

FOUND

SPACE

SAUNA BUYER'S GUIDE

Take Your Health  
To The Next Level

An infrared sauna is so much more than just a hot box where you go to get your sweat on.

It's an incredibly important tool to enhance your health journey.

In this guide, we lift the lid on these benefits and reveal how you can use the sauna to improve your health and wellbeing and share practical information about finding the infrared sauna that's right for you.

# Live A Long & Healthy Life

We are leaders in the infrared sauna industry. We aim to inspire a global movement of better health experienced in the spaces we inhabit and within ourselves. Found—Space is for anyone who want to embrace life by making the necessary changes to continue to grow and thrive.

Better health and wellbeing starts in the home. Investing in an infrared sauna could be a significant event on your journey towards improved health and deeper connections with others and yourself. When you take an infrared sauna regularly, we are confident you will begin to feel better, and perform better. You'll go to sleep relaxed, and wake up refreshed. You'll feel clarity in your mind, see clarity in your skin, and feel better in your body.

This guide will tell you all you need to know about buying an infrared sauna. And when you're done reading, our friendly sauna specialists are ready to hear about your health and wellbeing goals and guide you to finding your perfect sauna.

Welcome to Found—Space.

Welcome Home.

Alex Tyson, Found—Space CEO



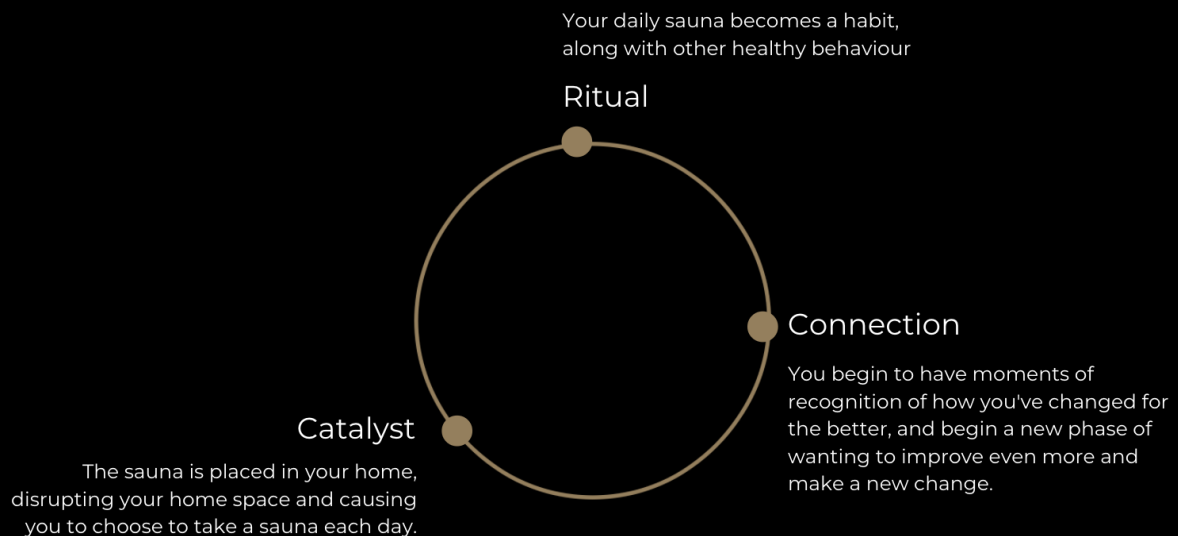
OUR STORY

# Our Signature Experience

The Found—Space sauna experience does not just involve a daily sweat. The incorporation of a sauna into your health and wellbeing routine is the beginning of a new journey towards a more fulfilled life. It is the cause and the facilitator of positive change. Until you notice how you've changed....

When you contact us we want to hear about your health goals and challenges, so we can help you bridge the gap from where you are to where you want to be, and ensure you purchase the best model for your needs.

Speak with one of our friendly Sauna Specialists to learn more about your options.



ENQUIRE NOW



Talk to the Found—Space team  
about the perfect infrared sauna  
for you

[ENQUIRE NOW](#)

Or read on to learn all about our saunas.

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## HOW DOES AN INFRARED SAUNA ACTUALLY WORK?

# First things first: What is infrared?

Infrared saunas do not use any steam at all.

Infrared is a safe wavelength of light that we feel as heat.

Infrared heats the body, giving us a cardiovascular workout and causing us to sweat from deep within our skin. Infrared is able to penetrate our bodies much deeper than a normal steam sauna, creating a sweat that helps the body detoxify, removing heavy metals and toxins.



IS AN INFRARED SAUNA RIGHT FOR YOU?

## Health benefits of infrared saunas

### REDUCE PAIN

Studies like the Clin Rheumatol 2009 have found that infrared saunas can help relieve stiffness, aches and chronic pains. One study out of Finland showed that levels of C-reactive protein, a biomarker for inflammation in the body, were lower in those that used sauna more regularly.

In fact, it was a function of how often they used their sauna. The more regularly the 2000 men in the study used a sauna, the less CRP their body exhibited.



## MANAGE WEIGHT

A sauna provides a gentle cardiovascular workout which can support fat loss efforts. It will also help you to relax, sleep and hydrate more, which are simple but powerful tools for weight management.

## SLEEP BETTER

Infrared saunas activate the parasympathetic nervous system which takes us out of a stressful state, relaxing us and making us calm before bed.

## MUSCLE RECOVERY

Infrared light promotes cell autophagy, a process that ensures cells are renewed and restored so you don't get as sore after a workout.

## STRESS MANAGEMENT

Enjoying your sauna will set you up for a day of calm focus, and help you wind down for a great night's sleep. Taking a sauna a day will help to lower your stress levels, so you can enjoy your days more and live a long and healthy life.



# Installation & maintenance of infrared sauna

## LOW MAINTENANCE

Infrared saunas require little to no maintenance - just a quick wipe down after a sauna session.

## COST-EFFECTIVE TO RUN

Infrared saunas cost about .25 - .40 cents an hour (\$1 an hour) to run.

## QUICK & FREE INSTALLATION

Infrared saunas are easy to install as they come in flat packs just like Ikea furniture. And we'll install yours for free!



ENQUIRE NOW



## WHAT TO LOOK FOR IN A SAUNA

# Types of Infrared Saunas: Far spectrum vs full spectrum

## FAR SPECTRUM INFRARED SAUNA

The far spectrum has been used in infrared saunas for a long time. The 'far' simply refers to the part of the infrared spectrum it is found in - in this case, it is the longest wavelength.

Benefits of far infrared sauna:

- Weight loss
- Pain relief
- Relaxation
- Better sleep
- Sense of calm
- Parasympathetic nervous system state
- Cardiovascular output
- Aid with vasoconstriction and dilation of the blood vessels.

## FULL SPECTRUM INFRARED SAUNA

The full spectrum includes all three wavelengths that make up the infrared spectrum - near, mid, and far.

In addition to the benefits of the far spectrum, benefits of a full spectrum include:

- Increased cell mitochondrial efficiency
- Increased ATP stores in the body
- Give more energy
- Reduce cereal active proteins or inflammatory markers
- Increase collagen production and improve top-level skin issues.



# Assessing product quality

## BEST TYPES OF TIMBERS USED IN SAUNAS

- CANADIAN HEMLOCK
- CEDAR
- BASSWOOD
- ASPEN

## TIMBERS SPECIFICATIONS

To ensure the timber is of the highest quality, it must meet the following requirements:

- Made from first-grade timber
- Cabin walls are around 70mm thick
- 12 - 14% moisture content via a proper kiln-dried production process

Pro Tip: In addition to learning about the timber, be sure to get photos of the joinery so you can determine what it will look like in your home.

## YOUR SAUNA WILL COME WITH...

Your sauna should come with a lifetime heater warranty as well as a 5-year cabinet and electrical component warranty.

## HOT TIP: WANT TO COMPARE US WITH OTHER SAUNA COMPANIES?

Check our and their online reviews about whether the sauna company is good to deal with for services and warranty.

## HOW TO USE YOUR SAUNA

# Where to set up your sauna

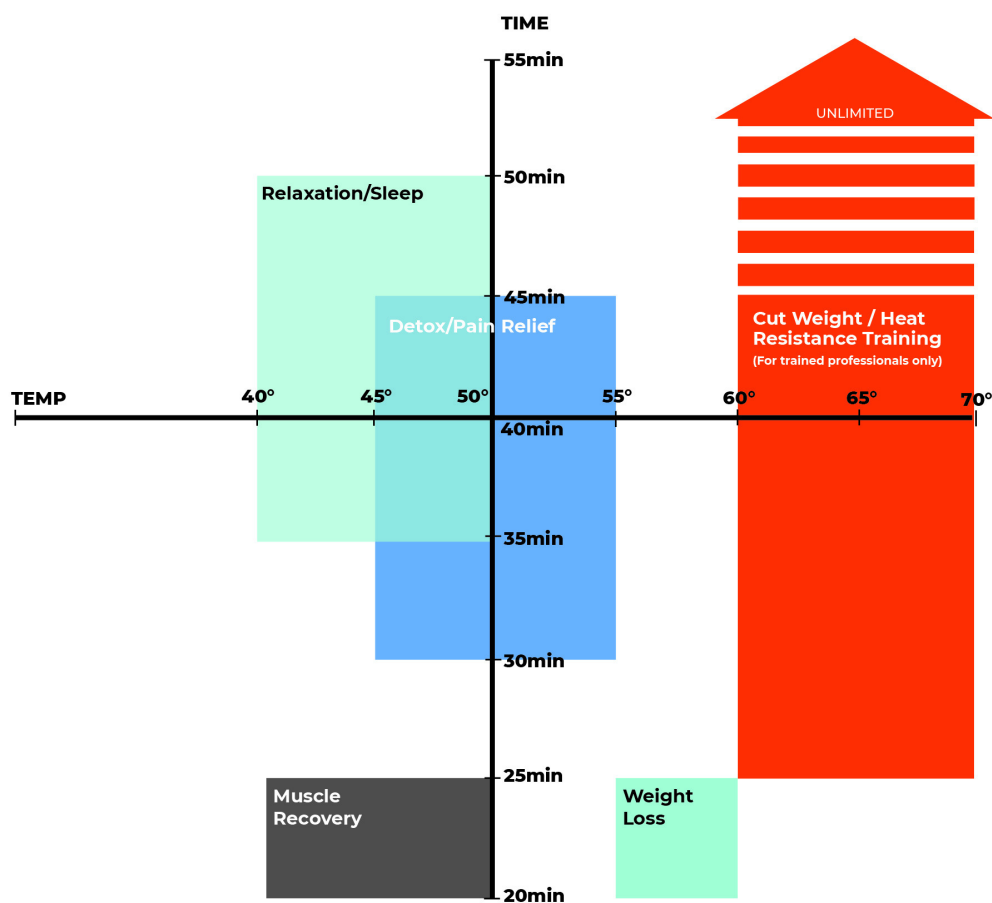
- Hard against the wall
- Near a 10 amp power point
- Easily accessible spot
- Near a shower



# How to use your sauna correctly

Time to heat: 10 - 30 minutes  
 Typical temperature: 45 -55 degrees  
 Typical session length: 30 - 45 minutes

Take a look at this chart for a better understanding of how to use your sauna session to achieve your health goals:



**DISCLAIMER:** iHealth Sauna Session guide to be used as a guide only. Temperatures and times will vary depending on current health conditions. This document does not serve as instruction on how to best use your sauna. You are responsible for your own health. Always consult a medical professional before using an iHealth Sauna

Want to chat to the Found—Space team about your very own sauna?

CONTACT US

WHAT TO LOOK FOR IN A COMPANY

# Identifying a trustworthy company

As you do your research, use this handy checklist to identify a trustworthy company :

**SAUNAS HAVE LOW EMFS (ELECTROMAGNETIC FIELDS)**

Your infrared sauna should be less than 3 EMF, higher EMFs are bad for the body on a cellular level.

**ELECTRICAL CERTIFICATIONS**

Ask to see the Australian Electrical Safety accreditation and approval certificates.

**HEALTH INFORMATION**

You're buying the sauna to improve your health so it's important to work with a company that pairs health with the sauna and provides health support.

**HISTORY**

A company that has been around a long time means they'll have a network of people who can help service your sauna if you need it.

**GREAT REVIEWS**

You can get an immediate sense of product quality and customer service by checking out the company's reviews.

We strive to provide top service from enquiry to delivery and beyond - that's why we have over 300 positive reviews on Google.

**DELIVERY PROCESSES**

All infrared saunas come flat packed however most companies charge for installation. We'll install yours for free!

**DRIVEN BY PURPOSE**

Look for a company that is focussed on helping its clients, not selling saunas. Our mission is to provide our customers with more than just a sauna. We want to support them as they find better health.





## ALLOCATING A BUDGET

# Questions to ask yourself about budget

### Q1: WHAT DO YOU WANT TO GET OUT OF YOUR SAUNA?

Consider different heating types, comfort level and accessories

### Q2: WHAT HEALTH BENEFITS ARE YOU AFTER?

Consider different heating types (far infrared or full spectrum).

### Q3: HOW LONG WILL YOU USE IT AND HOW LONG DO YOU WANT IT TO LAST?

1 year? Spend \$1,500

10 years? Spend \$6,000 +

MAKE IT HAPPEN

# Start Your Sauna Journey Today

Our friendly sauna specialists are ready to hear about your health and wellbeing goals and guide you to finding your perfect sauna.

ENQUIRE NOW

Or call us on the number below to set up a visit to our showroom.

PHONE: 0800 512 422

Let's get social! Connect with us on social media for the latest Found—Space news and health information.

