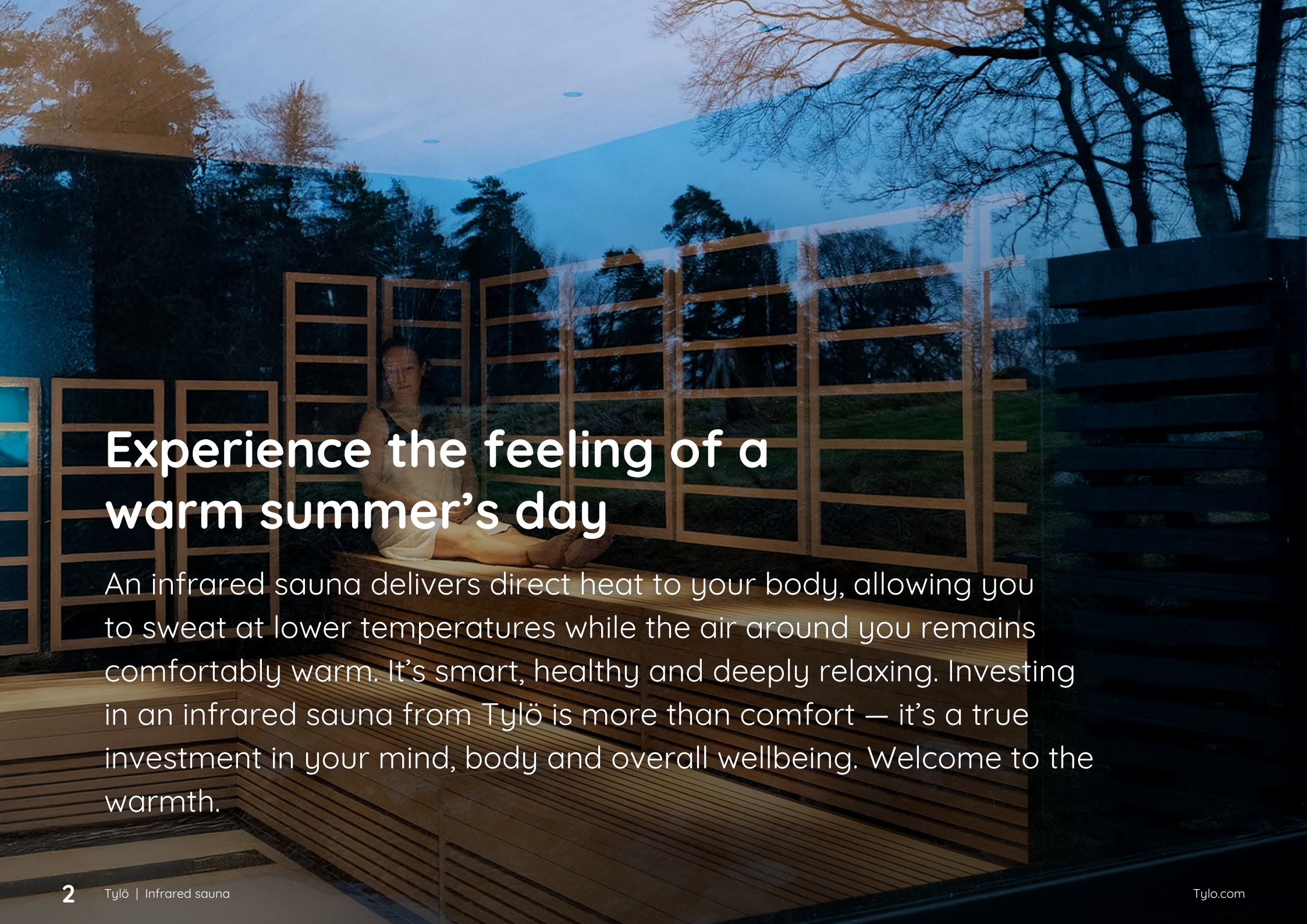




WELLNESS BENEFITS

Invest in your mind,
wellbeing and health
with an infrared sauna
from Tylö.



Experience the feeling of a warm summer's day

An infrared sauna delivers direct heat to your body, allowing you to sweat at lower temperatures while the air around you remains comfortably warm. It's smart, healthy and deeply relaxing. Investing in an infrared sauna from Tylö is more than comfort — it's a true investment in your mind, body and overall wellbeing. Welcome to the warmth.



What is an Infrared sauna?

It is the light that brings the heat

Unlike traditional saunas that heat the entire room with a heater and hot stones, infrared panels emit invisible light waves that are absorbed by the skin, creating a deep and gentle warmth.

A pleasant experience –
a different kind of heat.

Like feeling the sun's warmth on your skin

The sensation is soft and immediate, like sunlight on your skin. It is a calmer sauna experience, with temperatures typically between 40 and 60 degrees Celsius. Perfect for those who find traditional heat too intense.





The wellness benefits of infrared saunas

Relaxation and recovery

Nothing beats true rest and relaxation. And that's exactly what many find in an infrared sauna. From a gentle, healthy sweat to improved recovery and a sense of calm, infrared heat supports both body and mind in a natural, restorative way. Here are some of the benefits that may come from regular use.

Relax

Sauna bathing can enhance relaxation and improve mood, helping to alleviate stress and anxiety. Regular sessions may also help lower cortisol, the body's main stress hormone, while creating a tranquil space that supports mindfulness and mental clarity.

Recover

Infrared saunas may aid muscle recovery by promoting increased blood circulation and reducing soreness after physical activity. The calming heat supports the body's natural recovery process and may contribute to overall cardiovascular wellness.

Refresh

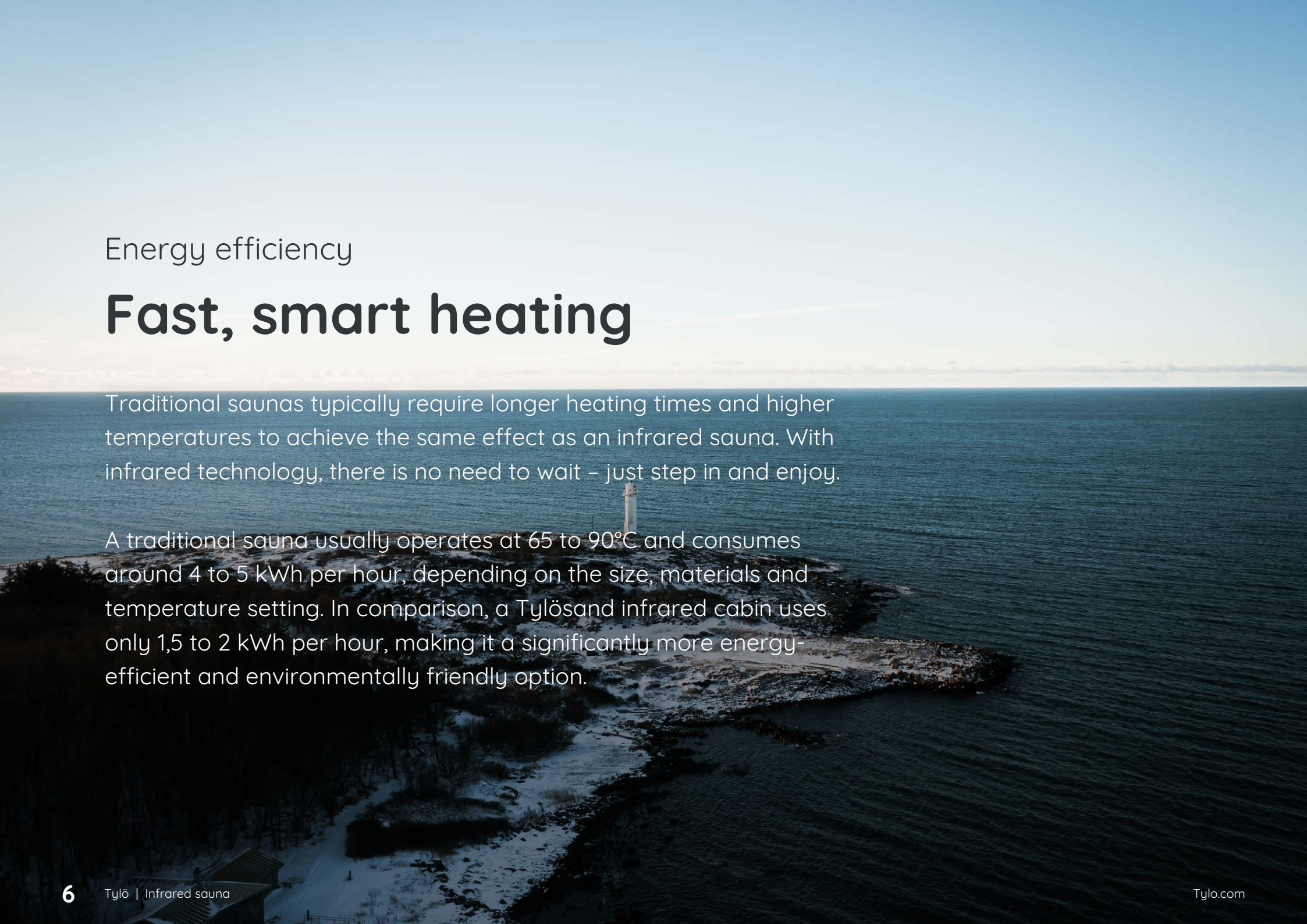
Sweating is your body's natural way of cleansing. Infrared heat promotes sweating, which may assist in the body's natural process of cleansing the skin. This can help you feel refreshed and renewed after each session.

Restore

Infrared sauna use may support restful sleep by encouraging relaxation and helping regulate body temperature. It's a gentle way to wind down and reset, leaving you feeling balanced and restored.

Feel well

With regular use, infrared saunas may support overall vitality and well-being by promoting healthy circulation and relaxation. It's a natural addition to any wellness routine.

An aerial photograph of a snowy coastline. In the foreground, there's a small building with a dark roof. A path leads from the building towards a lighthouse situated on a rocky outcrop in the sea. The water is dark blue, and the sky is a pale blue with some light clouds. The overall scene is serene and cold.

Energy efficiency

Fast, smart heating

Traditional saunas typically require longer heating times and higher temperatures to achieve the same effect as an infrared sauna. With infrared technology, there is no need to wait – just step in and enjoy.

A traditional sauna usually operates at 65 to 90°C and consumes around 4 to 5 kWh per hour, depending on the size, materials and temperature setting. In comparison, a Tylösand infrared cabin uses only 1,5 to 2 kWh per hour, making it a significantly more energy-efficient and environmentally friendly option.

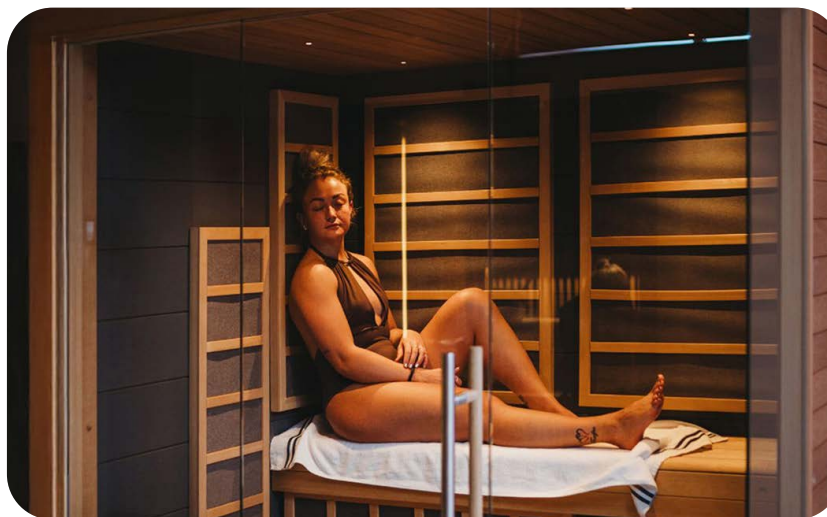
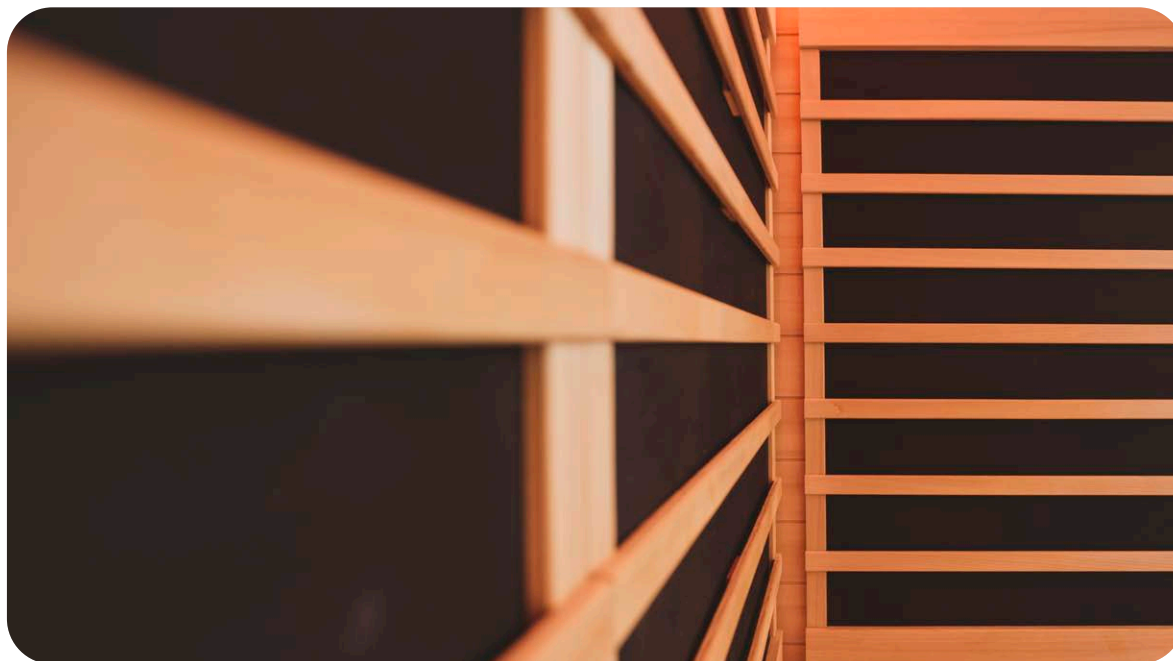
How do IR saunas work?

Infrared light that warms your skin

Tylö's IR saunas use what's known as 'long wavelength' infrared light. It's a form of energy with a longer wavelength, carefully tuned to give the best possible effect on the skin and tissue. This type of light is absorbed directly by the body. You feel the warmth quickly and effectively without needing to heat up the air around you.

Is it safe?

Yes. Infrared light is a type of non-ionizing radiation. This means it does not carry enough energy to harm your body. It is completely safe to use. Our IR saunas also meet strict safety standards. Tylö's infrared panels include a patented conductive protective layer that keeps electromagnetic radiation (EMR) levels very low. These levels are well below official safety limits and even lower than many everyday electrical appliances.





Tylösand™ infrared cabin

Your private wellness retreat

Enjoy the health benefits of infrared heat in your own Tylösand cabin. Every unit comes with premium features like a smart control panel, colour therapy and design options. Step inside. Disconnect. Recharge.

- Infrared panels available in black or grey
- Colour therapy included in all models
- EvenHeat™ panels for full-body coverage
- Four models: 1-3 people and corner
- Bluetooth® for music or audiobooks

A man with a beard is sitting in a sauna, looking down. The sauna has red infrared panels on the walls and ceiling. The lighting is warm and red.

Tylösand™ infrared panels

Create a hybrid sauna – infrared + traditional heat

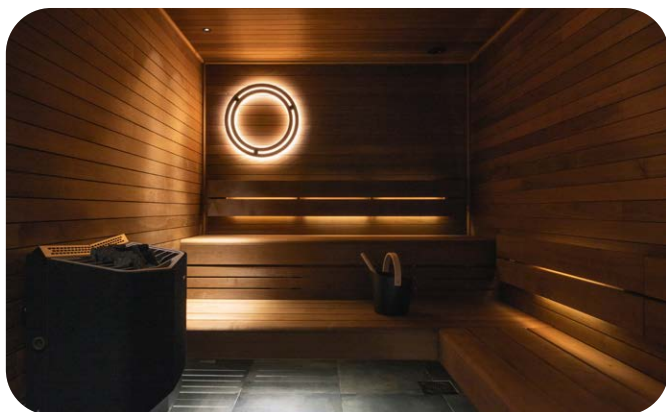
Combine infrared panels with your traditional sauna to create a true hybrid experience, or design a fully custom infrared space from scratch. Enjoy the deep, targeted warmth of infrared alongside the enveloping heat of a traditional sauna, or use them separately. The panels are clad in soft-touch Hemlock wood and fabric, making them safe to touch and comfortable to lean against.

- Add to an existing traditional sauna
- Build a dedicated infrared-only room
- Two sauna types in one space. Use together or separately
- Hybrid setup for greater flexibility, efficiency and wellness benefits
- Panels available in black and grey

Accessories

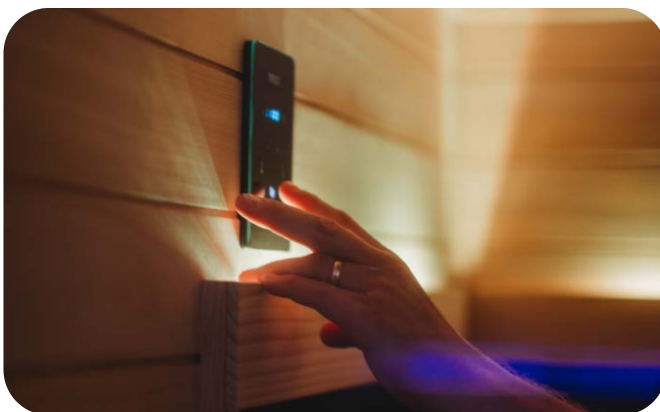
Make your sauna experience more personal and more pleasant

In addition to world-class infrared panels, we offer everything you need to create a sauna space you'll love to spend time in.



Interior

No matter your style, we offer sauna interiors crafted with solid materials, fine craftsmanship, and great attention to detail. Choose between a ready-made modular concept, pre-assembled solutions or a fully tailored sauna.



Control panels

Effortlessly manage your sauna with our intelligent control panels. The electronic IR timer lets you set the infrared panels in intervals from 15 minutes to eight hours. The Elite panel allows full integration with a traditional or combi heater and offers cloud-based functionality with support for multiple user profiles.



Accessories

Match your interior design with accessories from Tylö. Whether your style is classic or modern, we have the accessories that will enhance your sauna experience – from buckets, ladles and scents to thermometers and lighting.

About Tylö

Tailored wellness experiences of the highest quality

A new definition of wellness

With a deep passion for sauna and wellness, rooted craftsmanship and profound expertise, Tylö redefines the sauna industry. We continue to create premium sauna products designed to be an essential part of a healthy lifestyle. When you invest in a Tylö product, you're not just investing in a product. You're investing in your health.

Development

Years of experience and an unwavering commitment to progress have shaped who we are today. We are experts in creating relaxation, year after year, for you and your wellbeing.

Sustainable products

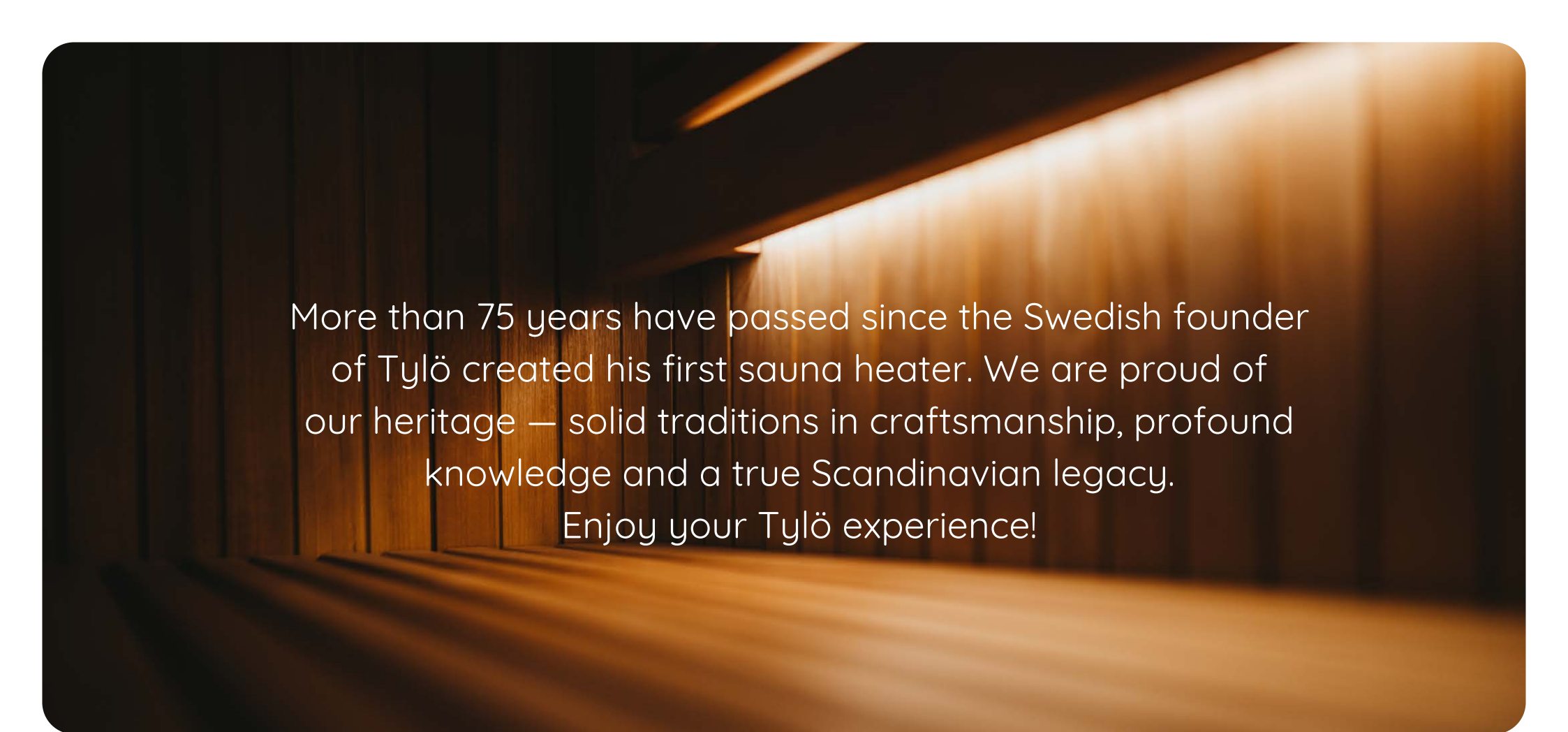
Our heaters are equipped with IntelliAir, a system of built-in air chambers that efficiently distributes air and heat throughout the sauna. This ensures faster and more even heating. Our sauna rooms are well insulated to retain heat longer, helping to reduce energy consumption over time. Every solution is thoughtfully designed with care for both people and the planet.

Innovative design

Tylö combines modern technology with innovative design to create unique sauna experiences. We offer prefabricated solutions as well as tailored design alternatives. Your complete partner in wellness with endless possibilities.

High quality

When you choose a Tylö product, you can trust that it has been made with exceptional care and attention to detail. Our commitment to quality is evident throughout our production process. From the selection of raw materials to the final inspection, we take pride in every step.



More than 75 years have passed since the Swedish founder of Tylö created his first sauna heater. We are proud of our heritage — solid traditions in craftsmanship, profound knowledge and a true Scandinavian legacy.
Enjoy your Tylö experience!



Soft Sauna | Sauna | Steam | Infrared | [Tylo.com](https://tylo.com)