

HOUSE & HOME

CANADA'S MAGAZINE OF HOME & STYLE



Finally... the *Frills!*

*Lynda Reeves shares
her spring project list.*

AN INFRARED SAUNA

I can't quite believe I am doing this because it sounds like just another gadget that will sit in the basement collecting dust. But so many people I know have raved about the health benefits, it seems it's no gimmick. Michael Douglas and Catherine Zeta-Jones recently installed a custom version in their Tremblant property.

Experts talk about weight loss, detox, and cardiac and immune system benefits, among others. They had me at weight loss. What you need to know is these wood units vary in price, size and quality, starting at about \$3,000 for a good quality sauna for two or three people. They are delivered and installed in a few hours.

They don't require water: they operate at a lower heat, coaxing a sweat at a lower temperature. Some of the larger ones do need a special 220-volt electrical outlet. My friends tell me they spend 40 minutes reading or relaxing in their sauna three times a week. Buy the best sauna you can afford. Beware of the \$1,000 models made in China from veneered plywood that don't have good quality heaters. You want a sauna made of solid wood from trees grown without pesticides and with tempered glass windows. **H&H**



SaunaRay's portable infrared sauna is made of Ontario basswood with a beeswax finish