



Your Longevity Oasis Awaits

Feel better. Do more. Live fully.



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Sunlighten is committed to delivering effective, innovative, and affordable wellness products for healthier living. We want to be the clear choice for anyone seeking greater wellness and vitality—and we work hard every day to make each of our customers feel hopeful, valued, and connected to the Sunlighten family.

Crafted To Perfection

Sunlighten manufactures our saunas in Vietnam, and we are the ONLY sauna manufacturer in the world that is directly involved in every step of the production process. We source all raw materials and oversee all stages to a final product. The process of each Sunlighten sauna is a labor of love, performed by true craftsmen who focus on the natural beauty of hand-selected wood, the precision of every cut, and the detail of three separate quality checks before it is carefully delivered to your door.

Quality, Non-Toxic Materials

You'll see an intentional difference in the level of craftsmanship between a cheap, mass produced sauna and a hand-crafted, carefully detailed Sunlighten. Our proprietary SoloCarbon® heater design and exclusive manufacturing process allows us to mitigate EMFs to levels that are virtually undetectable. And, you'll find we've gone the extra mile in every detail to ensure our products are non-toxic.

Research Informs Everything We Do

In the wellness space, infrared sauna therapy moves along the spectrum between alternative approaches to traditional medicine. Behind every innovation, supporting every claim, you will find Sunlighten depends on a wide range of data, research, testing and thought, as we bring infrared to the world.



HEALTH BENEFITS

Wellness is within reach because infrared's healing light energy has been proven in many ways to help our bodies feel better.



Detoxification

Sweat better. It's one of the body's safest and most natural ways to heal and maintain good health. Sunlighten's high-quality infrared promotes effortless, deep, productive sweat.



Weight Loss

Increase metabolism. Burn calories. Far infrared sauna wavelengths in all Sunlighten saunas create a passive workout, stimulating sluggish metabolism and improving fat burning.



Relaxation

Truly relax and de-stress. Step into your peaceful wellness sanctuary and experience therapeutic heat that leaves you feeling physically restored and mentally refreshed.



Heart Health

Strengthen your heart. Infrared sauna therapy acts like a passive cardio workout, which helps your heart by improving circulation and even helping reduce blood pressure.



Muscle Recovery

Recover faster. Infrared helps deliver more oxygen to muscle cells for faster repair and pain relief.



Anti-Aging

Renew your skin. Harness a scientifically proven "fountain of youth" and revitalise your skin's appearance. Red light/near infrared LED technology increases collagen and elastin. Far infrared waves increase circulation, helping regenerate cells.



Sleep

Improve your sleep. The time you spend in your sauna can help you get better rest by creating a routine that supports relaxation and a healthy circadian rhythm you want to enjoy.



Immunity

Stay healthy. The natural preventive properties of Sunlighten's patented heating technology helps your cell health and overall immunity.

SUNLIGHTEN OUR FAR INFRARED

Nature brings us infrared light. It's the healthy, healing rays that come from the sun. You've felt infrared your entire life. Infrared's healing rays are felt on our skin as warmth, and are absorbed by our bodies to help them detoxify, relax, improve circulation, recover faster, sleep better, age well and help us feel good.

Infrared Is Not Created Equally

Infrared heaters may all look alike—a wood-framed black box—but not all infrared heaters are alike. It's the science behind the heater that tells the real story. Sunlighten worked with chemistry expert Dr. Ronald Lewarchik to develop our patented coating to create a highly emissive surface. This first-of-its-kind heater changed the industry. The result: a unique finish that maximises the highest *quality* and *quantity* of infrared available.

Patented SoloCarbon Far Infrared

Sunlighten SoloCarbon far infrared heating panels are the most effective far infrared sauna heaters on the market today. Scientific research shows that far infrared is most therapeutic in high concentrations. SoloCarbon panels are proven 99% emissive, meaning that 99% of the energy being produced is in the therapeutic range to increase core body temperature for a deep, detoxifying sweat.

Patented SoloCarbon 3 in 1[®] Infrared with Red Light

When you want all the health benefits infrared provides, you need a heater that can manage all three wavelengths. Red light/near, mid and far each interact differently with our bodies, and provide different benefits. To create each one requires different conditions. It's impossible to deliver these individual peak wavelengths at one time from a single source because each requires a different temperature. That's why Sunlighten developed a unique technology that combines three heat and light elements in one sauna heater.





mPulse Conquer

mPulse

SMART SAUNA

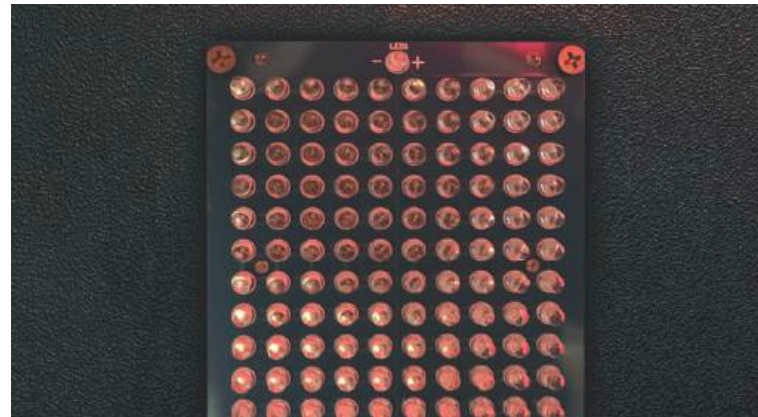
Customisable Red/Near, Mid, and Far
Infrared Sauna

When you own an mPulse® Smart Sauna, taking care of yourself becomes empowering, enjoyable and effective. An all-encompassing full body wellness sanctuary, mPulse gives you everything. Stunning design, quality craftsmanship, attention to every detail, superior safety. Even more, customised wellness lives at your fingertips with this incredibly smart sauna you can tailor to your health goals. No other sauna in the world can do that.

3 in 1 + red light—The optimal dose of each IR wavelength.

Your sauna should give you the right dosage of light and heat your body absorbs best, so that you get the maximum health benefit. Unlike any other heater, our patented 3 in 1 delivers the perfect wavelength of each infrared wave, like dialing in a specific radio station. You get precise red/near, mid, and far wavelengths for optimal results.

We innovated the 3 in 1 heater using 50+ data points from 37^{3rd}-party clinical research studies to create different combinations of each wavelength through our six pre-set health benefit programs. Made possible with NASA-inspired tech. Our SoloCarbon coating delivers 95-99% effective infrared, meaning your body absorbs it almost perfectly. The LED panels give you a built-in red/near infrared light therapy system to invigorate and rejuvenate from within.



Smart Sauna technology.

- Customised health programs - Simply select one of six pre-set health benefit programs displayed on the touchscreen (detoxification, pain relief, anti-aging, heart health, relaxation and weight loss), then sit back and let the healing rays do their work.
- In-sauna entertainment - Android-powered control pad to schedule sessions, watch your favorite streaming services or listen to your music or podcasts.
- Premium Blaupunkt sound system connected to the control pad as well as Bluetooth capable.
- Exclusive CELLIANT heater covers transforming your body heat into infrared energy.
- Built-in chromotherapy to help bring you balance.



mPulse Aspire



PANELS

Roof Panel: 1,108mm W x 1,056mm D x 68mm T
Floor Panel: 1,108mm W x 1,056mm D x 68mm T
Front Wall (including glass): 1,080mm W x 1,831mm H x 71mm T
Glass Door: 771mm W x 1,745mm H x 8mm T
Back Wall: 1,052mm W x 1,831mm H x 71mm T
Right Wall: 1,028mm W x 1,831mm H x 71mm T
Left Wall (including glass): 993mm W x 1,831mm H x 71mm T
Side Glass: 285mm W x 1,773mm H x 8mm T
Bench: 960mm W x 555mm D x 150mm T
Total Sauna Weight: Basswood: 220 kg; Eucalyptus: 234 kg

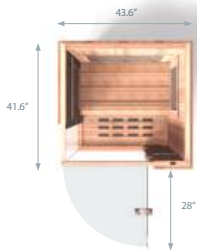


ASSEMBLED

Exterior: 1,108mm W x 1,056mm D x 1,993mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 16cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 962mm W x 912mm D x 1,813mm H
Heaters: 5 FIR, 4 MIR, 3 NIR/Red LED Light Panels



ELECTIRCAL/WI-FI

Wi-Fi: Dual-band Wi-Fi 2.4GHz & 5GHz Recommended
Electrical: 230V 2045W 8.89A
Requires hard-wired dedicated outlet
 3m cord exits from back left of floor (when facing sauna). Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.
Outlet specifications: Type-G (BS 1363)



PANELS

Roof panel: 1,312mm W x 1,208mm D x 68mm T
Floor Panel: 1,312mm W x 1,208mm D x 68mm T
Front Wall (including glass): 1,284mm W x 1,831mm H x 71mm T
Glass Door: 711mm W x 1,745mm H x 8mm T
Back Wall: 1,256mm W x 1,831mm H x 71mm T
Right Wall: 1,180mm W x 1,831mm H x 71mm T
Left Wall (including glass): 1,145mm W x 1,831mm H x 71mm T
Side Glass: 342mm W x 1,773mm H x 8mm T
Bench: 1,167mm W x 550mm D x 150mm T
Total Sauna Weight: Basswood: 252 kg; Euca: 279 kg

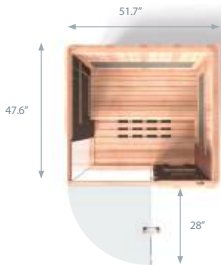


ASSEMBLED

Exterior: 1,312mm W x 1,208mm D x 1,993mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 16cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 1,170mm W x 1,065mm D x 1,813mm H
Heaters: 6 FIR, 5 MIR, 4 NIR/Red LED Light Panels



ELECTIRCAL/WI-FI

Wi-Fi: Dual-band Wi-Fi 2.4GHz & 5GHz Recommended
Electrical: 230V 2392W 10.40A
Requires hard-wired dedicated outlet
 3m cord exits from back left of floor (when facing sauna). Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.
Outlet specifications: Type-G (BS 1363)



PANELS

Roof Panel: 1,792mm W x 1,208mm D x 68mm T
Floor Panel: 1,792mm W x 1,208mm D x 68mm T
Front Wall (including glass): 1,762mm W x 1,831mm H x 71mm T
Glass Door: 711mm W x 1,745mm H x 8mm T
Back Wall: 1,735mm W x 1,831mm H x 71mm T
Right Wall: 1,179mm W x 1,831mm H x 71mm T
Left Wall (including glass): 1,145mm W x 1,831mm H x 71mm T
Side Glass: 342mm W x 1,773mm H x 8mm T
Bench: 1,646mm W x 550mm D x 150mm T
Total Sauna Weight: Basswood: 310 kg; Eucalyptus: 346 kg

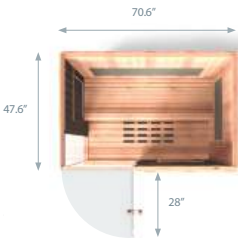


ASSEMBLED

Exterior: 1,792mm W x 1,208mm D x 1,993mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 16cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 1,648mm W x 1,065mm D x 1,813mm H
Heaters: 8 FIR, 7 MIR, 5 NIR/Red LED Light Panels

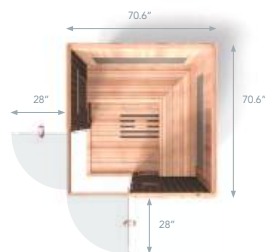


ELECTIRCAL/WI-FI

Wi-Fi: Dual-band Wi-Fi 2.4GHz & 5GHz Recommended
Electrical: 230V 3220W 14A
Requires hard-wired dedicated outlet
 3m cord exits from back left of floor (when facing sauna). An electrician needs to hardwire the unit into the board on a (16 amp) breaker with a rotary switch or add a fuse spur to the ring main with a 16a fuse. The electrician will need to assess the characteristics of the wiring before making a decision how it is best to be done.



mPulse Discover



PANELS

Roof Panel: 1,792mm W x 1,792mm D x 68mm T
 Floor Panel: 1,792mm W x 1,792mm D x 68mm T
 Front Wall (including glass): 1,762mm W x 1,831mm H x 71mm T
 Glass Door: 711mm W x 1,745mm H x 8mm T
 Back Wall: 1,735mm W x 1,831mm H x 71mm T
 Right Wall: 1,763mm W x 1,831mm H x 71mm T
 Left Wall (including glass): 1,728mm W x 1,831mm H x 71mm T
 Side Glass door: 711mm W x 1,745mm H x 8mm T
 Bench 1: 1,650mm W x 555mm D x 150mm T
 Bench 2: 1,640mm W x 555mm D x 150mm T

ASSEMBLED

Exterior: 1,792mm W x 1,792mm D x 1,993mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 16cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

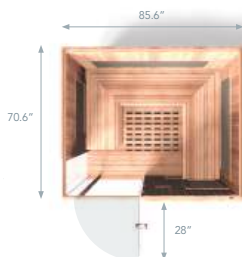
Interior: 1,648mm W x 1,646mm D x 1,813mm H
Heaters: 12 FIR, 11 MIR, 7 NIR/Red LED Light Panels
Weight: Eucalyptus: 439 kg

ELECTIRCAL/WI-FI

Wi-Fi: Dual-band Wi-Fi 2.4GHz & 5GHz Recommended
Electrical: 230V 4414W 19.19A
Requires hard-wired dedicated outlet
 3m cord exits from back left of floor (when facing sauna).
 An electrician needs to hardwire the unit into the board on a (20 amp) breaker with a rotary switch or add a fuse spur to the ring main with a 20a fuse.
 The electrician will need to assess the characteristics of the wiring before making a decision how it is best to be done.



mPulse Empower



PANELS

Roof Panel: 2,173mm W x 1,792mm D x 68mm T
 Floor Panel: 2,173mm W x 1,792mm D x 68mm T
 Front Wall (including glass): 2,144mm W x 1,831mm H x 71mm T
 Glass Door: 711mm W x 1,745mm H x 8mm T
 Front Glass: 1,64mm W x 1,781mm H x 8mm T
 Back Wall: 2,117mm W x 1,831mm H x 71mm T
 Right Wall: 1,764mm W x 1,831mm H x 71mm T
 Left Wall (including glass): 1,764mm W x 1,831mm H x 71mm T
 Side Glass: 424mm W x 1,773mm H x 8mm T
 Bench 1: 1,197mm W x 550mm D x 150mm T
 Bench 2: 2,030mm W x 550mm D x 150mm T
 Bench 3: 1,640mm W x 550mm D x 150mm T

ASSEMBLED

Exterior: 2,174mm W x 1,792mm D x 1,993mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 16cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 2,030mm W x 1,646mm D x 1,813mm H
Heaters: 14 FIR, 12 MIR, 8 NIR/Red LED Light Panels
Weight: Eucalyptus: 510 kg

ELECTIRCAL/WI-FI

Wi-Fi: Dual-band Wi-Fi 2.4GHz & 5GHz Recommended
Electrical: 230V 5184W 22.54A
Requires hard-wired dedicated outlet
 3m cord exits from back left of floor (when facin sauna).
 An electrician needs to hardwire the unit into the board on a (30 amp) breaker with a rotary switch or add a fuse spur to the ring main with a 30a fuse. The electrician will need to assess the characteristics of the wiring before making a decision how it is best to be done.



mPulse Discover

Amplify II



AMPLIFY

Full Spectrum Infrared Sauna

Take your sauna session to the next level. You'll sweat deep, sweat fast and feel productive in an Amplify full spectrum sauna. Get the maximum physical benefits of Sunlighten's proven most-effective full spectrum infrared therapy quicker and in a more intense, hotter heat amplified by halogen heaters at a reasonable price.

Sweat fast, sweat deep and feel productive.

Amplify owners stay ahead of their game, sweat more, and recover quicker with the intense experience the Amplify full spectrum sauna provides. You'll sweat faster and also receive Sunlighten's proven most-effective far infrared therapy for maximum physical benefits and time savings.

- Two full spectrum (near, mid and far infrared) heaters
- Highest quality and quantity infrared available
- Sunlighten patented SoloCarbon far infrared, proven 95-99% effective
- Select a more comfortable temperature and enjoy a productive far infrared session with less intense heat if desired



Clinically proven, near-perfect, far infrared plus more heat.

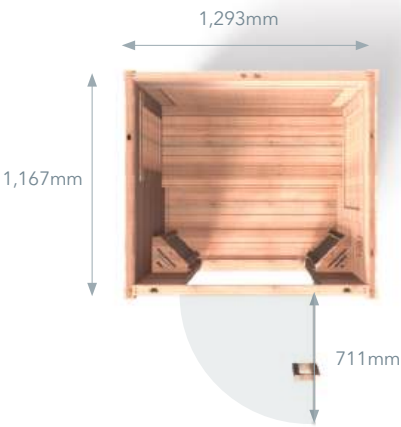
To deliver health benefits like heart health and detoxification, infrared heaters must emit high concentrations of the best infrared waves optimised for the human body to absorb. Sunlighten innovated an industry-game-changer we call SoloCarbon: a special coating that maximises the highest quality and quantity of infrared available. Independent testing proves it is 99% effective. In Amplify, we amped up the heat factor with additional halogen heaters to get it hotter faster.



Amplify III



Amplify II



PANELS

Roof Panel: 1,295mm W x 1,165mm D x 75mm T
Floor Panel: 1,280mm W x 1,150mm D x 65mm T
Front Wall (including glass): 1,170mm W x 1,803mm H x 50mm T
Glass Door: 710mm W x 1,737.4mm H x 38mm T
Back Wall: 1,170mm W x 1,803mm H x 45mm T
Right Wall: 1,135mm W x 1,803mm H x 55mm T
Left Wall: 1,135mm W x 1,803mm H x 55mm T
Bench: 1,148mm W x 514mm D x 125mm T
Total Sauna Weight: Bass: 228 kg; Euca: 267 kg

ASSEMBLED

Exterior: 1,293mm W x 1,167mm D x 1,973mm H*
*51mm feet included
Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

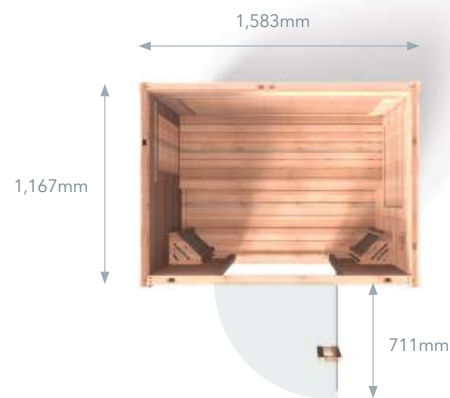
Interior: 1,152mm W x 1,014mm D x 1,785mm H
Heaters: 5 FIR, 3 FS
*Amplify models do not have a floor heater.

ELECTIRCAL/WI-FI

Electrical: 230V 2085W 9.06A
Requires hard-wired dedicated outlet
3m cord exits from back left of roof (when facing sauna).
Make sure to plug sauna directly into wall outlet;
not a power strip, extension cord or converter, etc.
Outlet specifications: Type-G (BS 1363)



Amplify III



PANELS

Roof Panel: 1,585mm W x 1,165mm D x 75mm T
 Floor Panel: 1,570mm W x 1,150mm D x 65mm T
 Front Wall (including glass): 1,455mm W x 1,803mm H x 50mm T
 Glass Door: 710mm W x 1,737.4mm H x 38mm T
 Back Wall: 1,455mm W x 1,803mm H x 45mm T
 Right Wall: 1,135mm W x 1,803mm H x 55mm T
 Left Wall: 1,135mm W x 1,803mm H x 55mm T
 Bench: 1,438mm W x 514mm D x 125mm T
 Total Sauna Weight: Bass: 269 kg; Euca: 317 kg

ASSEMBLED

Exterior: 1,583mm W x 1,167mm D x 1,973mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

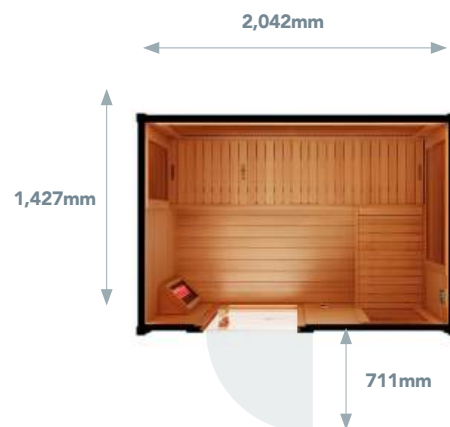
Interior: 1,442mm W x 1,014mm D x 1,785mm H
Heaters: 7 FIR, 3 FS
 *Amplify models do not have a floor heater.

ELECTRICAL/WI-FI

Electrical: 230V 3013W 13.1A
Hard-wire to dedicated isolator
 3m cord exits from back left of roof (when facing sauna).
 Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.



Amplify IV



PANELS

Roof Panel: 2,042mm W x 1,427.5mm D x 76mm T
 Floor Panel: 2,024.4mm W x 1,407mm D x 65mm T
 Front Wall (including glass): 1,915mm W x 1,803.4mm H x 51mm T
 Glass Door: 711mm W x 1,737mm H x 38mm T
 Back Wall: 1,915mm W x 1,803.4mm H x 46mm T
 Right Wall: 1,378mm W x 1,803.4mm H x 54mm T
 Left Wall: 1,378mm W x 1,803.4mm H x 54mm T
 Back Bench: 1,895mm W x 513mm D x 94mm T
 Right Bench: 749mm W x 513mm D x 94mm T
 Total Sauna Weight: 417.5 kg

ASSEMBLED

Exterior: 2,042mm W x 1,427.5mm D x 1,974mm H*
 *51mm feet included
 Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections
- Spacing on sides allows for outlet access

Interior: 1,900mm W x 1,267.5mm D x 1,786mm H
Heaters: 8 FIR, 4 FS
 *Amplify models do not have a floor heater.

ELECTRICAL/WI-FI

Electrical: 230V 3581W 15.57A
Hard-wire to dedicated isolator
 3m cord exits from back left of roof (when facing sauna).
 Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.





SIGNATURE

Most Effective Far Infrared Sauna

For simplicity and superior far infrared, give yourself a Sunlighten Signature home sauna. In your peaceful sanctuary, enjoy a deep cellular detox and support your overall wellness with the push of a button.

The Signature offers affordability and our perfected SoloCarbon heating technology delivering the highest quality and quantity of far infrared heat.

Relax your mind. Revive your body.

Signature owners love the simplicity and superior far infrared sauna experience. Easily step into your Signature and enjoy a deep cellular detox and support your overall wellness with the push of a button. It's a place to destress your mind while using gentle far infrared heat to boost your immune system, improve circulation and naturally detoxify your body. The Signature collection offers affordability with the benefits of Sunlighten's perfected SoloCarbon far infrared energy delivery technology.

Everything you see, feel, hear and touch in your Signature sauna contributes to your wellness experience. Sunlighten's SoloCarbon heaters deliver the highest quality and quantity far infrared heat available on the market, which means you get the most effective health benefits. Our technology design mitigates EMFs to a lower level than most common household items. The air is not suffocating or harsh, it's a gentle, comforting warmth.

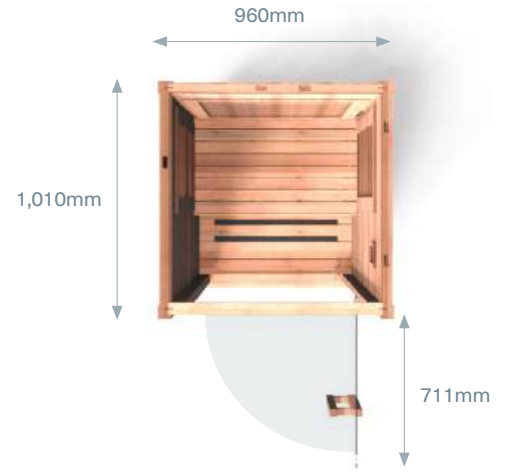


Our powerful Magne-seal locking method makes assembly easy and holds heat in with no unsightly screws or nails. Chromotherapy lighting enhances your home sauna experience using colours from the sun's visible light spectrum to bring balance and mental well-being.

Transform your space into a relaxing personal wellness oasis. Inside your sauna, peace is palpable. You close the door and enjoy your own escape from the world for a while. An escape that gifts you with renewed energy and healing for your mind, body and spirit.



Signature I



PANELS

Roof Panel: 960 mm W x 1,010 mm D x 75 mm T
 Floor Panel: 945 mm W x 995 mm D x 65 mm T
 Front Wall (including glass): 835 mm W x 1,803 mm H x 50 mm T
 Glass Door: 710 mm W x 1,730 mm H x 8 mm T
 Back Wall: 835 mm W x 1,803 mm H x 45 mm T
 Right Wall: 975 mm W x 1,803 mm H x 55 mm T
 Left Wall: 973 mm W x 1,803 mm H x 55 mm T
 Bench: 817 mm W x 515 mm D x 125 mm T
 Total Sauna Weight: Bass: 180 kg; Euca: 213 kg

ASSEMBLED

Exterior: 960 mm W x 1,010 mm D x 1,973 mm H*
 *51 mm feet included
 Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 819 mm W x 854 mm D x 1,785 mm H
 Bench: 815 mm W x 514 mm D x 496 mm H
 Heaters: 8

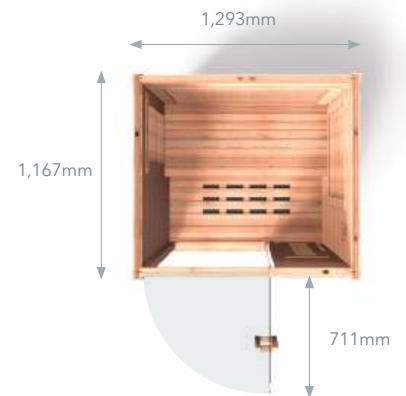
ELECTRICAL/WI-FI

Electrical: 230 V 1250 W 5,39 A
 Requires hard-wired dedicated outlet
 3m cord exits from back left of roof (when facing sauna).
 Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.

Outlet specifications:



Signature II



PANELS

Roof Panel: 1,295 mm W x 1,165 mm D x 75 mm T
 Floor Panel: 1,280 mm W x 1,150 mm D x 65 mm T
 Front Wall (including glass): 1,170 mm W x 1,803 mm H x 50 mm T
 Glass Door: 710 mm W x 1,730 mm H x 8 mm T
 Back Wall: 1,170 mm W x 1,803 mm H x 45 mm T
 Right Wall: 1,135 mm W x 1,803 mm H x 55 mm T
 Left Wall: 1,135 mm W x 1,803 mm H x 55 mm T
 Bench: 1,150 mm W x 515 mm D x 125 mm T
 Total Sauna Weight: Bass: 220 kg; Euca: 258 kg

ASSEMBLED

Exterior: 1,293 mm W x 1,167 mm D x 1,973 mm H*
 *51 mm feet included
 Recommend 11cm between the sauna and the walls and 31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:

- Spacing above for assembly connections recommended and potential troubleshooting.
- Plan for outlet access in the event you need to reset outlet breaker.

Interior: 1,152 mm W x 1,014 mm D x 1,785 mm H
 Bench: 1,148 mm W x 514 mm D x 496 mm H
 Heaters: 9

ELECTRICAL/WI-FI

Electrical: 230 V 1650 W 7,19 A
 Requires hard-wired dedicated outlet
 3m cord exits from back left of roof (when facing sauna).
 Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.

Outlet specifications:





SOLO[®] SYSTEM

Portable Far Infrared Sauna

For rejuvenation and peaceful comfort, surround your body with the proven effects of Sunlighten's patented SoloCarbon far infrared heating technology. This portable infrared sauna gives you a highly effective detoxification treatment, destresses your mind, boosts immunity and improves circulation with nature's healing infrared. It's comfortable, cost-effective, and fun-sized!



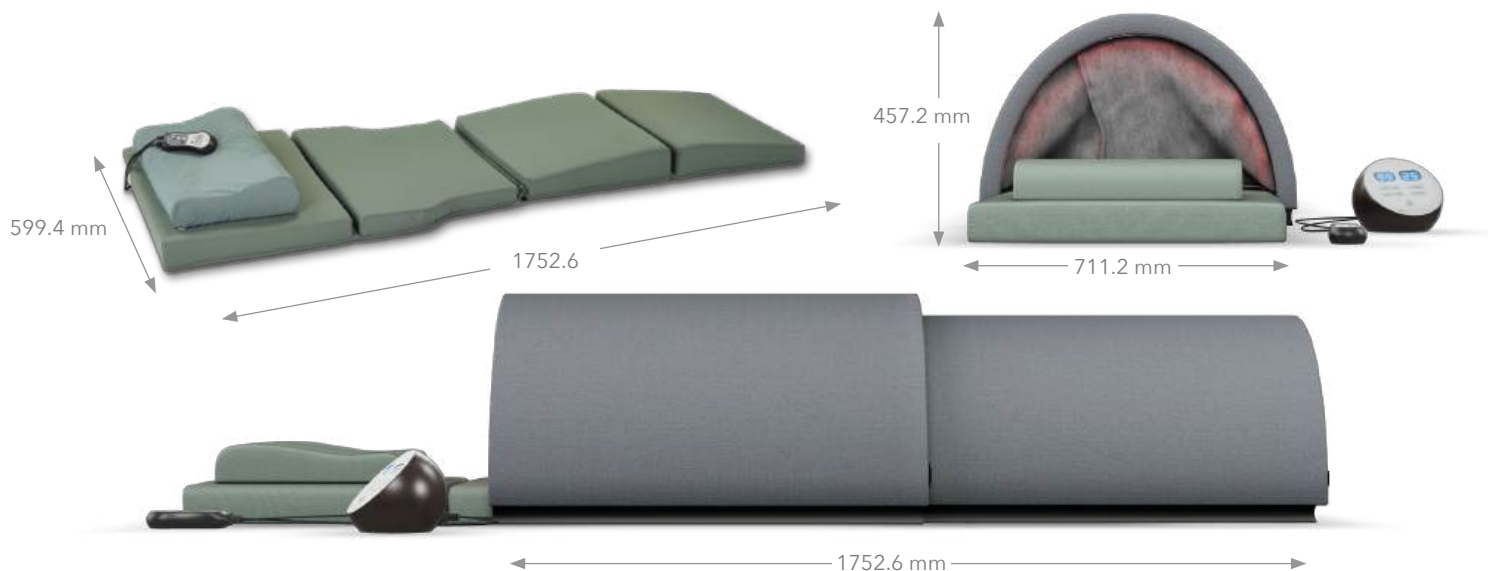
Healing infrared in a small, portable space.

When you want the benefits of our SoloCarbon far infrared but don't have the space or budget for a cabin, the Solo System is the best choice. This one-person sauna surrounds you with our highly effective infrared treatment in a portable, single person mini sanctuary at an affordable price. You can destress your mind, boost your immune system, burn calories, improve circulation and naturally detoxify your body easily and effectively with Solo.

Transform a small space into a relaxing personal wellness oasis. The Solo System offers an immersive infrared experience with 9 SoloCarbon heaters, (5 in the domes and 4 in the SoloPad®) sending the highest quality waves into your body to increase your core temperature so you sweat out toxins from within.



The SoloPad uses memory foam for an ergonomic design that distributes pressure evenly across the body to help with circulation and minimize the feeling of stress on the lower back. So, get ready to stretch out and relax in the luxury that is the Solo System for wellness support like no other.



FEATURES

- SoloCarbon clinically-tested heaters
- Ultra-low EMF and environmentally safe
- Modern Bamboo Carbon exterior
- Zone-based digital heater controls
- Double-dome, light weight design
- Exclusive SoloPad & pillow included
- Built-in Chromotherapy: healing with lights and colors

ELECTRICAL

Solo
Exterior: 1752,6 x 711,2 x 457,2 mm
Weight: 21 kg
Heaters: 5

SoloPad*
Exterior: 1752,6 x 599,4 x 101,6 mm
Weight: 6 kg
Heaters: 4

Solo Electrical: 230 V · 920 W · 3,99 A
SoloPad Electrical: 230 V · 280 W · 1,2 A
Outlet Specifications:



RoHS CE TUV UL UCE

This spectrum is designed as a guide to help Solo users understand and find the experience they desire. It is not an exact science; each body uniquely responds to heat, so listen to your body and adjust. Start low and slow and work your way up to 40 min as a goal. A minimum of 15-20 minutes is recommended to receive optimal health benefits, along with regular use over time.

Note: Coconut levels do not have to be the same #.

Coconut Level (Upper DOME)	1	2	3	4	5	6	7	8	9
Coconut Level (Lower DOME)	1	2	3	4	5	6	7	8	9
Fahrenheit	110	115	120	125	130	135	140	145	150
Celsius	43	46	49	52	54	57	60	63	66
Physiological Benefits	Non-thermal benefits of far infrared light			Thermal and non-thermal benefits of far infrared light			Thermal and hormetic benefits of infrared heat.		
Heat Level	Subtle. Almost no difference from ambient temperature.	Start to feel a very slight warmth.	Start to feel radiant warmth. Not even as warm as under bed covers but observable warmth gently touching the skin.	Distinct, comforting warmth like a hug.	Begins to be a low level of hot.	Hot.	Hotter. Beginning to push the hormesis zone.	Very hot. Advanced heat.	Extremely intense heat.
Experience	Just takes the edge off the air.	Early morning sunshine. Like putting on a long sleeve shirt that takes off a chill. Warm breeze. Sunshine-kissed skin on an early spring day.	Feels like shivasna rest at the end of a rigorous yoga session. Feeling of being under a warm fuzzy blanket.	A warm summer day. Comfy warm nappy tube. Comfy warm cocoon for healing. Feels like a heated blanket.	Sunbathing poolside long enough to want to jump in and cool off. A sun-warmed car feels like a hug. Seated next to a cozy fireplace.	Heart starts pumping. Like Laying in the sun on a tropical beach at the equator. Sitting in a sun-warmed car.	Feels like the heat while roasting marshmallows. Feels like sitting in a hot car after its been sitting in the sun for several hours.	For those that are looking to push themselves to the uncomfortable zone. A sweat-inducing level. Start to fight the urge to want to get out.	HEAT HUNTERS Only for the very heat acclimated. Fight the urge to get out. What we all think of as the analogy "feel hot as a sauna."
Great For	Mast Cell or zero heat tolerance	Mast Cell or low heat tolerance	Relief of flu body aches. Menopausal women.	Relief of body aches, stiffness, Menopause, Naps.	Meditation. Creative flow. Comforting.	Stacking sweat after a workout. Heading off a cold.	Relieving depressive symptoms.	Contrast therapy.	Pushing yourself to the next level.
Sweat Possibility	No sweat	No sweat	No sweat	Sweat not likely	Sweat possible	Sweat likely	Definite sweat	Profuse sweat	Profuse sweat
Heat Acclimation Level	Almost No Heat	Gentle	Beginner	Beginner	Intermediate	Intermediate	Advanced	Advanced	Advanced



RED LIGHT THERAPY PANEL

Redefine Your Wellness

Our RED/NIR light therapy panel is more than just a device—it's a work of art inspired by nature. Infused with the latest advancements in light science, each session is a transformative experience, enhancing your health and well-being from within. In only a few minutes, bask in the rejuvenating glow to create your most radiant self.

RED Light Therapy Panel



Nature Inspired

Experience the revitalizing benefits of bioactive red and near infrared light in an artfully crafted, nature-inspired light panel that boosts health and well-being. Its elegant design, combined with an intuitive app and a remote, simplifies your wellness routine, bringing new possibilities for longevity and vitality.



Sophisticated Modern Design

Light therapy doesn't have to feel sterile and clinical; it can embody sophisticated modern design. Our elegant, nature-inspired approach combines beauty with scientific rigor.



Streamlined Simplicity

No more confusion over power density, irradiance, wattage, number of LEDs, or beam angles. Use the intuitive Sunlighten app to eliminate guesswork and complexity with a single button press.



Scientifically Optimized App

The Sunlighten RED Light Therapy Panel is engineered to maximize effectiveness based on cutting-edge research. Enjoy curated, science-based wellness programs for everyone from beginners to advanced users.



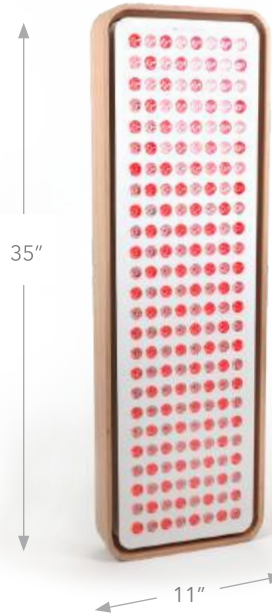
Guided Experience

The Sunlighten app provides guidance for time, distance, and intensity to ensure optimal use and results.



Effortless Integration

Easily incorporate light therapy into your daily routine to achieve your wellness goals. The Sunlighten RED Light Therapy Panel is the only option that offers lifestyle considerations to boost your longevity and well-being.



The app helps you get more out of your Sunlighten RED Light Therapy Panel. It's where you select programs, adjust session time and intensities, set health goals and more.



SPECIFICATIONS

Max Irradiance/Power Density: 200mW/cm²

Wavelengths: Red 660nm, NIR 850nm

Dimensions: 35" x 11" x 2.76"

Power Input: 100-240VAC, 355W

Beam Angle: 30 and 60 degrees

Weight: 22 lbs/10.2kg

Warranty: 3 years

POWER DENSITY

Red light density increases the closer you are to the panel. Maximum distance recommended is 36". (see illustration in Owners Manual)

6"	200 mW/cm ²	24"	110 mW/cm ²
12"	165 mW/cm ²	36"	88 mW/cm ²
18"	140 mW/cm ²		



RED LIGHT MASK

Redefine Your Wellness

Inspired by our legacy in light-based wellness, the mask's unique high-energy LEDs bring the benefits of near-infrared, red, blue, yellow, and green light to your beauty routine. Precision LED arrays in each treatment zone are calibrated for 360-degree light coverage, and a special prismatic layer ensures that every contour and angle of your face is bathed in healing light.

RED Light Mask

Experience effortless self-care that feels as sophisticated as it looks. Inspired by our 25 years of leadership in light-based wellness, Sunlighten brings you the same trusted technology that powers our saunas in a refined, elegant mask.

Unique high-energy LEDs bring the benefits of near-infrared, red, blue, yellow, and green light with safe and gentle power.

Relax, move or meditate as your skin renews itself, as our RED Light Mask provides cord-free use for your ease and convenience. Designed to fit different face shapes, its sleek, see-through visor and flexible structure make it lightweight and comfortable to wear.

Offering you a luxurious at-home experience and easy travel use, our RED Light Mask reveals the radiant, healthy skin you deserve at every age.

416 Medical-Grade High Energy LEDs

Precise calibration for safe use and maximum benefits

13 Light Options

Four modes at three intensities (low, medium and high) plus auto mode

Premium Design

Ergonomic silicon blend, cordless, tinted see-through visor, and tea gold colour

5 Wavelengths

Five preset modes utilizing five wavelengths: near infrared, red, blue, yellow, and green

Precision LED Arrays & Prismatic Inner Layer

360° light coverage includes hard-to-reach areas around eyes, mouth and jawline



SPECIFICATIONS

Irradiance/Power Density: 20 – 40mW/cm²

Number of LEDs: 416 high-energy diodes

Dimensions: 23.2 x 9.58 x 3.85 inches

Voltage: 5V 2A

Battery Capacity: 1000mAh rechargeable, USB-C

Weight: 1.1 lbs/0.5kg

Warranty: 1 year limited

LIGHT MODES

Auto Mode (All-in-one Rejuvenation Mode)

Red + NIR (Firming & Anti-Wrinkle Mode)

Yellow + NIR (Rejuvenation & Repair Mode)

Green (Relaxation Mode)

Blue (Acne Control Mode)

3 intensity levels (low, medium and high)



ACCESSORIES

Enhance your experience.

With each element you elevate, your sauna becomes an even more special space to relax, and a more effective wellness retreat. You can choose an enhancement that provides additional therapeutic benefits, or plush performing accessories for functionality and aesthetic beauty.

MAINTENANCE



Natural Cleaning Kit

Have peace of mind when you clean your sauna with our all-natural, non-toxic cleaners made specifically for use with your sauna. The kit includes sauna cleaner, glass cleaner, sanding sponge, and microfiber cloth.

- 100% natural, plant-based
- Safe on delicate surfaces
- Fragrance free
- Recyclable packaging
- Concentrated to produce 16 gallons of cleaner

Natural Wood Cleaner

Give your sauna the best care you can with our natural sauna wood cleaner made specifically for your Sunlighten sauna. Formulated from the latest and safest technologies available, it is effective and gentle enough to be used on any interior or exterior wood surface.

- Non-toxic, no solvents, sulfates, glycols or phthalates
- Ideal for the untreated interior wood - won't leave stains or wet spots
- Unscented - great for anyone with asthma, allergies, or sensitivities to scents or perfumes
- Convenient spray bottle with concentrated formula for direct application on especially dirty areas
- Dilute for typical cleaning

Natural Glass Cleaner

Safely and successfully keep your glass sauna door spotless with our all-natural glass cleaner made specifically for Sunlighten saunas. Our concentrated plant-based cleaner is non-toxic, free of solvents, sulfates, glycols and phthalates.

Sauna Cover

No room indoors? We've got you covered. Each Sunlighten water-resistant sauna cover is custom-made with quality commercial fabric, perfect for the great outdoors. Your cover keeps your sauna protected year-round AND your warranty intact for outdoor use. It withstands years of exposure without fading, cleans easily with mild soap and water, and is bleach cleanable for mildew or tougher stains.



COMFORT

The details make the difference and you can create an even more comfortable and productive session with these additions. We've infused our luxuriously soft fabric with CELLIANT, a heat-reactive mineral mix that reflects your body's heat and returns it as additional infrared energy. Let the fabric work for you while you relax and enjoy the benefits.



CELLIANT®

An even better infrared experience.

CELLIANT's mineral mix converts body heat into infrared energy and returns it to your body in a natural and safe way.



Natural Minerals



Embedded in Yarn



Durable

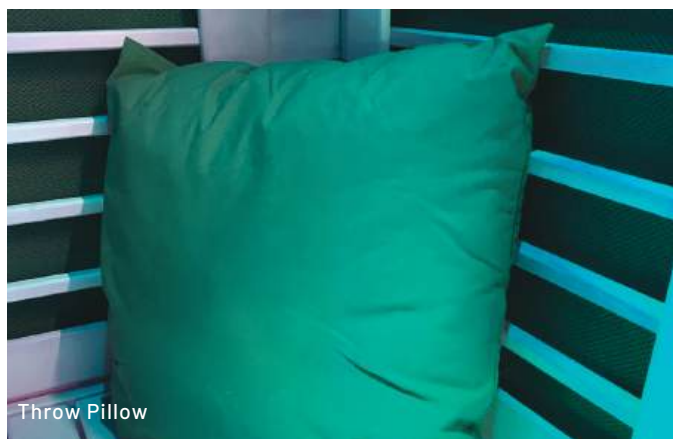


Validated Science

COMFORT

Backrest

If you picture yourself leaning back or laying down in your sauna, this structured support takes weight off your back. We designed a movable, multi-use backrest to give you choices for additional body support for different lounging positions during your sauna sessions. Versatile: stand it up, lay it down, move it around as you need. Match the wood type to your sauna (basswood, cedar, eucalyptus). Drape a CELLIANT towel around it for extra comfort.



Throw Pillow



CELLIANT Throw Pillow Cover

Cushion Covers

Our CELLIANT cushion covers are tailored for every Sunlighten sauna cushion configuration.







See a Sauna in Your Space

The decision to invest in a sauna is a big one. Literally. We want to take out the guesswork for you. Using augmented reality, our product visualizer allows you to see what a sauna will look like in any room in your home or business. You can also view every aspect of a high quality, 3-D sauna image to appreciate the design, craftsmanship, and wood colors.



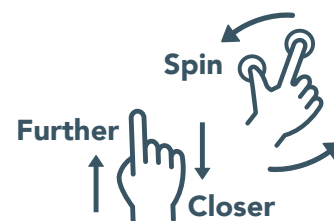
Step 1

Scan the QR code using your phone's camera (if on desktop) to prompt the experience. If you're on mobile, visualizer will open in a new window.



Step 2

In a well-lit room, direct your phone toward a blank wall or space at least 8 feet away. Hold still and sauna will be placed in your environment.



Step 3

Adjust the position of the sauna while sliding your finger up (further away) or down (closer) and use 2 fingers to spin.

*Technical requirements: iOS Version 11 and later or Android 8 and later.

We can't guarantee dimensions or measurements in your room are accurate as you can adjust the size of the sauna.

SEE IN YOUR SPACE

mPulse® Smart Sauna

EUCALYPTUS

mPulse Aspire



mPulse Believe



mPulse Conquer



mPulse Discover



mPulse Empower



BASSWOOD

mPulse Aspire



mPulse Believe



mPulse Conquer



Amplify Full Spectrum Sauna

Amplify II



Amplify III



Signature® Far Infrared Sauna

EUCALYPTUS

Signature I



Signature II



BASSWOOD

Signature II



Solo System® Portable Sauna





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