

# User Manual Sunlighten Infrared Saunas

~~Sunlighten mPulse Sauna Assembly  
Sunlighten Signature Infrared Sauna  
assembly Infrared Sauna — Tips On  
Assembling Sunlighten Mpulse  
Sunlighten Sauna Testimonial from Susan  
Pierce Thompson Sunlighten Infrared Dome  
Sauna Review  Sunlighten Solo EMF Test  
Tony Horton talks Recovery with his  
Sunlighten sauna. Sunlighten Sauna  
Temperature \u0026amp; Optimal Experience  
What is an Infrared Sauna and How does  
it work? // with Alicia Botyrius of  
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Sunlighten Saunas for Muscle Recovery  
Aaron Zack - Sunlighten Infrared Saunas  
Sunlighten Saunas: M Pulse VS Signature  
EMF Levels — Which Model Is Best? How  
to Hack Recovery with Infrared Sauna  
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Why an Infrared Sauna Belongs in Every Home  
What's the Real Deal: Infrared Saunas? My DIY Near Infrared Sauna Indoor Sauna Ideas  
Sunlighten Sauna - Biologix Center for Optimum Health  
Sunlighten Infrared Sauna Reviewed on The Doctors  
Why I love my Sunlighten Sauna  
Weight Loss, Detoxification  
Stress Reduction  
Sunlighten mPulse Sauna Assembly  
How To Build a Sunlighten Infrared Sauna  
Sunlighten Signature IV Far Infrared Sauna Review  
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Sunlighten M Pulse Sauna Review: EMF Levels, Price, Full Spectrum, Near Infrared Comparison

## User Manual Sunlighten Infrared Saunas

Follow these steps for proper warm up:  
Step 1: Make sure your sauna is plugged into a dedicated circuit installed by your electrician.  
Step 2: Set to the desired temperature and set time to 60 minutes.  
Step 3: When turning sauna on for the first time, ensure each heater is active after a couple of minutes.

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*USER MANUAL - Sunlighten Infrared Saunas, Detox and Relax ...*

*USER MANUAL. 2 Congratulations! You are now the owner of a Solo® portable sauna. With Sunlighten infrared heat, you are empowered to improve your quality of life. Follow our assembly instructions and sauna protocol to begin your wellness journey with the very best in infrared therapy.*

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Sauna accessories have separate user manuals. Refer to the appropriate manual: <http://www.sunlighten.com/customer-care/> USAGE How long does it take for my sauna to warm up? The controls are preset to 60 minutes at 150°F. However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not*

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*Sunlighten Signature Sauna Manual  
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*Sunlighten Solo System Manual. Solo® System. User Manual. 2. Our portable Solo System® contains patented Solocarbon® heaters, coupled with ultra-low EMF engineering in a sleek Bamboo Carbon facade. Congratulations! You are now the owner of a Solo® portable sauna. With Sunlighten infrared heat, you are empowered to improve your quality of life. Follow our assembly instructions and sauna protocol to begin your wellness journey with the very best in infrared therapy.*

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*Sunlighten Solo System Manual - Sunlighten Infrared Saunas ...*

*sauna will heat up a degree per minute.*

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- Use *Bamboo Carbon Towels* to absorb sweat during sessions. SAUNA SESSIONS
- Begin your session when your sauna reaches 100°F.
- The optimal sauna experience occurs between 100° and 130°F.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100°F every other day.

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*User Manual - Far Infrared Home Saunas for Sale » Sunlighten*

*temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm up for 30-45 minutes. The sauna heats up at an average of 1 degree per minute. Follow these steps for proper warm up: Step 1: Make sure your sauna is plugged into a dedicated outlet installed by your electrician.*

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*Press ON/OFF on the control 6. Set Temperature by pressing the temperature*

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button until you reach the desired setting (high, medium, low) 7. Set Time by pressing the time increase or decrease button until you reach the desired setting (1-60 minutes for level 5 or above or 1-12 hours for level 5 or less) 8.

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*USER MANUAL solopad - Sunlighten Infrared Saunas, Detox ...*

*User Manuals Sunlighten Australia and New Zealand have a dedicated service department available to ensure you have an optimum sauna experience. To contact the Service Department, please call 03 9696 4602 or email [service@sunlighten.com.au](mailto:service@sunlighten.com.au) Links to User Manuals*

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*the mPulse 3-in-1 ® sauna. You're Getting Warmer Explore mPulse Anti-aging Cell Renewal Pain relief about Near Infrared LEDs Now with 50% more near infrared LEDs for The Most Effective Far Infrared.*

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*Sunlighten - Infrared Saunas - Full Spectrum Infrared ...*

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*Infrared saunas may help you burn calories, reduce toxins, relieve pain and even clear your complexion. Now you can enjoy the great benefits of far-infrared heat within the privacy of*

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your own home. We strive to deliver superior home health products at an affordable price. 2. Health & Beauty Benefits Relieve pain: The far-infrared rays of a sauna accelerate blood circulation and supply more oxygen to the body.

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### INFRARED SAUNA Instruction Manual

1. Before using your sauna for the first time, clean the inside of the sauna with a damp cloth. Use your favorite furniture polish on the exterior. 2. Place a towel on the floor and bench to absorb any perspiration. Wash these often to maintain a clean and pleasant environment inside your sauna. 3. Perspiration may darken the wood over time.

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The world's FIRST and ONLY 3-in-1 full spectrum infrared sauna – available exclusively from Sunlighten – allows you to take charge of your health with: Near, mid and far infrared heaters, proven 99% effective



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*Infrared Sauna Experts. Saunas have come a long way since the days of hot rocks and steam. Now, a sauna is an experience everyone can enjoy. Whether you like it hot, or prefer gentle warmth, our saunas have it covered. Sunlighten saunas give you total control, so everyone can enjoy the benefits of a daily sauna.*

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