

What is IR?

Infrared Radiation (IR) is electromagnetic radiation of a wavelength longer than that of visible light. **Much of the energy from the Sun (about 50%) arrives on Earth in the form of infrared radiation.**

Infrared radiation can be used as a specialized heating source for a variety of purposes.

A very specific infrared radiation frequency is used to directly heat a person in an [infrared sauna](#).

Efficiency is achieved by matching the wavelength of the infrared heater to the absorption characteristics of the human body.

This phenomena is called **Radiant Heat, which is heating a specific object directly** without warming the air around it.

What is FIR?

In the past ten years, Far Infrared Radiation (FIR) has gained widespread recognition and acceptance in the USA as a **safe and effective heat therapy method for the purpose of natural health care.**

The far infrared light spectrum measures from 4 microns to 1000 microns.

Rocky Mountain Saunas' [Nano-Carbon](#)TM infrared heater panels produce a **bandwidth or channel of light energy of 8-12 microns** within the far infrared light spectrum.

The human body most easily absorbs and emits infrared energy/sunlight in the 8-12 micron range.

The 8-12 micron bandwidth is responsible for many healthy physical changes within the human body and is the foundation for the multitude of health

benefits produced by infrared sauna therapy.

On this website, the commercial and [home saunas](#) are referred to as [far infrared saunas](#), infrared saunas, FIR saunas, and IR saunas, and Nano-Carbon™ saunas.

These terms are synonymous, and all of our saunas use the same state of the art technology.

We welcome any questions you may have about the technology or [sauna health benefits](#) you may realize in using our saunas.