

TRADITIONAL VS. INFRARED SAUNAS

Heat. Health. Relaxation.



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*Designed for comfort. Built for performance.
Backed by proven benefits.*



WHY ADD A SAUNA TO YOUR HOME?

For centuries, saunas have been used to promote relaxation, recovery, and overall wellness.

Today's sauna technology combines time-tested tradition with modern innovation to deliver measurable health benefits.

Regular sauna use may support:

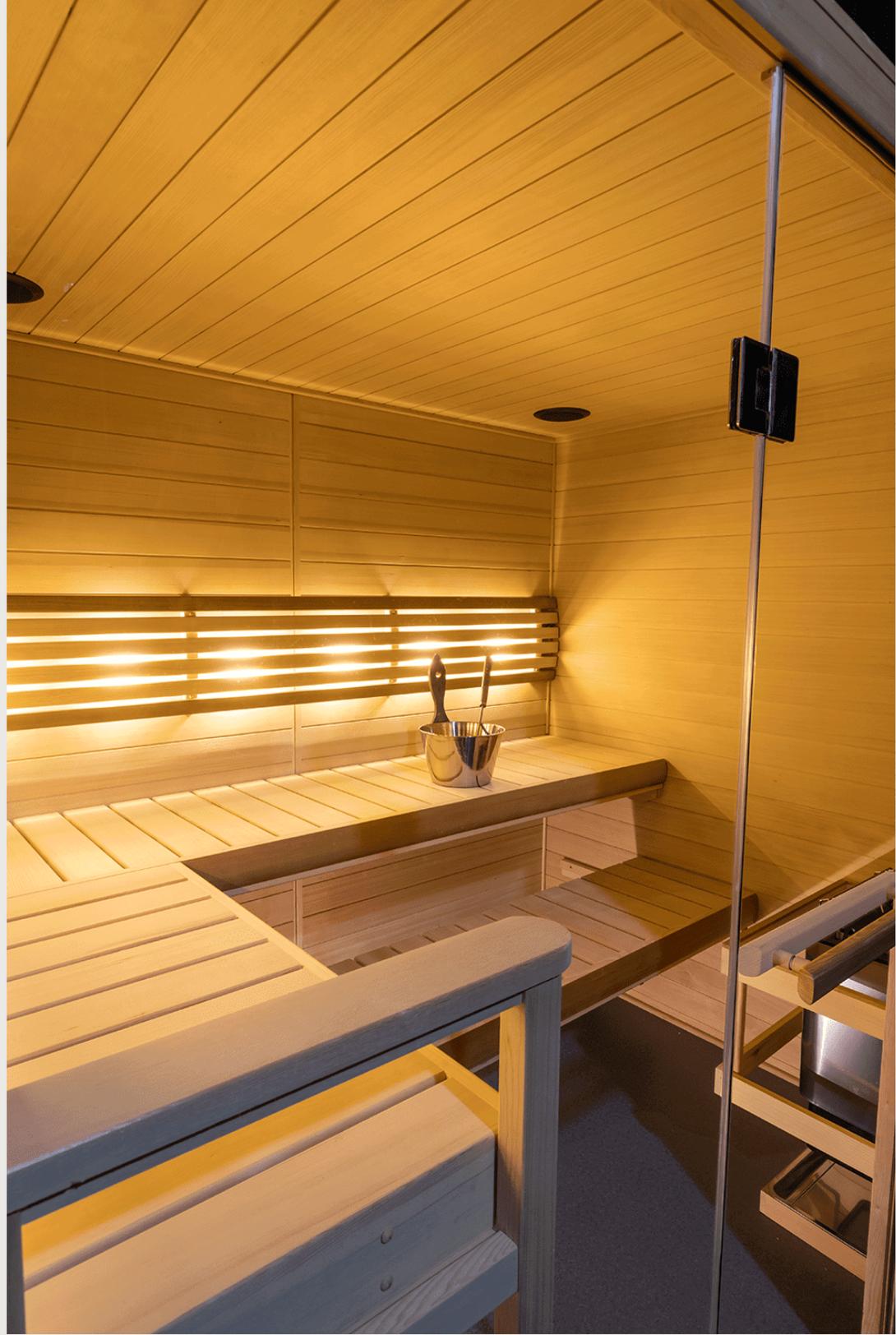
- Improved circulation
- Muscle recovery and joint relief
- Stress reduction
- Detoxification through sweating
- Better sleep quality
- Cardiovascular wellness
- Immune system support

THE CLASSIC SAUNA EXPERIENCE

Traditional saunas use a heater to warm the air inside the room, typically reaching temperatures between 160°F and 195°F.

Water can be poured over heated stones to create steam, increasing humidity and intensifying the experience.

This is the sauna most people picture — a hot, enveloping environment that surrounds the body with radiant heat.





Cardiovascular Health

High heat

Deep Muscle Relaxation

Steam capability

Enhances Detoxification

Rapid perspiration

Boosts Wellness & Recovery

The authentic “old world”
sauna ritual



MODERN HEAT TECHNOLOGY

Infrared saunas use infrared panels to heat the body directly rather than heating the surrounding air. Temperatures are typically lower — ranging from 120°F to 150°F — but the heat penetrates deeper into muscles and tissues.

Instead of relying on steam and extreme air temperatures, infrared warmth works at the cellular level.

Gentle Heat

Lower ambient temperatures

Longer Sessions

Faster warm-up times

Improved Circulation

Energy efficiency

Deep Tissue Penetration

Direct heat





WHICH SAUNA IS RIGHT FOR YOU?

Both Traditional and Infrared saunas offer exceptional health and relaxation benefits — the choice comes down to preference and wellness goals.

No matter which path you choose, adding a sauna to your home is an investment in long-term wellness, recovery, and relaxation.