Health Mate Sauna Releases Electricity-Use Testing Results During National Energy Awareness Month

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Health Mate Sauna has released the findings of its electricity-use testing program, timed to coincide with National Energy Awareness Month in October. The testing measured the power consumption of the company's infrared sauna models under typical home-use conditions, providing prospective buyers with concrete data on operating costs.

The tests examined energy draw across the company's two-person, three-person, and four-person models during standard heating cycles. According to the company, the results reflect the performance of its patented Tecoloy heaters, which deliver infrared wavelengths without requiring the sustained high temperatures associated with traditional steam saunas. Lower ambient operating temperatures translate into reduced electricity consumption over the course of a typical session.

"Buyers increasingly want to understand what a product will cost to run before they bring it into the home," said Jack Karamian, Director of Product at Health Mate Sauna. "The testing gives people real numbers rather than estimates, and it reflects how infrared technology operates at lower temperatures than conventional saunas. For anyone researching the best infrared sauna for home use, operating cost is a legitimate part of the decision."

The company noted that energy use has become a growing consideration for households evaluating wellness equipment. National Energy Awareness Month, observed each October, encourages consumers and businesses to examine how everyday appliances contribute to overall power consumption. Health Mate Sauna positioned the release of its testing data as part of that broader conversation.

The testing focused on the company's full spectrum sauna lineup, which combines far-infrared, mid-infrared, and near-infrared output through dedicated heating elements and LED panels. The company reported that the distribution of infrared wavelengths allows each unit to reach effective therapeutic ranges while managing

the duration and intensity of power draw. Models were measured from startup through a full heating cycle to capture both initial warm-up demand and steady-state consumption.

Smee added that the company intends to publish the methodology alongside the figures. "Transparency matters in this category," he said. "Releasing the conditions under which the testing was conducted lets people compare on an equal basis rather than relying on marketing claims."

Health Mate Sauna manufactures saunas with eco-friendly construction, including the use of mahogany wood, and tests its units for low electromagnetic field emissions. The company's products carry a lifetime warranty. The testing data complements existing resources the company provides to prospective buyers, including an interactive quiz that recommends a model based on household size and intended use.

The release of the electricity-use findings adds a practical dimension to how consumers evaluate home wellness equipment, particularly as energy awareness remains a seasonal focus throughout October.

Health Mate has specialized in in-home infrared saunas since 1979, offering two-person, three-person, and four-person models along with commercial units, accessories, and red light therapy products. The company's saunas feature patented Tecoloy heaters that deliver precise infrared wavelengths, eco-friendly construction, and a lifetime warranty. With more than four decades in the industry, Health Mate has built its reputation on engineering heritage, product quality, and customer service.

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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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