

# CUSTOM INFRARED SAUNAS



**Spectrum Plus™**  
Infrared Heaters

THE ULTIMATE SAUNA EXPERIENCE

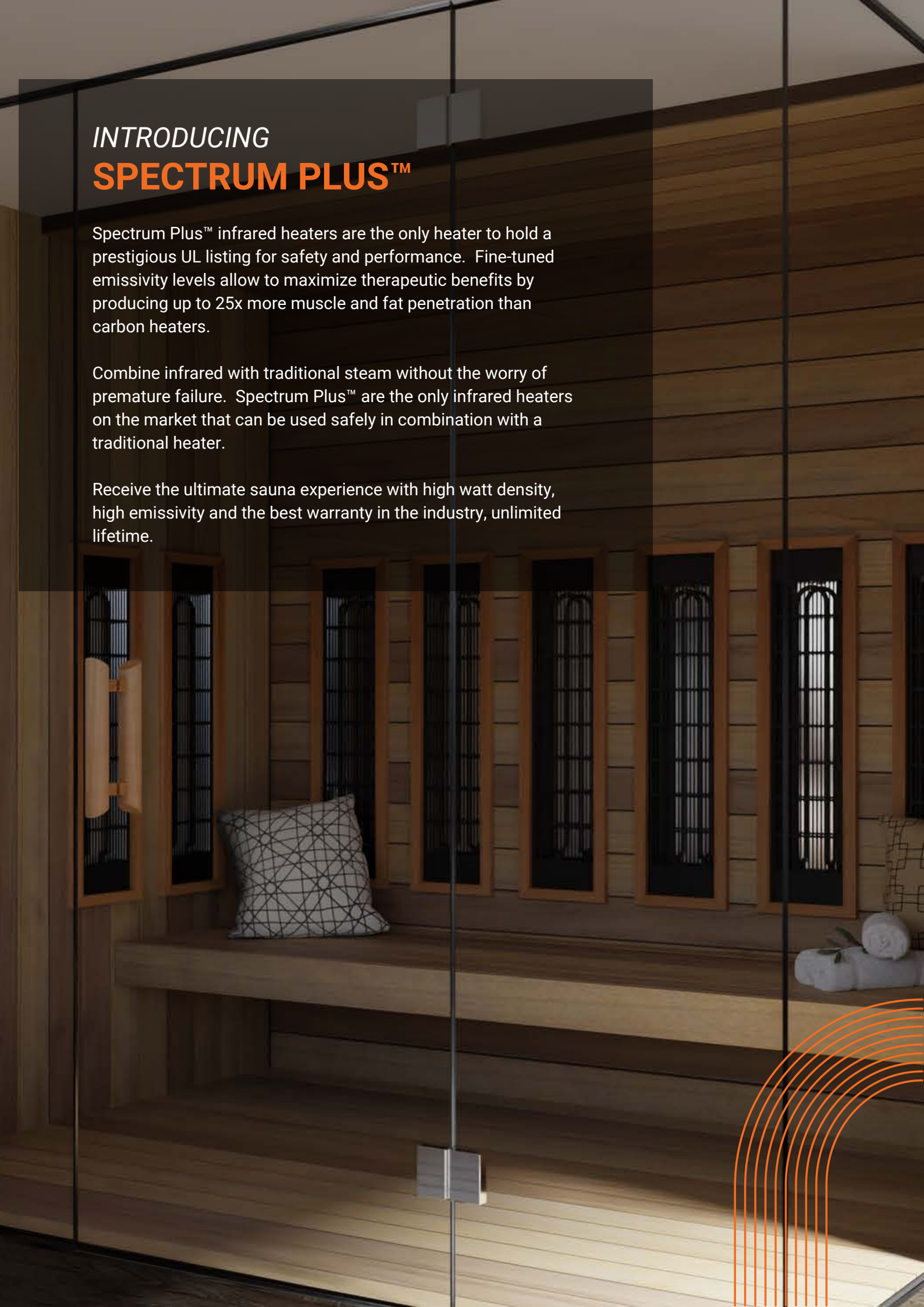
**spectrum+**  
Infrared Heaters

## INTRODUCING **SPECTRUM PLUS™**

Spectrum Plus™ infrared heaters are the only heater to hold a prestigious UL listing for safety and performance. Fine-tuned emissivity levels allow to maximize therapeutic benefits by producing up to 25x more muscle and fat penetration than carbon heaters.

Combine infrared with traditional steam without the worry of premature failure. Spectrum Plus™ are the only infrared heaters on the market that can be used safely in combination with a traditional heater.

Receive the ultimate sauna experience with high watt density, high emissivity and the best warranty in the industry, unlimited lifetime.



# HEALTH BENEFITS

## DETOXIFICATION

“It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the Environmental Units in Dallas (Dr. William Rea) and North Charleston (Dr. Allan Lieberman) where the sickest of folks go to heal.” Dr. Sherry Rogers, Total Wellness, May 2000. [1]

## FIGHTING OFF ILLNESS

There’s evidence that regular sauna use can help you avoid the common cold. Saunas also reduce oxidative stress, which is associated with cardiovascular disease, cancer and degenerative diseases like dementia. [2]

## PAIN RELIEF

Infrared sauna therapy may ease the pain that comes with some musculoskeletal conditions, like low-back pain, osteoarthritis (degenerative joint disease), myofascial pain (pain within the musculoskeletal system), and fibromyalgia (pain throughout the body). [3]

## STRESS REDUCTION

The improved circulation from dry heat therapy may promote relaxation and lower stress levels. [4]

## CARDIOVASCULAR HEALTH

Given heat therapy's general cardiovascular benefits, some specific studies show a potential link between sauna usage and a lower risk of dying of heart disease in certain groups of people. [5]

## SKIN REJUVENATION

Infrared heat may also benefit people with certain skin conditions like psoriasis. [6]

## LUNG FUNCTION

One study suggests using a sauna might help improve breathing and reduce pneumonia risk, though more conclusive evidence is needed. [7]

## SIDE EFFECTS OF DIABETES

A 2010 study published in the *Journal of Complimentary and Alternative Medicine* found that far-infrared sauna use is associated with improved quality of life in people with type II diabetes, even when compared to other lifestyle interventions. People with diabetes often suffer from complications such as pain, chronic fatigue syndrome, depression, congestive heart failure and other heart problems, but sauna treatment seems to improve pain threshold and contribute to overall well-being – naturally helping with diabetes symptoms. [8]



## *INVISIBLE* **INSTALLATION**

Spectrum Plus™ infrared heaters can be installed safely behind slat walls without any loss of heat or overall user experience.



*ELEGANT*  
**APPERANCE**

Spectrum Plus™ infrared heaters were designed to bring an elegance to any sauna room while combining a traditional steam heater for the ultimate sauna experience.

Showcase your sauna room with the most advanced infrared heaters on the market today.

## COMMERCIAL APPLICATIONS

*Spectrum Plus™ infrared heaters were engineered for maximum performance and durability. More durable than any other infrared sauna heater available on the market today.*

*Consumers demand the best performance possible, with Spectrum Plus infrared heaters there's no need to sacrifice safety, health benefits or overall user experience.*

*With an industry leading unlimited lifetime warranty and prestigious UL listing, your commercial business is in safe hands.*

*LOW*

## **EMF Technology**

Stay healthy with Spectrum Plus™ infrared heaters. Tested to be extremely low in EMF by a NASA award winning electromagnetic testing facility.



*HIGH*

## **EMISSIVITY**

High emissivity levels are important to ensure that high concentrations of peak infrared waves (not just heat) penetrate your muscle, fat and tissue.

Spectrum Plus™ infrared heaters produce an impressive emissivity of .997, nearly reaching a perfect blackbody.

*HIGH*

## **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. Spectrum Plus™ infrared heaters have the highest watt density industry wide.





COMBINATION  
**APPROVED**

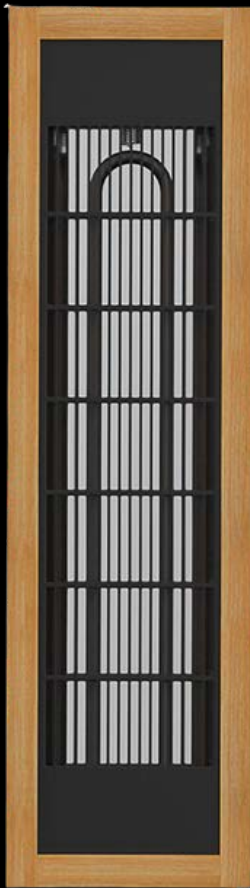
Carbon infrared heaters were never designed to handle the additional heat and moisture a traditional heater produces.

Spectrum Plus™ infrared heaters were engineered to compliment a traditional heater safely and effectively while maintaining the best warranty in the infrared industry.

Why sacrifice, if you can have the best of both worlds?







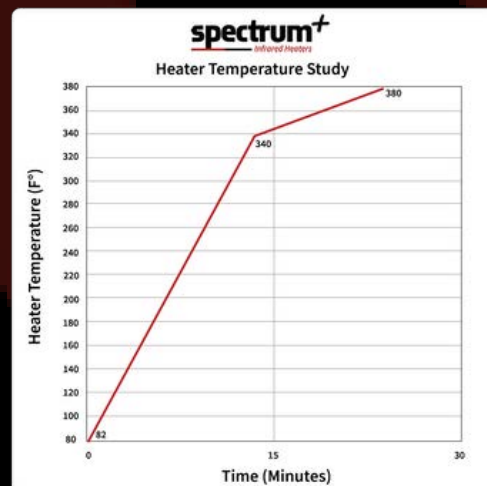
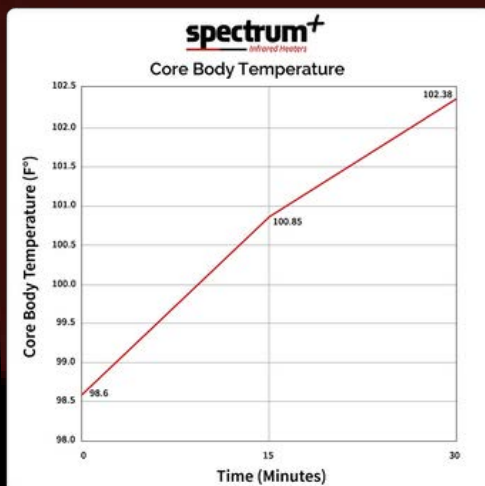
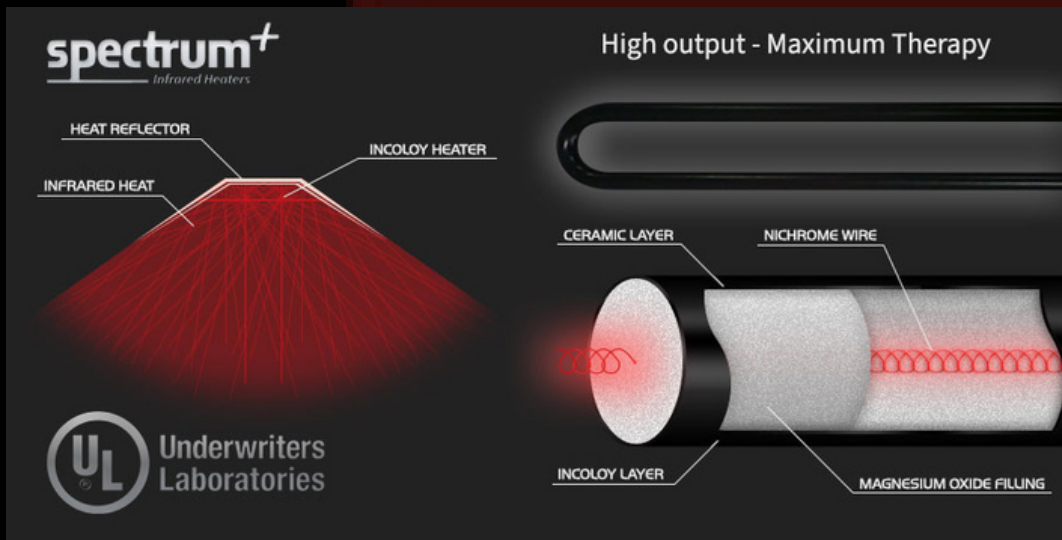
# SPECTRUM PLUS INFRARED

**Model: SPK250**  
 Wattage: 250w  
 Voltage: 120v  
 Size: 825x228x65  
 EMF: Low  
 Frame: Canadian Cedar

**Model: SPK350V**  
 Wattage: 350w  
 Voltage: 240v  
 Size: 825x228x65  
 EMF: Low  
 Frame: Canadian Cedar

**Model: SPK300**  
 Wattage: 300w  
 Voltage: 120v  
 Size: 825x228x65  
 EMF: Low  
 Frame: Canadian Cedar

**Model: SPK208V**  
 Wattage: 350w  
 Voltage: 208v  
 Size: 825x228x65  
 EMF: Low  
 Frame: Canadian Cedar



# AVAILABLE KITS

## SPECTRUM PLUS™



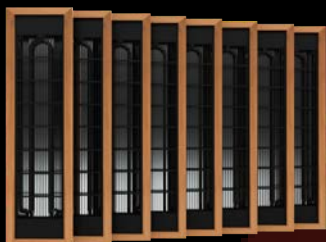
Model: SPK15  
Wattage: 1500W  
Voltage: 120v  
Amps: 15



Model: SPK18  
Wattage: 1800W  
Voltage: 120v  
Amps: 15



Model: SPK21  
Wattage: 2100W  
Voltage: 120v  
Amps: 20



Model: SPK24  
Wattage: 2400W  
Voltage: 120v  
Amps: 20



Model: SPK28  
Wattage: 2800W  
Voltage: 240v  
Amps: 15



Model: SPK31  
Wattage: 3150W  
Voltage: 240v  
Amps: 15



Model: SPK35  
Wattage: 3500W  
Voltage: 240v  
Amps: 15



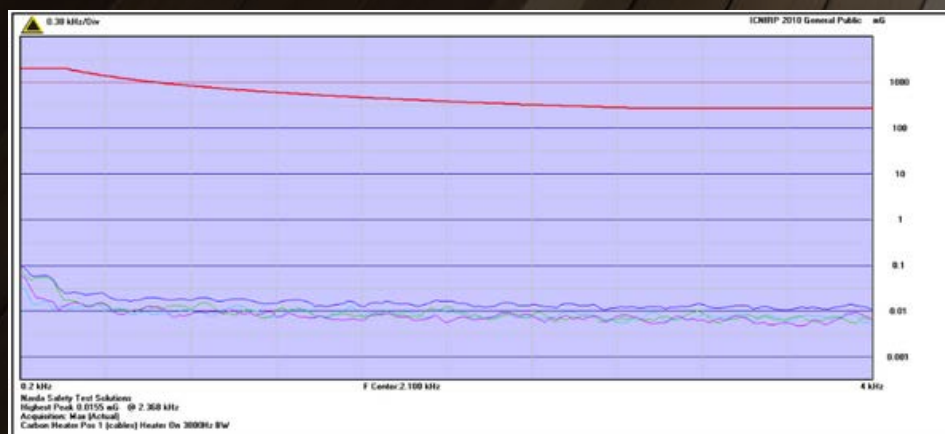
Model: SPK38  
Wattage: 3800W  
Voltage: 240v  
Amps: 20

## REFERENCE CITATIONS

Spectrum Products uses only high-quality sources, including peer-reviewed studies, to support the facts within our catalogs. We focus on keeping our information accurate, reliable and trustworthy.

- [1] Hassan H, Sade A, Rahman M. Innovative technologies preference for slimming treatment. *Int J Bus Manag.* 2017;1 (2): 01-06. doi:10.26666/rmp.ijbm.2017.2.1
- [2] Ernst E, Pecho E, Wirz P, Saradeth T. Regular sauna bathing and the incidence of common colds. *Ann Med.* 1990;22(4):225-7. doi: 10.3109/07853899009148930. PMID: 2248758.
- [3] Tsagkaris C, Papazoglou AS, Eleftheriades A, Tsakopoulos S, Alexiou A, et al. Infrared radiation in the management of musculoskeletal conditions and chronic pain: A systematic review. *Eur J Investig Health Psychol Educ.* 2022 Mar 14;12(3):334-343. doi:10.3390/ejihpe12030024
- [4] Henderson KN, Killen LG, O'Neal EK, Waldman HS. The cardiometabolic health benefits of sauna exposure in individuals with high-stress occupations. A mechanistic review. *Int J Environ Res Public Health.* 2021 Jan 27;18(3):1105. doi:10.3390/ijerph18031105
- [5] Laukkanen T, Khan H, Zaccardi F, Laukkanen JA. Association between sauna bathing and fatal cardiovascular and all-cause mortality events. *JAMA Intern Med.* 2015 Apr;175(4):542-8. doi:10.1001/jamainternmed.2014.8187
- [6] Barolet D, Christiaens F, Hamblin MR. Infrared and skin: Friend or foe. *J Photochem Photobiol B.* 2016 Feb;155:78-85. doi: 10.1016/j.jphotobiol.2015.12.014. Epub 2015 Dec 21. PMID: 26745730; PMCID: PMC4745411.
- [7] Laukkanen T, Khan H, Zaccardi F, Laukkanen JA. Association between sauna bathing and fatal cardiovascular and all-cause mortality events. *JAMA Intern Med.* 2015 Apr;175(4):542-8. doi:10.1001/jamainternmed.2014.8187
- [8] Beever R. The effects of repeated thermal therapy on quality of life in patients with type II diabetes mellitus. *J Altern Complement Med.* 2010 Jun;16(6):677-81. doi: 10.1089/acm.2009.0358. PMID: 20569036.

## EMF TEST LOG



## CUSTOM SAUNAS **SPECTRUM PLUS™**

For the ultimate sauna experience, chose Spectrum Plus™ infrared heaters.

### **US / CANADA**

6231 Mcleod Dr. STE A | Las Vegas, NV 89120  
800.986.3000 | [spectrumproducts.com](https://spectrumproducts.com)

### **INTERNATIONAL**

[spectrumproducts.com](https://spectrumproducts.com) | Contact your local Spectrum Products representative.

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



**FOREST  
STEWARDSHIP  
COUNCIL**



**Underwriters  
Laboratories**  
Spectrum Plus™