

EMERALD COAST



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CELEBRATING FIVE YEARS OF
EMERALD COAST MAGAZINE

All the Comforts



Taking a sauna has always been a great way to relax and rejuvenate. Sunlight Saunas has taken the indulgence to a new – and much more luxurious level – with the new Armana line of wooden saunas being introduced this fall.

The freestanding saunas, crafted of hypoallergenic basswood, western red cedar and real glass, can be used indoors or out. The line also utilizes a unique Solocarbon technology. Unlike conventional saunas that use convection heat, these saunas use a safe infrared light that's so energy efficient, they can be plugged into a regular household outlet.

But that's not what will keep you basking in the warmth. These saunas are also equipped with enjoyable indulgences including a CD player featuring Blaupunkt speakers (the same ones used by BMW), a flat-screen television and an MP3 circuit for hearing the tunes from your PC or iPod. Armana saunas are priced between \$3,500 and \$6,500.

And if it seems like too much of an extravagance, consider that *The Journal of American College of Cardiology* reports health benefits from the infrared sauna, including lower blood pressure, lower blood sugar, increased circulation, lower cholesterol, reduced triglycerides and weight loss.

Sunlight Saunas are available online at www.sunlightsaunas.com.

– Rosanne Dunkelberger



IF ONLY YOUR HOME HAD AN ENTERTAINMENT CENTER LIKE THE SUNLIGHT SAUNA, ACCESSORIES INCLUDE DVD AND CD PLAYER, BLAUPUNKT SPEAKERS, FLAT-SCREEN TELEVISION, MP3 CIRCUIT AND MORE.