

## **Converting a shower/tub into a sauna**

It's not hard to convert a shower/tub into a near-infrared sauna. The primary problem is to contain the heat. To do this, you will simply add a second shower curtain! This second shower curtain lowers the ceiling height and helps contain the heat. Twist shower curtains that use pressure to stay in place work very well so you do not have to install it permanently. We also recommend that you use heavy cloth curtains as they off-gas less and tend to contain the heat better as well.

The sauna light units we sell can be hung or placed standing on a heat resistant surface. When converting a tub, the easiest thing to do is use a wood board across the bathtub. You can place the sauna light unit on this board when you are using it. Then place a stool in front of the lights and you have a sauna! You can remove the wood board and stool from the shower/tub when you are not using it as a sauna, thereby making the shower/tub usable again.

The only other thing you may need is a space heater. We want the sauna area to be about 120 degrees. If preheating with the sauna unit doesn't bring the temperature up enough, adding a small space heater (which you can run while you do your sauna), will achieve this with little to no added cost or trouble.