

Sauna For Seniors

Partner Information – Sauna Donation



Recommended sauna unit

Sauna For Seniors recommends the 3-person, prefabricated indoor electric sauna sold by Redwood Outdoors.

<https://www.redwoodoutdoors.com/products/indoor-sauna-3-person/?sku=SN-I-T3>

The unit is compact (4 feet by 5 feet by 6-1/2 feet tall) and will not occupy a significant amount of space at your facility. The unit is freestanding and is easily assembled.

The unit is powered by a small electric heater. The heater requires a 240V electrical supply like that for a residential appliance like an oven or clothes dryer. The heater is UL certified and automatically shuts off after 60 minutes of operation, providing effective heat therapy while being safe for indoor use.

Operating Costs

Operating costs are limited to the electricity needed to power the heater. Average cost per use is approximately \$2 (for an average session the heater will use approximately 10 kilowatt hours with average electricity costs in the Philadelphia area of 20 cents per kWh).

Maintenance

The sauna unit is designed to require minimal ongoing maintenance, limited to periodic cleaning of the benches and visual inspection of the sauna heater to ensure proper operation.

Additional maintenance information from the manufacturer can be found [here](#).

Expense Coverage

| | Sauna For Seniors | Partner Facility |
|--|-------------------|------------------|
| Purchase of the sauna unit from Redwood Outdoors | ✓ | |
| Shipping costs for the delivery of the sauna unit to the partner facility | ✓ | |
| Professional contractor to assemble the sauna unit at the partner facility | ✓ | |
| Electrician for heater installation at the partner facility (if needed) | ✓ | |
| Electricity costs (for the ongoing operation of the sauna unit) | | ✓ |
| Maintenance | | ✓ |
| Insurance (<i>see additional information</i>) | | ✓ |

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Additional Information

Typical sauna usage

Typical sauna usage consists of one to three sessions in the sauna, with each session lasting 10 to 15 minutes on average and breaks in between sessions. However, the duration of each session and the number of sessions varies by individual preference.

Program options

At most facilities, sauna usage is self-directed by participants. However, Sauna For Seniors has developed program concepts for structured and professionally guided sauna sessions if of interest to partner facilities.

Insurance

Insurance requirements vary by facility and underwriter. Sauna For Seniors can provide related information obtained from other centers and 55-plus communities if helpful in discussing requirements with your insurance provider. This is typically covered by a facility's general liability policy, but partners are responsible for confirming with their insurance provider that they have sufficient coverage for an indoor sauna unit.

For additional information, please contact:

Sauna For Seniors

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