



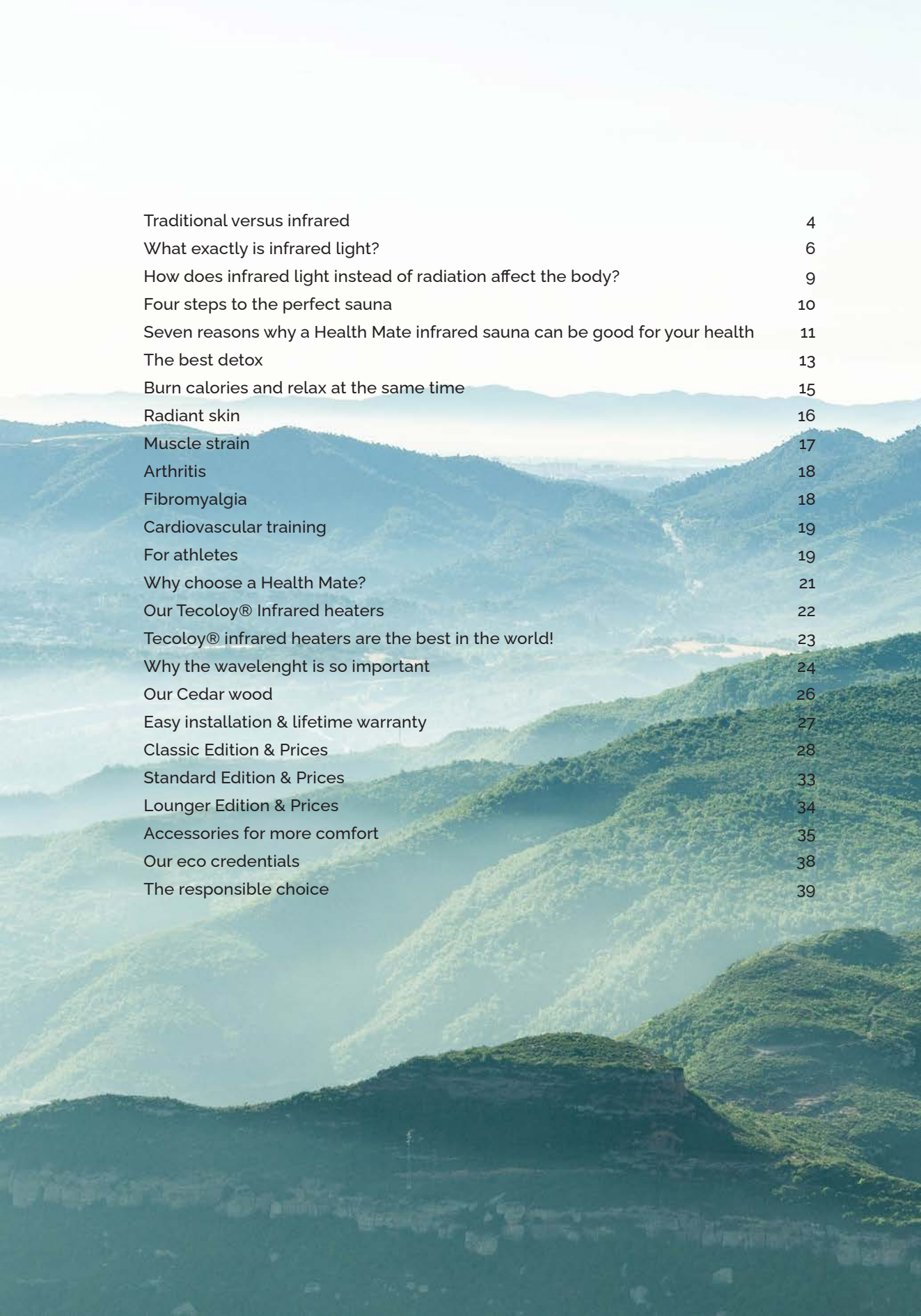
HEALTH MATE[®]

World Leader in the Infrared Sauna Industry



***Curious about what a Health Mate
can do for your health?***

Read the facts here!



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Welcome!

Health Mate ® has been around for 42 years. Since 1979, we have conquered the world - We can say this with confidence, because you'll find our Health Mate saunas in the homes of people across more than 50 countries today.

Who are these people?

In the UK, millions of people live with a chronic illness. Whilst a Health Mate infrared sauna doesn't cure anything, we know that it can enormously improve the quality of life for the chronically ill.

Athletes use the cabin before or after their training to improve their performance and recover faster; some people use a Health Mate because they want to boost their immunity and burn waste quickly, whilst many others simply want to relax and shake off a busy day at work.

We know that a Health Mate infrared sauna is an investment. Often, we are asked whether a cheaper cabin from a local DIY could be just as good, and we are very clear why this is not the case.

The difference between these heat cabins and our Health Mate infrared sauna, is the effect on your health. While warmth is always good – it are only the infrared rays with 'deep level therapy' (see page 22) that have a therapeutic effect on your body. This is the vital differentiator between a Health Mate and the cheaper alternatives. So, choose with care - not all infrared saunas are the same!

In this brochure we explain what makes a Health Mate sauna so unique and what it does for your health. Do you have any questions? Please don't hesitate to contact us via www.health-mate.co.uk.

Health Mate UK

“ You will not find Health on the second-hand market. To have is to love!

Traditional versus infrared

The idea of using heat to cleanse and relax originates from the Finns, who began by making fires in huts or caves. Professional saunas that came later are without doubt pleasant, but they can't match the health benefits of an infrared sauna.

THE BIG DIFFERENCE

In a traditional sauna, the temperature is raised to about 90°. To make this heat bearable, water is evaporated.



An infrared sauna is different. Infrared rays heat your body directly, which is means there's no need for excessive temperatures. 55 degrees Celsius makes for a very pleasant experience and is still hot enough to sweat out all the toxins.

THE BENEFITS

The health benefits of a Health Mate infrared sauna are unparalleled:

- Compared to traditional sauna, you **sweat 2 to 3 times more** in an infrared sauna - even if the temperature is much lower.
- By sweating more, **up to 7 times more toxic substances** are lost.
- Effective at lower temperatures, an infrared sauna is **great for cardiovascular fitness**.
- With infrared radiation at a wavelength of 6,340 nanometres, a Health Mate sauna has a **therapeutic effect** on our body. You can read all about this on page 23.

“

In contrast to a traditional sauna, you sweat up to 3 times more in an infrared sauna - losing up to 7 times more toxic substances.



DID YOU KNOW...

A Health Mate infrared sauna will heat up to 50 degrees Celsius after 20 minutes and is ready for use.

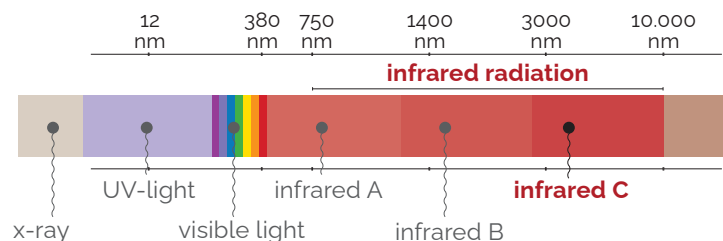
A 30-minute session (including a 20-minute warm up) costs an average of only £0.35 in electricity. This is comparable to using a vacuum cleaner.

What exactly is infrared light?

Infrared radiation is a form of light which falls outside of the visible light spectrum - we never see pure infrared light. Infrared radiation has two forms. On one hand, there is infrared radiation that we feel directly as heat (thermodynamics); on the other hand, there is infrared radiation which has no tangible heat but gives off infrared energy that causes our body to heat itself. It's this form of heat transfer that makes a Health Mate infrared sauna so unique.

THE POWER OF INFRARED LIGHT

The sun is the largest source of infrared light - not to be confused with (harmful) UV radiation that moves at a different wavelength. Our own body also produces infrared rays. Indeed, the principle of palm healing that originated in China 3000 years ago, is based on the healing effect of infrared rays.



MEDICAL SCIENCE

The use of infrared rays is not confined to alternative medicine. Since the 1960s, infrared light has been used as 'therapeutic' heat in medical science - for example: keeping babies warm in incubators, helping physiotherapists heal muscle injuries, and providing sophisticated beauty treatments for beauty experts to offer clients.

nm: a nanometre is one millionth of a millimetre





“It's a matter of the right wavelength. At 6,340 nanometres, our body cells start to vibrate and thus warm up our body from the inside.

How does infrared heat affect the body?

Infrared light is generated at a wavelength between 750 and 10,000 nanometres. This wavelength is important because it determines whether the light has an effective therapeutic effect or just a 'feel good' effect.

THE SECRET OF HEALTH MATE

This wavelength is precisely where the secret of the Health Mate infrared sauna lies.

Health Mate saunas generate infrared light at a wavelength of 6,340 nanometres. Meanwhile, the rhythm of the water in our body cells has a wavelength between 5,600 and 8,500 nanometres. The two are, as it were, perfectly matched.

YOUR BODY WARMS UP...

Infrared radiation heat from a Health Mate infrared sauna penetrates body cells, which in turn sets cellular molecules in motion. This movement generates heat, both inside and outside of the body.

In contrast to a traditional sauna, the infrared rays warm up the body without heating the surrounding air.

...YOUR BODY COOLS OFF AGAIN

As the body works to dissipate the heat, you sweat and lose body water - 80% water and 20% waste products. But that's not all.

The entire cooling process requires energy, which means you burn calories with no effort, and no feeling tired afterwards!

As you sit relaxing, your whole body is working hard; your heart rate accelerates, and your internal and peripheral blood flows are stimulated as though you've been walking for half an hour.

So, the health benefits of a Health Mate infrared sauna are great - from detox all the way through to cardiovascular exercise.

Four steps to the perfect sauna

1.

WARM UP (OR NOT)

This is a personal choice. Many people like to feel the heat increase, whilst others prefer their infrared sauna to be warm when they step in. Factor in a warm-up time of 15 to 20 minutes, depending on your model of infrared sauna.

2.

SET THE TEMPERATURE

The most frequently chosen temperature is 55°. For greater results with your muscles and joints, extend your time in the sauna rather than increasing the temperature.



3.

SIT FOR HALF AN HOUR

A session usually lasts for 30 minutes, during which you should always feel comfortable and relaxed. If this is not the case, lower the temperature or open the door.

4.

REST & SHOWER

At the end of the session, wipe off the sweat, wrap yourself in a towel or bathrobe, and let your body rest until you've 'sweated out'. Finally, take a warm or lukewarm shower.

HOW MANY TIMES A WEEK?

Using a Health Mate infrared sauna two to three times a week is enough to take advantage of all the associated health benefits. For the first four weeks, use your infrared sauna a maximum of three times per week. From the fifth week onwards, you can increase the number of sessions - even daily, if this is your preference.



Seven reasons why a Health Mate infrared sauna can be good for your health*

- 1 The best way to detox and boost your immune system
- 2 Calories are burned as you relax
- 3 Reduced stress
- 4 Skin is radiant & wrinkles become less visible
- 5 Natural pain relief for chronic conditions (including muscle pain, arthritis, fibromyalgia, rheumatism)
- 6 Effortless cardiovascular training
- 7 Improved performance and recovery times for athletes

(*) Always consult your doctor if you want to use an infrared cabin for medical reasons



The best detox

WHAT IS DETOXING?

Our body continuously absorbs toxic substances that cannot be removed through normal routes (intestines, liver, kidneys). As a result, we can feel tired and out of balance, often fighting excess weight that we just can't lose and sometimes suffering with allergies. 'Detox' means the removal of all accumulated toxins in the body.

HOW DO YOU DETOX?

There are several different ways to detox, including juice therapy, fasting and colonics. However, one of the easiest ways to detox, is to sweat.

Doctor Sherry A. Rogers - member of the American College of Allergy, Asthma and Immunology and bestselling author of the book *Detoxify or Die* - swears by infrared saunas as the ultimate detox:

"The only way your body gets rid of harmful substances on its own is by perspiring. You can go jogging, exercise, work in the garden...but an infrared session is easier and more measurable, because it is much more effective and more comfortable."



THREE WAYS TO DETOX IN YOUR INFRARED SAUNA

In a Health Mate infrared sauna, you detox in three ways, simultaneously:

- Fat cells are stimulated and release toxic substances.
- Blood circulation improves, ensuring that toxic substances are transported to your liver, where they are processed.
- Toxins also leave your body through sweating skin.



Burn calories and relax at the same time

BURN CALORIES WITHOUT EFFORT

With a Health Mate infrared sauna, you burn calories whilst sitting comfortably with a good book - not a treadmill in sight!

During a session in your infrared sauna, your body warms up from the inside and to dissipate this heat, you start to sweat. As a result, your heart rate accelerates (just as if you were exercising) and you lose fluids, waste products and calories.

PURE RELAXATION

An infrared sauna is one of the best ways to relax. You close the door of your cabin, take some time for yourself with your favorite music and/ or a book and clear your head.

Put on your favorite music

The Health Mate Classic and Lounger infrared saunas are equipped with a Bluetooth system as standard, so, you can listen to your favourite music, make calls, or watch a movie on you iPad while you work on your health.



CHOOSE YOUR COLOUR

All our Health Mate Classic and Lounger infrared saunas are equipped with LED colour therapy. Set the desired colour, depending on your mood.

RED	Increases physical energy, vitality, resistance, spontaneity, stability and passion
ORANGE	Stimulates creativity, productivity, fun, optimism, enthusiasm and expression of emotions
YELLOW	Increases cheerfulness, humour, sunshine, personal power, intelligence, logic and creativity
BLUE-INDIGO	Increases calmness, love, friendliness, truth, inner peace, depth of emotions and devotion
GREEN	Supports balance, harmony, love, communication, sociability and acceptance
VIOLET	Stimulates intuition, imagination, boundless currents, meditation and artistic qualities

Radiant skin

Infrared therapy is a boon for your skin - it's the beauty secret of many Hollywood stars such as Jennifer Aniston and Gwyneth Paltrow. The effect on your skin is spectacular!

1 YOU GET A FRESH, HEALTHY COMPLEXION

You sweat out bacteria and impurities from your skin, resulting in a fresh, younger-looking complexion.

2 IT IS THE BEST SKIN TREATMENT

An infrared sauna stimulates production of collagen - a protein that keeps your skin elastic and ensures that wrinkles, fine lines, blemishes, and pigmentation spots become less visible. Anyone with skin conditions* such as acne, eczema, psoriasis, or dermatitis will benefit from an infrared sauna.



3 IT REALLY HELPS TO COUNTER CELLULITE

Cellulite is a gel-like substance comprised of fat, water and dirt which is contained in 'pockets' under the skin.

Heavy sweating helps to remove these fat pockets from your body - because the heat penetrates much deeper in a Health Mate infrared sauna - it is considerably more effective than a traditional sauna.

Dr Leigh Erin Connelly, Medical Director of the South Coast Medical Centre sums this up as follows:
"Women are constantly looking for a cream that can treat cellulite. But it doesn't exist. The only thing that helps is an infrared sauna. All waste products are removed so that the fat cells 'lie' under your skin again. And that's how your cellulite disappears."

“I really love an infrared sauna; it just allows for such a beautiful, glowing skin.”

Jennifer Aniston on www.forbes.com

Muscle strain*

Over the past 42 years, much research has been done regarding the effects of an infrared sauna on our health. Research includes people who suffer from muscle pain and stiffness in the joints, whose quality of life is noticeably improved thanks to the benefits of an infrared sauna. In fact, an infrared sauna is often the only way to cope with the pain.

HOW IT WORKS

- Heat rays from a Health Mate infrared sauna set molecules in the body in motion, generating heat from within. This ensures that tense muscles relax and become more flexible.
- Because blood circulation is stimulated, muscles receive more blood flow.
- At the same time, our body generates endorphins (commonly associated with exercise and sexual arousal) which act as a pain reliever and make us feel happy.

This explains why people with muscle pain who sit in a Health Mate infrared sauna two or three times a week have significantly less pain and need to call on a physiotherapist less frequently.

(* Always consult your doctor if you want to use an infrared cabin for medical reasons)

Mark was paralysed after an accident and often suffers from muscle spasms and pain - he is a loyal user of the Health Mate infrared sauna.

"Without my Health Mate infrared sauna, I would probably need painkillers and a lot more physiotherapy, but I don't have to now. My daily infrared session keeps my muscles supple. It's my natural pain relief!"



Arthritis*

Hundreds of thousands of people in the UK suffer from arthritis, with women more likely to suffer than men. Arthritis is an autoimmune disease in which the body attacks its own tissue and causes inflammation in various joints. A recent study has shown that an infrared sauna makes the lives of people with arthritis a lot more pleasant.

See www.healthmate.co.uk for the medical studies.



Cardiovascular training*

Cycling, walking, swimming...exercise of any type for half an hour a day is good for your health. However, not everyone can exercise to this degree - for example, people with certain disabilities or heart problems. These people need another way to obtain the benefits of exercise.

HOW IT WORKS

Because the heat from an infrared sauna is transferred directly to your body, it creates a warming effect deep within your muscle tissue and internal organs. Your body responds to this deep warming effect with an increase in heart rate, evoked by the hypothalamus. This 'useful heart stress' has the same effect as experienced after a cardiovascular workout or other exercise.

For athletes

Given the array of health benefits, it's not surprising that many top athletes have a Health Mate infrared sauna in their home.

WHY?

- It's the perfect pre-workout warm-up. Sitting in your cabin with clothes on (t-shirt and shorts) with the door open, allows your body to warm up without sweating. This is a great way to ensure that you're perfectly warmed up to exercise in cold conditions, and so better equipped to prevent injuries.
- Muscle flexibility can be improved. Research shows that stretching after a 40-minute session in an infrared sauna leads to a permanent 5% increase in flexibility. Even a 20-minute session can provide a temporary increase (up to 10%) in flexibility.
- Muscles recover faster. After physical exercise, an infrared sauna session will help your muscles to recover faster.

“

"For anyone with fibromyalgia, give it a try. It's my best purchase ever!"

Suzy, a 38-year-old mother with fibromyalgia



Fibromyalgia*

Fibromyalgia literally means pain of muscle and connective tissue.

Patients with fibromyalgia experience chronic pain and muscle stiffness all over the body, but especially in the neck and shoulder girdle, lower back and pelvic girdle, and the extremities. Numerous testimonials from satisfied customers prove that they benefit greatly from an infrared sauna.

(*) Always consult your doctor if you use an infrared cabin for medical reasons



Why choose Health Mate?

There are lots of infrared saunas on the market, many of which are cheaper than Health Mate. But don't get caught out - not all infrared radiation has the same effect on your body.

Health Mate is the only infrared sauna manufacturer in the world to use Tecoloy® infrared heating elements. Tecoloy® infrared heat is generated at a wavelength that is perfectly in tune with our bodies, and therefore creates a therapeutic effect. Cheaper versions work with inferior infrared heaters which provide no long-term health benefits. The heat is nice, but the effect ends once you step out of your sauna. Additionally, Health Mate infrared saunas are constructed from Red Cedar with a PEFC quality mark. Cheaper woods warp or crack at high temperatures -Red Cedar does not.



“ Our Tecoloy® heaters and our Cedar wood are unique

Our Tecoloy® - Human Spectrum - infrared heaters

Infrared light has a wavelength that varies between 750 and 10,000 nanometres. It is the wavelength that determines the effect that infrared radiation has on your body. Only infrared waves between 5,600 and 8,000 nanometres have a real therapeutic effect, known as 'deep level therapy'.

Tecoloy® infrared heaters from Health Mate generate a proven range of 6,340 nanometres. This is no coincidence - it's the exact wavelength that forms a perfect match with our body. Health Mate Tecoloy® heaters generate infrared light in the Human Spectrum.

WHAT HAPPENS?

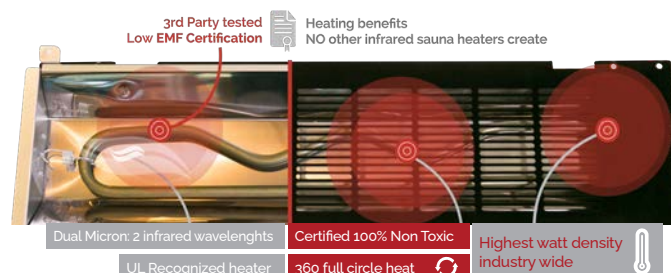
At 6,340 nanometres, infrared light sets the microscopic water molecules in our body in motion, which in turn creates heat.

Our blood circulation accelerates and ensures blood flow to every cell in our body ('deep level therapy'). And so begin the healing effects of infrared radiation - muscle and joint soreness disappears, our immune system gets a boost and cells are renewed.

CHEAPER INFRARED SAUNAS ARE OFTEN JUST MERE HEAT CABINS

Cheaper infrared cabins have radiating elements which generate less than 5,600 nanometres.

Whatever the label might say, these are not true infrared saunas – they are heat cabins. Heat cabins can be great, but you only get health benefits from a real infrared sauna.



“ It's a matter of the right wavelength. Something magical happens at 6,340 nanometres.

Tecoloy® infrared heaters are the best in the world!

In addition to producing infrared light on a safe wavelength of exactly 6,340 nm a range that is much more effective than all other infrared heaters on the market there are other reasons why the patented Tecoloy® infrared heaters are the best in the world.

- Each Tecoloy® heater contains an electrical coil which is surrounded by compressed ceramic sand. This warm core is indestructible.
- The whole heater is surrounded by a layer of Tecoloy® - an alloy of titanium, chromium, aluminium and nickel which is resistant to high temperatures and corrosion. This coating optimises radiation distribution and guarantees minimal energy loss.
- The unique heater also has a reflective panel, making sure the rays spread 360 degrees.
- Extensive tests have (repeatedly) shown that ours are the most effective infrared sauna heaters, with an unlimited service life.
- Health Mate's infrared heaters are perfectly insulated so you can enjoy your infrared session safely. Health Mate is the proud holder of various quality and safety certifications.

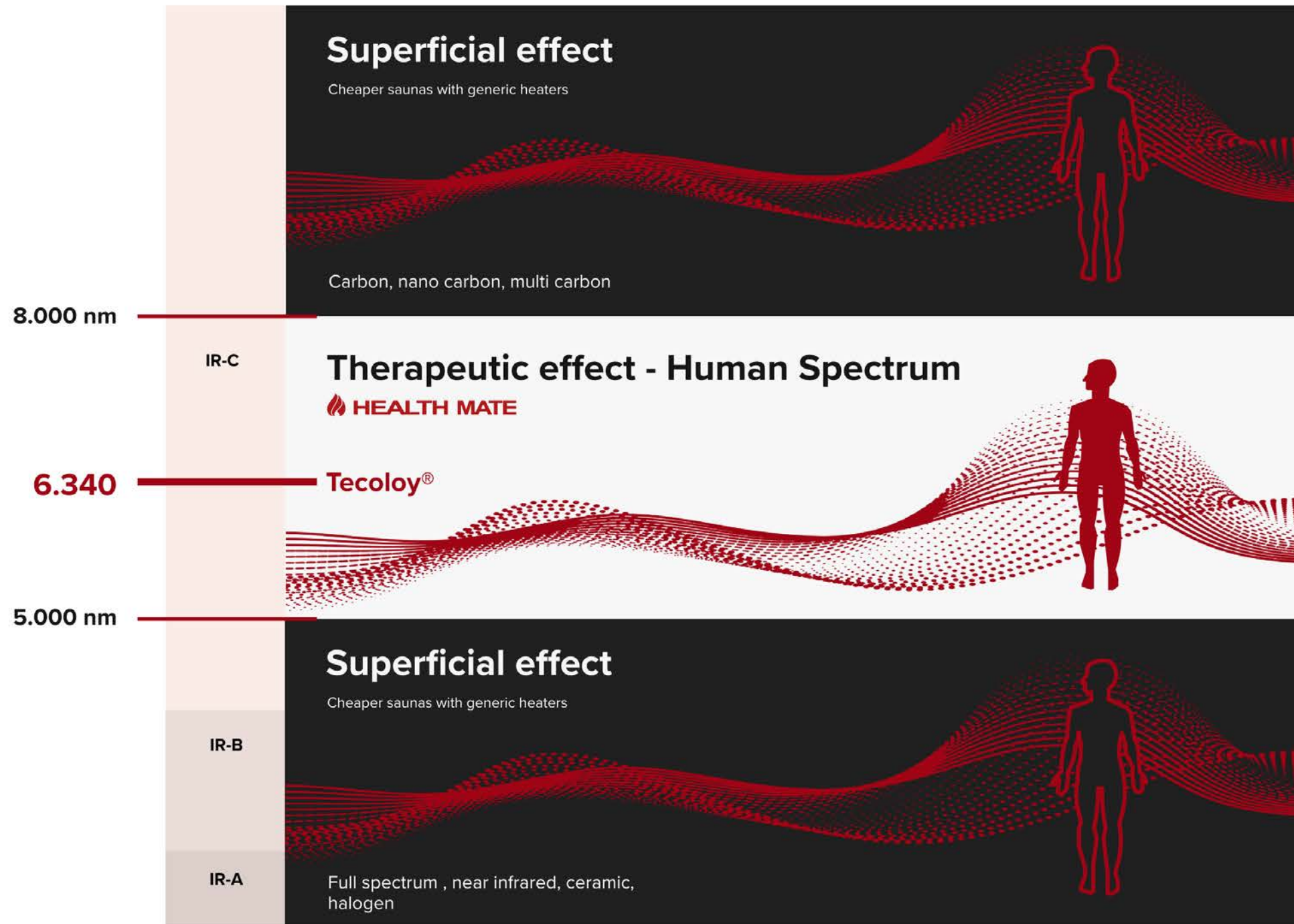
UL (Underwriters Laboratories) is a globally recognized association that ensures products meet the strictest standards.

Certification guarantees that our heaters work safely, reliably and effectively.

Our infrared heaters have a tiny (almost 0) level of electromagnetic radiation. Most recent tests prove that our infrared saunas remain under 2 milligauss of EMF output. This is the same as the level of electromagnetic radiation from a standard lamp, and much lower than a 32-inch TV (56 mG) or a convection oven (50-60 mG).



Why the infrared wavelength is so important





Petronella Ravenshear, Nutritional therapist

“ *The easiest way to improve your health*

Regular use of an infrared sauna is quite simply the easiest way to improve your health. 30-40 minutes at a relatively low temperature in the evening promotes a great night's sleep and in the morning, followed by a cold shower, makes for an invigorating start to the day! Infrared saunas help the body to detoxify and also raise the metabolic rate which can speed up weight loss. I recommend them to everyone

Jacintha, Havant

“ *The perfect addition to our home.*

Initially we were worried that the outlay for our sauna wouldn't reap its rewards and yet despite being right at the bottom of the garden there is always a regular path of visitors to the sauna. In winter we sit as a family and relax, or go there to recover after overindulging - the perfect detox. In Spring and Autumn we use it to warm up after a walk or exercise in the fresh air and in summer we have it on after we've been swimming to warm us up. All in all, we are in it twice a week on average. It has been worth every penny and we are only a year in.

Ade – Edgware

“ *The sauna far exceeds what I was expecting.*

I've used the sauna yesterday and it far exceeds what I was expecting. It gets much hotter than I expected much quicker. Everything about the sauna is brilliant.

Ann and David, London

“ *Truly delighted!*

It has been a pleasure to deal with a company that gives you a personal service and offers a quality product. We are truly delighted. Thanks for all your advice I'm sure we'll continue to enjoy the sauna.

Charlotte, Bromley.

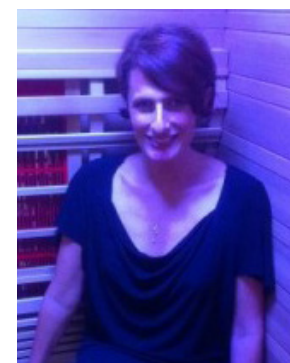
“ *I have had a full uninterrupted night of sleep for the first time in years*

Every day we enjoy the soothing warmth of my Healthmate. Since I was diagnosed with Rheumatoid arthritis a few years back, I have been struggling to get a good night's sleep and doing activities with my family has been increasingly difficult. When I went to try the Health Mate sauna in their London showroom I was impressed with the soft, deep heat and the soothing effect it had on me. But it was only later that day, when I went to bed and slept through the night without waking up in pain once, when I realised the full effect it had on me. I bought my Health Mate sauna the next day and have not regretted it for a second.

John Barnes, St. Albans

“ *Extremely happy.*

From initial conversations, visiting a reference site, purchase and installation of our a Health Mate sauna everything was made very easy for us. We are extremely happy with our choice and would recommend a 'health mate' sauna to all.



Kate, Wimbledon

“ *I am much more mobile and lively*

I feel pretty good for most of the working week and am able to enjoy my evenings and weekends again. Everyone has commented that I am more mobile and lively and I no longer limit my precious walking minutes. Psychologically it is also hugely helpful to know I can now manage my Osteo Arthritis.

Would you like to see more testimonials? Read them on: www.health-mate.co.uk

OUR ECO CREDENTIALS

Your health and that of our planet is important to us.

Health Mate is the sole manufacturer of infrared saunas certified by the Sustainable Forestry Initiative (SFI) and the Program for the Endorsement of Forest Certification (PEFC).

- The PEFC quality mark offers buyers of wood and paper products the assurance that they support sustainable forest management
- The SFI standard forest certification is based on principles that support sustainable forest management, including measures designed to protect water quality, biodiversity, the natural habitat of plants and animals, endangered species, and forests with a high conservation value.

These quality marks show that Health Mate does everything it can to protect natural resources.

“ *Your health and that of the planet are important to us.* ”



PEFC COC #39977



PEFC/29-31-123



The leaf of the Western Red Cedar

THE RESPONSIBLE CHOICE

Choosing Health Mate is an ecologically responsible decision. When you consider the lifecycle of real Cedar compared to other materials, it's clear that the environmental benefits simply cannot be matched.

- Wood is the only renewable construction material in the world - not only can wood be recycled, it can also be regenerated (North America now has more forests than 100 years ago). Other materials such as plastic, steel or aluminium consume natural resources which cannot be replaced.
- Wood accounts for more than 47% of all construction materials in the USA, and yet it consumes just 4% of the energy required to produce said materials. For example, to produce steel, 21 times more energy and more than 15 times more sulphur dioxide is released, compared to wood.

FROM TREE TO SAUNA

Your Health Mate sauna is not only green - our Chain of Custody (COC) is also certified.

This is the path that raw materials follow from a PEFC certified source, through processing, production, distribution and printing, to the finished product. Your Health Mate is therefore 100% green, from start to finish. Or - as we like to think of it - from tree trunk to sauna.



HEALTH MATE®

Pioneer in infrared technology



www.health-mate.co.uk



BENEFICIAL RELAXATION IN YOUR OWN HOME

A classic sauna can be beneficial, but it's not nearly as efficient as a Health Mate infrared sauna.

The temperature in a Health Mate infrared sauna is comfortable and yet its effect is greater because the infrared rays act directly on your body.

As well as losing toxins, you burn calories and relax muscles - after just one session you will feel reborn!

With so many benefits for the body, it's no coincidence that top athletes favour The Health Mate infrared sauna with our patented Tecoloy® infrared heaters.

A Health Mate infrared session can be beneficial for chronic health conditions*, including:

- ✓ Muscle and joint pain
- ✓ Boost your immune system
- ✓ Rheumatism, osteoarthritis and fibromyalgia
- ✓ Improved immunity
- ✓ Increased blood flow
- ✓ Fresher, younger looking skin
- ✓ Reduced cellulite
- ✓ Detoxification
- ✓ Passive calorie burning

(*) Always consult your doctor if you use an infrared cabin for medical reasons