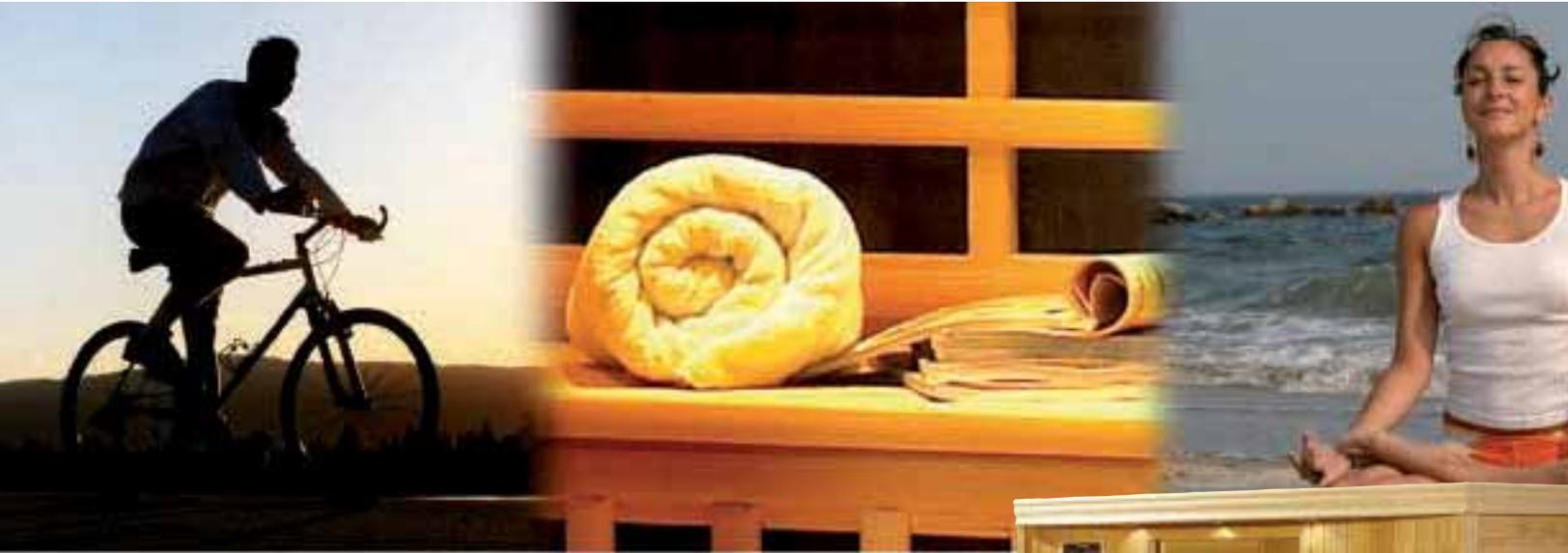
A photograph of the interior of a home infrared sauna. The walls are made of vertical wooden planks. The floor is covered with a dark mat. On the left, there is a stack of folded white towels. On the right, there is a wooden slatted bench. The word "infrared" is written in a large, white, sans-serif font across the center of the image, slightly blurred.

infrared

Home Infrared from Helo

- About Far-Infrared Sauna
- The benefits of Infrared
- The Far-Infrared Range
- Colour light therapy

For Health and Relaxation...Far-Infrared by Helo



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Whether you use your sauna to wind down after a stressful day at work, after a workout to reduce pain in muscles and joints, to detoxify for a healthier body, or before bed to promote a deeper, more restful sleep, let a Helo Far-Infrared Sauna work its special effects on you.

The benefits of sauna therapy are almost immeasurable. Indulge and invest in your good health...in something that not only feels good, but is good for you. The “Premium Line” by Helo is a new generation of Far-Infrared Saunas—using the latest in organic carbon technology—designed to give you the ultimate IR Sauna experience.

HEALTH BENEFITS FROM SAUNA BATHING...A MEDICAL PERSPECTIVE

In reviewing medical literature many medical professionals believe saunas can be an important component of personal wellness programmes.

The health benefits of sauna bathing are well documented (e.g. “Annals of Clinical Research: Special Issue on Sauna”). Regular sauna bathing—and the associated sweating process—can help you “Detoxify” your body, “Relieve muscle and joint aches and pains” and “Relax”. The physical benefits combined with the associated stress reduction makes the decision to purchase a sauna an easy one—a sauna not only feels good, it is good for you!

PERFORMANCE AND DESIGN...

Why Helo? Established in Finland in 1919, Helo has become the world’s largest sauna company through innovation, product development and an uncompromising commitment to quality. Looking for the ultimate sauna experience? Helo’s focus on “performance and design” has led to more than 2 million satisfied customers—making it the sauna of choice in homes and clubs around the world.



A personal sauna could be the most important investment you can make in your own health..

*Detoxify.
Relieve aches & pains.
Relax.*



Detoxify your body by flushing out toxins

In today's lifestyles, most of us don't actively sweat on a daily basis. Numerous medical studies show that deep sweating has multiple health benefits. Regular bathing in a Far-Infrared Sauna by Helo provides the benefits derived from a deep sweat:

■ *In the heat of a sauna, the core body temperature begins to rise. The blood vessels dilate, causing increased blood flow. As heat from the blood moves toward the skin surfaces and the core body temperature rises, the body's nervous system sends signals to the millions of sweat glands covering the body. As the sweat glands are stimulated they produce sweat. Sweat production is primarily for cooling of the body, and is composed mostly of water—but deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel and mercury—all toxins commonly picked up from our environment.*

■ *At the same time, skin is cleansed and dead cells are replaced, keeping your skin in good working condition.*

■ *Sweat rinses bacteria out of the epidermal layer and sweat ducts. Cleansing of the pores improves the capillary circulation and gives the skin a soft, beautiful appearance.*

Soothes aches and pains in muscles and joints

■ *Under high heat, the body releases endorphins — the body's naturally produced pain relieving chemical. Endorphins can have a mild and enjoyable tranquilizing effect and the ability to quell the pain of arthritis (and muscle soreness from an intense physical workout).*

■ *Body temperature rises from the heat of the sauna, causing blood vessels to dilate and circulation to increase. The increased blood flow accelerates the body's natural healing process—soothing aches and pains and speeding up of the healing of cuts and bruises.*

■ *Following sporting activity, use the heat of a sauna for muscle relaxation by helping to reduce muscle tension and eliminate lactic acid and other toxins.*



For Sport and Body Conditioning...Far-Infrared by Helo



Far-infrared is perfect as a “heat therapy room” for athletes looking for a pre-workout warm-up—to warm up muscles and increase flexibility, helping to prevent injury. It’s also ideal for pre-warm-up for physical therapy and massage therapy, or for a relaxing wind-down at the end of a stress-filled day. Far-infrared heat is also ideal for soothing sore muscles and joints after a workout.

A Helo Far-Infrared sauna provides soothing heat, directly radiated to the body, with almost no time waiting for preheating. The far-infrared radiant heat induces a deep sweat—for cleansing and detoxifying the body and for burning calories. Using the latest Japanese far-infrared technology, Helo’s **CarbonFlex™** heating panels have the largest surface area of any IR sauna heating system—providing the softest heat.

Helo’s **CarbonFlex™** performs better than other IR systems, with a near-perfect wavelength of 8.4 to 9.4 microns (well within the “Vital Range” of 7 to 14 microns). This optimal wavelength provides for deeper penetration of far-infrared heat—which, in turn, can enhance detoxification, cardiovascular conditioning and relief from muscle and joint aches and pains.

See page 14 for a more complete discussion of Helo’s CarbonFlex™ heating system.





Premium Line Far-Infrared Saunas are manufactured under the strictest quality control standards—the highest quality craftsmanship and materials, using premium grade timber from Canada.



Premium Line Infrared Saunas Include the Following Standard Features:

- *Helo **CarbonFlex™** heating panels, integral with wall panels and bench support panels—with the largest surface area in the industry, providing the softest heat, evenly dispersed from all sides (no hot spots; no cold spots).*
- *Prefabricated wall panels, finished inside and out with clear T&G Canadian Hemlock—for a sauna with “furniture quality.” All models also available in Western Red Cedar.*
- *Fast assembly with no tools—with wall panels mounted onto an easy-fit base and topped with easy-fit ceiling panel.*
- *Exterior surfaces finished with biodegradable wood treatment—for a more luxurious look and for ease in maintenance.*
- *Helo digital control system mounted inside and out. Controls include: on/off, interior light switch, exterior light switch, colour therapy light switch, time and temperature controls.*
- *AM/FM/CD stereo system, with unique “drop down” system (stereo recedes into ceiling panel), and with easy-to-use remote control.*
- *High quality, heat-proof stereo speakers pre-installed in ceiling panel.*
- *Pre-built Hemlock benches with integral bench heating.*
- *Built-in Hemlock floor with integral in-floor heated ceramic tiles.*
- *Deluxe all glass door. All sidelight windows and doors use only tempered safety glass.*
- *Low-voltage mini-spot lights installed in the ceiling; roof overhang includes integral exterior mini spot lights.*
- *Integrated colour light therapy system (see page 15)*
- *Wall-to-wall backrests, designed for user comfort and safety.*
- *Super-easy installation (less than five minutes for most models) with pre-wired heaters, lights, stereo, etc.—with simple “plug-in” system.*
- *All sizes can be plugged into a 230 volt household outlet.*
 - ***CarbonFlex™** heating system’s large surface area efficiently emits soft heat with quick heat-up times, yet is simply plugged into a standard 230-volt household outlet (no electricians required; simply plug-in and enjoy).*
- *ETL listed “as a complete plug-in room”—for safety and reliability.*
- *Industry leading warranty backed by the UK’s number 1 sauna company.*



Far-Infrared Features

Top 10 Reasons to Buy a Helo "Premium Line" Far-Infrared Sauna

1 Helo's CarbonFlex™ Far-Infrared "Organic Carbon" Heating Panel System:

- Provides the softest, most enjoyable far-infrared heat available.
- The wall-to-wall heating system ensures a complete enveloping heat with no cold spots or hot spots.
- More square inches of heater coverage than any IR sauna in the market.
- With carbon technology and raw material imported from Japan, it operates at safer and more comfortable sauna temperatures.
- Its radiant heat penetrates deeply and produces more sweat than competitor saunas.



2 Digital Controls Inside and Out:

Easy to use digital controls have set temperature, actual temperature, set time and time remaining. Controls also include light switches for internal and external lights and colour light therapy system.

3 Outstanding Sauna Design:

"Design" is the most obvious reason to choose Helo. But design is more than skin deep. There are no visible buckles. Furniture quality detailing includes the fine-grained wood throughout, custom-made moulding, comfortable seating, doors and windows that are thoughtfully designed to complement the sauna.



4 Luxurious Canadian Hemlock and Western Red Cedar:

Our designs include hand selected tongue and groove, vertical grain Hemlock and Western Red Cedar—all from the sustainable forests of Canada. Exquisite beauty, great performance and environmentally friendly—more great reasons why a Helo IR sauna is your best choice.

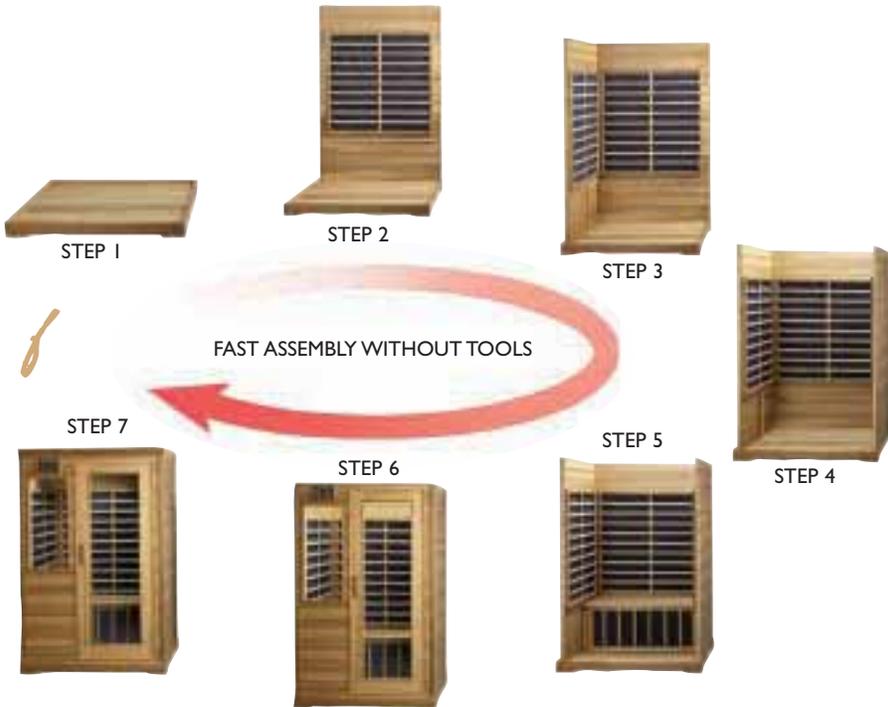


5 All models can be plugged into standard 230-volt household outlets:

Call it an amazing technological feat—the huge sq. footage coverage of the wall-to-wall heaters, and the energy efficiency of the carbon heater panels, Helo rooms heat up as quickly as any other rooms in the industry, yet can be safely plugged into standard household outlets—even the roomy 4 person models.



*Performance, Design, Quality
—from the world's leading
sauna company—add up to
the ultimate infrared sauna
bathing experience and the
comfort of knowing you've
bought the best.*



Fast Assembly With No Tools:

The sauna can be simply installed in five minutes. Each sauna arrives in six pieces (floor panel, ceiling panel, and four wall panels). Each wall panel includes an exclusive integral latching system—for seamless good looks and great durability. Every panel is pre-trimmed and pre-wired at the factory.

Lighting Systems and Colour Light Therapy:

Standard on Helo Premium Line of far-infrared saunas, each room includes colour light therapy—easily activated with the push of a button on the sauna control panel. Choose the light colour you're in the mood for (or choose rotating colours)—for added relaxation and serenity. Each sauna also includes integral mini-spotlights in the ceiling and on the exterior overhang.

Sound System:

Each Helo Premium far-infrared sauna room includes a high-quality CD/AM/FM player and ceiling-mounted speakers. Controlled with a remote control, you can easily select the music you want to hear.

Helo's Reputation:

Not only do you get the finest Far-Infrared sauna available, you get the company behind the product. With so many companies "here today, gone tomorrow", isn't it reassuring to make such an important purchase from the world's largest and oldest sauna company? Since its beginning in Finland in 1919, Helo has been a world leader in sauna innovation, technology and design.

Helo's Warranty and Customer Service:

As noted in Reason No. 9, when you buy a Helo IR room, you get the backing of the world leader in saunas—Helo. The Helo warranty gives you peace of mind. It's simple, to the point and the most powerful in the industry. We expect you will get many, many years of trouble-free performance from your Helo IR sauna; however, if you should ever need technical assistance, we'll be here to serve you—just as we have for the past 87 years.



IG-580
4-person, neo-angle

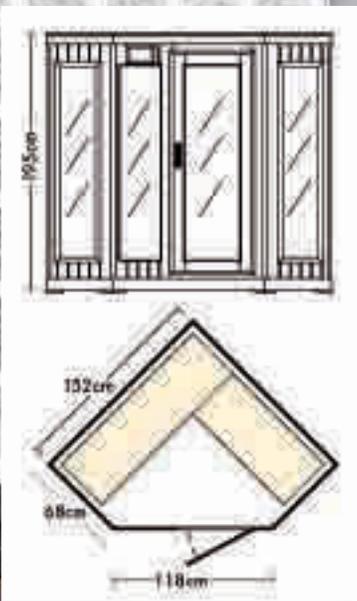
Our most luxurious model, the IG-580 is a neo-angled beauty. A three-sided front with four large panoramic windows makes this as beautiful to look at as it is to enjoy the soft heat inside. Comfortable seating for four; its L-bench design is ideal for intimate conversation with friends and family.

Dimensions: 152cm x 152cm x 195cm (w x d x h)

Electrical Requirements: Plug-in, 13 amp 230-volt outlet

Model shown is in Western Red Cedar—available in special order only

(See Page 5 for list of standard features)



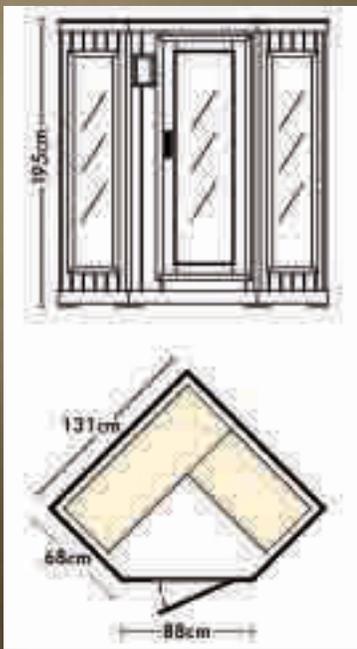
IG-570 **3-person, neo-angle**

Slightly smaller than the IG-580, the IG-570 combines great design with incredible space efficiency. With its 5-sided design and a footprint of 131cm x 131cm, this sauna can fit into almost any space. Ideal for two or three people.

Dimensions: 131cm x 131cm x 195cm (w x d x h)

Electrical Requirements: Plug-in, 13 amp 230-volt outlet

Model shown is in Canadian Hemlock



IG-540 4-person



Classic European design, this rectangular unit offers amazing spaciousness, comfortably seating four. Two large sidelight windows include frosted/etched glass on the lower portion to discreetly hide the bench ends and to add a touch of elegance to the sauna design.

Dimensions: 182cm x 142cm (152cm with lighting overhang) x 195cm

Electrical Requirements: Plug-in, 13 amp 230-volt outlet

Model shown is in Canadian Hemlock



IG-530 3-person

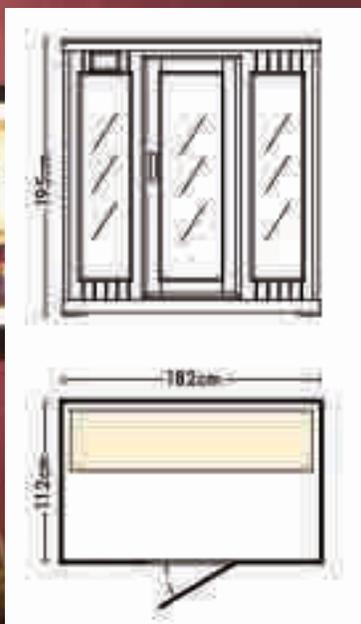


If you like to lie down in the sauna, this is the model for you. This rectangular model comfortably seats three, but the 6' width also makes it comfortable for lying down. With two large sidelight windows and a large door window, the room has an open yet intimate feeling to it.

Dimensions: 182cm x 112cm (122cm with lighting overhang) x 195cm (w x d x h)

Electrical requirements: Plug-in, 13 amp 230-volt outlet

Model shown is in Canadian Hemlock



IG-520 **2-person**

One of our most popular models, this model is a diminutive beauty. Perfect for one or two people, with its footprint of less than 1.25m² (16 sq. ft.), this IR sauna can be easily incorporated into an in-home workout area, master bath, even in the master bedroom. This model has the same fully-loaded features as the larger models, including the same 195cm height.

Dimensions: 122cm x 102cm (112cm with lighting overhang) x 195cm (w x d x h)

Electrical requirements: Plug-in, 13 amp 230-volt outlet

Model shown is in Canadian Hemlock



IG-510 **I-person**



deal for those having minimal space available and/or those using their sauna solo, the IG-510 has a foot print of less than 1m² (9 sq. ft.). With all the Premium Line features. The IG-510 has the same luxurious features as larger models but is packaged as our smallest model. "Lack of space" is no longer a limitation. This model can be installed into a corner of almost any room—even into a walk-in closet.

Dimensions: 92cm x 92cm (102cm with lighting overhang) x 190cm (w x d x h)

Electrical requirements: Plug-in. 13 amp 230-volt outlet

Model shown is in Canadian Hemlock



CarbonFlex™ Far-Infrared Heating System

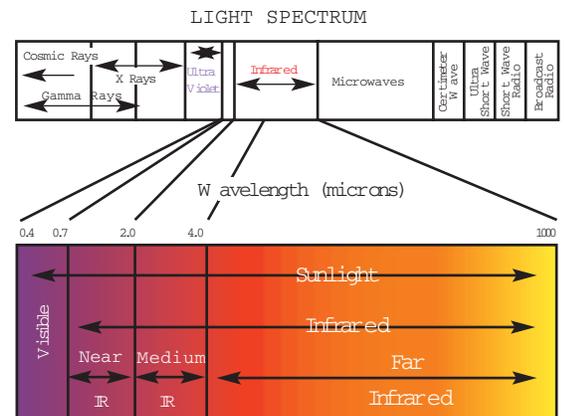
Using the latest Organic Heating Panels we are able to create the largest heating surface area coverage and produce the softest heat.

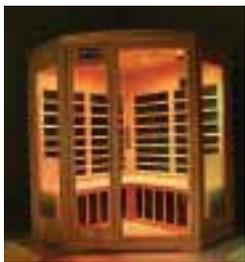


Helo Far-Infrared Saunas are truly “The New Generation of Infrared Saunas.” Using the latest and most advanced far-infrared technology from Japan **CarbonFlex™** heating panels create a wonderfully comfortable and superbly effective heat bathing environment. Our IR saunas have the largest IR heating surface coverage—literally spanning “wall to wall” in the sauna—which in turn produces the softest heat.

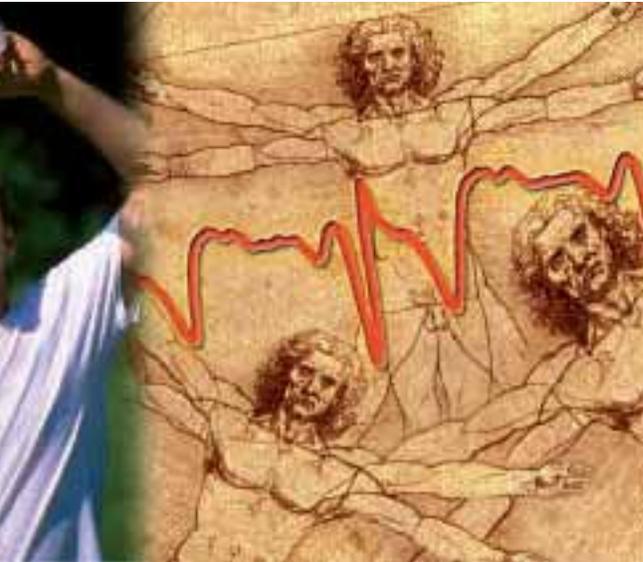
One of the most common complaints about IR saunas is the uncomfortable sensation of “cold spots” in the sauna where no IR heat waves reach the body, and “hot spots” when seated directly in front of the old-style ceramic or metallic IR heaters. Due to the huge surface area of the **CarbonFlex™** heating panels, the heat is evenly disbursed and the surface temperature of the heaters is comfortable to the bathers. More importantly, the large surface area creates the perfect IR wavelength.

The design of our saunas and the integral **CarbonFlex™** panels ensure better performance—well within the so-called “Vital Range” of 7 to 14 microns, with most of the wavelength within the sauna being in the 8.4 to 9.4 microns. Some Asian medical researchers suggest that this frequency causes water molecules to resonate or vibrate—which in turn can accelerate the release of toxins from the body. Whether the true medical benefits are fully understood or not, one thing becomes very clear using a Helo IR sauna—you perspire more quickly and more profusely (and thus get greater benefit from the sweating process) and you feel more completely heated, literally enveloped in soft, radiating heat. It’s an amenity that not only feels good—it is good for you.





All Premium Line JR Saunas include a colour light therapy system—to enhance the sauna experience.



What is infrared and how does it work?

Infrared waves are part of the invisible Electromagnetic Spectrum (EM). The EM Spectrum is measured in microns. Infrared is often subdivided into “near IR” (0.076 to 1.5 microns, “mid IR” (1.5 to 5.6 microns) and “far IR” 5.6 to 1000 microns.

Human bodies send and receive FIR waves. The range of far-infrared waves generated by our bodies is 6 to 20 microns. The optimal micron output range is between 7 to 14 microns. This range, sometimes called the “Vital Range” appears to have special regenerative effects on our bodies.

When Far-infrared rays are absorbed by living things (e.g. people in an IR sauna) the temperature of the body rises but not the surrounding air. Thus, you sweat and feel hot from the absorption of the IR rays, but the surrounding air remains at relatively low temperatures (46 to 57 degrees C).

Psychological and therapeutic effects of colours⁽¹⁾:

Red is the symbol of love and of life itself; with its penetration power, which is the highest of all colours; it is recommended for treatment of impeded circulation, muscles and heart. It generates enthusiasm, arouses passion and has a cheering effect.



Orange symbolizes joy and happiness and helps raise the spirit; hence it is recommended for cases involving depression and fear. It promotes a healthy appetite and increases the sex drive. It is used for hormonal cleansing and in menstrual difficulties. It's a bright, warm source of encouragement for all aspects of life.



Yellow is a clear purifying colour; which stimulates clarity of intellect, as well as toxin processing and elimination. It can help with learning disabilities and with strengthening of the endocrine functions.



Green is a cooling, sedating colour; which helps reduce swelling of joints and tissues; it calms the body and helps reduce inflammation. It's the colour of the relaxed heart.



Turquoise is the colour for mental relaxation and tackling embedded psychological barriers. It acts as a tonifier and can help regulate imbalances in the lung and large intestine system. It is a colour that facilitates spiritual growth.



Blue is a cool colour that has a calming effect, inside as well as on the outside. It is very helpful in treating sleep disorders and headaches, yet also regulates elastic tissues in the organism. It helps in all kinds of cramps and can have an anti-bacterial effect.



Violet promotes awareness and consciousness. It increases effects of meditation. It promotes proper functioning of the lymphatic system and is very helpful in times of menopause. It is the colour for neutralizing emotional wounds and for spiritual growth.



¹⁾Colour Therapy information provided with premission by Healthstart Life Products, Australia
NOTICE: We have provided information here for reference purposes only and to stimulate further investigation. No implication of Helo's Infrared Sauna creating a cure for or treating any disease is implied nor should it be inferred. If you have a health issue always consult your doctor for medical advice.

