

Combat Winter Blues & SAD with PortaSauna : The Portable Sauna

PortaSauna, a new startup from Portsmouth, UK, launches a portable sauna aimed at combating Seasonal Affective Disorder (SAD) with heat therapy... Product Features: - Ease of use - Quick setup - Portable....



Portsmouth, Hampshire Apr 10, 2024 ([Issuewire.com](https://www.issuewire.com)) - Introducing [PortaSauna | The Portable Sauna](#), the innovative startup from Portsmouth that's redefining wellness for those battling Seasonal Affective Disorder (SAD) and seeking a refuge from the cold. Unlike traditional light therapy for SAD, PortaSauna harnesses the therapeutic power of heat, offering a unique solution to uplift spirits during the darker months. In addition to combating SAD, regular sauna use has been linked to numerous health benefits, including improved cardiovascular health, enhanced detoxification processes, and reduced stress levels.

By providing a portable heat source, PortaSauna aims to make these benefits accessible to everyone, anywhere, regardless of the season. The recent surge in saunas at various beaches and scenic spots across the UK has spotlighted a unique wellness trend.

However, PortaSauna offers a compelling alternative, allowing enthusiasts to sidestep recurring rental fees and the constraints of communal sauna spaces. With PortaSauna, individuals gain the freedom to

enjoy the rejuvenating benefits of sauna therapy whenever and with whomever they choose.

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This innovation not only democratizes access to wellness but also enhances the personal and intimacy of the experience. Crafted for adventure seekers, renters, and those who prefer not to invest in a permanent sauna setup, PortaSauna delivers the full sauna experience without the hefty price tag. Its mobility allows users to enjoy the great outdoors, embracing the beauty of the UK's beaches and countryside, even during the chillier months.

The [PortaSauna](#) stands out with its quick setup - a pop-up tent that erects in under 90 seconds and reaches optimal temperatures of up to 90°C in less than 30 minutes. Weighing under 25kg, the entire unit packs away easily, ensuring that warmth and wellness are never far away.

"PortaSauna is a unique product for the UK market. With our island's stunning beaches and countryside, PortaSauna enables us to fully embrace our natural surroundings year-round. Inside the sauna, it's always beautifully warm, a refuge from the British weather outside."

Jordan Boon, Founder, PortaSauna

Designed for Excellent Heat Retention PortaSauna comfortably accommodates four people, featuring dual entrances, panoramic windows for nature viewing, and a ventilation system for air circulation. The design includes a 20cm 'skirt' at the base to prevent cold drafts, ensuring a cozy environment. The tent's three-layer fabric consists of a 300 denier waterproof Oxford exterior, 120g/sqm fiber cotton insulation, and an interior made from flame-retardant material. The compact, efficient wood-burning stove boasts a large sauna stone tray, embodying the essence of traditional sauna experiences. PortaSauna offers a new solution for winter wellness and outdoor adventures, regardless of the season. Experience the warmth, health benefits, and joy of sauna bathing with [PortaSauna | The Portable Sauna](#)

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