Two therapies. One session.

Full-spectrum infrared warmth and red light therapy, together in your sauna. Make time for both without making time for separate sessions.

01

One session on your calendar.

Enjoy infrared heat and red light together. There is no need to schedule a separate red light session after your sauna.

02

One space in your home.

The included panel becomes part of your PEAK cabin. You do not need another treatment corner or a separate panel purchase.

03

Guidance to make it a habit.

Lifetime PEAK Wellness Club membership includes guided audio sessions, programs and community. No monthly Club fee.

Full-body red light is standard in Signature, Classic and Outdoor models. Mini has a compact panel. Crown does not include a red light panel.

Choose the setup that fits your life.

Start with your space.

Choose Indoor or Outdoor, then the cabin size that fits. Check the footprint, access route and power requirements on the model's product page.

Know what is included.

Signature, Classic and Outdoor models pair full-spectrum infrared with full-body medical-grade red light therapy. Panel count varies by model. Mini includes a compact panel; Crown does not include a panel.

Keep the specifications in context.

The standard full-body panel is listed at 9 × 36 inches, with 216 dual-chip LEDs and eight wavelengths: 630, 650, 660, 670, 810, 830, 850 and 1060 nm. Mini uses a smaller panel. Confirm your model's specification before ordering.

Plan your first session.

The panel ships separately and mounts to the cabin. Read the model and panel manuals for setup, controls, positioning and safe use. Use times depend on the instructions and your needs; this guide does not prescribe a session length.

Ready to find your sauna?

Explore the range at peaksaunas.com or call (470) 665-3747.