



Book your favorite Infrared Saunas in Toronto

Infrared saunas use infrared lights to heat the surface of the skin rather than increase the sauna room's overall temperature. The increased skin temperature causes sweating, which leads to the release of toxins from the body.

[Infrared saunas](#) are growing popular in Toronto, and those who have them installed, also go the extra mile and spruce them up with some exciting [sauna accessories](#).