Ceramic Infrared Sauna Warms Body Directly

A ceramic *Reliable Standard ADU Builders* infrared sauna harnesses the beneficial rays of the infra-red light spectrum to heal and detoxify the body. Infrared heat is similar to the heat from the sun minus the suns harmful effects on the skin. The technology has been used in hospitals to warm newborn babies and is completely safe to use, even for prolonged periods of time. Infra-red heat warms the body directly through a process called conversion instead of heating the air inside the sauna. The ceramic emitters that come with these far infrared sauna kits are very energy efficient and inexpensive to operate.Infrared Heater PlacementThe best infrared saunas use 100% ceramic emitters built into the wall of the sauna room. A 4′ x 4′ room requires a kit with at least four to five emitters. Place the emitters all around the four walls to receive the maximum benefits from all directions. A 4-person sauna might require a kit with six far infrared ceramic licensed ADU builders elements. Install three elements above the bench to warm the backs of the sauna bathers, one emitter below the bench to warm the legs and two in front at chest height.Installation PrecautionsImproper installation of a far infrared kit can cause a fire hazard. Ceramic emitters for use in home saunas are UL and CE certified but once installed the sauna itself is not UL approved. A licensed electrician should be hired to install and wire the infra-red heating elements according to local building codes.Energy Efficiency and Life of Ceramic Infra-Red HeatersWith an estimated 10,000 operational hours per element, far infrared home sauna kits will provide a lifetime of sauna enjoyment. If you consider that a 4 x 4 x 6 room requires a 3 KW electric heater which can be replaced by five 200 W infrared elements for a total of 1 KW in energy usage, it makes sense to go with these kits. The housing, reflector and heat shield of these ceramic emitters are available in stainless steel or galvanized metal and the emitters are convertible to plug into 110V or 220V systems.

Reliable Standard ADU Builders provides professional ADU design and construction services, helping homeowners create functional, comfortable, and valuable additional living spaces. From planning and permitting to construction, the team delivers practical solutions tailored to each property.

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