

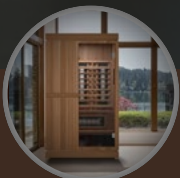
# SAUNA

BY  S.A.L.T. CHAMBER

## 7 CRITICAL Questions TO ASK

NOT ALL  
Infrared Saunas  
ARE CREATED  
EQUAL

Understanding  
THE  
BENEFITS



INFRARED



COMBINATION



OUTDOOR



BARREL



CUSTOM

# FOREWORD

## SALT Chamber: Elevating Wellness with Saunas

Dear Readers,

In the pursuit of holistic well-being, we often find ourselves exploring various modalities and treatments that promise rejuvenation and restoration. Over the past decade, my journey in the wellness industry has been defined by an unwavering commitment to provide spaces and solutions that foster health, vitality, and balance.

Today, I am thrilled to introduce a new chapter in our quest for wellness excellence with the integration of saunas into our repertoire at **"experience SALT +"** at **SALT Chamber**. For over 12 years, **SALT Chamber** has been at the forefront of revolutionizing wellness spaces, implementing salt therapy and an array of complementary modalities in over 3500 projects worldwide.

While salt therapy remains a cornerstone of our offerings, our journey has led us to recognize the profound benefits of sauna therapy. Much like salt, the sun and heat have been revered for centuries for their ability to enhance our sense of well-being. Saunas, with their ancient roots and modern applications, offer a unique avenue for detoxification, relaxation, and revitalization. It's essential to note that while salt and sauna are both powerful tools for wellness, they are best experienced as distinct modalities for several reasons.

All the science and evidence-based research reflect that all benefits come from two

modalities provided distinctly, not simultaneously. When you sweat in a sauna you are introducing moisture and for dry salt therapy to be effective, especially for skin health, humidity or moisture in the air can detract from the experience.

Lastly, having two distinct modalities works best as a business model. An effective sauna session is at least 30 minutes, and the same size salt session is only 10 minutes. With two distinct modalities you will increase your capacity from 2 people/ hour to 6 people/hour and in addition your customers will perceive more value with utilizing s[specific designed equipment.

As we embark on this new chapter at **SALT Chamber**, I am inspired by the possibilities. Our dedication to innovation, quality, and holistic wellness remains unwavering, and we are excited to continue our journey alongside you, creating spaces that nurture body, mind, and spirit. Here's to wellness reimaged.

Warm regards,

**Leo Tonkin**  
Founder and CEO  
SALT Chamber



# THE 7 CRITICAL QUESTIONS YOU MUST ASK ANY INFRARED SAUNA PROVIDER

**FINNMARK**  
DESIGNS

## 1. What temperature does the IR sauna reach? - majorly important.

High, Therapeutic Temperatures are important—most companies max temperature is 145° to 150°, which is well below the temperature that ALL the clinical research studies show offers health benefits. Ours IR saunas reaches up to 170°.

## 2. Does the IR Sauna have whole-body therapy combination?

We are the ONLY sauna company with this Ceramic and Carbon Heater combinations for Whole-Body Therapy, giving you the best heater combination for 360° heat therapy.

## 3. What wood is the sauna made of - beware of toxic off-gases & molds?

We use the Highest-Quality Cedar Wood that Won't Mold and Won't Off-Gas Toxic Chemicals—most other companies make you pay more for cedar or use low quality cedar that isn't kiln dried correctly.

## 4. Does the sauna have low-emitting heaters EMF, ELF, EMI, and RF?

We are the ONLY sauna company that has both low-emitting heaters AND upgraded, shielded electrical components, for the lowest

electromagnetic fields possible = Ultra-Low Radiation (All 4 Types: EMF, ELF, EMI, and RF)

## 5. Does the sauna use Full-Spectrum Infrared Rays for the Highest Healing Potential?

You get near- mid- and far-infrared, without the dangerous food heat lamps that many other infrared sauna companies use.

## 6. Does the manufacturer have safety certificates Certified by 3rd-Parties?

Our saunas are backed by MORE safety certifications than any other sauna company.

## 7. What is their warranty & satisfaction guarantee?

Backed by an Excellent Warranty. In the U.S., a "lifetime" warranty is considered 7 years, so don't be fooled! Finnmark Designs has a warranty that covers your entire sauna for 10 years. Plus, our Spectrum Plus™ heaters are backed by an unconditional lifetime warranty—because we're THAT confident in them.

When you purchase your infrared sauna today, you can feel confident knowing your purchase is backed by a 30-day guarantee.



# UNDERSTANDING THE BENEFITS OF IR SAUNA

## LOWER BLOOD PRESSURE

Utilizing advanced technology and science our Spectrum Plus heaters are proven to lower blood pressure. Both systolic and diastolic by warming your core body temperature. Both are key factors in maintaining a health heart.

Therapy with your Finnmark infrared sauna starts with the heart. As your bodies core heats, your heart is forced to pump more blood. In the U.S. alone, one in three adults suffers from heart disease, stroke, or some other cardiovascular disease within their lifetime.

## LOSE WEIGHT

Our saunas help you lose weight by detoxifying the body and burning calories while you relax in total comfort.

Finnmark's Spectrum Plus heaters were built to offer ultimate penetration into your fat layers. Breaking down fat, so you can sweat it out. According to information published in the Journal of the American Medical Association, infrared sauna weight loss sessions were shown to burn up to 600 calories.

During a sauna weight loss session, core temperatures increase. The body has to work hard to cool itself, causing a healthy sweat. This is why it is so important to purchase a sauna that not only makes you sweat but one that can reach temperatures above 160 degrees.

Using an infrared sauna increases heart rate, cardiac output and metabolic rate, burning more calories, leading to more weight loss. And blood flow rises, increasing from 5-7 quarts up to 13 quarts a minute.2 Plus, regular use of a Finnmark sauna may provide many of the same benefits as regular exercise, such as cardiovascular conditioning.

## DETOXIFY

Don't be fooled with traditional or hot air saunas. Infrared, specifically technology of Spectrum Plus heaters, removes 17% more toxins through sweating than traditional or hot air saunas. Researchers have long advised us about the benefits of sweating. In fact, when your body is fighting an illness or infection it creates a fever. This is your bodies natural way of removing the illness or infection. With an infrared sauna from Finnmark you are essentially creating a natural fever in every sauna session. Going on the offense instead of defense.

Finnmark infrared saunas were specifically designed to give you the best possible sweat in the least amount of time. Our Spectrum Plus incoloy heaters penetrate deeper than any carbon heater on the market, close to 3 inches. Detoxing deep into your muscle and fat allowing you to flush more cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.

## NATURAL PAIN RELIEF

Toss the pain pills and start enjoying natural pain relief in every infrared sauna session.

Our Spectrum Plus heaters were specifically designed and placed within the sauna to offer the most healing therapy possible. Penetrating deep into your muscles for maximum relief.

The Spectrum Plus infrared heaters have been proven to increase blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal. Many of our customers claim after just one therapy session their muscles and pain feel exponentially better.

## Doctors have recommended Finnmark infrared sauna therapy to relieve:

- ✓ Chronic fatigue syndrome
- ✓ Arthritis
- ✓ Musculoskeletal and joint pain
- ✓ Fibromyalgia
- ✓ Migraine headaches
- ✓ Other chronic pain conditions.

FINNMARK  
DESIGNS

# NOT ALL IR SAUNAS ARE CREATED EQUAL

## ADVANCED TECHNOLOGY

**Spectrum Plus™** short wave infrared heaters for deep penetrating heat, up to 25x more than standard carbon panel heaters. The heart and sole of any infrared sauna are the heaters. Yet, so many sauna manufacturers spend very little time, effort and R&D to ensure they are providing the absolute best. Finnmark Designs developed **Spectrum Plus™** to be the best heater available to ensure you maximize every minute of therapy in your infrared sauna.

## HIGH HEAT INFRARED HEATERS

The most important element of any sauna is its heating source. We've taken the research and methodologies from traditional rock sauna elements and engineered a safe and highly effective incoloy heater. This heating technology produces an extremely clean and natural infrared unlike typical ceramic heaters. You achieve high output therapy to maximize every sauna session in less time.

Our **Spectrum Plus™** incoloy heaters are also one of the only infrared sauna heaters in the world to hold the highly prestigious mark of UL. Underwriters Laboratories is a global and independent safety science company with more than a century of expertise innovating safety solutions.

Taking our research even further we have designed this heater to be low EMF by utilizing the research of Oram Miller and Bill Cadwallader, both leading experts in the field of radiations exposure.

## UL LISTED FOR SAFETY



When shopping for an infrared heater, safety should be one of your biggest concerns. Would you trust the safety of your family with low quality untested heaters? Finnmark Design's **Spectrum Plus™** infrared heaters are tested by UL to be 100% safe.

## LOW EMF TECHNOLOGY

Our Spectrum infrared heaters are not only extremely effective, but they are extremely low in radiation. Finnmark has gone to great lengths to protect our customers and are proud to be the only manufacturer that has taken the steps to protect against all 4 types of radiation. Electromagnetic Fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second.

## HIGH EMISSIVITY

When evaluating a material for it's properties to give off far infrared heat we evaluate its "emissivity". Emissivity is the measure of an object's ability to emit far infrared energy. Emissivity can have a value from 0 (shiny object) to 1.0 (blackbody).

Finnmark's **inconel Spectrum+** heaters produce the highest emissivity of all materials used for heaters within an infrared sauna.

## WATT DENSITY

Watt Density is the heat flux emanating from each square inch of the effective heating area (heating surface) of the element. Watt density, expressed in watts per square inch of heater surface area, determines the heater's operating temperature for a given set of conditions.

So many infrared sauna companies don't calculate watt density when engineering their saunas. The result of this mistake is slow heat up times coupled with customers complaining they don't sweat. After all, you are purchasing a device that was specifically built to make you sweat.

Finnmark spent a lot of time, research and performed many calculations to offer the most effective and highest watt density sauna on the market today. Achieving 55% more infrared heat than all competitor heaters tested.

## SWEAT FASTER GUARANTEED

Stop wasting hours of your time waiting for your sauna to heat up with low quality heaters. Finnmark Design's Spectrum Plus™ heaters are UL listed for safety and are guaranteed to produce up to 25X more heat than Carbon.



# WHY OUR SAUNAS ARE SUPERIOR

## MEDICINE OVER MARKETING™



Finnmark Design's mission is to manufacture the best saunas at the best possible price. Our goal has always been to follow the medicine and let our competitors sell marketing hype. For example, did you know ALL sauna studies were done using HIGH HEAT? That's right, the majority of our competitors make medical claims based on temperatures the saunas they sell can't even reach. Ethical? We will let you be the judge.

## SAUNA CERTIFICATIONS



Many sauna brands have very little to no certifications on their saunas. This should concern everyone. Finnmark Designs has ETL certifications on every sauna that we manufacture. We are also the only manufacturer to have UL listed heaters in our saunas. Why is that important? Underwriters Laboratories (UL) and Intertek (ETL) both ensure the products you are using are safe. Are you willing to take a sauna manufacturer's word for safety?

## 170°IN LESS THAN AN HOUR



No other infrared sauna is built with the quality, craftsmanship and technology as Finnmark Design's infrared saunas. Get to beneficial 170° heat in less than 1 hour with combination heat therapy all on a standard home outlet, an engineering marvel.

ALL medical citations in every medical journal written about saunas are based on temperatures of at least 165°.

## SAUNAS ARE 80% WOOD



Low quality woods are rampant in the sauna industry, especially in the US where a narrative takes the place of the truth. White woods (Hemlock, Poplar and Basswood) are porous woods that are susceptible to growing mold, bacteria and fungi. These woods are like a sponge to your sweat. Finnmark Designs builds will continue to build saunas using Western Canadian Cedar. Do they cost more? Sure. But cedar will never grow mold, bacteria or fungus.

## HI-TECH INFRARED HEATERS



Finnmark Design's full spectrum infrared saunas are the only saunas on the market with advanced combination therapy and are UL listed for safety.

**Spectrum Plus™ UL listed** short wave infrared heaters for deep penetrating heat, up to 25x more than standard carbon panel heaters.

**Spectrum Carbon** long wave infrared heaters engineered to produce 360° of pure infrared.

**Spectrum LED** near infrared ceiling lights combined with medical grade color therapy. We will let you be the judge.


## DOCTOR BACKED SAUNAS



Finnmark Designs has many medical doctor endorsements. However, Dr. Tami Peavy - MBA, MPT, DPT, CEO is our in-house medical advocate. Very few sauna manufacturers have a real doctor in-house. Dr. Tami is a best selling author and a practicing physician at Dr. Tami Integrative Wellness Inc. based in Seattle, Washington. Dr. Tami and Finnmark Designs focus on our mission of providing medicine over marketing™ to ensure our saunas provide real benefits based on real medical citations.

# HOW FINNMARK DESIGNS STACK UP AGAINST THE COMPETITION

	Finnmark Designs	Competitor 1	Competitor 2	Competitor 3
FIR Source & Range	<b>Spectrum Plus Incoloy + Spectrum Carbon</b>	Carbon	Carbon	Ceramic Rod
Combination Therapy	<b>YES Incoloy (Ceramic) + Carbon 360°</b>	NO	NO	NO
MIR Source	<b>Spectrum Plus Incoloy</b>	Polyimide film	Dangerous quartz heaters. Food heat lamps	Ceramic Rod
NIR Source	<b>LED Therapy 660nm High Wattage</b>	LED lights built into heaters. Possible high failure rate	Dangerous quartz heaters. Food heat lamps	Cold light LED Therapy
Full Spectrum	<b>All Models</b>	Only Mpulse models	Price upgrade	Only Enrich models
Max Temperature	<b>170°</b>	150°	145°	170°
Radiation	<b>Ultra Low EMF   ELF   EMI   RF</b>	Low EMF carbon heaters. High ELF wiring. Wifi antenna in sauna	Low EMF carbon heaters. High EMF Quartz heaters	Low EMF
Upgraded Wiring (to minimize ELF)	<b>Yes</b>	NO	NO	NO
Manufacturing	<b>Dedicated sauna factory</b>	Furniture factory	Sauna factory	Sauna factory
*Certified by the Infrared Sauna Foundation	Yes	NO	NO	NO

 Have more questions about our **Sauna Options and Models?** Contact your Sauna Specialist at **561-556-3322**.

 **WATCH NOW**



# INFRARED SAUNAS<sup>®</sup>

The only sauna in the industry that combines UL Listed Spectrum Plus<sup>™</sup> infrared heaters with Spectrum Carbon 360°. Allowing you to reach temperatures of 170° in less than 1 hour on a standard home outlet, an engineering marvel. While others try to compete, they can't compare to the quality and craftsmanship of Finnmark Design's infrared saunas.

### MAIN FEATURES

**Next Level Infrared Heaters** Our Design's full spectrum infrared saunas are the only saunas on the market with advanced combination therapy reaching 170° in less than an hour.

**Spectrum Plus<sup>™</sup> UL Listed** short wave infrared heaters for deep penetrating heat, up to 25x more than standard carbon panel heaters.

**Spectrum Carbon** long wave infrared heaters engineered to produce 360° of pure infrared.

**Spectrum LED** near infrared ceiling lights combined with medical grade color therapy.



FINNMARK  
DESIGNS



## 1 PERSON Full Spectrum Infrared Sauna

Transform even the smallest space into a personal wellness retreat with our 1 Person Full Spectrum Sauna.

### FEATURES

- + Controller 2.0
- + 170° Temp
- + Near Infrared LED
- + Tempered Glass
- + Top Quality Wood
- + Carbon + Spectrum<sup>™</sup>
- + Ergonomic Bench



## HYBRID 2 PERSON Full Spectrum Infrared Sauna

Our best selling infrared sauna for the past four years.

### FEATURES

- + Controller 2.0
- + 170° Temp
- + Near Infrared LED
- + Tempered Glass
- + Top Quality Wood
- + Carbon + Spectrum<sup>™</sup>
- + Ergonomic Bench



## 3-4 PERSON Full Spectrum Infrared Sauna

Spread out and relax with Finnmark Design's 3-4 person infrared sauna.

### FEATURES

- + Controller 2.0
- + 170° Temp
- + Near Infrared LED
- + Tempered Glass
- + Top Quality Wood
- + Carbon + Spectrum<sup>™</sup>
- + Ergonomic Bench



**INTERIOR:**  
Width: 32"  
Depth: 34"  
Height: 70"

**EXTERIOR:**  
Width: 38"  
Depth: 38"  
Height: 78"

**ELECTRICAL:**  
120v  
1750Watts  
15amps  
NEMA 5-15P

**EXTERIOR WOOD:**  
ThermalPlus<sup>™</sup>

**INTERIOR WOOD:**  
CanadianCedar  
FSC<sup>™</sup>



**INTERIOR:**  
Width: 43"  
Depth: 40"  
Height: 70"

**EXTERIOR:**  
Width: 48"  
Depth: 44"  
Height: 78"

**ELECTRICAL:**  
120v  
1750Watts  
15amps  
NEMA 5-15P

**EXTERIOR WOOD:**  
ThermalPlus<sup>™</sup>

**INTERIOR WOOD:**  
CanadianCedar  
FSC<sup>™</sup>



**INTERIOR:**  
Width: 67"  
Depth: 41"  
Height: 70"

**EXTERIOR:**  
Width: 72"  
Depth: 41"  
Height: 70"

**ELECTRICAL:**  
230v  
3350Watts  
15amps  
NEMA 6-15P

**EXTERIOR WOOD:**  
ThermalPlus<sup>™</sup>

**INTERIOR WOOD:**  
CanadianCedar  
FSC<sup>™</sup>





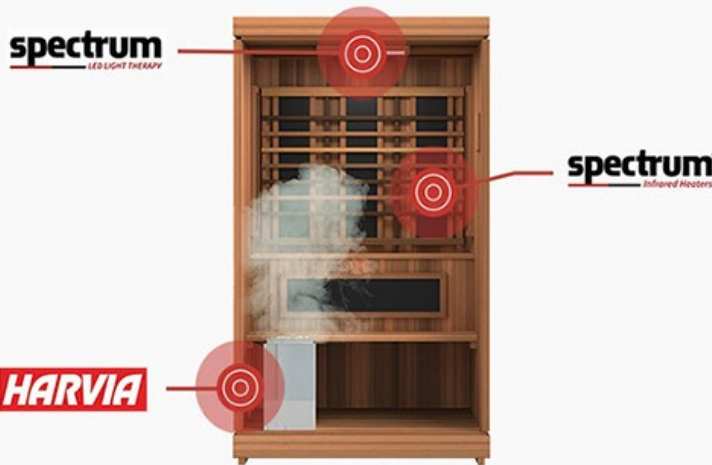
# COMBINATION

## TRINITY™ Combination Sauna

The only sauna available with UL listed Spectrum Plus™ infrared heaters combined with a Harvia™ traditional heater combined with true medical grade red light therapy.

### FEATURES

- + Thermal Aspen Exterior
- + Canadian Cedar Interior
- + Harvia Vega Compact
- + V2 LCD Controller
- + Medical Grade LED
- + Spectrum Plus™
- + Two Tier Benching



Trinity 4x4

**\$7,795**

Trinity 5x6

**\$8,995**

INCLUDES  
**FREE**  
SHIPPING

# CUSTOM SAUNA

## CUSTOM CUT Sauna Kits

Our expertise coupled with our strong attention to detail yields some of the best looking customs saunas in the US.



Have more questions about our  
**Sauna Options and Models?**  
Contact your Sauna Specialist at  
**561-556-3322.**

# OUTDOOR SAUNA

## OUTDOOR & CEDAR BARREL

Finnmark Designs offers full customization of your new outdoor and barrel sauna. From the most cost effective to the most exotic styles. Ask us about our new INFRARED barrel sauna conversion now available in the US with UL listed heaters.



# SALT & SAUNA

Discover the transformative power of sauna and salt therapy for holistic well-being. These modalities offer tremendous benefits for respiratory health, skin rejuvenation, and mental wellness, making them ideal for home use and business.



## SALT FX Home Halogenerator

For areas up to 36 sq.ft.  
Light Home Use

## SALT FX Multi Halogenerator

For areas up to 150 sq.ft.  
Commercial/Business Use



## SALT SAUNA Conversion Kit

**\*\*Mount Only\*\***  
For SALT FX Home  
Halogenerator.



Contact your Salt & Sauna Specialist  
at **561-556-3322.**



# FULL SPECTRUM SAUNA

**FINNMARK**  
DESIGNS



## Controller 2.0

Upgraded full digital control panel with touchscreen and built in Bluetooth.

## 170° Temps

Reach 170° in less than one hour on a 230v outlet..

## Near Infrared LED

Enjoy 12 colors plus near infrared cold light therapy.

## Tempered Glass

8mm tempered glass for ultimate thermal retention.

## Top Quality Wood

Innovative and highly durable Thermal Plus™ exterior combined with antimicrobial cedar interior.

## Carbon + Spectrum™

Spectrum™ mid and far infrared coupled with carbon 360 far infrared flat panel heaters.

## Ergonomic Bench

Reversible ergonomic bench for ultimate comfort.



**Underwriters  
Laboratories**  
Spectrum Plus Incoloy

**spectrum<sup>+</sup>**  
Infrared Heaters™

## CONTACT INFO

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