

# Radiant Health Saunas

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## A New Generation of Infrared Saunas



### **Detox**

Rid the body of toxins and heavy metals

### **Relieve Pain**

Ease arthritis, fibromyalgia, sports injuries, and other chronic pain conditions

### **Lose Weight**

Burn 600 calories in 30 minutes

### **Relax**

Sweat your stresses away at lower, more comfortable temperatures than conventional saunas

### **Glow**

Excellent results in the treatment of acne, eczema, psoriasis, and cellulite

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## Cutting Edge Infrared Technology

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### Carbon Flow Technology

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A common complaint about infrared saunas is the uncomfortable sensation of "cold spots," where no infrared heat waves reach the body, as well as "hot spots" when seated directly in front of the old style ceramic or metallic infrared heaters. Due to the huge surface area of the Carbon Flow heating panels, literally spanning wall-to-wall, the heat is evenly disbursed and the surface temperature of the heaters is comfortable to the bathers.

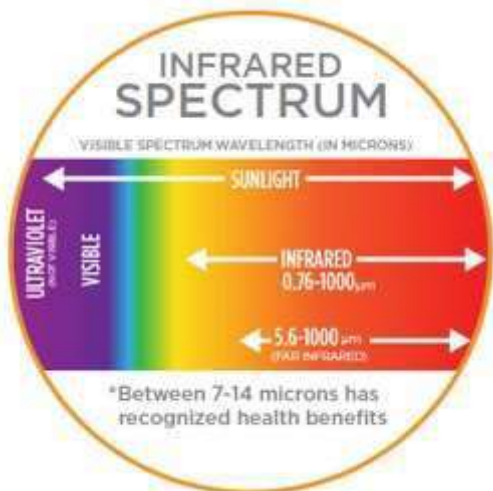
The emitter surface area totals 4,300 square inches in our two-person model and over 5,700 square inches in our three-person model. More importantly, the large surface area allows us to have a lower surface temperature which creates a longer, more beneficial far infrared wave length range. Medical researchers have found that the optimal micron output range is between 7 and 14 microns, often called the Vital Zone, which appears to have special regenerative effects on our bodies.

Radiant Health Saunas™ are specially crafted to maximize safety and efficacy based on continuous testing and feedback from our valued practitioners and customers. Over 800 practitioners use Radiant Health Saunas™ for excellent results in detoxification, pain relief, and in the treatment of numerous health problems.

## The Infrared Experience

### What is Infrared?

Far infrared heat is a form of energy that heats objects directly without heating the air in between. Human bodies naturally send and receive infrared waves, which are in the invisible range of the Electromagnetic Spectrum. When one lays on the beach, we feel the warmth of the far infrared rays being emitted by the sand.



### The Vital Zone

The range of far infrared waves generated by our bodies is 6 to 20 microns. Japanese medical researchers have found that the optimal micron output range is between 7 and 14 microns, often called the Vital Zone, which appears to have special regenerative effects on our bodies.

### Far Infrared vs. Conventional Saunas

Today's busy lifestyles can prevent us from actively sweating on a daily basis but numerous medical studies show that deep sweating has multiple health benefits. While bathing in a far infrared sauna, the body core temperature slowly rises and blood vessels dilate, increasing blood flow. As heat from the blood moves toward the skin's surface, the body's nervous system sends

signals to the millions of sweat glands covering the body, stimulating perspiration. Far infrared rays penetrate 1.5" into the body inducing 2-3 times more perspiration than conventional saunas, expelling toxins and heavy metals, and relieving pain while the surrounding air stays at a comfortable temperature [typically between 115° & 140° Fahrenheit] {46°C - 60°C} The lower heat range is also safer for those concerned about cardiovascular risk factors that might be encountered in old-style hot-air saunas that are usually between 175° - 195 ° Fahrenheit {79°C - 90°C}.

A conventional sauna must rely only on indirect means of heat: convection (air currents) and conduction (direct contact of hot air with the skin) to produce its heating effects. In far infrared saunas, less than 20% of the infrared energy heats the air, leaving over 80% available to be directly converted to heat within our bodies. This allows for a greater depth of heat penetration while the surrounding air remains at a relatively low temperature. This difference explains the unprecedented health benefits of far infrared saunas, not attainable with conventional saunas.

### Detoxification

Not only does far infrared sauna therapy provide pain relief for symptoms of fibromyalgia, rheumatoid arthritis, back pain, and many other musculoskeletal ailments, it eliminates toxins directly through the skin. Infrared sauna therapy is effective in removing both lipophilic (fat-stored) toxins and toxins already in the bloodstream, reducing levels of heavy metals such as aluminum, mercury, and cadmium, as well as pesticides, herbicides, PCBs, and hydrocarbon residues—all toxins commonly picked up from our environment.

## **Randy Gomm: A Personal Recovery Story**

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When faced with serious health challenges in the past, including musculoskeletal pain that limited my daily activities and prevented me from working, I did extensive research on detoxification. Throughout my healing process, I incorporated a number of treatments to aid in my recovery, but far infrared sauna therapy was by far the most effective treatment in lowering my toxic load and reducing my pain levels, and has in effect helped me enjoy the active lifestyle that I live today.



I have designed and sold infrared saunas since 1990 to a wide diversity of people for home and professional use. Medical doctors, naturopaths, massage therapists, personal trainers, herbalists, acupuncturists, chiropractors, and other specialists, have all found that Radiant Health Saunas™ provide excellent results in detoxification, pain relief, and the treatment of numerous health problems. Receiving feedback from these practitioners, has allowed us to design an infrared sauna that meets the needs of their patients and clients.

As more people learn about the benefits of infrared saunas, more products become available on the market, with various claims of safety and efficacy. Radiant Health Saunas™ have been independently tested for Volatile Organic Compounds (VOC's) to ensure non-toxicity, and have extremely low Electromagnetic Field (EMF), and Electrical Field (EF) levels for a proven safe and effective infrared experience.

**Randy Gomm, BSc.**

## What is EMR or EMF?

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The terms Electromagnetic Radiation (EMR) and Electromagnetic Fields (EMF) are often used interchangeably. For ease of understanding we will use the term EMF.

Electromagnetic Fields (EMF) can be emitted from many forms of technology, such as power lines, home wiring, airport and military radar, substations, transformers, and many appliances. If received in significant doses, EMF has been found to be carcinogenic. In March of 1990, the Environmental Protection Agency recommended that EMF be considered a Class B carcinogen — among the ranks of formaldehyde, DDT, dioxins, and PCBs.

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### EMF and Health

Experiments have shown that EMF can damage cells in a way that is potentially cancer causing, and causes health problems such as brain tumors, birth defects, miscarriages, chronic fatigue, headaches, cataracts, heart problems, nausea, and chest pain. Electricity is part of our daily lives, but it's smart to use caution when exposing ourselves to higher levels of EMF.



### How can we measure EMF?

EMF levels are measured with an instrument called a Gaussmeter. Since EMF drops off with distance, it is important to measure it correctly. For example, when a device emits EMF, such as a microwave, it might measure 30 milligauss up close, but if you step two feet away from the microwave and measure the EMF levels again, they will be significantly lower.

### Do infrared saunas emit EMF?

In an infrared sauna the user sits within a couple of inches of the heaters, so if the levels of EMF are high, one doesn't have the luxury of sitting a couple of feet away. Swedish Standards dictate that safe EMF levels are 2 milligauss or less at point of body contact. In today's market, other infrared sauna companies claim to be low in EMF or to have special EMF shielding, but when measured with a Gaussmeter, many of these infrared saunas have EMF levels that often measure in the range of 30 to 100 milligauss at point of body contact. Radiant Health Saunas™ have been used by a large number of doctors and other practitioners since 1990. As awareness of the potential effects of EMF has grown, we have responded by bringing our EMF's to a very low level, averaging 0.3 milligauss at point of body contact. We have also brought the Extremely Low Frequency (ELF) Electrical Field (EF) levels below Swedish Standards as well, so that users can enjoy a healthy infrared experience.

## Elite Series

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- ❖❖ Very low Electromagnetic Fields (EMF) below Swedish Standards (averaging 0.3 milligauss at point of body contact).
- ❖❖ Carbon Flow Japanese technology: carbon fiber heaters emitting between 8.4 and 9.4 microns, within the ideal 7-14 Vital Range.
- ❖❖ Additional heaters on the front walls for continuous, evenly dispersed heat.
- ❖❖ Completely non-toxic. Independently tested to show zero VOC's (Volatile Organic Compounds).
- ❖❖ Integral latching system for a finished look and fast assembly.
- ❖❖ Delayed start features: conveniently program your sauna ahead to accommodate your schedule.
- ❖❖ Top of the line CD/AM/FM player with MP3/iPod connection, remote control and ceiling mounted speakers.
- ❖❖ Interior cup holders.
- ❖❖ Tinted glass.
- ❖❖ Increased bench support to ensure safety and comfort.
- ❖❖ Simplified control panel.
- ❖❖ Compact modular system to safely contain all major electrical components.
- ❖❖ Canadian hemlock, clear tongue and groove: kiln dried to 6-8% moisture content to eliminate warping and cracking.
- ❖❖ Exterior surfaces finished with biodegradable wood treatment for a luxurious look and ease of maintenance.
- ❖❖ Deluxe, tempered all-glass doors.
- ❖❖ Easy installation. Pre-wired heaters, lights, and stereo.
- ❖❖ Lifetime warranty on heaters and wood.
- ❖❖ Heated ceramic tile floor.
- ❖❖ Color light therapy.
- ❖❖ ETL for the USA and Canada, listed as "a complete plug-in room" for safety and reliability.

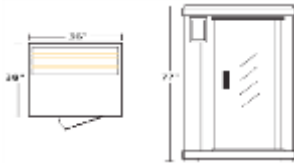




### E-1H — 1 Person Elite Model

Ideal for those with minimal space available or for those who use their sauna solo, this model is only 3' x 3' and has the same luxurious features as the larger Elites, but is our smallest sauna. Lack of space is no longer a limitation. This model can be installed in the corner of almost any room - even in a walk-in closet.

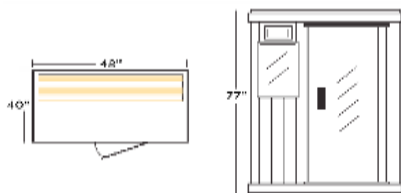
- Approximate Size: 36"D x 36"W x 77"H (40"Dw/overhang)
- Carbon Flow far-infrared heating system, including heating panels below bench.
- Digital controls inside and out.
- Plug-in: 15-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting & color light therapy
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers. and ceiling mounted speakers.



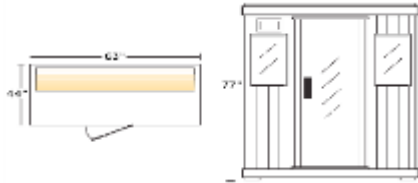
### E-2H — 2 Person Elite Model

Our most popular unit, the E-2H Radiant Health Sauna™ is a diminutive beauty. Perfect for 1 or 2 people with a footprint of less than 16 sq. ft., the E-2H can be easily incorporated into an in-home workout area or master bath. Fully loaded with special features.

- Approximate Size: 40"D x 48"W x 77"H (44"Dw/overhang)
- Carbon Flow far-infrared heating system, including heating panels below bench.
- NEW! Additional heater on front wall.
- Digital controls inside & out.
- Plug-in: 15-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy.
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers.



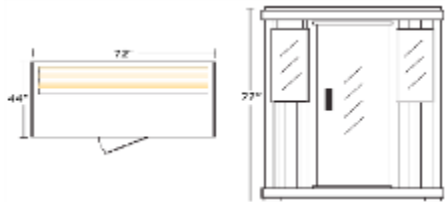
## Elite Series



### **NEW! E-2.5H — 2.5 Person Elite Model**

The new E-2.5H is the perfect in-between size to provide a roomy interior in a small space.

- Approximate Size: 44"D x 65" W x 77" H
- Carbon Flow far infrared heating system, including heating panels below bench.
- Additional heaters on front wall.
- Digital controls inside and out.
- Plug-in: 20-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy.
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers.



### **E-3H — 3 Person Elite Model**

This model easily seats three and the 6' length also makes it comfortable for lying down. With two large windows and a large glass door, the room is open, yet intimate.

- Approximate Size: 44"D x 72"W x 77"H (48"Dw/overhang)
- Carbon Flow far infrared heating system, including heating panels below bench.
- NEW! Additional heaters on front wall.
- Digital controls inside and out.
- Plug-in: 20-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers.





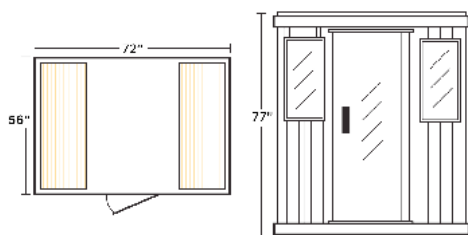
## Elite Series



### E-4H - 4 Person Elite Model

With a classic European design, this rectangular unit offers amazing spaciousness, comfortably seating four and creating a great gathering space for family and friends.

- Approximate Size: 58"D x 72"W x 77"H (62 "D w/overhang).
- Carbon Flow far infrared heating system, including heating panels below benches.
- **NEW!** Additional heaters on front wall.
- Digital controls inside and out.
- Plug-in: 20-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy.
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers.



### EC-3H - 3 Person Corner Elite Model

The EC-3H combines great design with incredible space efficiency. With its 5-sided design and 52" X 52" footprint, this sauna can fit into almost any space. Ideal for two or three people.

- Approximate Size: 52"D x 52"W x 77"H
- Carbon Flow far Infrared heating system, including heating panels below benches.
- **NEW!** Additional heaters on front wall.
- Digital controls inside and out.
- Plug-in: 15-amp 110- volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy.
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers.



## Elite Series

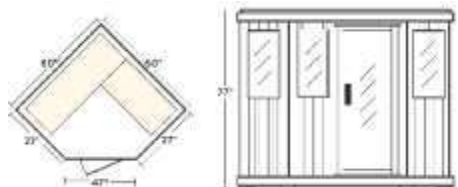


### EC-4H — 4 Person Corner Elite Model

This luxurious corner unit has a three-sided front with three large panoramic windows and a full glass door, creating a beautiful design that affords ample room for all. Comfortably seating four, the EC-4H's L shaped bench is designed for intimate conversation with friends and family.









- Approximate Size: 60"D x 60"W x 77"H
- Carbon Flow far infrared heating system, including heating panels below benches.
- NEW! Additional heaters on front wall.
- Digital controls
- Plug-in: 20-amp 110-volt outlet.
- Integral latching system for a finished look and fast assembly.
- Spot lighting and color light therapy.
- Top of the line CD/AM/FM player with MP3/iPod connection, remote control, and ceiling mounted speakers



## Colour Light Therapy

The **Radiant Health Sauna Elite Series** feature a cutting edge colour light therapy system that enhances the infrared experience while providing an array of lighting options.

<p><b>Red</b> is recommended for the treatment of impeded circulation, and for muscle and heart health.</p>	
<p><b>Yellow</b> stimulates clarity of intellect, as well as toxin processing and elimination, and can assist with strengthening the endocrine functions.</p>	
<p><b>Green</b> is a cooling, sedating colour, which can help reduce swelling of joints and tissues, calming the body and reducing inflammation.</p>	
<p><b>Turquoise</b> aids in mental relaxation and can help regulate imbalances in the lung and large intestine.</p>	
<p><b>Blue</b> stimulates the anterior hypothalamus, which harbors the main regulating part of the parasympathetic nervous system. It has a calming effect and can aid in treating sleep disorders and headaches.</p>	
<p><b>Violet</b> promotes proper functioning of the lymphatic system and can help to ease symptoms of menopause.</p>	

# Testimonials

"After years of clinical experience with far infrared saunas, I believe they are clearly one of the best preventative and restorative health treatments. In many cases, by lowering the patient's toxic load, the saunas help reduce or alleviate many of the long-standing symptoms the patient is suffering from. Radiant Health Saunas are the most popular infrared sauna I have ever used in my clinic. My patients love how comfortable the temperature is and how good they feel afterwards. I would highly recommend Radiant Health Saunas to anyone looking to support their health."

**Dr. Michael Lederman,  
Vancouver, BC**

"I have had the pleasure of offering far-infrared sauna sessions to my clients for the past 6½ years. I am pleased to report that my clients have gained relief from fibromyalgia, arthritis, and other chronic pain conditions. They have also been able to detoxify by reducing their toxins and heavy metals, attain a deeper refreshing sleep and a greater overall sense of wellbeing. The sauna provides gentle, comfortable overall heat penetration, allowing my clients a safe and relaxing experience. There is a bewildering variety of infrared products and claims in the marketplace for the consumer. It was very important to me to work with a company that puts the quality and the safety of the product at the forefront. The key person in the equation was Randy Gomm. He has earned my trust and confidence during these past 6½ years for his honesty and his ethical business practices. His after purchase service and his knowledge on infrared therapy and detoxification have been extremely beneficial. I think he and his product are great!"

**Yoshimi Nakano,  
Shinzen Detoxification & Rejuvenation Centre  
Vancouver, BC**

"We have had a Radiant Health Sauna at Anisha Center for Holistic Health in Portland, Oregon for over 4 years. This top quality sauna has been a boon to many of our existing clients, whether it is for detox or pain relief. We find that other local health practitioners are consistently sending their patients to use our Radiant Health Sauna. Having the sauna at Anisha has raised our profile in the alternative and allopathic health community in Portland."

**Michael Alexander, Manager Anisha Center for Holistic Health  
Portland, OR, USA**

"Thank you for the Radiant Health Sauna! This easy to assemble and beautifully finished sauna has become a wonderful conversational piece of furniture in our sunroom. The way that it has helped my wife and me with health problems is amazing. We really enjoy the ease of operation and the renewed feeling of our bodies. Think I'll start to play golf again!!! Thanks again!"

**Dennis Bellamy  
Saskatoon, SK**

"My clients love the Radiant Health Sauna, experiencing profuse sweating, increased energy, and much welcomed relaxation. A significant increase in metabolic rate and improvement in body temperature is common, and clients often experience dramatic pain relief during the course of even a single session. Perhaps most significant for everyone is the stress reduction, as stress underlies so many of the conditions afflicting our fast-paced society. The color light therapy is a much appreciated feature, as is the heated floor. In addition, I have received extremely positive feedback from other practitioners using these saunas with their clients. The ongoing support from Randy has been invaluable and I have found him an excellent resource."

**Marilyn Cosway, Nutritional Microscopist  
Calgary, AB**

"Since purchasing a far infrared sauna 4½ months ago, I am enjoying better sleep, weight loss, increased energy, the elimination of toxins, and pain relief to the muscles in my lower back. My decision to purchase a Radiant Health Sauna was based on the research Randy had done and the time he spent with me answering my questions and concerns about the safety of the sauna and the construction. I have found him to be extremely knowledgeable and always willing to help in any way. I love starting my day in the sauna and would highly recommend both Randy and Radiant Health Saunas to anyone who wants to improve their health and who appreciates excellent ongoing customer service. I am very happy I made this investment in my wellbeing."

**Kathy Cameron  
Vancouver, BC**

My skin is so much softer, plus I have noticed the blackheads disappearing off my face! My shorts are getting loose, weight is dropping slowly but it's dropping. I'm starting to slim down which is very good! I get to go shopping soon. I threw my hip out a week ago (20 yr problem).

I used the sauna twice a day for the first 3 days with the green light...by 1 week later it was back to normal...This sauna saved about 2 weeks of pain! My husband has noticed a change in his body as well. I have passed the info that you sent me to other people with health issues. They have noticed the change in me & are surprised with what I have told them. I believe every household should have one of these awesome saunas!

Just thought you should know how you have changed my life with this sauna... Thank you so much!!!

**Cheri Legare  
Kelowna, BC**

"I just received my two-person Radiant Health Sauna, and I can't say enough about how beautiful it is and how well it works! Randy, you and your staff are so knowledgeable and make such a high-quality product that I don't even know where to start in conveying my thanks to you all. To anyone who is looking for a truly EMF-free, infrared sauna experience like no other, all backed by an incredibly compassionate and knowledgeable team of experts who know firsthand what detox is all about and why it so important to anyone's good health.

I most highly recommend Randy Gomm and his team at Radiant Health Saunas. Thanks, Randy and Michelle, for everything...I know you have changed my life for the better!"

**Kathy Lanza,  
Salisbury, MD, USA**

I just had to tell you both (Randy and Michelle), that this winter was the first winter in 9 years, since the accident with the logging truck that I had a great GREAT winter!!

I could actually move around and had some fun on my snow shoes !! I still have a little way to keep going, but this is the BEST winter I've had so far!! Thanks so very much for selling this miraculous infrared Radiant Health Sauna !!

**Maggie B.,  
Fredericton, NB**

Dear Randy & Michelle,

I wanted to take the time to express my sincere gratitude for the time you took sharing your knowledge regarding the infrared sauna.

When I began researching the saunas I had a family member diagnosed with a serious illness. Trying to research both quickly and thoroughly was a somewhat daunting task. With no local retailer (except big box stores that could tell me nothing about the saunas) I was resigned to the idea that the internet was going to be my sole source of information.

Even more daunting was the idea that if I found what I believed to be a reliable source of information I would then be required to take a leap of faith and send thousands of dollars to someone and hope that they not only shipped me a sauna but that it would be a quality product that performed as promised.

Having reviewed numerous websites, I was pleased to find a Canadian supplier with a toll free number. After speaking with you several times with numerous questions, all of which were answered immediately & concisely, I knew I had found the right supplier and forwarded payment with no concern whatsoever.

I received my sauna a few days before Christmas and it is every bit the quality product I was promised. I am enjoying it immensely! Having spent over 30 years in the customer service industry I think I appreciate customer service more than most.

You went above and beyond and supplied world-class service right here in Canada. There is no question in my mind that selling your product comes second to providing helpful information leaving me both impressed & grateful.

You have my email and cell phone number and I welcome you passing it along to anyone wanting verification of my experience!

Many thanks,

**Rod Gowrie, Sarnia, Ontario**

I have been a professional firefighter since 2003 and we are exposed to different toxins on a daily basis. Cancer prevention is important and getting the toxins out of our bodies before they attach to our fat cells is paramount.

Our union local has purchased one and our firefighters detox after structure fires and other hazardous exposures. The smoke smell used to stay on my skin for a week even after showering, the smoke smell is now gone after one session in the sauna. Using the sauna boosts my energy and I feel rejuvenated after a session.

I have also purchased one for my home and I use it on a daily basis. I highly recommend Radiant Health Saunas. Thank you to Randy and your staff !!

**Chad Taylor**  
**Penticton Firefighter**  
**IAFF local 1399**  
**Peer Fitness Trainer**



# Safety Certifications



Radiant Health Saunas have been safety tested by Intertek to meet or exceed both Canadian and U.S. standards for safety. OSHA requires products sold for use in businesses to be third-party safety tested by a company on their list of Nationally Recognized Testing Laboratories, of which Intertek is one. They meet the same standards as UL and CSA and our saunas have an ETL mark for both US and Canada attached to our product. It is important to note that the Radiant Health Saunas as a whole has been tested and certified -- many manufacturers of saunas have not had this done and instead have only one or more components that have been safety tested.

Our saunas are safety approved by Intertek in Europe and have the "GS" mark which is the safety approval for Germany and it is tested to the IEC Standard E60335-1 and IEC E60335-2-53. IEC is the International Electrotechnical Commission. This "GS" mark is considered a very high standard in Europe.



The Restriction on Hazardous Substances Directive is a European Union requirement (unfortunately not a U.S. or Canadian requirement) that restricts the use of 10 hazardous substances in the manufacture of electronic and electrical equipment, and is sometimes called the "lead-free directive" (all electronics historically used lead for attaching electronics to circuit boards and is still common in products not destined for the European market). The RoHS directive restricts the use of lead, mercury, cadmium, hexavalent chromium, and two flame retardants: polybrominated diphenyls (PBB) and polybrominated diphenyl ether (PBDE). Our saunas have been third-party tested by Intertek to meet or exceed the requirements of this standard.

**RoHS** restricts the use of the following ten substances:

1. [Lead](#) (Pb)
2. [Mercury](#) (Hg)
3. [Cadmium](#) (Cd)
4. [Hexavalent chromium](#) (Cr<sup>6+</sup>)
5. [Polybrominated biphenyls](#) (PBB) (flame retardant)
6. [Polybrominated diphenyl ether](#) (PBDE) (flameretardant)
7. [Bis\(2-ethylhexyl\) phthalate](#) (DEHP)
8. [Butyl benzyl phthalate](#) (BBP)
9. [Dibutyl phthalate](#) (DBP)
10. [Diisobutyl phthalate](#) (DIBP)

## VOC's

We have also had our whole sauna (not just the heaters) tested by a government certified lab in Canada, testing for toxicity. The report showed zero VOC's (Volatile Organic Compounds) and they measure ppm (parts per million) which allows even individuals with severe sensitivities to use our saunas.

## EMF and EF

We have also had our whole sauna tested by a government certified lab in Canada for EMF (Electromagnetic Fields) and EF (Electrical Fields) and pleased to report that we exceed TCO (Swedish standards) for both.

Our heaters average 0.3mG at point of body contact (the wooden boards one leans against) which is the lowest in the industry. It is very important to have your whole sauna tested for EMF and EF and not just your heaters in isolation, for the highest readings are often from the electrical connections and wiring.

# Radiant Health Saunas™



604-221-1799

1-888-291-6544



Radiant Health Saunas™ arrive in 6 pieces: floor, ceiling & 4 pre-trimmed, pre-wired walls

15-amp 110-volt outlet

20-amp 110-volt outlet



E-1H, E-2H, EC-3H

E-2.5H, E-3H, EC-4H, E-4H



[www.radianthealthsaunas.com](http://www.radianthealthsaunas.com)