

**HEALTH MATE<sup>®</sup>**

Why Healthmate  
Infrared Sauna Cabin





"Healing in a matter of time,  
but it is sometimes also a matter of opportunity"

- Hippocrates -



"Health is maintained and improved not  
only through the advancement and application of health science, but also through  
the efforts and intelligent lifestyle choices of the individual and society"

Leader of the Health Sauna Industry since 1979<sup>®</sup>

**HEALTH MATE**

## Healthmate

In 1979, PLH Products Inc. produced and introduced the world's first ever portable infrared sauna cabin. The product soon became known as Health Mate, making it a symbolic trademark in the home sauna industry. Using the innovative infrared technology developed by NASA, PLH Products gave new meaning to heat therapy in new and luxurious form easily approachable by consumers. For more than 30 years, Health Mate has continuously upgraded the product and provided superior customer service determined to maintain its reputation as "Leader of Infrared Sauna Cabin."

In making great contribution to expanding Infrared Sauna Cabin market worldwide, Health Mate has set a bar of excellence for all other infrared sauna cabins in the market. With all major electrical and safety certifications, Health Mate achieved the reputation as the most reliable infrared sauna cabin in the industry. With obtaining PEFC and FSC forestry certificate, Health Mate has transformed into an eco-friendly product and a brand that cares about the environment we live in and health of each individual.

Health Mate's mission is 100% customer satisfaction through quality and service. Not all products are created equal. Health Mate believes that quality product can only come from a company that cares about quality. With over 30 years of experience and know-how, Health Mate is the only brand of infrared sauna cabin in the market with long history and quality product. Health Mate is not just a brand but a partner to healthier living, a gateway for consumers to healthier lifestyle through experience with Health Mate Infrared Sauna Cabin.



# Why Healthmate Infrared Sauna Cabin



- 01 Over 30 years of superior craftsmanship and experience in manufacturing world's 1st infrared sauna cabin.
- 02 Newly designed and highly advanced LED dual digital control panel with failure rate of 0.01%.
- 03 Clear (defect free) grade, fine grain, and properly handled Old Growth Western Red Cedar.
- 04 Exclusive M-type Heater for Healthmate from Emerson.
  - Only heater in the sauna market with UL approved certificate.
  - State of the art far infrared technology.
  - Unique M-shape radiates the most infrared energy and accompanied by reflective panels which distributes 100% of rays within the sauna and no heat loss.
  - Consist of a warm core of compressed ceramic and completely surrounded by a layer of incoloy, a metal alloy resistant to temperature and corrosion.
- 05 Certification which consumers can put their trust on: UL, TUV, CE, ROHS, ISO 9001
- 06 Only sauna in the market that is eco-friendly and environmentally responsible.
  - PEFC (Programme for the Endorsement of Forest Certification): The PEFC certification provides buyers of the certified product that they support sustainable forest management. This means that the lumber process observes the most rigorous standards of reforestation.
  - FSC (Forest Stewardship Council): The FSC label assures that Healthmate complies with the most stringent social and environmental standards in the market. As the public's awareness about the global state of the forest and timber resources increases, the FSC offers a reliable solution to complex environmental and social issues.
- 07 Trustworthy warranty for a trustworthy product.
  - Heater: Lifetime (Emerson M-Type heater Only)
  - Wood: 5 Years
  - LED Dual Digital Control Panel: 2 years
  - Audio Components: 2 Years
- 08 100% Customer Satisfaction through quality, innovation, and service.



The mark of responsible forestry  
Ask for our FSC certified products



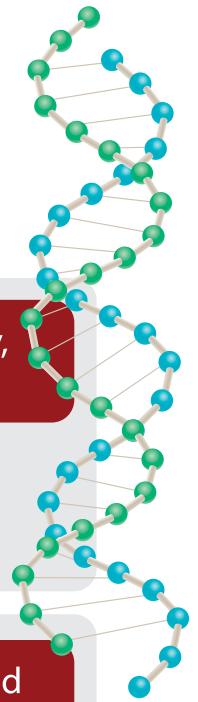


# Infrared Sauna Session with Healthmate



- ▶ Body warms up gradually in the comfortable heat.
- ▶ When body sweats to cool off, Healthmate Infrared Sauna can easily sweat out up to seven times more toxic substances.
  - Healthmate Infrared Sauna: 80% water and 20% waste.
  - Traditional Steam Sauna: 97% water and 3% waste.
- ▶ Relieves tension and relaxes muscle.
- ▶ Improve skin tone and elasticity, helping the skin feel smooth and young.
- ▶ Beneficial in various medical conditions: rheumatism, arthritis, muscle and joint pains, headaches, and stress.
- ▶ Healthmate infrared ray penetration works cardiovascular system similar to a half hour workout. Lungs and heart is worked which improves circulatory and respiratory systems. It also burns calories for weight loss.

# Scientifically proven facts



Dr. Sherry Rogers : member of the American College of Allergy, Asthma, and Immunology

"Our bodies are constantly accumulating toxic substances. Detoxification in an infrared sauna is one proven method of removing harmful waste from the body."

Clinical Research Center at the University of Rome (Italy) found that detoxification is helpful in the fight against cancer.

- In many human cancers, a set of enzymes are over-expressed (too many are produced) and this stops the anti-cancer compound from working.
- Detoxification releases the excess of these enzymes, thereby allowing the anti-cancer compound to work.



Various studies worldwide in biology, cardiology, and alternative medicine have all shown that infrared sauna therapy improves a large range of conditions.

- Depression
- Chronic heart failure
- Cancer
- Rheumatoid Arthritis
- Hyperthermia



Positive results from research and studies about musculoskeletal conditions.

- Infrared energy relaxes the muscles, which reduces muscle spasms, relieves pain, and heals fractures faster.
- Other conditions and discomforts were also remedied.



Patients undergoing regular infrared sauna treatment have found improvement in following areas.

- Fibromyalgia
- Hypertension
- Whiplash
- Insomnia
- Menstrual Pain





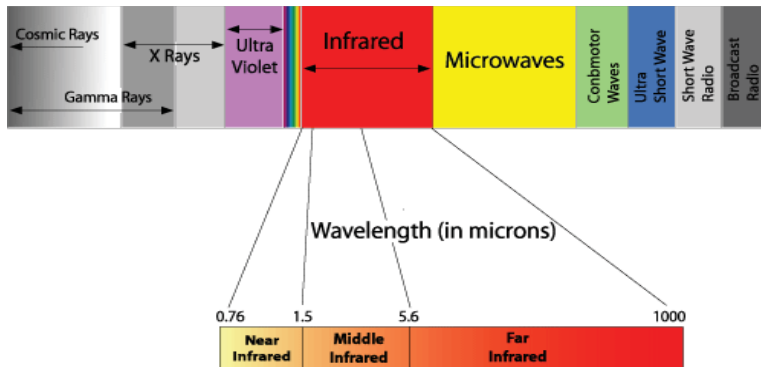
# Why Western Red Cedar from Healthmate?



100% of Canadian Old Growth Western Red Cedar for Healthmate cabins is inspected and hand picked directly from British Columbia, Canada. Healthmate cabins only use fine-grain, clear grade (defect free), and old growth Western Red Cedar which is considered the top quality wood in the lumber industry worldwide. With over 30 years of craftsmanship experience, all Western Red Cedar for Healthmate cabins are handled properly with careful drying process to fine sanding which brings out the natural beauty of the wood itself.

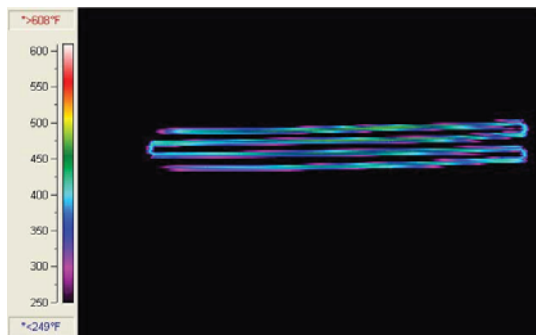
# Infrared Radiant Spectrum

To provide a new standard of effective heat for the body, Health Mate saunas use infrared energy, also called radiant heat. This heat is produced by infrared rays, a form of energy that is just below visible light on



The graph illustrates that a wavelength above 5.6 microns is infrared. Near or middle infrared (below 5.6 microns) is not effective on the human body, our new m-type heater have maximum of 6.34 microns as wavelength.

## M-type Heater Infrared Emission Image



Temperature

It is crucial for a heater to evenly emit infrared heat. The image on the shows how our heaters emit far infrared heat evenly.

Heater surface temperatures should be 480.89°F or lower to emit far infrared. So green or blue is OK, but yellow or red emits middle or near infrared. As you see in this picture, our heater shows mostly even blue colors throughout the heater, which means it truly emits far infrared.

## M-type Heater's Inside





# Provided By Emerson

**Emerson Brands** : Manufacturing and/or sales presence in more than 150 countries.

-Network Power

Founded in 1890- in business for 116 years

-Process Management

**-Climate Technologies**

**-Appliance Solutions**

**Emerson Heating Products**

-Storage Solutions

-Professional Tools

-Motor Technologies

-Industrial Automation

-HVAC

-Cooking

-Laundry

-Water Heater

-Dishwasher

-Refrigeration

-Lighting

**Electronics Industry(2005)**

1. General Electric	8.11
<b>2. Emerson</b>	<b>7.51</b>
3. Sony	7.09
4. Siemens	6.80
5. Matsushita Electric	6.49



Emerson Recognized as a Global Brand Leader

# Easiest to Install in the Industry

The Health Mate infrared sauna is easily assembled. All panels are equipped with a simple latch-buckle system, making the sauna quick and easy to assemble. Within 30 minutes, your sauna is ready.

Just open the cartons, move in the panels, and put together your sauna in six easy steps!



All Health Mate infrared saunas are easy to assemble - just 6 panels that snap together with our Easy Click system.

## Certification



Timber Certification  
[FSC]



Timber Certification  
[PEFC]



ISO 9001:2008



TUV



CE

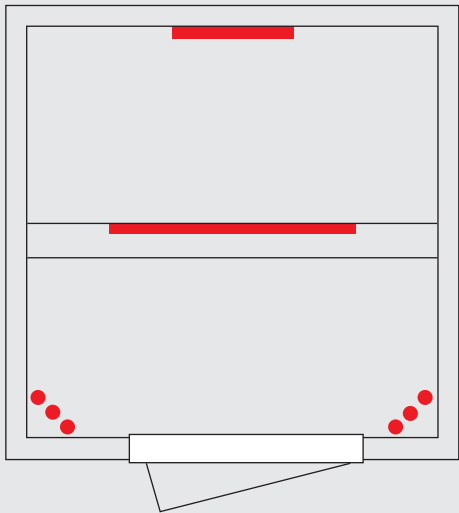


CSA



KC

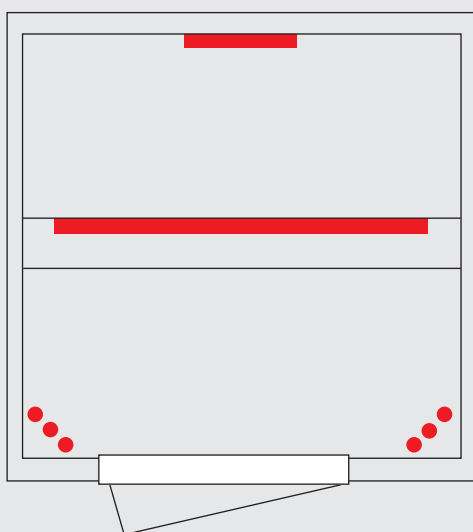
# Healthmate 90



GENERAL SPECIFICATION			
Model	Healthmate 90		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	1,230		
Dimension [mm]	92 X 92 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	1 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		



## Healthmate100



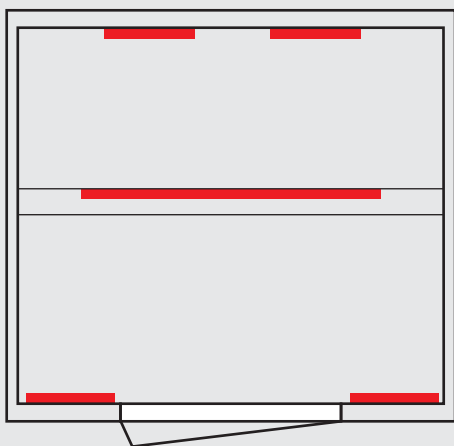
### GENERAL SPECIFICATION

Model	Healthmate 100		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	1,510		
Dimension[mm]	102 X 102 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	1~2 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		





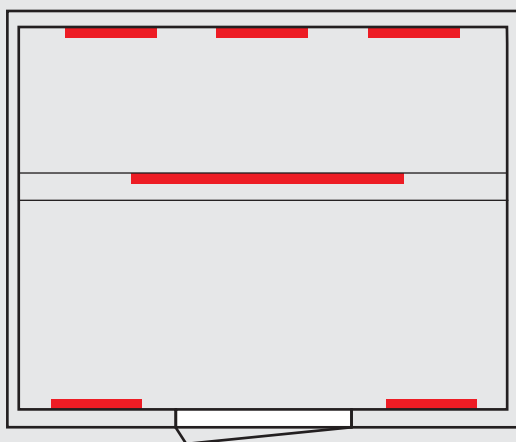
## Healthmate120



### GENERAL SPECIFICATION

Model	Healthmate 120		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	1,710		
Dimension [mm]	122 X 113 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	2 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		

# Healthmate135

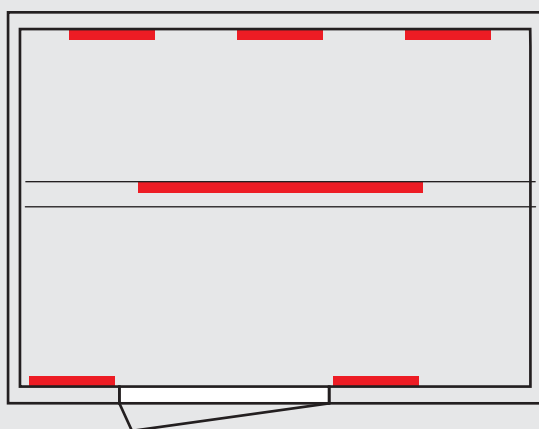


## GENERAL SPECIFICATION

Model	Healthmate 135		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	2,010		
Dimension [mm]	137 X 113 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	2~3 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		



## Healthmate150

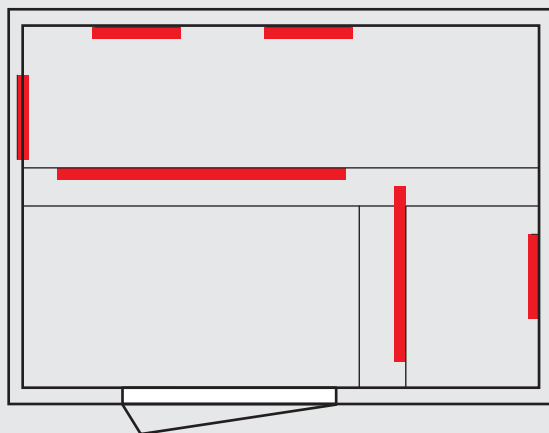


### GENERAL SPECIFICATION

Model	Healthmate 150		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	2,010		
Dimension (mm)	152 X 113 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	3 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		



# Healthmate150L

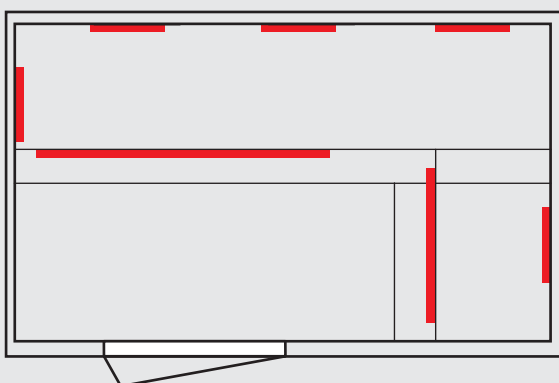


## GENERAL SPECIFICATION

Model	Healthmate 150L		
Species	Western Red Cedar		
Voltage	120V	230V	100V
Total Wattage	2,190		
Dimension [mm]	152 X 112 X 196		
Control panel	Dual Controller		
Bench Style	Ergonomic		
Web-Back Style	Ergonomic		
Sound	Speakers Only		
Lighting	Standard Reading Lamp		
Capacity [Max]	3 Person		
Full Option	Lower-Back Heater		
	Floor Heater		
	LED Color Light		



## Healthmate 180L

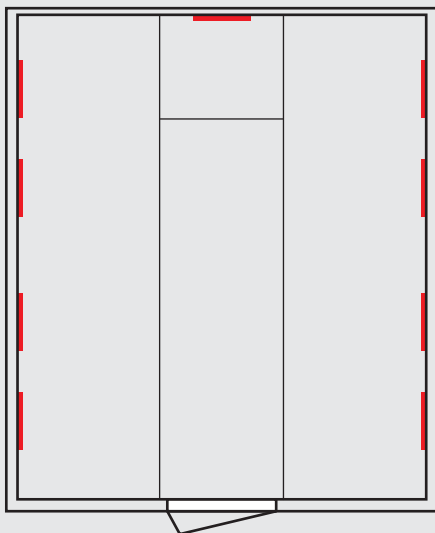


### GENERAL SPECIFICATION

Model	Healthmate 180L
Species	Western Red Cedar
Voltage	230V
Total Wattage	2,490
Dimension (mm)	179 X 112 X 196
Control panel	Dual Controller
Bench Style	Ergonomic
Web-Back Style	Ergonomic
Sound	Speakers Only
Lighting	Standard Reading Lamp
Capacity [Max]	4 Person
Full Option	Lower-Back Heater
	Floor Heater
	LED Color Light



## Healthmate 180X



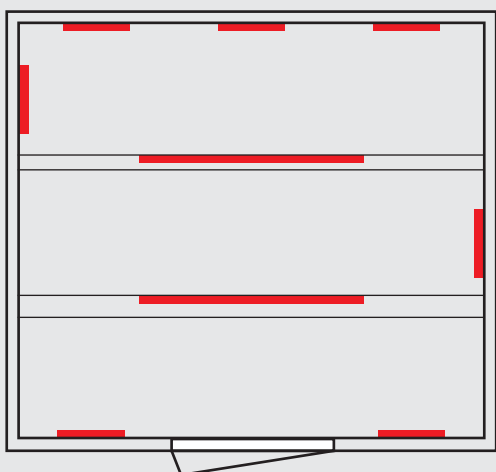
### GENERAL SPECIFICATION

Model	Healthmate 180X
Species	Western Red Cedar
Voltage	230V
Total Wattage	4,725
Dimension[mm]	182 X 213 X 196
Control panel	Dual Controller
Bench Style	Ergonomic
Web-Back Style	Ergonomic
Sound	Speakers Only
Lighting	Standard Reading Lamp
Capacity [Max]	2~4 Person
Full Option	Lower-Back Heater
	Floor Heater
	LED Color Light





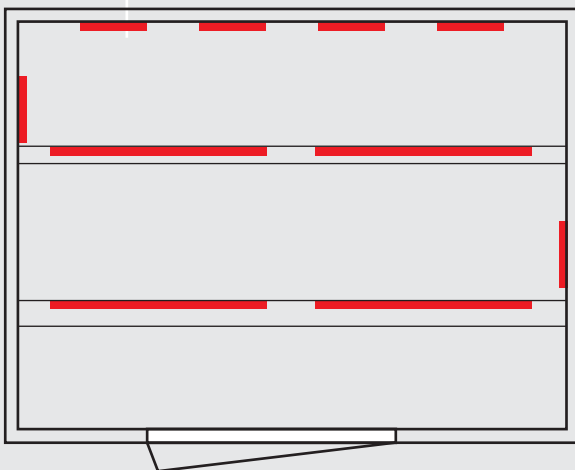
## Healthmate 180D



### GENERAL SPECIFICATION

Model	Healthmate 180D
Species	Western Red Cedar
Voltage	230V
Total Wattage	3,320
Dimension [mm]	175 X 157 X 196
Control panel	Dual Controller
Bench Style	Ergonomic
Web-Back Style	Ergonomic
Sound	Speakers Only
Lighting	Standard Reading Lamp
Capacity [Max]	2~4 Person
Full Option	Lower-Back Heater
	Floor Heater
	LED Color Light

## Healthmate 210D

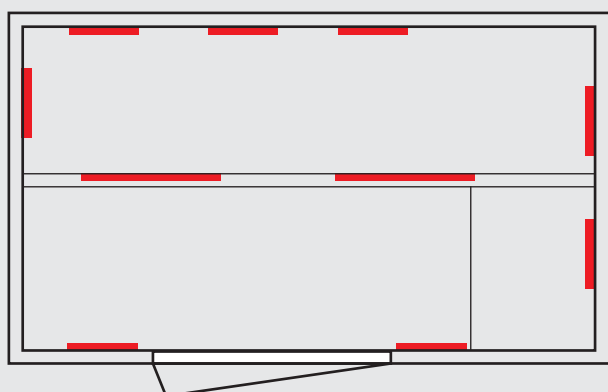


### GENERAL SPECIFICATION

Model	Healthmate 210D
Species	Western Red Cedar
Voltage	230V
Total Wattage	4,535
Dimension [mm]	212 X 160 X 196
Control panel	Dual Controller
Bench Style	Ergonomic
Web-Back Style	Ergonomic
Sound	Speakers Only
Lighting	Standard Reading Lamp
Capacity [Max]	2~6 Person
Full Option	Lower-Back Heater
	Floor Heater
	LED Color Light



## Healthmate 210L



### GENERAL SPECIFICATION

Model	Healthmate 210L
Species	Western Red Cedar
Voltage	230V
Total Wattage	3,220
Dimension [mm]	212 X 125 X 196
Control panel	Dual Controller
Bench Style	Ergonomic
Web-Back Style	Ergonomic
Sound	Speakers Only
Lighting	Standard Reading Lamp
Capacity [Max]	2~6 Person
Full Option	Lower-Back Heater
	Floor Heater
	LED Color Light



## Wood Accessories

### Sauna Hanger

Species:  
Western Red Cedar  
800 x 270 x 325mm



### Sauna Matt

Species:  
Western Red Cedar  
450 x 900mm



### Sauna Chair

Species:  
Western Red Cedar  
400 x 400mm



### Sauna Bench

Species:  
Western Red Cedar  
450 x 990mm



### Ergonomic Backrest

Species:  
Western Red Cedar  
85 x 395 x 517mm



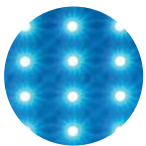
### Bookstand

Species:  
Western Red Cedar  
360 x 259 x 40mm

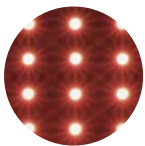


## Infrared Cabin Options

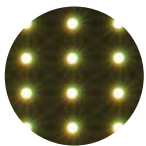
### LED Color Light Therapy



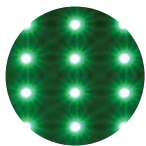
White



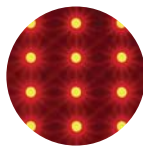
Orange



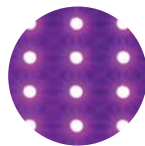
Yellow



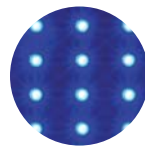
Green



Red



PurPle



Blue

### Therapeutic Starlight





## PLH PRODUCT. INC

**1979 (incorporated in state of California in 1989)**

**Buena Park, California, USA**

Headquarter for PLH Group. PLH Products is the creator of Healthmate, #1 Infrared Sauna Cabin in the world. Other business include distribution of building products (CedarTec), furniture (Cedar Delite), and other custom products for builders and distributors in North America.



**Vancouver, British Columbia, Canada**

WLC serves as main supplier of Western Red Cedar and other wood materials for PLH Group companies. Since 1999, World Lumber Company gain reputation in Canada lumber industry as one of the largest exporter of Western Red Cedar to China. WLC also handles warehouse and distribution center for CedarTec building products to USA and Canada. Another functions includes Lumber trade to Asian market.



**Krefeld, Germany**

Green Nature was setup to function as distribution center for Healthmate infrared sauna cabin to European market. Future plans include handling CedarTec and Cedar Delite in European market.

## PCS KOREA

**Seoul, Korea**

PCS Korea was setup as sole distributor of Healthmate, CedarTec, and Cedar Delite in Korea market.



**Yantai, Shandong Province, China**

Leesa serves as manufacturer and distributor of various building products, furniture, and infrared sauna cabin in China market as part of PLH Group. Leesa also runs retail shops throughout China, servicing the ever-growing China market with high-end Western Red Cedar products.

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