



Think Luxury

Experience Health

Wood Quality

WHAT IS THE DIFFERENCE IN WOOD QUALITY?

This is a great question as the quality of wood is the second most important decision when purchasing a sauna.

There are 5 most commonly used woods in the construction of Far Infrared Saunas: Canadian Spruce, Hemlock, Cedar, Basswood, Red Cedar and Poplar

- **Canadian Spruce:** LuxSpa's favorite and most recommended by endorsements and medical professionals worldwide. Canadian Spruce boasts the same durability characteristics as Cedar but also boasts the same hypoallergenic properties as Basswood. Canadian Spruce has a toxin emission of less than .05% and has longevity of 300 -1000 years. It has zero irritants and is perfectly safe for people with asthmas or allergies.
- **Red Cedar:** Red cedar is an attractive aromatic wood. Red Cedar is a lightweight but very strong wood. It is decay resistant and resists cracks better than other woods. If you have an allergy or sensitivity to the natural oils found in cedar wood this is not the wood for you. Recent studies have shown Cedar to emit toxins from the oils when heated to a certain temperature. Please note that cedar oil can be a lung irritant and cedar saunas are not recommended for those with asthmas or allergies.
- **Hemlock wood:** Most companies will say this is cheap and brittle wood. Hemlock is able to maintain a higher temperature than other woods but lacks durability. Hemlock is most
- **Basswood:** Basswood is considered to some companies as the best hypoallergenic wood on the market. This is partially true as Basswood does boast hypoallergenic properties; however they all stretch the truth. In recent studies between Basswood and Hemlock the difference in toxic emissions for both was less than .05%.
- **Poplar Wood:** It's best to stay away from poplar wood. Poplar wood has been proven to give off emissions when heated. It is also very brittle and wraps very easy. Very often found in very inexpensive saunas.

