

Prestige Infrared Sauna

1, 2 & 3 person



1 Person Prestige Sauna



2 Person Prestige Sauna



3 Person Prestige Sauna

FEATURES

- Luxury European design
- Frameless Lucency Tempered Glass for safety & style
- Built with FSC sustainable Western Red Cedar
- Low EMF Carbon Fibre Far Infrared Heaters for safe and effective sessions
- Premium Nakamichi™ sound system with Aux and Bluetooth for your listening pleasure
- Chromotherapy for relaxation
- Two strategically placed front Infrared Heaters for 360° heating
- Easy-to-use digital touchpad control
- Exhaust Fan for a more comfortable session
- Durable Stainless Steel fittings for long life and ease of assembly
- Plug-N-Play 10 AMP power requirement
- Australian Electrical Approval

SPECIFICATIONS

Model	External Dimensions	Weight	Heaters (watts)	Power	Power Plug	Warranty
Prestige 1 Person	W: 100 cm D: 110 cm H: 200 cm	130 kg	Front 100W X 2 Back: 450W x 1 Side: 450W x 2 Leg: 130W x 1	230V 6.43A 1730W	Standard 10 Amp	Lifetime heater Lifetime cabinet 2-year components
Prestige 2 Person	W: 113 cm D: 110 cm H: 200 cm	150 kg	Front 100W X 2 Back: 280W x 2 Side: 450W x 2 Leg: 80W x 2	230V 7.04A 1870W	Standard 10 Amp	Lifetime heater Lifetime cabinet 2-year components
Prestige 3 Person	W: 160 cm D: 110 cm H: 200 cm	180 kg	Front 100W X 2 Back: 280W x 3 Side: 450W x 2 Leg: 80W x 3	230V 8.60A 2230W	Standard 10 Amp	Lifetime heater Lifetime cabinet 2-year components

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VortexTM Prestige Infrared Sauna Packaging Dimensions

PACKAGING DIMENSIONS

Model	Number of Boxes	Contents	Dimensions(mm)	Weight(k)
Prestige 1 Person	3	1. Ceiling & Floor	1075 x 1145 x 275	30
		2. Left & Right Side Walls	2075 x 865 x 235	50
		3. Front & Back Wall	2075 x 1030 x 185	50
		Total Weight		130
Prestige 2 Person	3	1. Ceiling & Floor	1205 x 1145 x 275	40
		2. Left & Right Side Walls	2075 x 865 x 235	50
		3. Front & Back Wall	2075 x 1145 x 185	60
		Total Weight		150
Prestige 3 Person	3	1. Ceiling & Floor	1675 x 1145 x 275	50
		2. Left & Right Side Walls	2075 x 865 x 235	50
		3. Front & Back Wall	2075 x 1615 x 185	80
		Total Weight		180

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Saunas have been used for thousands of years and the health benefits are well-known. Steam Free Vortex Infrared Saunas heat your body, not the air. Numerous studies have shown that Infrared Saunas can provide these benefits:



WEIGHT LOSS & INCREASED METABOLISM

Your body uses energy to produce sweat, and one gram of sweat burns 0.586 kcal. A Vortex Infrared Sauna user can sweat up to 1,000 gm or more in a session, which is the equivalent to running 10-15 km.



MUSCLE PAIN RELIEF

Increased blood circulation removes metabolic waste and delivers oxygen-rich blood to muscle, helping them recover faster.



BOOSTS IMMUNE SYSTEM

Deep heating from the Vortex Infrared heaters raises your core body temperature, creating an artificial fever, which is the body's natural way of strengthening the immune response.



STRESS REDUCTION

The gentle warmth of an Infrared Sauna can help you become more relaxed, rejuvenated and renewed.



JOINT PAIN & STIFFNESS

Infrared Sauna sessions can benefit patients with many forms of arthritis. The radiant heat can be effective in many other muscular-skeletal ailments. Aches and soreness associated with ageing can be reduced or eliminated.



DETOXIFICATION

One of the largest health benefits of a Vortex Infrared Sauna is its ability to increase your blood circulation and stimulate the sweat glands, releasing built-up toxins in the body.



IMPROVED SKIN

The profuse sweating achieved from a short Infrared Sauna session helps to remove impurities and dead skin cells. This leaves skin glowing and the increased circulation naturally brings nutrients to the skin surface.

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Some people are concerned with the exposure level of magnetic fields (EMF or ELF) while using an infrared sauna.

Due to this, Vortex Leisure Pty Ltd, the owner of the VortexTM Sauna brand, commissioned an independent, third-party test to determine the level of magnetic fields found in VortexTM Saunas.

This testing was carried out by EMF Services, a division of Monitoring and Advisory Services NZ Ltd (MAASNZ), which provides professional measurement and advisory services related to possible health effects of electromagnetic fields (EMFs), such as the extremely low frequency (ELF) electric and magnetic fields found around any wiring, appliances or infrastructure carrying mains electricity, and the radiofrequency (RF) fields produced by radio transmitters and some industrial equipment.

TESTING CONCLUSION

Magnetic fields in the Saunas that were tested were all very low, and over most of the sauna they were very similar to the levels present with the sauna heating panels, lights and fan switched off.

The magnetic fields in the saunas were very similar to those found in many New Zealand and Australian homes.

The magnetic field levels were very much lower than recommended limits, and there is no suggestion that exposures to magnetic fields at these levels would have any adverse health effects.

For full test results, click the button below.

[MAGNETIC FIELDS TEST RESULTS](#)

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Wondering how to install a Vortex™ Sauna? This quick video takes you through the process step by step.



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An infrared sauna is an investment in your health and wellbeing. If you're thinking about buying one, you may have a few questions about how they work and how they might benefit you. Below are some commonly asked questions along with handy tips and advice. For more detailed information, download our handy sauna buyers guide:

[SAUNA BUYERS GUIDE](#)

What is infrared?

Infrared is a safe wavelength of light (or energy) which we feel as heat.

Infrared heat is all around us. You can feel it from sources like fire and heated sand on the beach.

The largest source of infrared heat is the sun. It is invisible infrared wavelengths that make the sun feel warm (ultraviolet wavelengths are what makes it bright).

Just as visible light has a range of wavelengths, so does infrared light. The infrared spectrum consists of near (NIR), mid (MIR), and far (FIR) infrared waves, each with distinct characteristics and frequency ranges.

Scientists have established that infrared waves are beneficial to the human body as they increase the thermal energy in the body.

How do infrared saunas work?

Unlike a traditional sauna, infrared saunas don't heat the air around you. Instead, they use infrared heaters to warm your body directly.

These heaters use ceramic or carbon panels instead of conventional heat to emit infrared waves to easily penetrate human tissue and heat your body instead of the air.

As your body absorbs the infrared heat, this increases thermal energy, inducing a deep and relaxing sweat.

Because infrared heat waves penetrate more deeply than warmed air, you experience a more intense sweat at a lower temperature.

[Find out more about infrared saunas.](#)

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What timber should I choose?

Infrared and steam saunas can be made from a wide variety of different woods, including premium hemlock, spruce and cedar, less expensive pine and plywood and more.

Cedar and hemlock are the most common sauna timbers – and for good reason. These are premium, durable timbers that should be preferred over inferior materials such as pine or plywood which can split, warp and shrink.

Canadian Hemlock

- Hypoallergenic and non-toxic
- Great choice for allergy sufferers
- Light in colour
- Beautiful furniture wood

Western Red Wood Cedar

- Fresh aromatic scent
- A premium sauna wood
- Naturally antibacterial and resistant to microbial growth
- Beautiful colour and elegant finish

How do I look after my sauna?

To keep the interior of your sauna clean and fresh, we recommend always using a towel for your seat and your feet. Perspiration may darken the wood over time.

To maintain the colour and finish, dark spots can be removed by sanding with a fine-grit sandpaper. You can also use your favourite furniture polish on the exterior.

Can I put my Vortex™ Infrared Sauna outside?

Vortex™ infrared saunas are designed to be used indoors and our warranty covers indoor use only.

Where should I put my sauna?

Spare bedrooms or in the garage are all popular places to put saunas. Your sauna temperature will depend on the ambient room temperature. Keep this in mind when planning a location.

Are Vortex™ infrared saunas easy to assemble? / Can I install the sauna myself?

Vortex™ infrared saunas are easy to assemble and you can do this yourself.

It usually takes two people about one to three hours to assemble a Vortex™ infrared sauna, depending on the size and type of sauna and if there are any extra features to install.

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If you would like a professional installation, talk to our friendly sales team, they can help you organise this.

How much will it cost to run my infrared sauna?

On average, if you use your infrared sauna three times a week you could expect to spend around \$10 a month on electricity.

In contrast, traditional steam saunas cost between \$20 and \$30 a month to run. An idle sauna doesn't cost anything.

You can work out the running cost more accurately by multiplying your local cost per kilowatt-hour (noted on your electric bill) by the heater's kilowatt rating and how much you use your sauna.

Are Vortex™ Saunas full spectrum infrared?

Vortex™ infrared saunas output far infrared waves. They are not 'full spectrum' saunas.

What is far-infrared and what does it do?

The infrared spectrum consists of near (NIR), mid (MIR), and far (FIR) infrared waves, each with distinct characteristics and frequency ranges.

Far-infrared waves work deep in the skin's tissue. These waves can detoxify the body more effectively than a traditional sauna by increasing the body's core temperature. Far-infrared waves boost cell function, clear toxins and increase immunity.

What are chromotherapy lights?

It is believed that various colours used in light therapy can produce an array of health benefits. For example, light therapy has been reported to relieve pain, reduce swelling, lower inflammation and accelerate wound healing.

What are the different chromotherapy colours used for?

Orange - Adds radiance to the skin

Violet - Calm the nervous system and relaxes muscle tension

Red - Increases circulation and stimulates the metabolism

Yellow - A natural skin purifier

Blue - Promotes relaxation

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Green - Provides a positive calming effect and is said to assist with SAD (Seasonal Affective Disorder)

If you have a medical condition that you believe may be helped by chromotherapy we strongly recommend reading scientific studies. This way you can make your own well-informed decision on the health benefits.

What temperature should I set for my infrared sauna?

Between 38 and 51 degrees are comfortable temperatures for infrared saunas. The human body only requires a little over the normal body temperature of 37 degrees to induce sweat.

It's important to remember that higher sauna temperatures do not correlate with better results. This is where infrared saunas differ from traditional saunas.

While they operate at lower temperatures, the body absorbs more infrared energy without putting critical body systems under immense stress.

How to care for my infrared sauna?

Before using your sauna for the first time, clean down the inside with a plain damp cloth.

It's good practice when using the sauna to place a towel on the floor and bench before use to absorb any perspiration. Wash the towels often to ensure a clean and pleasant experience when using your sauna.

How long can I use the sauna?

If you're well-hydrated and in good health, you can stay in an infrared sauna for up to 30-45 min. For your safety and convenience, all VortexTM Saunas have an automatic timer.

You can set this before you get into the sauna so that if you fall asleep or forget to turn it off, the sauna will automatically switch off.

Please be aware, hydration is an important factor when considering how long to use a sauna. If you haven't drunk a lot of water that day we don't recommend staying in any longer than 20 minutes.

We recommend taking a bottle of water with you to ensure you remain comfortable and hydrated throughout the duration of your session.



How long does an infrared sauna take to heat up?

Vortex™ infrared saunas take approximately 10-20 minutes to reach the desired temperature. You can begin your sauna session while it is heating up.

Are there any restrictions on who should use the sauna?

We do not recommend pregnant women and children under the age of 5 use the sauna. Children under the age of 18 should be accompanied by an adult.

If you have any medical conditions we recommend checking with a health care professional first.

Do I need special wiring?

You should not require any special wiring for your sauna unless it is not able to reach a plug. In this instance, you may want to talk to a qualified electrician. Standard 10 Amp is required.

How many amps are required to run my infrared sauna?

Your sauna can simply be plugged in at home. All of our saunas are certified with 10 Amp plugs. However, we recommend that you have a qualified electrician install your sauna.

What size sauna should I get?

Vortex™ saunas come in one, two and three-person options. Cabin sizes range from 1.1m by 1.13m for a two-person unit to 1.6m by 1.1m for a three-person unit.

Deciding what size sauna to buy depends on a range of factors:

- The size of your indoor space and any limitations
- Your budget
- How many people are going to be regularly using your sauna at any one time

A handy tip when sauna shopping is to sit down and put your hands on your hips. Your elbows should sit comfortably without touching anything or anyone.

If you feel claustrophobic in small spaces, the Vortex™ Saunas are a good option. With a full glass front, you get excellent visibility and a sense of space.

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What are the different types of infrared heaters?

Ceramic and carbon are the two most common materials used in infrared heaters. Of the two, carbon heaters are the superior option. Vortex infrared saunas all use carbon fibre heaters.

Carbon fibre heaters are more expensive but are also thin, light, provide an even and safe surface temperature and can last up to 50 years.

Infrared heat from carbon fibre heaters also penetrates deeper into the skin tissue, which allows the body to absorb more energy, meaning you experience a more intense sweat.

What safety accreditations do VortexTM Saunas carry?

We take the safety of our customers very seriously. Our saunas are certified by SAA Approvals Pty Ltd in accordance with the SAA Approvals Electrical Product Safety Certification Scheme accredited by JAS-ANZ under AS/NZS ISO/IEC 17065 and RECS.

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