

Health Mate Sauna Marks World Wellness Weekend and Highlights Infrared Sauna Wellness

September 30, 2026

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Health Mate Sauna, a manufacturer of home infrared saunas, joined participants across more than 190 countries in observing World Wellness Weekend, held from September 18 to September 20. The company dedicated the month of September to celebrating wellness and recognizing the growing global awareness of health and well-being.

World Wellness Weekend is organized around five pillars: sleep, nutrition, solidarity, vitality and serenity. Health Mate Sauna aligned its September activities with several of these pillars, focusing particularly on sleep, vitality and serenity, three areas the company connects directly to regular infrared sauna use at home.

The observance provided an occasion for the company to share information about the benefits of a sauna and how infrared technology differs from traditional heat sources. Infrared saunas use heaters that emit electromagnetic heat, which penetrates the skin at varying depths through different wavelengths. Because this heat operates at a lower temperature than conventional saunas, sessions can be tolerated comfortably for longer periods.

According to information shared by the company, commonly cited effects associated with infrared sauna use include improved circulation, relief from joint pain and muscle stiffness, detoxification, reduced stress and support for restful sleep. These outcomes correspond closely with the sleep, vitality and serenity pillars that anchor World Wellness Weekend.

"World Wellness Weekend reflects a shift in how people think about daily health, and that shift extends into the home," said Jack Karamian, spokesperson for Health Mate Sauna. "Sleep, vitality and serenity are not abstract ideas. They are things people can build into a routine, and an infrared sauna session is one way to support all three."

Smee added that interest in home wellness has continued to expand as more households look for accessible ways to manage stress and support recovery. "Many people once associated saunas only with gyms or spas," Smee said. "Today a home setting allows for consistency, and consistency is where the benefits of a sauna become part of a sustainable routine rather than an occasional treatment."

Health Mate Sauna offers a range of models designed for two, three and four people, including the Enrich and Inspire lines and larger options such as the Elevated Health and Therapy Lounge. The company also produces commercial saunas and offers Red Light Therapy products, along with accessories including covers, backrests and aromatherapy kits. To help households select an appropriate model, the company provides an interactive sauna quiz that recommends options based on individual preferences and needs.

Among home wellness manufacturers, the company positions its saunas as an approachable entry point for those seeking the best infrared sauna experience within a residential space. Health Mate Sauna products feature patented Tecoloy heaters, which deliver precise infrared wavelengths for efficient heating, along with eco-friendly construction.

Health Mate has specialized in high-quality in-home infrared saunas for more than 40 years. The company designs and manufactures saunas for residential and commercial settings, produces related accessories and Red Light Therapy products, and offers financing options and guidance tools to assist customers throughout the selection process.

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HealhMateSauna

Health Mate has led home sauna innovation for 45+ years, world class saunas Group. With Tecoloy? full-spectrum heaters, ultra-low EMF safety, and sustainable mahogany, we deliver deeper, safer, and more effective wellness at home.

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