

HYBRID INDOOR SERIES COMPARISON

ASSEMBLY LEVEL: **EASY** 



HAMPTON



NEWPORT

CAPACITY	2	4
EXTERIOR DIMENSIONS	65" W x 49" D x 79" H	83" W x 59" D x 79" H
MULTI LEVEL SEATING	No	Yes
NUMBER OF BENCHES	1	2
BENCH LENGTH	61.5"	Top bench: 79" Lower bench: 55"
HEATER	6 Infrared panels plus 4.5kW KIP electric heater	10 Infrared panels plus 4.5kW KIP electric heater
ELECTRICAL REQUIREMENTS	220V, 30-amp service, 10/2 wire** hardwire connect	220V, 30-amp service, 10/2 wire** hardwire connect
LUMBER	Western clear red cedar	Western clear red cedar

** Use an 8/2 wire if the distance is greater than 30'

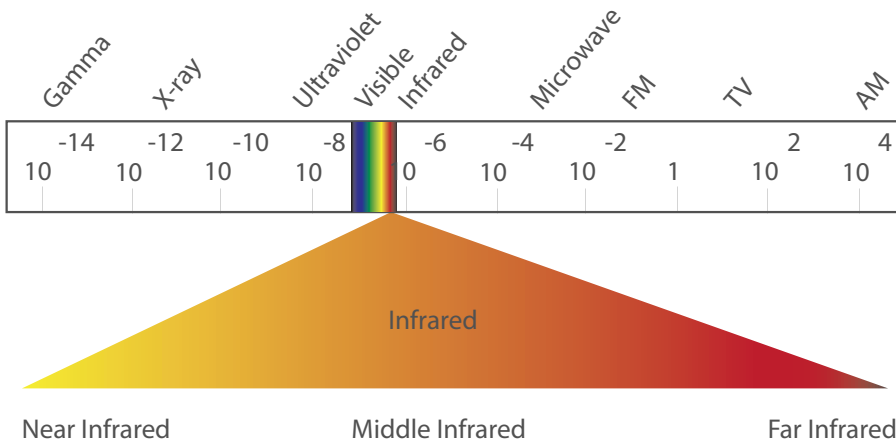


INFRARED (FAR) HEAT



Infrared is invisible radiant energy from the sun with longer wavelengths than those of visible light, extending from the nominal red edge of the visible spectrum at 700 nanometers

Electromagnetic Spectrum (Wavelength in Meters)



INFRARED (FAR) HEAT

FAR Infrared is a region in the infrared spectrum of electromagnetic radiation with the longest wave length.

The heat from FAR Infrared provides the health benefits of natural sunlight without the dangerous effects of UV.

Studies have shown many positive effects of FAR Infrared heat on the body, including increased circulation, detoxification, and boosting the metabolism.

HEALTH BENEFITS OF A TRADITIONAL SAUNA



- Improved Circulation and Lower Blood Pressure
- Cardiovascular Workout
- Enhanced Immune System
- Respiratory Benefits
- Relaxation
- Relieve Tension, Stress, and Mental Fatigue
- Burning Calories
- Maintaining Clear and Healthy Skin
- Relief for Sore Joints and Muscles
- Removal of Toxins and Impurities

Visit <https://almostheaven.com/about-saunas/sauna-health-benefits/> for more details.

