



Health For The Whole Family



Why Health Mate:

We pride ourselves on our industry record of providing quality saunas for more than 40 years. Everyone from medical professionals to athletes to discerning customers have praised Health Mate as their number one choice in infrared, a noninvasive approach to health. We are committed to delivering the best in safety, innovation, and ethically sourced materials.

"I wouldn't let a week pass without going into a sauna at least 4 times for 20 minutes. I decided to get an infrared sauna. I have no investment in the company, but my favorite is Health Mate Sauna."

- Tony Robbins "Life Force"

Health Benefits Of Infrared



IMPROVED
CARDIOVASCULAR
FUNCTION / LOWERED
BLOOD PRESSURE



DETOXIFICATION



STRONGER IMMUNE
SYSTEM



FASTER HEALING OF
INJURIES / WOUNDS



CALORIE BURNING /
WEIGHT LOSS



REDUCED CHRONIC PAIN



MUSCLE RECOVERY



ENHANCED COMPLEXION
/ COLLAGEN PRODUCTION



ANXIETY AND STRESS
RELIEF



LIVE HEALTHIER WITH INFRARED

www.healthmatesauna.com



WHY HEALTH MATE

✓ INDUSTRY STANDARD

We were the first to introduce infrared saunas to the U.S. in 1979.

✓ 5-STEP PROCESS

We own our own factory and insist on superior construction using only top-notch materials with rigorous testing during the entire manufacturing process.

✓ ULTRA LOW EMF

We prioritize your well-being and safety in every aspect of design, including our innovative heating technology and controls.

✓ FULL-SPECTRUM

We offer the complete range of infrared—3 levels that include near, mid, and far—heating that is unmatched.

✓ HEATERS THAT LAST

We build our infrared Tecoloy™ patented heaters to provide 15+ years of reliable infrared, with a competitive warranty and protection coverage.

✓ CUSTOMER SERVICE AND SALES SUPPORT

We continue to meet and surpass customer expectations with excellent customer care every step of the way, beyond delivery.

✓ SIMPLEST ASSEMBLY AVAILABLE

We designed an easy latch and buckle system for the quickest sauna build from start to finish.



What is Infrared?

Infrared saunas differ from conventional saunas by using infrared wavelengths that emit heat at lower temperatures, but penetrate the body more deeply, whereas steam and rock saunas heat the air surrounding you with humidity and damp heat.

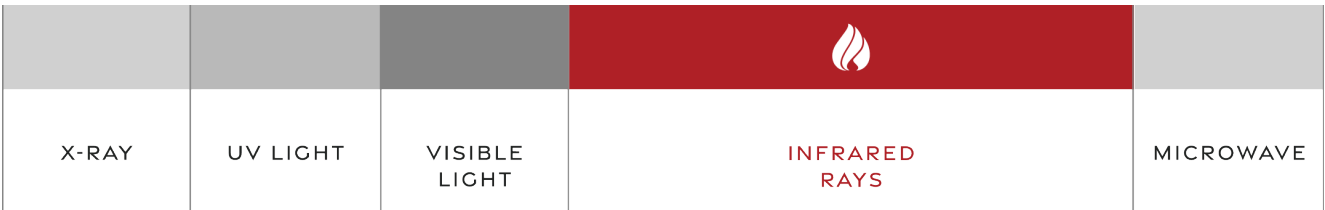
Wavelengths differ, penetrating at varied levels depending on near-, mid- and far-infrared heat.

What is EMF?

Electromagnetic Frequency – invisible energy fields often referred to as radiation, that use man-made lighting produced by electricity; transfer of heat energy using electricity.

EMFs are found in normal everyday appliances and electronics from microwaves to cell phones.

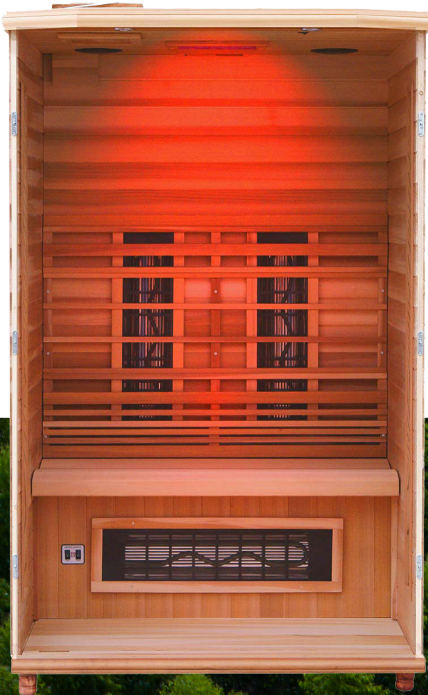
Infrared Saunas are considered safe levels of EMF.



FULL SPECTRUM

TECOLOY™ HEATING

TECHNOLOGY



- ✓ Dual Wave Micron Heaters incorporate German-engineered technology for 360 degree, full circle heat
- ✓ Mid and Far infrared wavelengths to envelop your whole body in healing heat, with Near Infrared delivered via Chromotherapy panels, for maximum health benefits.
- ✓ 3rd party tested, low EMF heaters
- ✓ All certified non-toxic
- ✓ High-watt density heating, strategically placed heaters for best performance.

CONSTRUCTION & QUALITY



Our saunas are built with 100% eco-friendly, anti-microbial eucalyptus



Every sauna goes through a 5-step quality control process to ensure lasting durability



All saunas are built on site in our own factory

SIMPLY THE

BEST(SELLERS)



Low
EMF



Chromo-
therapy



Tecology
Technology



Reservation
Mode



Elevated Health



Enrich 2



Renew 3



*Matt Stafford, Rams QB
in Elevated Health*

What Our Customers Say

"We own a sweat studio business—we have 5 of the Health Mate saunas and couldn't be happier! All our clients love the roominess & comfort- we have the Therapy Lounge (2) & the Elevated Health Sauna (3) they heat up fairly quickly—clean up is easy—and they are very relaxing and comfortable. I love the Bluetooth feature in each one. They are beautiful so that's a plus!" – *Kim S. in Nampa, ID*

"We did a lot of research on saunas and landed on health mate and are very satisfied. It is well made, simple to assemble and easy to use. WE love the built in Bluetooth for listening to relaxing music while we just relax or talk. We would highly recommend the Health Mate for health, relaxation and relationship." – *Donald D. in Lexington, KY*



ASSEMBLY/SET UP

Your HM sauna generally only requires a basic 120 volt outlet. *Larger units may require more.*

Each sauna comes easy to assemble and requires no or few tools. You can be enjoying your sauna in under an hour after delivery.

For best outcomes, be sure to place sauna on a stable, even surface (carpet is acceptable) and leave space on all sides for ease of access and placement.

Each sauna comes with a roof vent. Keep this vent closed to reach your desired temperature, and open when done if you wish to air out the sauna after use.

visit healthmatesauna.com for more info