



EMF & HeatWave® Infrared Saunas

What does EMF stand for?

EMF stands for electromagnetic fields, which are invisible electrical and magnetic forces. Everything generates an electromagnetic field. The natural earth creates one, every atom in existence creates one, and so does the human body. Your body creates an EMF at about 10Hz (cycles per second) at very low amplitude – this is the reason electrocardiograms (EKG) and electroencephalograms (EEG) work. Artificial electromagnetic fields are caused by human activities and technologies (from appliances to cell phones to high voltage wires). In fact, without EMF, solid matter could not exist.

National Institutes of Environmental Health Sciences

There has been a lot of discussion recently about EMF levels and infrared saunas. After extensive research over the past 20 years, two national research organizations (the National Research Council and the National Institute of Health) have concluded that there is no strong evidence to support claims that EMF exposure at the frequency and amplitude produced by infrared saunas poses a health risk. Although the current scientific evidence provides no correlation between health risk and infrared sauna EMF, there is enough uncertainty being spread through the internet that some people want to reduce their exposure to EMF.

Inconsistent EMF Readings on Gauss Meters

Many consumers are now purchasing Gauss Meters and testing the EMF of their infrared saunas; however, to get an accurate result the test must be conducted in an EMF-sterile testing environment by highly trained technicians using certified, calibrated test equipment (such as the ELT-400, which is specifically designed to assess the safety of EMF fields to the human body.) Test equipment cannot distinguish between specific magnetic field sources. EMF amplitude (strength) levels on a meter are cumulative at the same frequency (such as 60Hz,) so multiple electric devices located within a short distance will produce a reading that represents the sum of all sources. Gauss readings taken periodically at the same location over a 24-hour period will show wide variations of the magnetic field. To further confuse this subject, many meters and tests show results in different units – uG (milligauss,) uT (millitesla,) W/m² (Watts per square meter) to name a few.

Heatwave® Saunas Emit Low levels of EMF

Heatwave® by Blue Wave® saunas are safe – and always have been. For more than a decade, we have made quality products with health and safety in mind. Our infrared saunas have been tested by Nationally Recognized Test Laboratories such as SGS and CTI, who concluded that our saunas, and specifically our heating panels, meet the most rigorous standards for safety, emissivity and power for infrared heater applications. Our heater panels work at 110 to 120VAC at 60Hz – the same standard voltage and frequency as the residential power grid in the United States, and by far the most tested, studied, and researched frequency in terms of EMF exposure.