

Title	Energy Sauna
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Aim

To assess the safety, effectiveness and cost-effectiveness of Energy Sauna for health benefits such as better circulation and increased energy, weight loss, detoxification, cardiovascular health, improved immune system, stress reduction and relaxation and skin beautification.

Conclusions and results

There was no retrievable evidence to show that the use of Energy Sauna is associated with health benefits such as better circulation and increased energy, weight loss, detoxification, cardiovascular health, improved immune system, stress reduction and relaxation, and skin beautification. No information on US FDA approval or CE mark was obtained although it claimed to be 100% safe.

There was limited fair level but poor quality evidence related to the effectiveness of the (Far infrared Ray) FIR technology used in the Energy Sauna. No literature on the cost effectiveness of the technology was identified. The cost of the unit ranges from USD\$250 to USD\$700 (RM780 to RM2,185) per unit.

Methods

Electronic databases searched included PubMed, Medline, Journal @ Ovid full text via OVID, OVID EBM Reviews - Cochrane central register of controlled trials, EBM Reviews - Cochrane database of systematic review, Horizon scanning databases - Centre, Birmingham, Australia and New Zealand Horizon scanning (ANZHSN), FDA website, MHRA website and from non scientific database - Google search engine. In addition, a cross-referencing of the articles retrieved was also carried out. Relevant articles were critically appraised and evidence graded using US/Canadian Preventive Services Task Force criteria.

Further research/reviews required

High quality scientific evidence is warranted to demonstrate its safety, effectiveness and cost-effectiveness when applied in the clinical setting for such claims as mentioned above.

Written by

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