

Residences

SPECIAL ADVERTISING SECTION

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Here's a neat trick:
Teach your kids to
organize their rooms

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You're not alone in
seeing the advantages
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LAKE WORTH — Situated on a large 90-by-100-foot corner lot just steps from the Intracoastal Waterway, this home offers a floor plan with light and bright interior rooms and parquet wood floors.

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WEST PALM BEACH — Highlights of this two-bedroom, three-bath condominium include direct Intracoastal and ocean views.

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LAKE WORTH — On a fenced golf course lot, this four-bedroom, 2½-bath home offers a customized kitchen and Corian countertops.

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Home Technology

You're not alone in seeing advantages of 'Solo Sauna'

I used to sit in a sauna when I was a kid. My grandmother called it a "banya," the Russian term for sauna. I loved getting all sweaty in the dry heat. It energized me, and I believed that if I had a cold, the sauna cured me.

There must be something to this, as the Finns have used saunas for more than 2,000 years.

Dr. Andrew Weil says that sweating in a sauna helps the body to rid itself of unwanted materials and improves general circulation. I'm all for the health benefits, and I sure miss my sauna time.

Building a standard sauna is an expensive proposition, however. A modular unit can cost \$3,000 to \$6,000. And you need a permanent location for it, whether indoors or out. My condo just doesn't have a place for it.



SUE KOVACH

High-Tech Home



Photo by Sunlight Saunas

'No sweat': Convenient and portable, the new 'Solo Sauna' offers the same health benefits as conventional saunas — and at a fraction of the price.

But I might still get my wish. I learned about a new high-tech sauna that anyone can use, right at home. It's portable, so you don't need a permanent space; it plugs right into a standard household outlet; it costs far less than a conventional sauna. It's the Solo System, from Sunlight Saunas.

Instead of heating rocks, like a conventional sauna, the Solo System

produces heat using "solo-carbon" technology. This involves heating a layer of black carbon, which emits far-infrared light — the same healing infrared that comes from the sun.

This far-infrared light surrounds the body and penetrates deeply into muscles, tissues and joints, increasing oxygenation and blood flow. And it makes you sweat, just like a conventional sauna.

You use the Solo System a bit differently from a conventional sauna. Instead of sitting in a room, you lie inside the device, which looks a bit like a medical magnetic resonance imaging (MRI) machine. Use it while lying on a massage table, or even on a floor pad on the floor.

You can buy the Solo Sauna by itself, or add the special SoloPad that gives you 360 degrees of infrared emissions to cover your entire body (the sauna and pad make up the Solo System). You don't have to buy the pad, but it sure sounds like a good idea to me.

The best part about the Solo Sauna

is that you can use it anywhere, indoors or out, and it comes with a protective canvas covering for outdoor use. Store it anywhere you have the space. If you move, take it along; it's easy to disassemble and reassemble.

In addition, it uses less electricity than your average sound system. Pardon the pun, but there's "no sweat" to using this sauna.

Maybe the best part is the price: \$1,695 for the sauna, \$795 for the optional pad. That is notably less than building a permanent sauna room, and less than a lot of whirlpool spas, actually.

While the experience isn't exactly the same as sitting in a conventional sauna, you'll enjoy the same health benefits, and that's what I'm looking for. Even a 2,000-year-old tradition can be improved with high-tech.



Writer Sue Kovach is a former computer animator and author of *Everything You Need to Know About Computers and the Internet: A Step-by-Step Guide for Rookies*. Write to: HighTechHome@gmail.com