

Hands Free Infrared Sauna

ELF Magnetic Field (EMF) Measurement Report

Date: June 2026

Model: Hands Free Infrared Sauna

Measurement Device: Tri-Field Meter (magnetic field setting)

Measurement Details

- Location: Center of the sauna, at chest height, directly in front of the bench (typical seated user position).
- Distance: Approximately 13–15 inches from back and side heaters; front heaters similarly positioned; floor heaters farther away.
- Recorded Reading: 1–3 mG (milligauss) ELF magnetic field.

This reading reflects real-world conditions with all heaters operating.

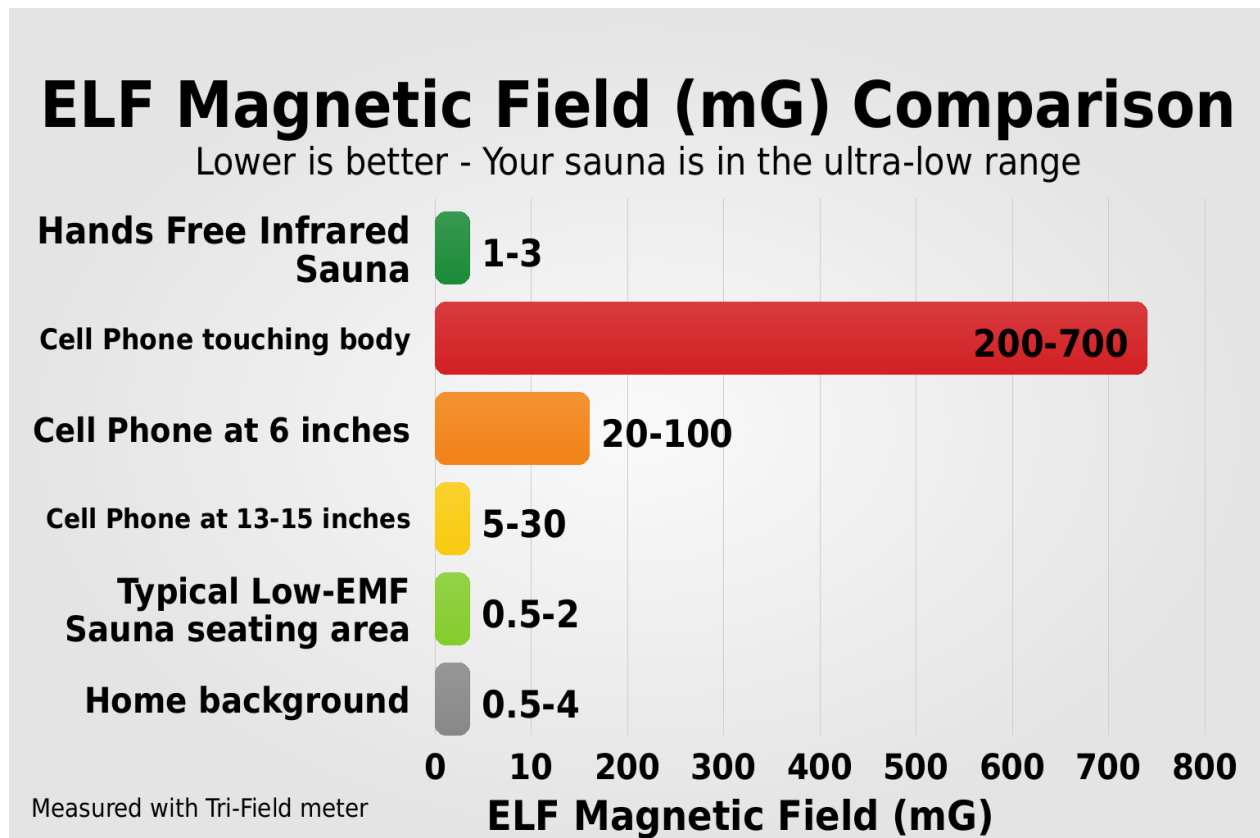
Why We Measure at the Center (Seating Position)

We take measurements at the center of the sauna at chest height because this provides the most accurate and representative reading of what a user actually experiences during a session.

- It captures the balanced, averaged exposure from all surrounding heater panels.
- It avoids artificially high “hot spot” readings taken directly next to a single heater panel.
- This position best simulates where a person sits or reclines for the duration of a typical 20–45-minute sauna session.

This approach follows standard industry practices used by reputable low-EMF sauna manufacturers for transparent and honest reporting.

Comparison to Common Devices



Your Hands Free Infrared Sauna produces very low ELF magnetic fields at the seating area.

- Your Sauna (center, chest height): 1–3 mG
- Typical premium low-EMF infrared saunas (seating area): 0.5–2 mG
- Home background levels: 0.5–4 mG
- Cell phone (touching body): 200–700+ mG (often 10–100x higher)
- Cell phone (6 inches away): 20–100 mG
- Cell phone (13–15 inches away): 5–30 mG (variable)

Lower readings are better. Your sauna's levels are in the ultra-low range and significantly below those of everyday devices like cell phones.

Important Disclaimer

All readings were taken from the center seating position as described above. Actual EMF levels can vary slightly depending on electrical currents, local power fluctuations, surges, irregular currents, wiring conditions, or other environmental factors. These variations are normal and common in all electrical devices and home environments. The 1–3 mG range represents typical operating conditions for this sauna.

This sauna is engineered for safe, comfortable full-spectrum infrared therapy with low EMF characteristics at the user position.

Contact

For questions or additional measurements, contact us at <https://spiritualquest.com> or 877-535-2267

This report is for informational purposes and reflects independent in-house testing. Results may vary.