

Premium Recovery Buyer's Checklist

A practical, non-medical framework for evaluating cold plunges, infrared saunas, and red light therapy panels.

Print one copy per model, fill in specs from the manufacturer's own documentation, then compare finalists side by side.

01 Intended use & space

- ☐ Who uses it, how often, indoor or outdoor
- ☐ Humidity tolerance, drainage, floor load rating
- ☐ Clearance for lid, door, or panel stand

02 Dimensions & access

- ☐ Exterior size vs. usable interior, both confirmed
- ☐ Delivery path: doors, stairs, turns, elevator
- ☐ Crated weight and assembled weight when filled

03 Electrical, ventilation, plumbing

- ☐ Voltage, amperage, plug type, dedicated circuit
- ☐ GFCI, hardwiring, or licensed electrician needed
- ☐ Ventilation clearance; fill, drain, overflow

04 Core specifications

- ☐ Plunge: temp range, chiller size, filtration
- ☐ Sauna: heater output, max temp, heat-up time
- ☐ Panel: wavelengths, irradiance, coverage area

05 Materials & build

- ☐ Shell or cabinet material, wood grade, insulation
- ☐ Glass thickness, hardware finish, seals
- ☐ Safety listings and country of assembly

06 Warranty & service

- ☐ Term by part: shell, chiller, heater, LEDs, labor
- ☐ What voids it: outdoor use, water chemistry, DIY
- ☐ Parts stock, repair lead time, support channels

07 Delivery & installation

- ☐ Curbside, threshold, or white-glove delivery
- ☐ Lead time, freight, liftgate or crane fees
- ☐ Damage inspection window and claim process

08 Operating & maintenance costs

- ☐ Energy draw per session at your local rate
- ☐ Filters, sanitizer, LED modules, water volume
- ☐ Cleaning cadence and water-change interval

09 Returns & restocking

- ☐ Trial window and restocking percentage
- ☐ Who pays return freight; packaging required
- ☐ Cancellation terms before and after build

10 Total cost of ownership

- ☐ Unit + freight + install + electrical + tax
- ☐ Add 12–36 months of energy and consumables
- ☐ Extended coverage vs. likely repair cost

11 Comparison notes

- ☐ Score finalists on identical criteria
- ☐ Note who answered, when, and how specifically
- ☐ Flag claims with no stated test conditions

12 Final fit decision

- ☐ Space, electrical, and budget all confirmed?
- ☐ Warranty, returns, and support in writing?
- ☐ If tied, pick better serviceability

Category-specific questions to ask

Cold plunges

- ☐ Chiller type, cooling rate, lowest steady temp
- ☐ Filtration and sanitation; annual filter cost
- ☐ Insulation and lid: temperature drift when idle

Infrared saunas

- ☐ Heater layout, coverage, heat-up time to target
- ☐ Third-party EMF/ELF report for the exact model
- ☐ Wood type, adhesive disclosure, seating capacity

Red light panels

- ☐ Wavelengths (nm) and irradiance at stated distance
- ☐ Panel size, treatment area, mount and timer options
- ☐ Fan noise, LED lifespan, eye protection included

Model scorecard

Model / configuration _____

Quoted price + freight _____

Install + electrical work _____

Est. annual operating cost _____

Warranty term / return terms _____

Decision _____