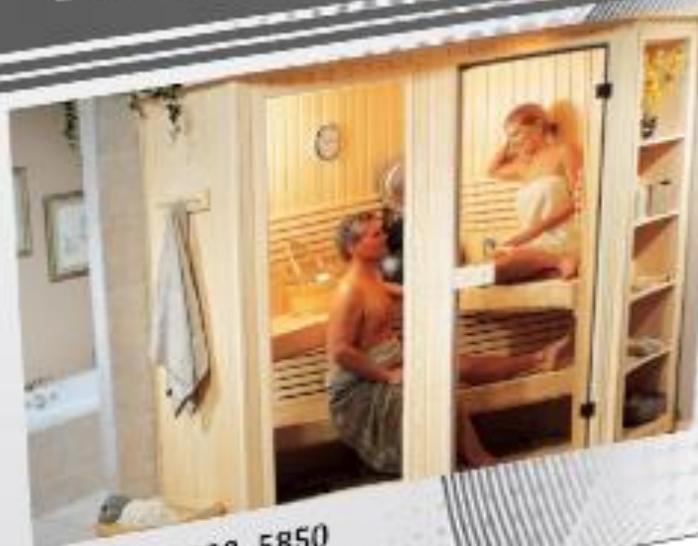


SAUNA BUYER'S GUIDE

**FREE
REPORT**

Tips to Save You Time & Money



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Sauna Buying Tips to Save You Time and Money

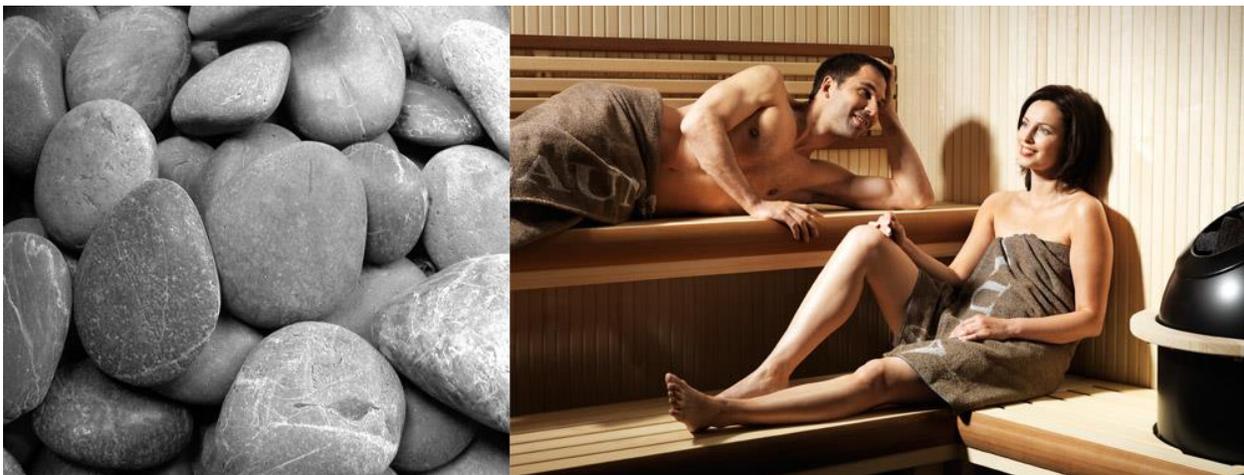


Thousands of families, single professionals and seniors enjoy improved health and on-demand relaxation with a sauna from home. An easy, fun and convenient way to ease aches and pains, promote weight loss, relieve tension, even pursue a detoxification strategy, an in home sauna is a smart purchase and a relaxing way to promote great health.

If you're reviewing your options and are considering investing in a sauna, have you thought about the reasons why you are interested in buying? It sounds like a simple question, but thinking through a few details before you buy can give you an incredible advantage.

How many people will be using the sauna on a regular basis? How frequently will you be using it? Answers to these questions can help you more clearly understand important details like what size sauna to buy, how to choose seating arrangements, even the decide on the most appropriate layout for your home.

The great news is, there's no shortage of fantastic home saunas on the market, and finding one to fit your needs and lifestyle isn't complicated – you simply need to get organized. With that goal in mind, here are a few sauna buying tips that are sure to save you time and money.



There Are Different Types of Saunas – Each With a Unique Experience

Starting with the basics, there are essentially four different types of saunas available for home purchase: Traditional Finnish, Dry, Steam and Infrared. Each type has its own advantages; finding the one perfect model requires thinking through how you plan on using it and defining your ultimate experience. Here is a general breakdown of what you can expect from each type.



Traditional Finnish Sauna - When most people think of a sauna, Traditional Finnish is the image and experience that comes to mind. Wood lined saunas, this model requires a minimum level of heat to work, but humidity can be controlled. The purpose of a sauna is to relax in high heat, and Traditional Finnish models must be kept at a minimum of 150 degrees to be beneficial.

Humidity is controlled using water, which is often ladled over hot rocks to reach desired levels. A Traditional Finnish sauna offers a customized experience. Some people enjoy low temperatures and less steam. Others prefer a very high temperature, which creates less steam. However, the most common preference is low heat and high humidity for a healthy, invigorating sweat.



Infrared Sauna - Infrared saunas are unique in that they provide the same relaxing experience as more traditional models, but with no steam or hot rocks to regulate humidity. Instead, these models rely on infrared heating to promote relaxation. Basically, the body is warmed rather than the air, making for a relaxing, therapeutic experience without being surrounded by intense heat.

Dry Sauna - By comparison, a dry sauna is similar to a Traditional Finnish model, but does not require ladling water on hot rocks. In fact, some people prefer not to use water at all, which results in low humidity levels.

Steam Sauna - As the name implies, a steam sauna has extremely high humidity – often 100 percent, resulting in a sauna that feels very hot. While there is no humidity control feature, steam saunas do offer a thermostat for regulating temperature.

Deciding Where to Put Your Sauna – What You Need to Know

If you've made the decision to bring a sauna into your home, the first thing you need to start thinking about before taking delivery is where to put it. Think about the space in your home and where you feel most relaxed.

Chances are you will use your sauna more if you choose a location that's easy to reach and enjoyable. Remember, one of the best ways to maximize health benefits of sauna use is through periods of heat followed by periods of cool.



A sauna in a comfortable space with access to a comfortable place to cool off – even outdoors makes this repetitive activity more enjoyable. From a practical standpoint, you may want to consider placing your sauna in close proximity to a shower and changing room. With traditional models, you may need access to a floor drain, and with all models, proper ventilation is a must.

Of course, the most important factor to consider when deciding where to place your new sauna is available space. If you're building a new home, you may be able to work with an architect to design the perfect at home space. If you're complementing an existing home with a new sauna, the options may be different, but no less enjoyable.

In fact, certain free-standing saunas can be placed almost anywhere, making it easy to bring the sauna experience home with limited planning. Whether you're remodeling, building a new home or simply interested in adding a sauna to existing space, the key to finding the ideal location is to think through where you will most likely enjoy your sauna.

Understanding Basic Maintenance Requirements



A clean, odor free sauna is an inviting sauna, and proper care is an important part of making sure your investment continues to perform as expected while retaining a fresh, inviting appearance. While basic maintenance requirements are relatively low, having the right information as an owner is smart and practical.

Basic Cleaning - The easiest way to maintain a clean, ready to use sauna is to use towels or mats when sitting on benches, and keeping a sauna brush handy by the door. A quick brush after each use on benches, walls and backrests ensures they stay clean and ready to use. If you remain attentive, you shouldn't need anything stronger than water to keep your sauna looking great.

However, if stains persist, you may use a mild detergent, and bleach will get rid of mold. Rest assured, there are wood cleaning kits and sauna maintenance products available should you need them. After a quick brushing, it's also recommended that you prop floorboards against the walls to drain and dry.

Heaters should be wiped down occasionally with a damp cloth to remove dust, and floors may be mopped with a mild deodorizing cleaner as needed. Always leave the door open after each use to keep the air in your sauna fresh.

Long Term Maintenance - In the event you decide you would like to freshen your benches or sauna interior, you may want to consider sanding. Many owners decide to sand wood annually, to help retain the fresh, new appearance of benches indefinitely. In addition, rocks should be removed once a year to clean, replacing any that are crumbled.

It's important to understand that the interior of your sauna must breathe for it to work properly. That means you cannot paint, varnish or stain the wood or interior features of your sauna. Paint and other synthetic finishes on wood can create harmful fumes and may impact the heat generated by your sauna in negative ways.

Helpful Tips for Using Your Sauna

An in-home sauna is an extraordinary opportunity to enjoy on-demand relaxation and improved health from the comforts of home. But many owners find that after using their sauna for some time, they discover the best way to maximize the experience. Here are some invaluable tips for use.



Sauna Buying Tips to Save You Time and Money

Temperature and Duration - While everyone is unique, most people find that the most enjoyable temperature for sauna use is somewhere between 150 and 175 degrees Fahrenheit for traditional models and 120 and 130 degrees Fahrenheit for infrared models.

The average time spent in the sauna also varies, but most people tend to need a break between 10 and 15 minutes. One of the easiest ways to boost the health benefits of sauna use comes from a continued pattern of heating and cooling. Ten minutes in the sauna followed by a cooling off period of ten minutes before re-entering is a comfortable, convenient way to enjoy longer duration in the sauna for maximum impact.

First time sauna users wonder if there are any specific things to do or avoid immediately after spending time in the sauna. Can you exercise or should you rest? Do you have to shower immediately, or can you relax first?



Luckily, there are no right or wrong answers when it comes to how you should enjoy your time after using the sauna, but most people find it beneficial to do the following:

- Take a shower after using a sauna to cleanse the skin. A quick shower removes residue, but is also an effective way to close pores, which have opened from exposure to high heat.
- Use a quality moisturizer from head to toe to replace critical moisture in the skin
- Drink plenty of fluids, preferably water to hydrate and replace lost fluids

Buy Local and Stay With Brand Name Saunas

With so many opportunities for buying a new sauna, consumers often feel overwhelmed and confused about where to go for the best quality and a great value.

With online sales virtually everywhere, it's tempting to want to purchase on the computer— and many deals make buying online a seemingly attractive option. However, in almost all cases, buying from a local dealer is recommended over purchasing through an online retailer. Why?

There's No Substitute For In Person – Browse With an Expert - It's convenient to browse available saunas online. From the comforts of your own living room, it's possible to look at a virtually endless supply of different makes and models. But that's about where the convenience ends, because there is simply no substitute for in person contact.

Particularly with a large investment like a sauna, seeing and touching in person is how to really get a feel for materials, size, even shape. Online images can be deceiving, and without seeing what you are buying in person, you really have no security. Besides, with an experienced dealer ready and willing to answer your questions, you can have full confidence that the product you are buying will meet, even exceed your expectations.

On-Site Service – Reliable, Expedient and Local - Caring for your sauna shouldn't be difficult, but in the event you need a repair, an extra part, or would like to supplement with additional features, where do you turn when you've purchased online?

A local, reputable dealership can often satisfy your needs faster, more efficiently, and with the peace of mind you deserve. Plus, with skilled experts on site, many sauna dealers have answers to your service questions and can expedite service or repair so you can get back to doing what you do best – enjoying your sauna.

Choosing a Reputable Sauna Dealer - Dealerships vary, and it pays to ask any local dealers you're considering a few questions to evaluate not only the business, but also, how customers perceive them. Don't be afraid to ask how long they've been in business and how long they've carried the brands they represent.

Switching brands too frequently may be a red flag, as longevity with one or a few name brands shows expertise and familiarity. Finally, inquire about testimonials online and note how many reviews are available.

In Summary

The benefits of heat bathing are undisputed. Whether it's for relaxation, relief from aches and pains, renewed skin, caloric burn or detoxification, there's nothing quite like having access to your very own in home sauna. If you are thinking of complementing your home with a new sauna, hopefully this guide has provided you with some important information that will help guide decision-making as you start the journey towards finding the perfect complement to your home.

With details and valuable tips on how to choose the right type of sauna, an overview of maintenance responsibilities and tips for selecting the best location to buy, we've assembled the perfect "how to" guide for buying a sauna that is sure to save you time and money. Information is power, and the more you know before you buy, the easier it will be to find the perfect sauna to fit your needs and your lifestyle.



About Us



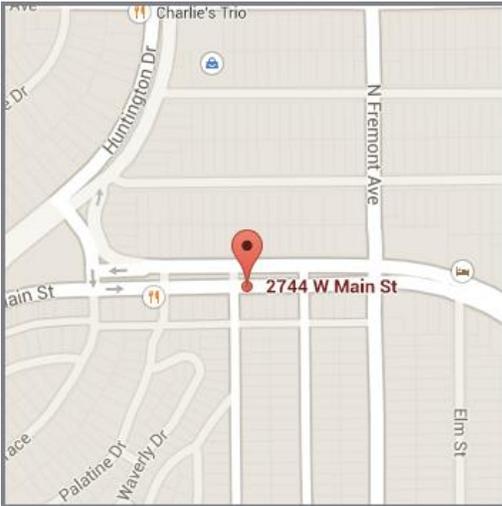
Mountain Hot Tub has been the best choice in Bozeman for almost 30 years. Nobody in Montana has more experience in the hot tub business as Mountain Hot Tub. Our staff has an average of over 8 years experience, many of whom have over 10 years, and some have over 20 years of making their living in the hot tub world. Established in 1979 by Tom Walker and Scott Smith, MHT started out installing redwood hot tubs, building them one at a time.

The company now is one of the most successful of its kind in the country. The company has grown into one of the top dealers not only in Montana, but we are recognized throughout the country as one of the best retailers specializing in hot tubs.

To learn call or visit one of our four locations in Bozeman, Butte or Helena or check out our website at MountainHotTub.com



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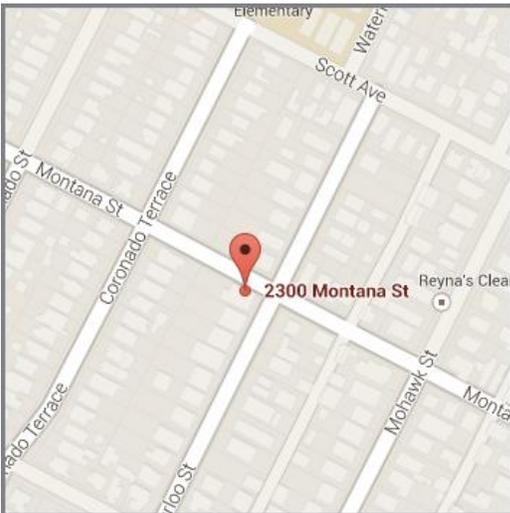


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1.800.443.5348

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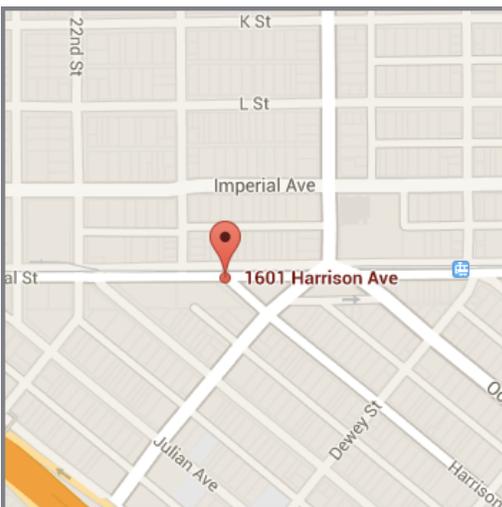


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