alpine saunas™



THE COMPLETE SAUNA BUYER'S GUIDE

EVERYTHING YOU NEED TO KNOW
BEFORE BUYING A SAUNA

TRADITIONAL | INFRARED | INDOOR | OUTDOOR



WHY MORE PEOPLE ARE INVESTING IN HOME SAUNAS

Across Australia and New Zealand, wellness is moving from occasional treat to everyday priority. Thousands of people are looking for ways to build relaxation and recovery into their routine

WELLNESS & RECOVERY AT HOME

More people are creating spaces at home where they can relax, recover, and take a break from the pace of everyday life. Spa pools, ice baths, and saunas have become increasingly popular as people look for ways to support their wellbeing without leaving home. A home sauna is a place where you can slow down, switch off, and recharge.

Instead of driving to a gym, booking a spa session, or paying ongoing membership fees, a home sauna is ready whenever you are. For some, it's a place to unwind after a long day. For others, it's part of their recovery routine after exercise. Whether you use it a few times a week or make it part of your daily routine, it's always there when you need it.

Discover Alpine's range of premium infrared and traditional saunas, designed for homes across Australia and New Zealand.



WHAT SAUNA OPTIONS ARE OUT THERE?

QUICK HISTORY OF SAUNA CULTURE

Saunas have been part of everyday life in Northern Europe for centuries, particularly in Finland, where sauna culture remains deeply rooted today. Traditionally, saunas were used as a place to relax, socialise, and unwind after a long day. While modern sauna technology has evolved significantly, the core idea remains the same. Saunas create a warm, comfortable environment where you can slow down and recharge.

WHAT TYPES OF SAUNAS ARE THERE?

If you're considering a sauna for your home, you'll quickly discover several options: **traditional, infrared, outdoor, and indoor.**
The good news is that choosing the right sauna doesn't have to be complicated once you understand the basics. Sauna technology has evolved significantly, the core idea remains the same. Saunas create a warm, comfortable environment where you can slow down and recharge.



INFRARED INDOOR



INFRARED OUTDOOR



TRADITIONAL INDOOR



TRADITIONAL OUTDOOR



TRADITIONAL

A traditional sauna uses an electric heater and sauna stones to warm the air inside the room. Temperatures are typically higher than in an infrared sauna, creating the classic sauna experience many people picture when they think of a sauna. One of the unique features of a traditional sauna is the ability to pour water over the heated stones to create steam, known as löyly in Finnish sauna culture.



INFRARED

Rather than heating the air, infrared saunas use specialised heaters that warm your body directly. They generally operate at lower temperatures than traditional saunas, which many people find comfortable for longer sessions.



INDOOR

Indoor saunas are designed to fit within your home and are often installed in spare rooms, home gyms, wellness areas, bathrooms, or garages. They offer year-round convenience and can integrate seamlessly into existing living spaces.



OUTDOOR

Outdoor saunas create a dedicated retreat separate from the main home. They are ideal for backyards, pool areas, and outdoor entertaining spaces, while also offering a more traditional sauna atmosphere for many users.



BENEFITS OF REGULAR SAUNA USE

People use saunas for different reasons. Some enjoy switching off after a busy day. Others see sauna sessions as an important part of their recovery or self-care routine. Whatever your motivation, saunas have **science-backed health benefits** that go beyond taking a breather.



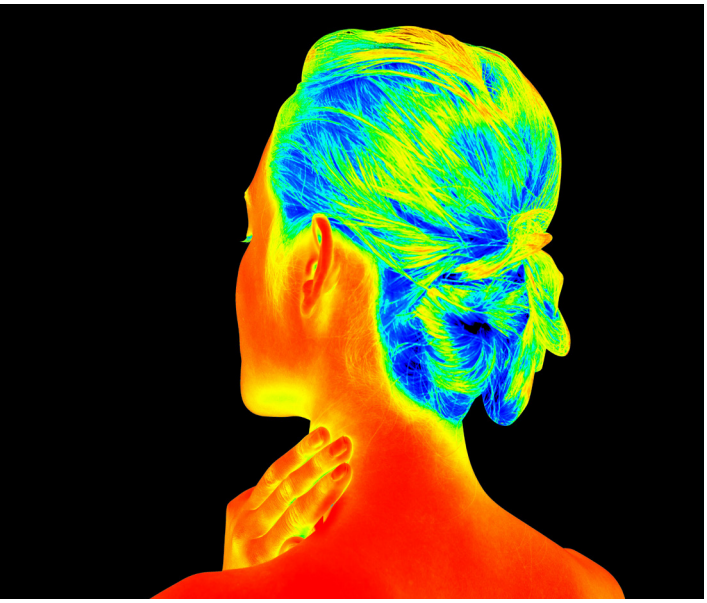
RELAXATION & STRESS RELIEF

For many people, time in the sauna is uninterrupted time to slow down. The combination of warmth, quiet, and separation from everyday distractions can help create a sense of relaxation. Whether it's 20 minutes after work or part of a weekend routine, your sauna is a space to switch off and recharge

MUSCLE RECOVERY

Saunas are commonly used as part of a recovery routine following exercise. Athletes and everyday gym-goers alike often include sauna sessions alongside stretching, mobility work, and other recovery practices. While a sauna isn't a replacement for proper recovery, it may be a valuable addition to your routine.





CIRCULATION & HEAT EXPOSURE

Heat affects everyone a little differently, but in general, the body's natural response to heat includes changes in blood flow and circulation. There's constant ongoing research studying the effects of sauna use and heat exposure for things like high blood pressure and cardiovascular illnesses.



BETTER SLEEP HABITS

Heat affects everyone a little differently, but in general, the body's natural response to heat includes changes in blood flow and circulation. There's constant ongoing research studying the effects of sauna use and heat exposure for things like high blood pressure and cardiovascular illnesses.

WELLNESS & SELF CARE

One of the biggest benefits of owning a sauna is having a dedicated space for yourself. A sauna can become one of the few places in your home where nothing is competing for your attention. No emails, no notifications, and no endless to-do lists. Just a chance to sit quietly, unwind, and enjoy a break from the pace of everyday life.





SOCIAL & FAMILY CONNECTION

Not every sauna session has to be a solo experience. Many people find that their sauna quickly becomes one of the most popular spots in the house. It's somewhere you can catch up with your partner, spend time with family, or sit and talk without the usual distractions of phones, television, and busy schedules.



FINDING THE RIGHT SAUNA FOR YOUR LIFESTYLE

The benefits you value most may influence the type of sauna that's right for you. Some people prefer the lower temperatures and convenience of infrared saunas, while others enjoy the higher heat and traditional experience of a classic sauna. Discover which sauna best suits your lifestyle.

WHAT IS AN INFRARED SAUNA?

A traditional sauna heats the air inside the room using a heater and sauna stones. An infrared sauna uses specialised infrared heaters that warm your body directly.

Infrared saunas don't need to heat the air to the same temperatures as traditional saunas, so they typically operate at lower temperatures. Many people find this creates a comfortable and enjoyable experience while still allowing them to enjoy the warmth of a sauna session. Learn more about the **health benefits of using an infrared sauna**. Explore some of our best sellers, like the **Niva**, **Lyon**, and **Oslo** models.



FULL SPECTRUM VS FAR INFRARED SAUNAS

These terms refer to different wavelengths of infrared heat.
Each sits in a different part of the infrared spectrum and produces a slightly different type of warmth.

NEAR INFRARED

Near infrared produces the shortest wavelengths in the infrared spectrum. It creates a more direct, intense heat that many people compare to standing in sunlight on a cool day.

MID INFRARED

Mid Infrared sits between near and far infrared. It produces a comfortable, even warmth and helps bridge the gap between the shorter and longer infrared wavelengths.

FAR INFRARED

Far infrared is the most common type of infrared found in many saunas. It produces the gentle, surrounding heat that most people associate with the infrared sauna experience. Many entry-level infrared saunas rely primarily on far infrared technology alone.

	NEAR 0.76 - 1.4UM	MID 1.4 - 3UM	FAR 3 - 14UM
Cellular Health	✓		
Wound Healing	✓		
Skin Rejuvenation	✓		
Pain Relief	✓	✓	
Improved Micro-circulation		✓	
Weight Loss		✓	✓
Detoxification			✓
Blood Pressure Reduction			✓
Relaxation			✓

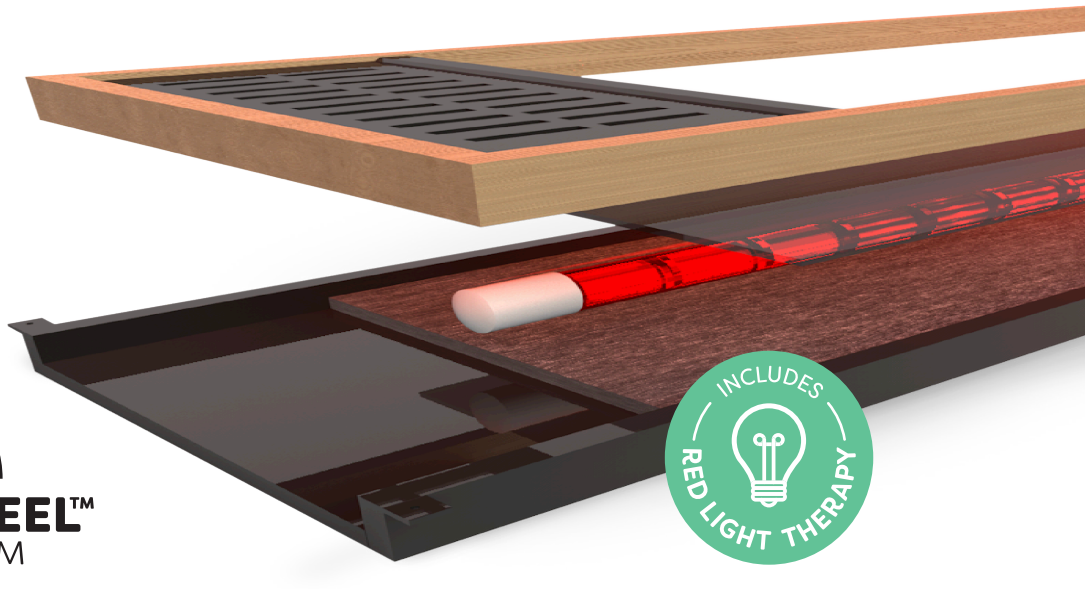


WHAT DOES FULL SPECTRUM MEAN?

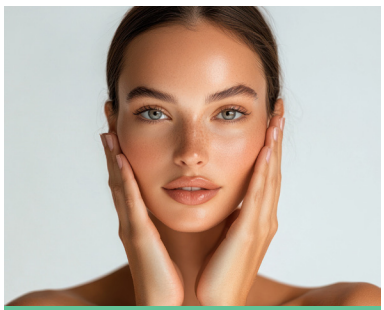
A far infrared sauna gives you one type of infrared heat. A full spectrum sauna combines near, mid, and far infrared in a single system. The technology gives you access to the entire infrared spectrum during your sauna session. If you're making a long-term investment in a sauna, it makes sense to choose a model that offers the complete infrared experience rather than limiting yourself to a single type of heat. It's often considered one of the key features to look for when comparing premium infrared saunas.

FULL SPECTRUM TECHNOLOGY

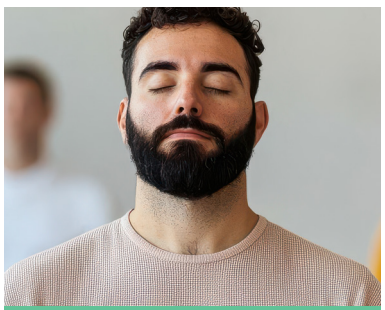
Our **QuantumFeel™ Full Spectrum Heaters** deliver near, mid, and far infrared light, targeting different layers of your body for enhanced circulation, relaxation, and detox. They have a higher maximum temperature and offer deeper tissue penetration than our Ultra Low EMF heaters, making them ideal for recovery and a more intense heat experience.



QUANTUMFEEL™
FULL SPECTRUM


Boosts Collagen Production


Aids Muscle Recovery


Mental Clarity


Athletic Performance


Reduce Inflammation


Improved Sleep

*Individual results may vary.

ULTRA LOW EMF EXPLAINED

WHAT IS EMF?

If you've been comparing infrared saunas, you've probably come across the term EMF. It's one of the most common questions buyers ask, but it's also one of the most misunderstood. EMF stands for electromagnetic field. Small amounts of EMF are produced by many of the electrical devices we use every day, including televisions, mobile phones, appliances, computers, and sauna heaters.

WHY DO YOU NEED TO KNOW ABOUT EMF?

Unlike most household appliances, you're sitting close to the heaters inside an infrared sauna. As a result, many buyers want to understand how much EMF is produced and whether one sauna generates less than another.

One of the biggest myths is that all infrared saunas produce the same EMF levels. In reality, EMF levels can vary significantly between different sauna models and heater technologies. Another common misconception is that "zero EMF" saunas exist. In most cases, any electrically powered appliance will produce some level of EMF. The goal is not necessarily zero, but rather designing systems that minimise exposure wherever possible.

WHAT EMF LEVEL SHOULD YOU LOOK FOR?

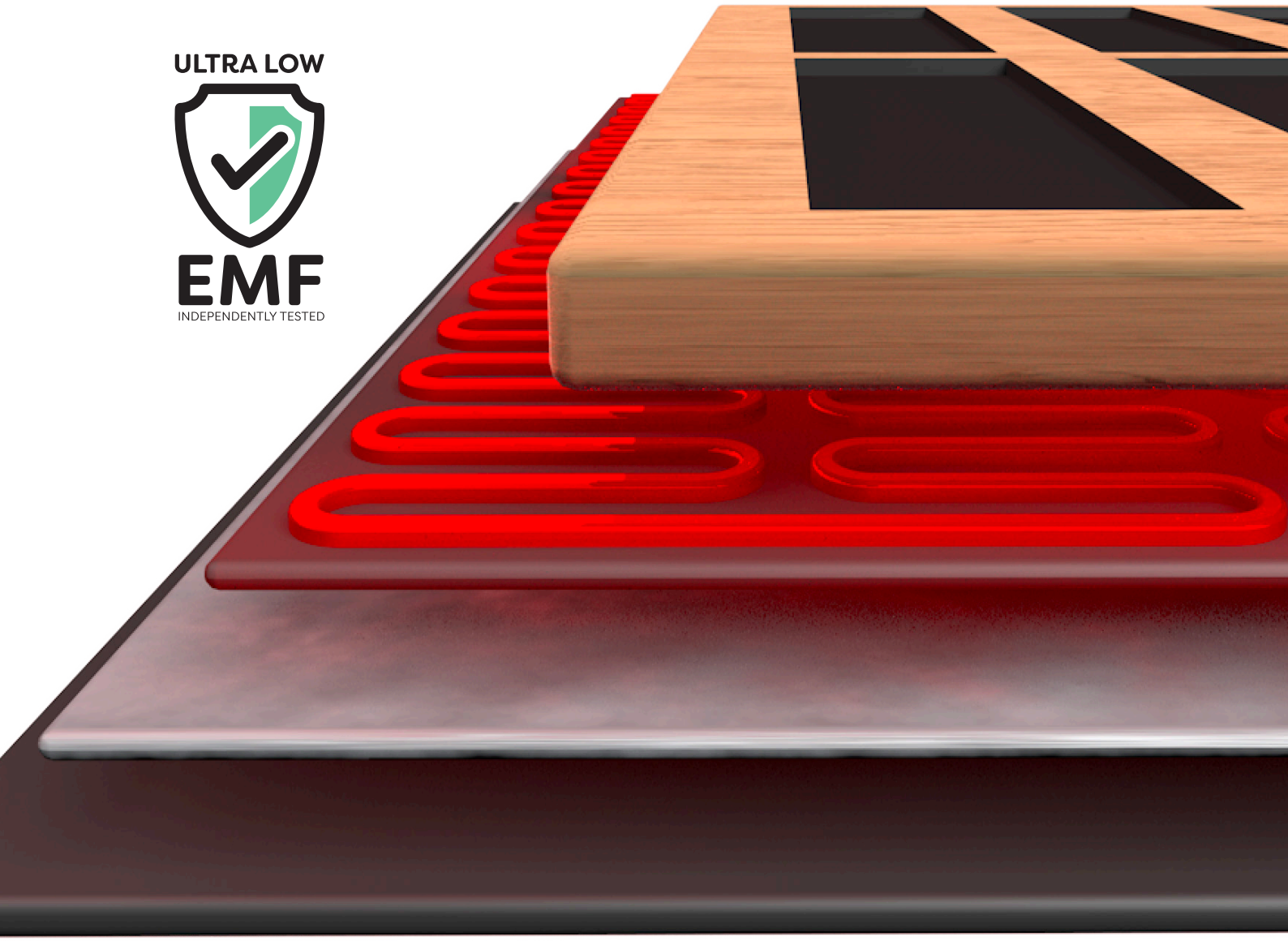
If EMF levels are important to you, look for a sauna that has been specifically designed and tested to achieve Ultra Low EMF performance. Reputable manufacturers should be able to provide clear information about their testing methods and the EMF levels their products produce. Rather than focusing on marketing claims alone, focus on transparency, testing, and overall build quality.

ULTRA LOW EMF TECHNOLOGY

Our **Ultra Low EMF Nano Carbon Heaters** feature a smart four-layer design for top-quality efficiency and performance. They emit less than 0.5 milligauss, lower than most household appliances, so you can enjoy infrared therapy with maximum comfort and peace of mind.

These heaters focus on the far infrared wavelength, which penetrates and heats your body to the deepest degree possible. This offers physiological benefits like improved circulation, detoxification, and the ability to burn up to 250 calories in 30 minutes while passively relaxing.

ULTRA LOW EMF
INDEPENDENTLY TESTED



WHY ALPINE SAUNAS USE PREMIUM HEATER TECHNOLOGY

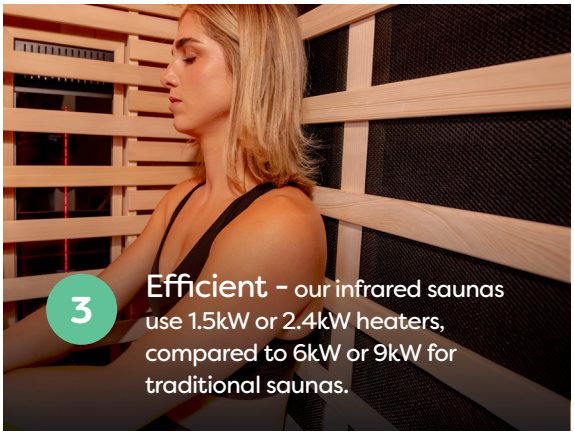
Alpine uses ceramic or carbon panel heaters in our infrared saunas, and we've specifically chosen Ultra Low EMF Nano Carbon Heaters and QuantumFeel™ Full Spectrum Heaters because they're:



1 **Safe** - Rigorously tested to meet the highest safety standards in Australia and New Zealand



2 **Ultra Low EMF** - less than 0.5 milligauss - lower than most household appliances.



3 **Efficient** - our infrared saunas use 1.5kW or 2.4kW heaters, compared to 6kW or 9kW for traditional saunas.



4 **Effective** - they penetrate deeply into tissues for therapeutic benefits at lower ambient temperatures (40–70°C).



5 **Adjustable** - Full spectrum heaters can be fine-tuned with ThermaDial™ controls for personalised heat intensity.



6 **Connected** - WiFi and Bluetooth models can be switched on from your phone, so your session is ready when you are.

INFRARED SAUNA BUYING CHECKLIST

By the time you've decided that an infrared sauna is right for you, the next step is choosing the right model. While it's easy to focus on appearance and price, there are a few important factors that can have a big impact on your long-term satisfaction. Before making a decision, work through the checklist below.



HOW MANY PEOPLE WILL USE THE SAUNA?

- Will it mainly be for one person?
- Do you want enough room for two people?
- Will family members use it regularly?

WHAT HEATER TECHNOLOGY DOES IT USE?

The heart of an infrared sauna is its heater. Check whether the sauna uses far infrared only or full spectrum technology. If you're investing in a premium sauna, it's worth understanding what type of infrared experience you're getting.

WHAT TIMBER IS IT MADE FROM?

Infrared saunas can be made from various types of wood. Two of the most popular options are hemlock and cedar, each offering distinct characteristics in smell, appearance, and cost.

ARE EMF LEVELS CLEARLY STATED?

If EMF performance is important to you, look for manufacturers that provide clear information about testing and specifications. Be cautious of vague marketing claims and focus on brands that are transparent about their technology.

WHAT FEATURES MATTER MOST TO YOU?

Think about which features you'll genuinely use rather than choosing based on a long list of extras. Some buyers want a simple sauna experience. Others prefer additional features such as:

- ☐ Low EMF Heaters
- ☐ Full Spectrum Heaters
- ☐ Adjustable Heaters
- ☐ WiFi & Digital Control
- ☐ Chromotherapy Lighting
- ☐ Bluetooth Audio

WHAT WARRANTY IS INCLUDED?

A sauna is a long-term investment. Before purchasing, check what warranty is provided and whether replacement parts and support are available if needed in the future.

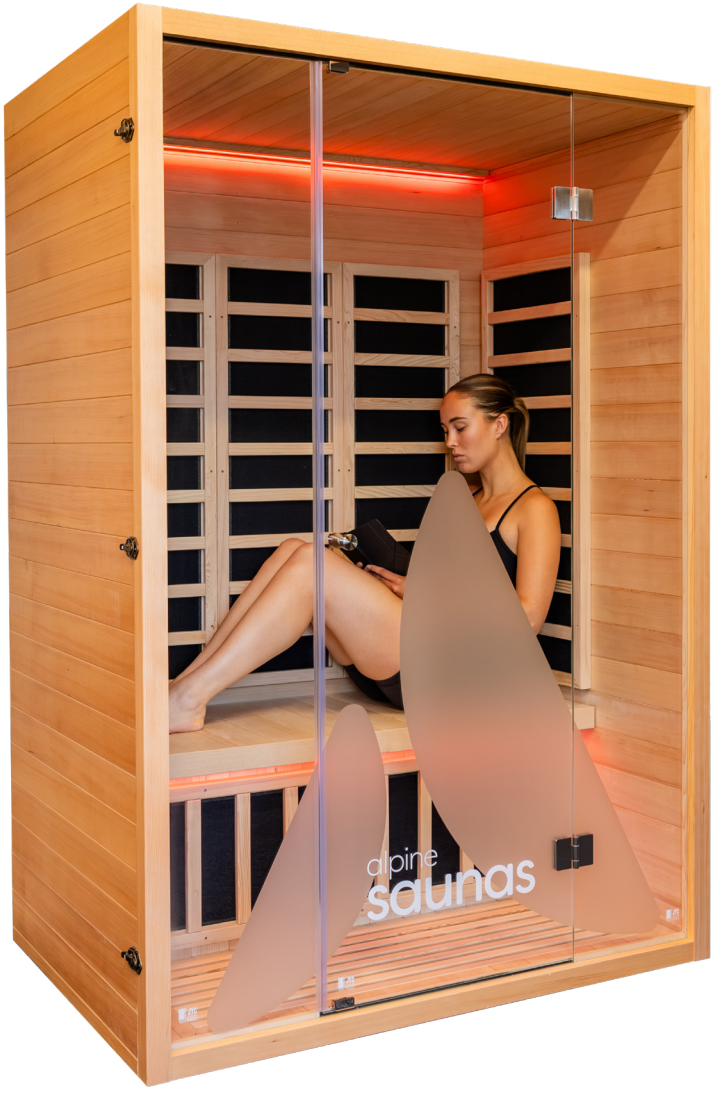
DOES THE BRAND HAVE A STRONG REPUTATION?

Perhaps the most important question is who you're buying from. Look for a company with proven experience, strong customer support, transparent product information, and a track record of standing behind its products.

QUICK BUYER CHECKLIST:

Before you buy, make sure you've considered:

- Size and seating capacity
- Heater technology
- Full Spectrum or Far Infrared
- EMF performance
- Timber choice
- Features and extras
- Warranty coverage
- Brand reputation and support





WHAT IS A TRADITIONAL SAUNA?

When most people think of a sauna, they're usually picturing a traditional sauna. A traditional sauna uses a heater packed with stones that radiate dry heat throughout the room. When you add water to the stones, it creates steam (known as löyly in Finnish), which enhances warmth and humidity for that authentic Finnish experience. It's perfect for social users who want an intense, steamy sauna that brings everyone together.

HARVIA FSC IMPURITY FREE OLIVINE STONES 5 STAR RATING TOXIN-FREE MATERIALS SAA

TRADITIONAL VS INFRARED SAUNAS

The biggest difference comes down to how the heat is delivered.



Infrared saunas use specialised heaters that warm your body directly and generally operate at lower temperatures.



Traditional saunas heat the entire room, creating a hotter environment and a more immersive heat experience.

They also give you the option to add water to the sauna stones and create steam, something that isn't possible with infrared saunas. As the room warms up, you'll feel the heat throughout, creating the classic sauna environment many people know and love.

How Does an Infrared Sauna Compare to a Traditional Sauna?

HEATERS, STONES & STEAM

The heater is one of the most important components in a traditional sauna. It doesn't just warm the room. It also heats the sauna stones, maintains a consistent temperature, and determines how much steam the sauna can produce. A quality heater warms the room evenly and recovers quickly when the door is opened, helping create a more comfortable sauna experience from start to finish.

SAUNA STONES DO MORE THAN HOLD HEAT

As the heater warms the stones, they absorb and store heat. This stored heat is then released gradually throughout your sauna session, helping create a more comfortable and consistent environment.

CREATING STEAM WITH LÖYLY

By pouring water over the heated stones, you create a burst of steam known as löyly (pronounced "lur-loo"), a Finnish word that's deeply connected to traditional sauna culture.

Löyly instantly increases humidity. With no water added, the sauna remains relatively dry, creating a hotter, more intense sensation. Some people enjoy a dry, intense heat, while others prefer adding water regularly to create a softer, more humid environment.

WHY ALPINE USES HARVIA™ HEATERS

Our **Harvia™** heaters are premium electric heaters used in our traditional Finnish saunas. They're SAA® Certified, built to last, and deliver fast, even heat for an authentic Finnish sauna experience. Built in Finland and trusted around the world, Harvia™ heaters are designed to deliver fast, consistent heat and long-term reliability.

HEATER POWER & ELECTRICAL REQUIREMENTS

A heater that's too small may struggle to maintain temperature, while an oversized heater can increase installation costs without providing any real benefit. The goal is to match the heater to the size of the sauna.

CHOOSING THE RIGHT HEATER SIZE

Most traditional home saunas use heaters ranging from 3.5kW to 9kW.

HEATER SIZE	BEST FOR
3.5kW	Smaller on to two-person saunas
4.5kW	Compact family saunas
6kW	Medium-sized traditional saunas
9kW	Larger saunas and Premium models

The larger the sauna, the more power is required to heat the space efficiently. A properly matched heater will heat the room faster, maintain a more consistent temperature, and provide a better overall sauna experience.

HOW HEATER POWER AFFECTS HEAT-UP TIME

While heat-up times vary depending on room temperature and sauna size, a correctly sized heater can significantly reduce the time it takes to reach your preferred temperature. Larger heaters aren't necessarily about creating more heat. They're designed to heat larger spaces efficiently and maintain performance throughout your session.

WHAT ABOUT ELECTRICAL REQUIREMENTS?

Most traditional saunas require installation by a qualified electrician, particularly when using higher-powered heaters. Electrical requirements will vary depending on the heater size and the sauna model you've chosen. Smaller heaters may have different requirements than larger 6kW or 9kW systems, so it's important to confirm this before installation.

MATCHING THE HEATER TO YOUR SAUNA

Alpine's traditional sauna range uses carefully matched Harvia™ heaters to ensure each sauna performs as intended. Whether you're considering a compact indoor sauna or a larger outdoor model like the **Vista XL**, heater size is selected to suit the room volume and deliver a comfortable, consistent sauna experience.

HOT ZONE SEATING

In a traditional sauna, heat naturally rises, making the air near the ceiling hotter than the air below. This is known as heat stratification, and it explains why your feet can feel cooler than the rest of your body during a session.

Alpine's Hot Zone Seating makes the most of this natural heat pattern by positioning the upper bench closer to the hottest part of the sauna. Sit higher for stronger heat and a more intense Finnish sauna experience, or choose a lower bench for a gentler session. The tiered design gives you the freedom to find your preferred level of heat.



Available in selected models.

INDOOR VS OUTDOOR

One of the biggest decisions you'll make is where to put your sauna. For some people, an indoor sauna makes perfect sense. Others are drawn to the idea of stepping outside into a dedicated sauna retreat.
Neither option is better. It depends on your space, your lifestyle, and the type of experience you're looking for.

WHY CHOOSE AN INDOOR SAUNA?

If convenience is important to you, an indoor sauna is hard to beat. Whether it's installed in a home gym, wellness room, spare room, or large bathroom, an indoor sauna is always close by and easy to incorporate into your daily routine.

The **Copenhagen Sauna** is a popular choice for homeowners creating a dedicated indoor wellness space. This Sauna seats 2 people with Full Spectrum Heaters, ZenGlow™ Chromotherapy lighting, and WiFi TouchPro™ Control Panel.

WHY CHOOSE AN OUTDOOR SAUNA?

An outdoor sauna offers a different kind of experience. For many people, the appeal is having a separate space to escape to. Stepping outside, closing the door behind you, and leaving the rest of the house behind can make a sauna session feel even more relaxing. Outdoor saunas can also become a standout feature in a backyard, pool area, or entertaining space.

Our classic barrel saunas come in 3 sizes with premium Harvia™ heaters, ZenGlow™ Chromotherapy lighting, and ergonomic seating.

THINK ABOUT HOW YOU'LL ACTUALLY USE IT

Before deciding between indoor and outdoor, ask yourself a few simple questions:.

- Do you want your sauna only a few steps away?
- Do you have enough indoor space available?
- Would you prefer a dedicated outdoor retreat?
- Will you be using it mostly on your own or with family and friends?

INDOOR OR OUTDOORS. WHERE IS BEST?

Some people love walking from the warmth of their home straight into a sauna. Others enjoy the ritual of stepping outside, enjoying the fresh air, and creating a more traditional sauna experience.



INDOOR



OUTDOOR

WHICH ONE IS RIGHT FOR YOU?

Choose an indoor sauna if you want convenience, easy access, and a wellness space that's integrated into your home. Choose an outdoor sauna if you're looking for a backyard feature, greater separation from the house, and a more traditional sauna atmosphere. The good news is that both options can deliver an exceptional sauna experience.

INFRARED VS TRADITIONAL SAUNAS

If you're trying to decide between an infrared sauna and a traditional sauna, use the table below to help you decide. Neither option is better. It simply comes down to the type of sauna experience you're looking for.

WHICH SAUNA IS RIGHT FOR YOU?

Choose an infrared sauna if you prefer lower temperatures, faster heat-up times, and a simple, convenient sauna experience. Choose a traditional sauna if you enjoy higher temperatures, steam, and the authentic Finnish sauna experience.

Both can become a valuable part of your wellness routine. The best option is the one you'll look forward to using regularly.

Features	Infrared	Traditional
Heat Source	Warm your body directly	Warm your body
Temperature	Typically 40-65°C	Typically 70-100°C+
Steam	No	Yes
Heat-Up Time	Faster	Slower
Running Costs	Generally lower	Generally higher
Experience	Gentler heat	More intense heat
Installation	Usually simpler	May require additional electrical work
Maintenance	Minimal	Occasional stone and heater maintenance
Best For	Heaters warm your body	Traditional Finnish sauna enthusiasts

HEMLOCK VS CEDAR TIMBER

Timber affects the look, feel, smell, and overall character of your sauna. Two of the most popular choices are hemlock and cedar. Both are excellent sauna timbers, but they offer slightly different experiences.

Features	Hemlock	Cedar
Appearance	Light, clean, and modern	Richer tones with more natural variation
Aroma	Minimal scent	Distinct natural timber aroma
Durability	Strong and stable	Naturally resistant to moisture and decay
Maintenance	Low maintenance	Low maintenance
Cost	Generally more affordable	Generally higher
Experience	Gentler heat	Typically a premium option
Best for	Modern interiors and value conscious buyer	May require additional electrical work

WHY CHOOSE HEMLOCK?

Hemlock is a popular choice for buyers who prefer a clean, contemporary look. Its lighter colour works well in modern homes and wellness spaces, while its smooth finish creates a bright and inviting interior. It's also a more affordable option, making it a great choice for buyers looking to maximise value without compromising quality.

WHY CHOOSE CEDAR?

Cedar has long been associated with traditional sauna construction. Many people choose Cedar because of its rich appearance and distinctive natural aroma. It also performs exceptionally well in warm, humid environments, making it a premium timber choice for both indoor and outdoor saunas.

WHY ALPINE OFFERS BOTH

There isn't a single "best" sauna timber. Some love the warmth, character, and scent of cedar. Others prefer the clean look and affordability of hemlock. Find the sauna that feels right in your space.



BUILD QUALITY

WHAT SEPARATES A GOOD SAUNA FROM A GREAT ONE

The quality of the materials, construction, and components can significantly affect how your sauna performs and how long it lasts.

TIMBER

A sauna is exposed to repeated heating and cooling cycles throughout its lifetime, which places constant demands on the timber. Well-constructed saunas use quality timber that remains stable, looks good over time, and is suited to the sauna environment. Timber quality also affects insulation, durability, and the overall feel of the sauna.

GLASS

Large glass panels have become increasingly popular in modern sauna design. The glass should be thick, durable, and designed for high-temperature environments. Premium glass creates a more open and spacious feel while maintaining safety and structural integrity.

HEATER

The heater is one of the hardest-working components in any sauna. A quality heater delivers consistent temperatures, reliable performance, and years of dependable operation.



CONSTRUCTION QUALITY

Well-fitted panels, solid joinery, quality hardware, effective insulation, and thoughtful ventilation all contribute to a better sauna experience and a longer lifespan. These details may not stand out in a showroom, but they make a difference after years of regular use.

ELECTRONICS & CONTROLS

Modern saunas often include lighting systems, control panels, audio features, and other electronic components. These systems should be reliable, easy to use, and supported by a company that can provide assistance if needed.

SERVICE SUPPORT

A sauna is a long-term investment. Some questions are often overlooked until they're needed.

BEFORE BUYING, ASK YOURSELF:

- Can replacement parts be sourced if needed?
- Is local support available?
- Does the company stand behind its warranty?
- Will the business still be around years from now?

At Alpine, we build saunas designed to be enjoyed for years, not just sold today. From premium timbers and trusted Harvia™ heaters to thoughtful design features and local support, every component is selected with long-term performance in mind.
While a quality sauna may cost more upfront, it can provide a better ownership experience and greater value over the life of the product.





INSTALLATION & SETUP

Modern saunas are designed to be much easier to install than many people expect. With a little planning, most installations are straightforward and can be completed far more quickly than a major home renovation project.

ELECTRICAL REQUIREMENTS

Traditional saunas require connection to a dedicated electrical circuit and should always be installed by a qualified electrician. Infrared saunas are often simpler, though requirements can vary by model.

WHAT HAPPENS ON DELIVERY DAY?

Most saunas arrive as pre-manufactured panels rather than individual pieces of timber. This significantly reduces installation time and makes the assembly process much more straightforward. Once delivered, the sauna is assembled, connected, and prepared for use according to the model specifications.

HOW LONG DOES INSTALLATION TAKE?

Every installation is different, but most sauna projects can be completed in a matter of hours rather than days. The exact timeframe will depend on the sauna model, site access, electrical requirements, and whether any preparation work is needed beforehand.

WHAT DOES ALPINE HANDLE?

Alpine provides detailed installation guidance, product support, and clear electrical specifications to help ensure everything goes smoothly. If you have questions before, during, or after installation, support is available to help you get the most from your new sauna.



WARRANTY, SERVICE & SUPPORT

When you're investing in a sauna, it's worth thinking beyond delivery day. A sauna is something you'll hopefully enjoy for many years, which is why the company behind the product can be just as important as the product itself.



WARRANTY

Most buyers look at the warranty first, and for good reason. A quality warranty provides peace of mind and shows that a company stands behind its products. However, a warranty is only valuable if there's a team available to support you when you need it.

ACCESS TO SPARE PARTS

As with any product, some components may eventually need replacing. Whether it's a heater component, lighting system, control panel, or another part, it's reassuring to know replacement parts are available and support is only a phone call or email away.

LOCAL SUPPORT

One of the advantages of buying from an established sauna company is access to local knowledge and support. If you have questions about installation, operation, maintenance, or servicing, it's helpful to know that experienced people are available to assist.



FREQUENTLY ASKED QUESTIONS

ARE SAUNAS SAFE?

For most healthy adults, saunas are considered safe when used as directed. It's important to stay hydrated, avoid excessive session times, and follow the manufacturer's recommendations. If you have any health concerns, speak with your healthcare professional before using a sauna.

HOW OFTEN CAN I USE A SAUNA?

Many people use their sauna several times a week, while others enjoy it daily. The right frequency comes down to your personal preferences, comfort level, and routine.

HOW LONG SHOULD A SAUNA SESSION LAST?

Most sauna sessions last between 15 and 30 minutes. If you're new to saunas, it's a good idea to start with shorter sessions and gradually build up over time.

WHAT'S THE DIFFERENCE BETWEEN INFRARED AND TRADITIONAL SAUNAS?

Infrared saunas use specialised heaters that warm your body directly, while traditional saunas heat the air around you using a heater and sauna stones. Traditional saunas also allow you to create steam by pouring water over the stones.

WHICH SAUNA GETS HOTTER?

Traditional saunas generally operate at much higher temperatures than infrared saunas. Many traditional saunas reach temperatures of 70–100°C or more, while infrared saunas typically operate at lower temperatures.

DO SAUNAS USE MUCH ELECTRICITY?

Most homeowners find sauna running costs lower than expected. Infrared saunas are generally more energy efficient, while traditional saunas require more power to heat the room and sauna stones. Actual costs will depend on your sauna model, usage, and local electricity rates.

CAN I INSTALL A SAUNA OUTSIDE?

Yes. Many saunas are specifically designed for outdoor installation. Outdoor models can create a dedicated backyard retreat while delivering the same sauna experience you'd expect indoors.

DO I NEED SPECIAL WIRING?

Traditional saunas typically require installation by a qualified electrician. Electrical requirements vary depending on the sauna model and heater size, so it's important to check the specifications before installation.

WHAT'S THE BEST SAUNA FOR FIRST-TIME BUYERS?

That depends on the experience you're looking for. Many first-time buyers choose infrared saunas because they're easy to use and operate at lower temperatures. Others prefer traditional saunas because they want the classic Finnish sauna experience.

WHAT TIMBER IS BEST FOR A SAUNA?

Both Cedar and Hemlock are excellent sauna timbers. Cedar is known for its rich appearance and natural aroma, while Hemlock offers a lighter, more contemporary look. The best choice comes down to personal preference.

HOW LONG DOES A SAUNA LAST?

A quality sauna can last for many years when properly maintained. The lifespan will depend on factors such as build quality, usage, and ongoing care.

IS A SAUNA WORTH THE INVESTMENT?

For many owners, the value comes from convenience. Instead of traveling to a gym, spa, or wellness centre, you can enjoy a sauna session whenever it suits your schedule. Over time, it often becomes one of the most-used wellness features in the home.

WHAT'S THE DIFFERENCE BETWEEN A CHEAP SAUNA AND A PREMIUM SAUNA?

That depends on the experience you're looking for. Many first-time buyers choose infrared saunas because they're easy to use and operate at lower temperatures. Others prefer traditional saunas because they want the classic Finnish sauna experience.

CAN I USE A SAUNA AFTER EXERCISE?

Many people enjoy using a sauna after a workout as part of their recovery routine. Others prefer using their sauna to relax at the end of the day. There's no single right approach—it comes down to personal preference.

CAN I INSPECT A SAUNA BEFORE I BUY?

Visiting a showroom can be a great way to compare different models, assess build quality, and speak with a sauna specialist about the options that best suit your home and lifestyle.



FIND YOUR PERFECT ALPINE SAUNA

The right sauna isn't necessarily the biggest model or the one with the most features. It's the one that fits your home, your lifestyle, and the way you want to use it.

CHOOSE AN INFRARED SAUNA IF...

- You prefer lower temperatures
- You want faster heat-up times
- Energy efficiency is important to you
- You're looking for a simple, convenient sauna experience
- You like the idea of Full Spectrum technology and Ultra Low EMF performance

CHOOSE A TRADITIONAL SAUNA IF...

- You enjoy higher temperatures
- You want the option to create steam
- You love the authentic Finnish sauna experience
- You're looking for a more social sauna environment
- The ritual and atmosphere of traditional sauna bathing appeals to you

CHOOSE AN INDOOR SAUNA IF...

- Convenience is your top priority
- You want your sauna integrated into your home
- You're creating a dedicated wellness space
- You have suitable indoor room available

CHOOSE AN OUTDOOR SAUNA IF...

- You want a backyard retreat
- You're limited on indoor space
- You love the idea of a dedicated sauna destination
- You're looking for a feature that enhances your outdoor living area

WHY CHOOSE ALPINE SAUNAS?

At Alpine Saunas, we've built a range that combines premium materials, proven technology, and thoughtful design. From Full Spectrum infrared saunas with Ultra Low EMF technology to traditional Finnish saunas featuring Harvia™ heaters and Hot Zone Seating, every model is designed to deliver an exceptional sauna experience.

Whether you're looking for a compact indoor sauna or a larger outdoor retreat, you'll find options built to suit Australian and New Zealand homes, backed by local support and years of industry experience.



alpinespas.co.nz | alpinespas.com.au

v211026