

INFRARED CABIN

GENTLE HEAT. DEEP WELLBEING.

An infrared cabin uses infrared radiation to gently warm the body directly, rather than primarily heating the air. It provides a comfortable, lower temperature heat experience that can support relaxation, muscle recovery and overall wellbeing, and is a popular addition to modern spa and wellness facilities.



AIR TEMPERATURE
35°C to 60°C
(95°F to 140°F)



HEAT TYPE
INFRARED RADIATION
(IR-A / IR-B / IR-C)
DIRECT BODY HEAT



TYPICAL CAPACITY
1 to 4 persons
(depending on size)



RECOMMENDED SESSION TIME
15 to 30 minutes



BENEFITS
RELAXATION
MUSCLE RECOVERY
WELLBEING
SUPPORTS CIRCULATION

WHAT IS AN INFRARED CABIN?



An infrared cabin uses infrared heaters that emit infrared radiation, which is absorbed by the skin and warms the body directly. The air temperature is lower than in a traditional sauna, typically 35°C to 60°C (95°F to 140°F), making it a comfortable and well-tolerated heat experience.

KEY FEATURES

- ✓ Lower air temperature than a traditional sauna
- ✓ Direct, comfortable heat to the body
- ✓ Shorter session time (15–30 minutes)
- ✓ Suitable for individual or small group use
- ✓ Often combined with a traditional sauna in spa facilities
- ✓ Available in custom sizes and high-quality materials

KEY BENEFITS



RELAXATION & STRESS RELIEF

The gentle heat helps to relax the body and mind and can reduce stress and tension.



MUSCLE RECOVERY

May help relieve muscle soreness and support recovery after physical activity.



SUPPORTS CIRCULATION

Infrared heat can promote blood circulation and a pleasant warming effect throughout the body.



GENERAL WELLBEING

Regular use may support immune function, relieve minor joint discomfort and improve overall wellbeing.

DESIGNING AN INFRARED CABIN

1



TEMPERATURE & CONTROL

- Typical air temperature 35°C – 60°C (95°F – 140°F)
- Precise temperature control
- Timer with automatic shut-off
- Individual or zone control of infrared panels

2



SIZE & CAPACITY

- Typical size for 1–2 persons: 1.2 – 1.8 m²
- Typical size for 2–4 persons: 2.0 – 4.0 m²
- Cabin height typically 2.0 – 2.2 m
- Layout to allow comfortable seating and back support

3



MATERIALS & FINISHES

- High-quality, low-resin woods such as hemlock, aspen or cedar
- Smooth, low-splinter surfaces
- Suitable for infrared cabin use (low odour and emissions)
- Optional backrests and ergonomic seating

4



ELECTRICAL & CONTROL

- Infrared heaters (full spectrum or specific bands: IR-A, IR-B, IR-C)
- Correct electrical supply and protection
- Control system with timer and temperature regulation
- Compliance with relevant standards (e.g. EN 60335-2-53)

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USER COMFORT & SAFETY

- Non-slip flooring
- Safe and comfortable entry and exit
- Appropriate lighting
- Clear signage and guidance for use
- Consider ventilation according to manufacturer's requirements

MATERIALS & CONSTRUCTION

	STRUCTURE	Timber frame or prefabricated cabin with high thermal performance
	HEATERS	Infrared panels (full spectrum or targeted bands)
	FINISHES	Hemlock, aspen, cedar or other suitable low-resin timber
	SERVICES	Electrical supply, control system, optional audio and lighting
	AMBIENCE	Natural materials, comfortable seating, mood lighting and integration with spa design

WELLNESS & ENGINEERING BENEFITS



- ♥ Energy-efficient heat experience
- 🌿 Complements traditional sauna, steam and cold facilities
- 🧘 Supports recovery and relaxation in spa programmes
- ⚙ Suitable for hotels, resorts and private residences
- 🏡 Creates a premium wellness experience when integrated with thoughtful design

ENGINEERING WELLNESS. DESIGNING EXPERIENCES.



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EXPERT ENGINEERING FOR WELLNESS AREAS - FROM CONCEPT TO COMMISSIONING