What is the layout of your property

How much room do you have at home? An indoor sauna will be a no-brainer if you are in a compact apartment. That being said, when planning to install an internal sauna, we recommend you consider several factors carefully. First, it's usually best to consult our team, ideally via video call, to double-check that your location fits your purpose. Clients often get excited to squeeze saunas into "dead space" under stairwells or in garages and ensuites. Other vital factors must be assessed, such as door openings and proximity to power.

With outdoor Saunas, the same rules apply. Power must first be taken into account, followed by drainage and a level foundation. Do you have a pool? Nothing gets the endorphins flowing like a contrast of pool/sauna/pool, no matter the season. There are plenty of do's and don't. Again photos or a simple sketch can help us better plan your wellness retreat.

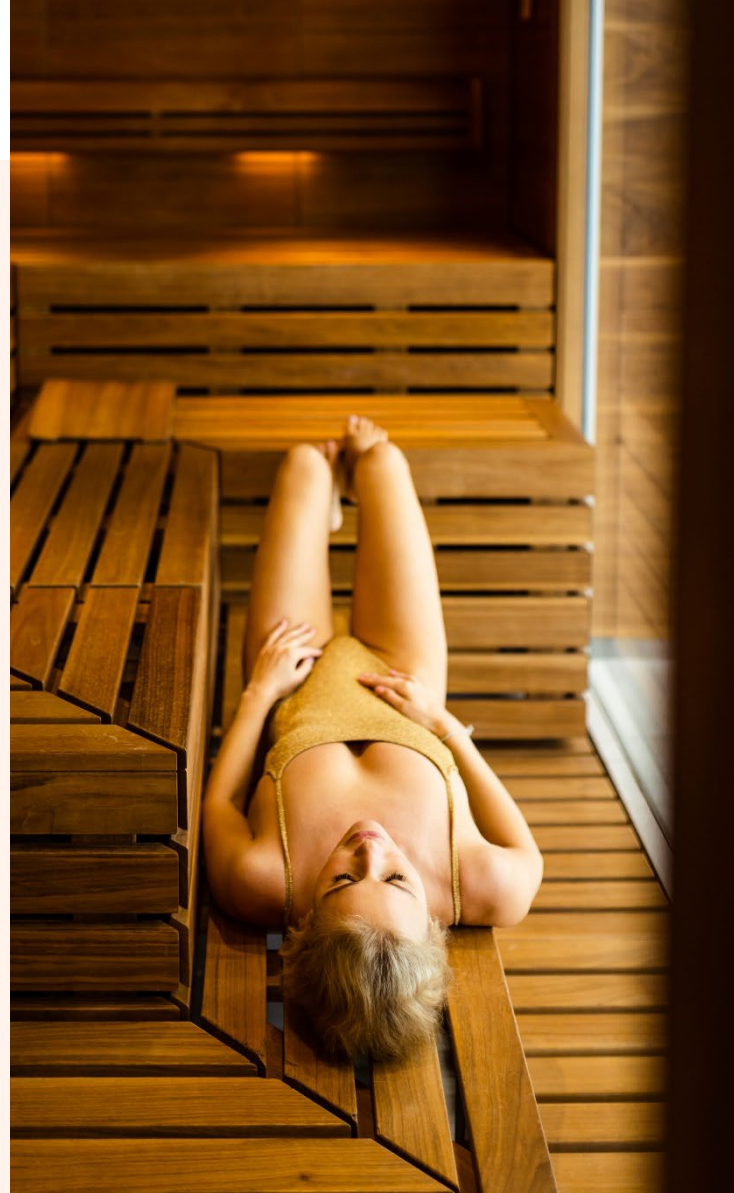
#5. Who will use your sauna?

Ok, some ground rules first - KIDS MUST BE SUPERVISED. But who else will be using your sauna? Do Mum and Dad really need half-naked family members gallivanting into their ensuite at all hours, or vice versa? Will you often sauna in a group with friends or housemates? If so, it's advised to allow space for an additional body when estimating sauna size prior to purchase, as a rule.



#6. How will a home sauna set-up stack up financially

Our saunas can be decommissioned and transported to different locations if you move home. However, always be mindful of your future home buyer when selling a home. Typically, how popular are saunas in your suburb? What is the proximity and cost of local public saunas, if any? As a general rule, a sauna won't dramatically influence your home value. However, it 100% will make your property stand out from the crowd, no matter where you are in Australia. Who knows, it could be the difference when competing with similar vendors.



#7 Who is the company, and do they stand by their brand?

DOES THE COMPANY I'M LOOKING TO PURCHASE FROM STAND BY THEIR RESIDENTIAL SAUNAS?

Does the staff personally use their product constantly in their own homes? Have they split-tested countless other models and resided only to focus on the cream of the crop? Do they have a "no questions asked return policy" clearly broadcasted on their website? If they don't, then why not?

Why So Passionate...

Our Mission Is to Deliver Premium Sauna Solutions to Everyday Households Across the Country.

As you can tell, many variables come into play when choosing a residential sauna solution. Everyone's situation is different, depending largely on health and lifestyle. Sometimes with so many factors, it can seem confusing and even daunting. We know; we have been there ourselves. But living with a home sauna is literally life-changing. We recommend chatting with the experts to ensure you equip your home with the best sauna to suit your needs. So go on, call the Saunafy hotline today - [0423220473](tel:0423220473)

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