



sunlighten™
empowering wellness™

Solo System®
User Manual

Congratulations! You are now the owner of a Sunlighten sauna!

With Sunlighten infrared heat, you are empowered to improve your quality of life. Just follow our assembly instructions and sauna protocol to begin your wellness journey with the very best in infrared therapy.

DISCLAIMER:

The Solo System® is a Personal Sauna. Any information presented within this manual is for educational or reference purposes only. The content of this manual is not intended for diagnosis or treatment of any ailment or disease and shall not be considered as a substitute for professional health care consultation. One should always seek the advice of a personal physician or other qualified health professionals regarding any medical condition or when making major changes in medications, personal exercise routines, dietary habits or using un-prescribed treatment or treatments of any type or kind. Review the Precautions as listed in this Manual before using the Solo System®. The Solo System® is a serious piece of equipment that performs at the same high level as those models used in professional spas. If in question, please check with your personal physician or other qualified health professionals before using the Solo System®.

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COMPONENT LIST

1	User's Manual	1	Solo® Lower Dome
1	Bamboo Carbon Curtain	1	Solo® Upper Dome
1	Solo® Control Box	1	Solopad® (if purchased)
1	Solo® Pillow	1	Solopad® control unit (if purchased)
1	Chromotherapy remote		

SPECIFICATIONS

Solo®

Dimensions: adjustable up to 69" (175 cm) x 28" (71 cm) x 18" (46 cm)

Weight: 67 lbs. (30.4 Kg)

Electrical: 110V/120V/220V/230V 50/60Hz Max Power: 960W

Solopad (if purchased)®

Dimensions: 71" (180 cm) x 27" (70 cm) x 1.4" (4 cm)

Weight: 9.9 lbs (4.5 Kg)

Electrical: 100-120V or 220-240V 50/60Hz Max Power: 380W

SAFETY

Sunlighten has quality control measures in place at every step of the production process to ensure you have the best product possible. We subject our designs to rigorous health and safety inspections, including third-party tests and certifications.

Every element of a Sunlighten sauna is designed with quality and safety in mind. Solocarbon® heaters are the most effective—and the safest—infrared heaters on the market. Sunlighten saunas have met the strictest safety standards for more than a decade. Our patented heater design has a 95% emissivity rating and cancels out EMF to levels that are virtually undetectable. Solocarbon heaters contain a proprietary blend of FDA-approved materials and are heat-sealed to withstand temperatures above and beyond the operating temperature to ensure no unhealthy gases are released during heating. Plus, extensive third-party testing has been conducted to ensure all of our materials are safe and non-toxic.

The Solo System® has been thoroughly tested and granted an acceptance label by an internationally recognized testing facility. All temperature and timing control circuits have been designed and engineered to meet the highest standards, with safety being a demanded requirement. The Solo System® is UL/CUL certified, and meets or exceeds electrical safety standards of the U.S., Canada, Australia, New Zealand, and the EU.

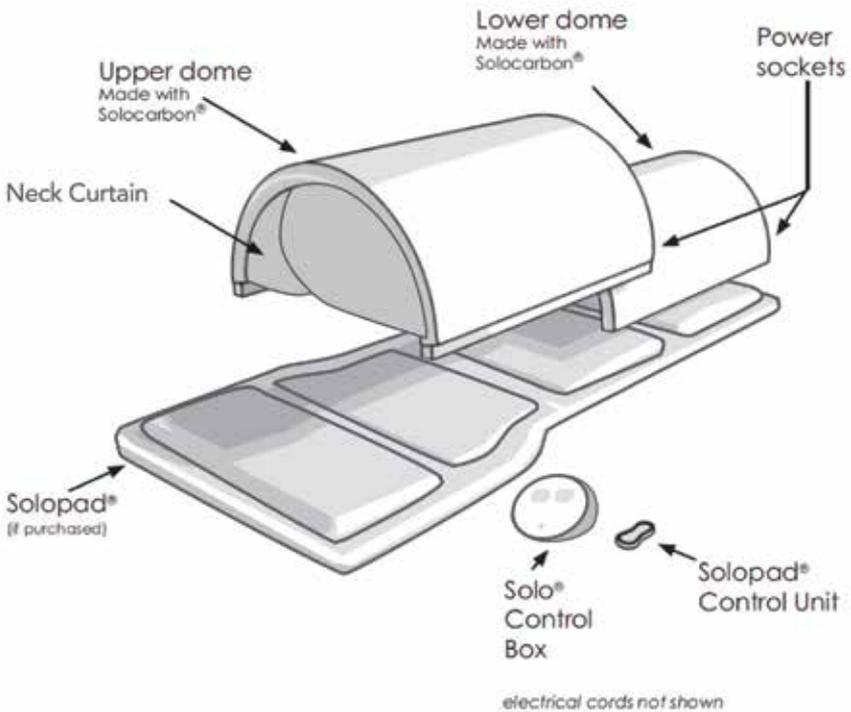
ASSEMBLY INSTRUCTIONS

The Solo System® has been designed for easy assembly. It can be set up and ready to use in minutes and easily disassembled and stowed away when not in use.

The Solo System® should be set up and used on the floor. You may desire to locate a floor location that affords a degree of privacy. If you prefer to use on an elevated surface, only use a surface that can support the weight of yourself and the weight of the Solo System® (76.9lbs./34.9Kg) such as a massage table or bed.

- 1 Open the box and remove all of the contents. Identify each component of the Solo®.
- 2 **Read each and every page of this Manual. It is especially important that the Health & Safety Statements be read and fully understood.** The Solo System® performs the same whether used in your home or in a professional medical facility. Please check with your personal physician if you don't understand something in the precaution statements.
- 3 Verify that an electrical outlet of proper voltage (varies by country) is available at the location to be used. Position the Solopad® (if purchased).
- 4 Place a fitted Solopad Bamboo Carbon cover (sold separately) over the entire length of the Solopad® or directly on the floor. Smooth out the towel making sure that wrinkles are removed.
- 5 Place the pillow into position at the top of the Solopad®.
- 6 Place the two Solo® domes at the bottom of the Solopad®, positioned so that the open ends face the top.
- 7 Connect the cords from the control panel to the Solo domes.
- 8 Plug the Solo® into the electrical outlet (check for proper voltage and grounding).
- 9 Turn on and set the Solo® Control Box to its lowest setting. This can be adjusted when you are ready to use the Solo®. NOTE: each dome has a separate adjustment. Domes adjust in whole number increments.

- 10 Verify that the blue LED's on the front panel are lit.
- 11 Place the Control Box in such a position as to be easily reached when using the Solo®.
- 12 Use the supplied Bamboo Carbon Curtain to enclose the Solo® and retain heat.
- 13 Setup is complete. You are now ready to enjoy the Solo System®.



INSTRUCTIONS

The Solo® is a professional piece of equipment that is designed to be a personal sauna.

Read and fully understand the Disclaimers and Health & Safety information within this manual. If, for any reason, you feel nausea, dizziness, or other discomforts or do not feel in control while using the Solo®, immediately turn it off at the control box. Keep control box within reach when using the Solo®. Do not use near water. Always use a grounded electrical receptacle.

Infrared waves are most effective when they can contact bare skin. Considering this, it is best to get undressed before using the Solo System®.

USAGE

Sunlighten™ recommends working up to a 40 minute session once a day. If a longer session is desired please contact your physician.

Set the temperature setting on the Control Box. For your first session the Solo® should not be set at a temperature setting higher than five (5). Warm-up time will be from five to ten minutes, depending on temperature Setting.

Time may be set for up to 12 hours at 1 hours intervals. It can also be set for up to 60 minutes at 5 minute intervals at the highest setting

Temperature range is from 45-65 degrees Celsius (113-149 degrees Fahrenheit) and may be set at 3 levels: High, Medium, and Low.

Setting	1	2	3	4	5	6	7	8	9
°F	110	115	120	125	130	135	140	145	150
°C	43	46	49	52	54	57	60	63	65

Set the timer on the Control Box. The maximum time that the Solo® can be set for is sixty (60) minutes.

It is now time to enter the Solo®. Slide the Upper Dome back so that it is resting on top of the Lower Dome. Sit on the towel covering the Solopad® and gently pull the Upper Dome back and over your body by gripping the frontal trim as you lie down. Touching the Solo® heating surface will feel HOT to the touch but will NOT BURN the skin.

Position your head on the pillow so that you are comfortable. The pillow should be positioned outside of the Solo® domes. Close the drop curtain to retain the heat within the Solo®. It is now time to relax and enjoy the soothing heat of the Solo®. Do not have your head inside the Solo® for prolonged periods. Remove immediately if feeling faint or dizzy.

When the session is over, the timer will beep and the Solo® will automatically shut off. Push back the upper dome and exit the Solo®.

The Solo System® will cause you to sweat profusely. Taking a shower after each session will remove the perspiration from your skin and add to the cleansing feeling that is felt when using the Solo®. Towel drying with a fresh clean towel will be just as effective if no showering facilities are available.

At the end of use, remove all towels from inside the Solo®. ***Fully extend the domes and let them cool down. Do not collapse the two domes until after they are completely cool.***

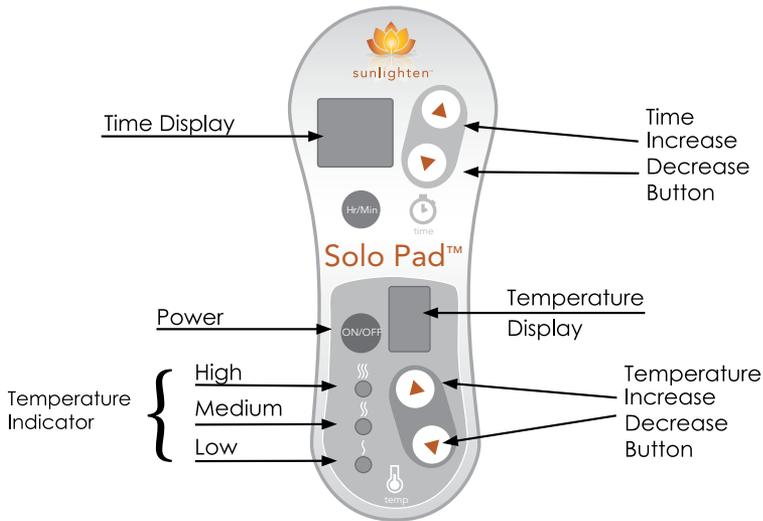
After use, the Solopad® and pillow should be wiped down using Sunlighten Natural Sauna Cleaner. Use a clean towel to dry all surfaces.

Fresh towels should always be used when you are enjoying your sessions in the Solo®.



SOLOPAD®

- 01 Remove Solopad® from box
- 02 Place where you can be sufficiently supported
- 03 Plug the Solopad® cord into the receptacle on the control box
- 04 Plug the power cord from the control box into a power outlet (be sure that voltage of the power outlet matches the voltage printed on the back of the control box)
- 05 Press power on the control box
- 06 Set Temperature by pressing the temperature button until you reach the desired setting (high, medium, low)
- 07 Set Time by pressing the time increase or decrease button until you reach the desired setting (1-60 minutes or 1-12 hours)
- 08 Place a large Bamboo Carbon towel over the entire length of the Solopad®
- 09 Lay back and enjoy the relief of far infrared radiant heat



ON/OFF Pressing this turns the Solopad® on or off

Hr/Min Pressing this changes the time [🕒] control from minute to hour and vice versa. Time may not be set to hour intervals when using the High temperature setting.

▲ Pressing this changes the temperature [🌡️] from High, Medium, and
▼ Low. The temperature range is between 113-149°F
(45-65°C)

CHROMOTHERAPY

Your Solo comes equipped with Chromotherapy lighting. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help your body re-establish its natural balance.

COLOR	BENEFIT*
Orange	Energizes and eliminates localized fat. Helps address asthma and bronchitis.
Dark Orange	Activates the circulatory and nervous systems.
Light Orange	Strengthens the body and acts on internal tissues.
Yellow	Reactivates and purifies the skin. Helps with indigestion and bodily distress.
Green	Acts as a nerve relaxant.
Teal	Provides anti-infectious, anti-septic and regenerative stimulation.
Strong Blue	Lubricates joints. Helps address infections, stress and nervous tension.
Blue	Stimulates muscle & skin cells, nerves and the circulatory system.
Indigo	Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
Violet	Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness.
Light Violet	Acts as a cleanser, strengthening the veins & arteries.

SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE SAUNA SESSION

- Hydrate with at least 8 oz. of water to prepare your body for an increase in core temperature.
- Pre-heat for approx. 30 minutes. Depending on room temperature, your sauna will heat up a degree per minute.
- 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.
- Gradually increase towards 40 minute daily sessions in the optimal temperature range.*
- Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.
- For added intensity, use Pure Sweat amplifying cream to increase sweating, circulation and to boost results.

POST SAUNA SESSION

- Drink at least 24 oz. of water or electrolyte to rehydrate.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit. Available at www.sunlighten.com/shop.

*Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.

FREQUENTLY ASKED QUESTIONS

How long can I use it for each day?

We suggest using up to 40 minutes per day. It makes no difference whether you use during the day or at night.

What micron does the heater put out?

The sauna puts out a micron range of 4 - 20 microns.

What is the best temperature to use my sauna?

We recommend starting at a lower temperature of 100° F and increasing temperature gradually in later sessions, if you still feel comfortable. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body.

What is the heater made of?

The heater is made of organic black carbon that is first cut into pliable sheets. Then electrical heater wiring is added.

How much will the sauna cost me to run a month?

The sauna runs on the same wattage as a blow dryer and will cost very little to run monthly.

Can I use the sauna everyday?

Yes. We suggest drinking increased amounts of water to keep yourself hydrated. As long as you feel fine, use the sauna daily and enjoy.

If I do use it everyday, what else do I have to do?

Just drink plenty of fluids to replace the ones you will be losing with everyday usage. If you like, take a warm shower to help accelerate the sweat glands opening to be even more refreshed afterward.

Are the EMF levels safe?

Yes. Solocarbon® panels are 100% quality controlled by Sunlighten™ to ensure the safety & effectiveness of each individual heater. Our proprietary heater design virtually eliminates EMF (an average of less than 3mg) and steel conduit electrical shielding making your sauna as safe as possible.

How long does it take for my sauna to warm up?

Set the temperature controls to 60 minutes and 150° F. Allow the sauna to warm up for 15 - 20 minutes at which time it should be approximately 100° F. If placed outside, the sauna may require additional time to warm up, depending upon weather conditions. If you prefer the sauna hotter, let it warm up longer. Drink plenty of water, at least 8 oz.

Care and Maintenance

Unplug the power cord after each use.

When unplugged, Solopad® may be wiped down with a damp cloth or household disinfectant, being sure not to get the control box or power cords wet. **Sunlighten Natural Sauna Cleaner** is an effective, natural and non-toxic cleaner that can be used on the SoloPad. Always keep the Solopad® covered with a fitted Bamboo Carbon cover during use to keep it clean. **Sunlighten Natural Sauna Cleaner** and anti-bacterial **Bamboo Carbon** towels can be purchased at www.sunlighten.com/shop.

The control unit may be disconnected from the pad and both may be placed in the original packaging for storage in a cool place

The Outer material is made from Sunlighten Bamboo Carbon. Bamboo Carbon is a sustainable fiber with variety of minerals that offer unique attributes which make it anti-bacterial and help with odor absorption and improve air quality. Bamboo Carbon is eco-friendly, easy to clean and certified non-toxic.

HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

Important Safeguards

- *Never sleep inside the sauna while it is on*
- *Do not use harsh cleaning agents on the interior of the sauna*
- *Do not stack or store objects on top of or inside the sauna*
- *Do not use during an electrical storm, as there is a remote risk of shock*
- *Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty*
- *Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty*

Precautions

If any of the below apply to you, consult your physician prior to sauna use:

- Medications - Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitryptaline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.*
- Chronic Conditions / Diseases Associated With Reduced Ability To Sweat Or Perspire - Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a physician.*
- Cardiovascular Issues, Obesity or Diabetes - Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems or diabetes should consult a physician prior to use. Heat stress increases*

cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

-Alcohol & Drug Abuse - Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs or medications prior to a sauna session may lead to unconsciousness.

-Elderly - The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If elderly, operate at a lower temperature and for no more than 15 minutes at a time.

-Children - The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

-Hemophiliacs / Individuals Prone To Bleeding - The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

-Fever & Insensitivity to Heat - Individuals with insensitivity to heat or who have a fever should not use the sauna until the fever subsides.

-Pregnancy - Pregnant women should consult a physician before using an infrared sauna.

-Menstruation - Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow. This should not preclude sauna use.

-Joint Injury - Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.

-Implants - Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.

-Inability to fit into sauna: this is a single person sauna. It is semi-circular in shape and one lies down inside of it. (Dimensions: 5'9" long, 28" wide and 18" high or 175cm long, 71 cm wide and 45 cm high.)

-Communicable skin diseases – warts, scabies ext. Even though the warm-up time of the sauna - before the subject enters - is said to desiccate bacteria and thereby sterilize the sauna, we would ask that if any potential participants who have any communicable skin diseases, refrain from using this sauna.

-Unstable angina, recent myocardial infarction (30 days) and severe aortic stenosis.

IN THE RARE EVENT THAT YOU EXPERIENCE PAIN OR DISCOMFORT, IMMEDIATELY DISCONTINUE SAUNA USE.

RETURN POLICY

Except for custom orders, Buyer may cancel and return the Goods to Seller, subject to the terms and conditions of this document, if Buyer provides written notice to Seller within thirty (30) days of Buyer's receipt of the Goods that Buyer does not accept the Goods. View our return policy online for customers who purchase directly from Sunlighten.

SHIPPING & HANDLING FEE

All cancelled or returned goods shall be subject to shipping costs (to and from) and handling fees in the event buyer cancels buyer's order after five (5) days of such order being placed with seller.

ETL AND ETL-C SAFETY CERTIFIED

The ETL Listed Mark is proof of product compliance (electrical, gas and other safety standards) to North American safety standards. Authorities Having Jurisdiction (AHJ's) in 50 states and Canada and retailers accept the ETL Listed Mark as proof of product safety. For your information, the control number is 3124136.



3124136



WARRANTY

U.S.A. & CANADA

Residential: Limited lifetime (7 years) on heaters; 3 years on controls and Solopad cover; 1 year on heater fabric and Solopad memory foam.*

Commercial: 5 years on heaters; 1 year on controls, heater fabric, Solopad cover and memory foam*

**Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 7 years. Warranty is limited to replacement parts only and does not include costs for crating of glass door or freight for parts shipped past 90 days from the date of receipt of goods. The cost of labor and/or service technicians is not included. This warranty is limited to customers in the United States and Canada. International customers should check with local Sunlighten representative.*

Sunlighten warrants the sauna to be free of defects in material and workmanship.

This warranty extends only to the original retail or wholesale purchaser of the sauna and terminated upon transfer of ownership. The sauna must be purchased and used within one year of the manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of the sauna.

This warranty is void if the sauna has been altered, misused, abused or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

ATTENTION: *Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify Sunlighten within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.*



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