

Distinguish between saunas and steam rooms

Understanding the differences between the sauna and the steam room makes it easy to choose the right product.

The sauna is divided into two types: sauna room and wet room. Each room has its own characteristics of structure, advantages and uses. Read our article to distinguish them and make the most suitable choice for your family.

Quick review of content

1. What is the difference between sauna and steam bath?
2. Which brand's sauna should you buy?
3. Design of family sauna what to note?

What is the difference between sauna and steam bath?

Structural characteristics

1. **Sauna** (sauna): most of the parts are made of specialized wood because the wood does not retain heat for long, so that the user does not burn the skin when steaming.
2. **Wet sauna** (**wet steam** machine): Usually made of toughened glass together to prevent steam from escaping outside. Many models of steam baths are now combined with massage systems or used as baths.



Dry sauna room

Work

1. **Dry sauna** : Heat dry ice on resistors or use infrared radiation to raise room temperature to about 35-75 degrees Celsius and 10% humidity. Under these conditions, the body sweats and lowers the temperature itself. People often put a little water or essential oil on the stone to increase efficiency.
2. **Wet room** : The steam from **the steam generator** will follow the pipeline into the room, causing the room temperature to rise to 45 degrees Celsius, 100% humidity. You can also use essential oils or herbs to create a pleasant fragrance, improve the effectiveness of sauna.



META.vn

Steam machine

Uses

1. **Sauna room** : helps purify the body; kill bacteria, parasites, fungi that cause disease; Improve immune system; skin beauty; improve blood circulation; reduce stress; Relieve pain and remove excess fat.
2. **Wet room** : clears pores; toxin excretion; beautify skin, prevent acne; help the body relax, reduce stress and fatigue; Improve blood circulation, enhance immunity; support treatment of sinusitis, asthma, allergies, bronchitis; make slim shape.

Which brand's sauna should you buy?

Homesteam (Vietnam), Amazon (Japan) and Coasts (China) are the three most popular sauna brands.

1. **Homesteam**: specializes in providing saunas and mini saunas with prices from 4,000,000 to 36,000,000 VND. Homesteam's products are compact, modern and easy to use.
2. **Amazon**: includes international standard steam and dry sauna machines for efficiency and safety for users. Amazon saunas are sold at different prices ranging from VND 1,700,000 - 15,500,000.
3. **Coasts**: Coast products aim to be compact and user-friendly. On average, a Coast brand steam generator has a selling price of VND 9,450,000 - VND 18,450,000.



Amazon dry sauna machine

Design of family sauna what to note?

In order to achieve the best efficiency, when **designing a family sauna** you should note some of the following issues:

1. Make sure there is enough space to install the sauna room according to the manufacturer's standards, not so tight that users feel uncomfortable, undercover or too wide causing waste and costly area
2. Power source and transmission line must be neatly installed, ensuring safety
3. Carry out installation according to the instructions on the package
4. Install the control panel outside the sauna room at a level that fits the user's reach
5. Check the entire system when installation is complete to ensure early detection of errors and timely remedies

Hopefully after this article you will better understand the sauna room and the steam room. To buy a cheap, quality **sauna** make sure to visit META.vn today.

You finished reading the article "**Distinguish between saunas and steam rooms**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.