



Trinity Leisure Saunas:

About us

Trinity Saunas are a market leader and have a complete line of infrared saunas. From entry level portable saunas, to custom saunas with custom lighting, and multiple wood choices and styles, Trinity® has a sauna for every taste and budget. The company was established in 1999.

Today, Trinity has the largest and most advanced sauna room manufacturing plant in the world. In addition, we have the extensive research and development program to ensure sauna quality control and ISO standard manufacturing — to provide you with products that are innovative, yet true to the ancient traditions of sauna.

Main features:

- Standard low EMF-EMR infrared bathing system – Mica heaters
- Guaranteed a safe environment – less EMF than a TV or toaster
- Exclusive technology that warms up quickly and evenly with no "cold" spots
- 6mm wall thicknesses – best in class and industry
- Blind nailed finishing, no visible imperfections or screws, furniture grade
- Fully featured with MP3 and stereos, chromatherapy lights and floor heaters with ceramic tiles
- Full height – taller than the competitors – min. 75" heights for comfort
- Full glass fronts and HD tempered glass, top quality safety glass doors
- Fully certified to cETL (US/CAN) safety standards for worry-free living
- Finishing in clear Canadian Hemlock is standard with water based product coatings or glues
- Cedar upgrades available at additional costs and require 8 - 10 weeks
- 2 year warranty (except radio which is 1 year)
- Prefabricated panels for fast assembly with no tools so you can enjoy the full detox and relaxation benefits of your sauna within an hour of delivery

Sauna Maintenance Tips

The following is a general guide. For more specific questions, please don't hesitate to contact us.

STEP 1: Refrain from paint, varnishing or staining the interior parts of the sauna with any normal paint or varnish. The wood needs to be able breathe adequately. Artificial finishes on the wood can create a much hotter surface - resulting in the possibility of fumes from the wood treatment, and take away some of the "softness" of the heat and steam penetrating the wood.

STEP 2: The simplest method of sauna maintenance is to keep a hand brush near the sauna door. The last person out dips the brush in the water bucket, and does a quick scrubbing on the benches, walls, backrests, etc.

NOTE! : If you do not follow STEP 2 closely, consider using our sauna wood cleaning kits, Bacterinol, or paraffin oil treatment kits.

STEP 3: Once your sauna is clean, prop the duckboards off the floor. Ensure that you leave the sauna door open so that it can be aired out completely. The heat that is left in the wood will dry the sauna completely after some time.

STEP 4: If dirt or sweat stains develop (if STEP 2 is not performed often enough), use a hand brush with warm water and with a mild detergent. To make your benches look new again, you can lightly sand your benches approximately once a year. Doing so will whiten them back to their "like new" condition. If mold develops anywhere (i.e. on the duckboards), you can clean with bleach or our Bacterinol sauna cleaner.

STEP 5: Depending on how often you use your sauna, it may be beneficial to occasionally wet mop the floor using a liquid deodorizing cleaner.

These easy-to-perform maintenance routines will keep your sauna inviting, fresh-smelling and enjoyable to be in!

FAQ Section:

What is the best temperature for a sauna?

The appropriate temperature for a sauna depends on your preference! Most people prefer to enjoy their sauna at temperatures between 150-175 degrees Fahrenheit for traditional saunas and 120-135 degrees Fahrenheit for infrared saunas.

How long should I stay inside a sauna?

This too varies between individuals - one can usually stay in the sauna until they begin to feel uncomfortable. Typically, remain in the sauna for about 15 minutes and then take a break to cool off for several minutes. Then you can feel free to return to the sauna for another session. A sauna experience can be truly relaxing and rewarding, but don't stay in the sauna for extended periods of time. Set the temperature and humidity level (if you are using a traditional sauna) to your ideal level. If you begin to feel dizzy or uncomfortable, simply leave the sauna and cool off.

What should I do after sauna heat bathing?

After your sauna, shower your skin to remove any and all residues or salts left behind. A quick rinse will close your pores once again and is the perfect way to end your sauna experience. It is recommended that you moisturize your skin with a high quality moisturizing lotion. It's also ideal to shampoo your hair afterward. Don't forget to drink an adequate amount of water, mineral water, fruit or vegetable juice to replace fluids that were lost during your heat bathing.

Are there any health problems that I should be concerned about?

Be sure to consult your personal physician if you have any history of heart problems, high blood pressure or any other health problems before enjoying any kind of sauna.

What are some of the most notable benefits of using a sauna?

Relaxation is by far the most cited benefit from regular sauna bathers, followed closely by the positive effects seen from detoxification.

Materials and Installation

Does my sauna need to have a drain installed?

No, but that said, it may be more convenient for cleaning purposes - especially with our traditional saunas.

What kind of floor is best for a sauna?

For traditional saunas, the best kind of floor for a sauna is cement, tile or anything that doesn't absorb water. For infrared saunas, wood or tile is perfect. Carpet, however, should be avoided or only used under an Infrared Sauna.

What type of circuit breaker should be used for my sauna?

Standard breakers should be used. They should be sized for the heater in to correspond with the National Electric Codes. Standard Infrared saunas, however, can be easily plugged in to normal household 120 volt outlets (15 and 20 amp).

Why are different wood choices recommended?

There are many variables to consider when choosing the appropriate wood choice for performance in a given sauna. All the woods used in our saunas have been used for hundreds of years and have long proven their viability for sauna use. Wood choice is also largely contingent upon user preference and style. We hand select clear softwoods such as Western Red Cedar and vertical grain Hemlock. We then complement these choices by matching bench materials which enhance the sauna user's comfort levels. We determine the most ideal profiles, thickness specifications, framing materials, hardware - and give you a product that is built to perform and to last. Our warranties and decades of experience will give you further piece of mind when considering our wood choice expertise.

How much can I expect to pay monthly for my sauna?

If you use your sauna 3 times per week, a 6 kW heater will use approximately \$4 to \$6 per month. For Far-infrared saunas typically use \$3 to \$5 per month on a 15 AMP plug.

How long, on average, does it take for a sauna to fully heat up?

A traditional sauna generally takes between 30 and 45 minutes to fully heat up. During this time, the rocks will be heated to the perfect temperature for soft heat and soft steam. It takes about 20 minutes for an infrared sauna to heat up. After 20 minutes, the air has warmed up a little and the emitters are running at full power.

Health and Wellness

Much has been made of the health benefits of sauna bathing. With good reason. Physically, nothing is more reinvigorating.

A few minutes a day is all it takes to look and feel better. The body's response to gentle, persistent heat is well-documented and proven day in and out by people all over the world. Which is why more and more doctors are recommending its purifying benefits.

Ten key health & wellness benefits:

1. Saunas relieve stress.
2. Saunas relax muscles and soothe aches/pains in both muscles and joints.
3. Saunas flush toxins.
4. Sauna cleanses the skin.
5. Saunas can induce a deeper sleep.
6. Saunas bring about recreational and social benefits.
7. Saunas improve cardiovascular performance.
8. Saunas burn calories.
9. Saunas can help fight illness.
10. Saunas just feel good.

1. Saunas relieve stress.

Not surprisingly, sauna bathers most frequently cite stress reduction as the number one benefit of sauna use. Medical studies often determine that stress in our daily lives can negatively affect our health. In fact, the vast majority of disease (i.e. heart disease) is at least partially stress-related. Heat bathing in a sauna provides stress relief in a number of ways. It's a warm, quiet space without any distractions coming from the outside. As we like to say, "Step into a Trinity sauna, and close the door on the rest of the world." The heat from the sauna relaxes the body's muscles, improves circulation and stimulates the release of endorphins. Endorphins are the body's all-natural "feel good" chemical, and their release provides a truly wonderful "after sauna glow".

2. Saunas relax muscles and soothe aches/pains in both muscles and joints.

Under the high heat provided by a sauna, the body releases endorphins (see health and wellness benefit #1). Endorphins can have a mild, enjoyable "tranquilizing effect" and the ability to minimize the pain of arthritis and muscle soreness other from, say, an intense physical workout. Body temperature also rises from the heat of the sauna. This causes blood vessels to dilate, therefore increasing blood circulation. This increased blood flow in turn speeds up the body's natural healing process via soothing aches and pains and/or speeding up of the healing of minor bruises or cuts. After participating in physical sports, use the heat and/or steam of a sauna to promote muscle relaxation by helping to reduce muscle tension and eliminate lactic acid and/or other toxins that may be present.

3. Saunas flush toxins.

Many - if not most - of us do not actively sweat on a daily basis. Deep sweating, however, has multiple proven health benefits. Benefits derived from a deep sweat can be achieved via regular sauna bathing. Due to the heat of a sauna, the core body temperature begins to rise. The blood vessels then dilate, causing increased blood flow (see above). As heat from the blood begins to move toward the skin's surface, the body's nervous system then sends signals to the millions of sweat glands that cover the human body. As the sweat glands become stimulated, they produce sweat. Sweat production is primarily designed to cool the body, and is composed of 99% water. However, deep sweating in a sauna can help reduce levels of lead, copper, zinc, nickel, mercury and chemical - which are all toxins commonly absorbed just from interacting with our daily environments. There is no shortage of books from Doctors and practitioners, who describe the benefits of detoxifying our bodies regularly. As many doctors will agree, a big reason for the popularity of saunas is that they are one of the best ways to detoxify our bodies.

4. Sauna cleanses the skin.

Heat bathing is one of the oldest beauty and/or health strategies in terms of cleansing one's skin. When the body begins to produce sweat via deep sweating, the skin is then cleansed and dead skin cells are replaced - keeping your skin in good working condition. Sweating rinses bacteria out of the epidermal layer and sweat ducts. Cleansing of the pores has been shown to improve the capillary circulation, while giving the skin a softer-looking quality. Dr. Ben H Douglas, a professor at the University of Mississippi Medical Center and author of "Ageless: Living Younger Longer," attests that "Sweating is a way of energizing the skin almost the way exercising a muscle energizes it." He goes on to explain that, when you sweat, the rush of fluid to the skin "bathes skin cells with a liquid rich in nutrients," which "fills in the spaces around the cells" and even "plumps up" tiny wrinkles. He also mentions that the nutrients and minerals in sweat "are essential to maintaining the collagen structure of the skin." Bathing skin in sweat on a fairly regular basis, therefore deters collagen breakdown that can ultimately result in wrinkles and sags. By continually flushing body waste through individual cells, one eventually brings back vitality, tone and a healthy glow to the skin. Sauna usage is certainly not a cure for acne, but it can very often help - due to the deep cleansing it provides from a deep sweat (that is, cleaning the pores from the very inside out - instead of just cleaning the top of the skin).

5. Saunas can induce a deeper sleep.

Research has shown that a deeper, more relaxed sleep can result from sauna use. In addition to the release of endorphins (see above), body temperatures, which become elevated in the late evening, fall at bedtime. This slow, relaxing decline in endorphins is key in facilitating sleep. Numerous sauna bathers worldwide recall the deep sleep experiences that they feel after bathing the calming heat of a sauna.

6. Saunas bring about recreational and social benefits.

While the social benefit is rarely talked about, it's really actually quite important. The sauna can be a private, personal area of relaxation and solitude. However, it can just as easily be a relaxing environment for socializing with family, friends and soon-to-be friends. The sauna room environment is conducive to open, intimate and quiet conversation.

7. Saunas improve cardiovascular performance.

In the high temperatures of a traditional or infrared sauna, skin heats up and core body temperature rises. In response to these increase heat levels, the blood vessels near the skin dilate and "cardiac output" increases. Medical research has told us that the heart rate can rise from 60-70 bpm (beats per minute) to 110-120 bpm in the sauna (140-150 with more intensive bathing), and can often sink to below normal after the cooling off stage. With regular sauna usage, we not only train our heart muscles and improve the heart rate/cardiac output, but we also help the body's regulatory system. Even more cardiovascular conditioning takes place when the sauna bathing is taken in multiple "innings", with sessions in the sauna separated by a cool shower or a quick dip into a cool pool or lake. Each time you rapidly change temperature (from hot to cool or vice-versa), your heart rate increases by as much as 60%, which is very comparable to the increase experienced during moderate exercise..

8. Saunas burn calories.

Outlandish claims are often made by some sauna sellers (primarily those who sell infrared saunas) to promote saunas as an end-all weight loss tool. While some individuals may experience high amounts of calorie burn at first - particularly those individuals in poor shape to begin with - over the long term, saunas are simply treated as one of many tools in our arsenal when it comes to burn additional calories. The sweating process itself requires a notable amount of energy. That energy is derived from the conversion of fat and carbohydrates in a bodily process that burns up calories. According to U.S. Army medical research (Ward Dean, M.D.), "A moderately conditioned person can easily sweat off 500 grams in a sauna in a single session, consuming nearly 300 calories in the process, "The body consumes said calories due to the acceleration of heart activity (the cardiovascular section). As heart activity increases and as these processes demand more oxygen, the body begins to convert more calories into usable energy.

9. Saunas can help fight illness.

German sauna medical research shows that saunas were able to significantly reduce the incidences of colds and influenza amongst participants. As the body is exposed to the heat of a sauna and steam (in the case of traditional saunas), it produces white blood cells more rapidly, which in turn helps to fight illnesses and helps to kill viruses. In addition, saunas can relieve the uncomfortable symptoms of sinus congestion from colds or allergies - especially when used with steam (tip: add eucalyptus to the water for added benefit and overall enjoyment). The steam vapor action helps to clear up unwanted congestion and is a wonderful aspect of the Finnish sauna experience.

10. Saunas just feel good.

A sauna not only feels good, it's good for your body. Whether it's the physiological changes that occur during the warmth of a sauna, or if it's simply the time spent in the calming and still retreat of the sauna, every seasoned sauna bather agrees - it feels wonderful! As we progress through our stressful everyday lives, the sauna provides a pampering retreat - where we can relax and restore body and soul. Sauna bathing truly makes you "Feel Better", "Look Better" and "Sleep Better"!