



Infrared Therapy

Sunlighten's far infrared therapy purifies the body, boosts energy and shrinks belly fat.

During a treatment, your body is surrounded by soothing far infrared heat that penetrates the body at the cellular level leaving you feeling light and vitalized.

- 🌿 Naturally detoxify
- 🌿 Shrink belly fat
- 🌿 Boost energy
- 🌿 Look & feel younger

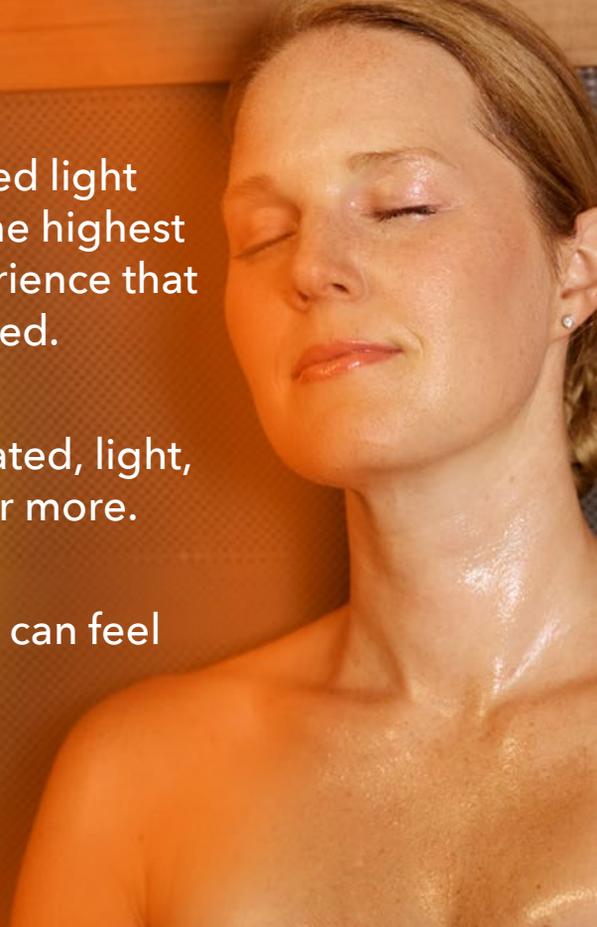


You're Getting Warmer...

Sunlighten® is the #1 choice for infrared light therapy because it is proven to deliver the highest dose of infrared light and offers an experience that is meant to be enjoyed, not endured.

Each treatment will leave feeling invigorated, light, energized, and ready to come back for more.

Sunlighten therapy is the addiction you can feel good about.



- Detoxification
- Muscle Recovery
- Lower Blood Pressure
- Weight Loss
- Pain Relief
- Relaxation
- Increased Circulation
- Anti-Aging
- Cell Health
- Wound Healing

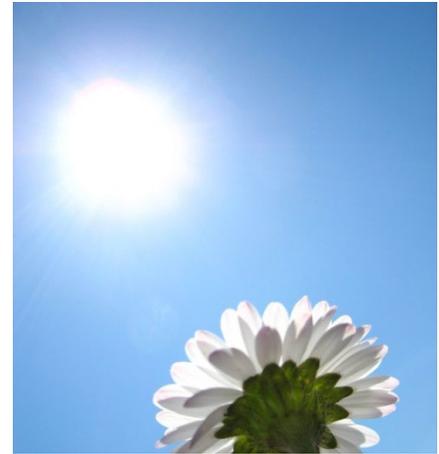
sunlighten®



WHAT IS INFRARED?

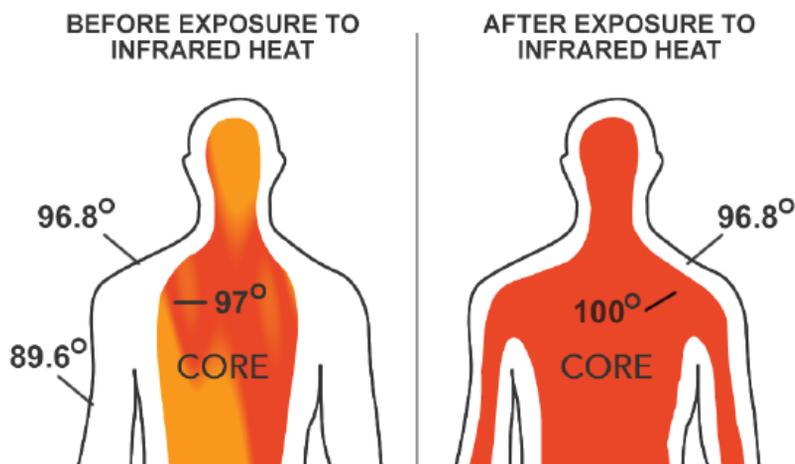
Infrared light is necessary for all living things to grow and flourish.

Infrared light is part of the sun's invisible spectrum of light that has the ability to penetrate the human tissue. Infrared heat heats the body directly rather than simply the air.



The experience of an infrared treatment is similar to sunbathing, giving you that wonderful natural warmth.

Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in an infrared sauna and it will never cause your skin to burn.





WHAT IS INFRARED?



- Invisible part of the sun's light spectrum (experienced as heat)
- Completely healthy and safe for all living things
- Used in hospitals to warm newborn infants
- Penetrates human tissue producing a host of health benefits
- 7x more effective than a traditional saunas
- Effective at a low, soothing temperature



SUNLIGHTEN SAUNA BENEFITS



Detoxification

Sweating is the body's safe and natural way to heal & stay healthy. Sunlighten sauna detox occurs by heating the body directly increasing core temperature, resulting in a deep, detoxifying sweat at the cellular level, where toxins reside.



Weight Loss

Burn calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories. In fact, a 2009 study showed Sunlighten far infrared therapy to lower weight and waist circumference in just a three-month period.



Lower Blood Pressure

Infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Only Sunlighten saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart.



Anti-Aging

Near infrared saunas provide the most effective wavelength for healing the epidermis and dermis layers of the skin, stimulating collagen production to reduce wrinkles and improve overall skin tone.



Cell Health

Near infrared sauna therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.



Relieve Pain

Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia, and speeds up recovery time. A 2013 study conducted at the Auburn University at Montgomery showed that Sunlighten 3-in-1 treatments can increase flexibility up to 3x.



Improve Circulation

Sunlighten sauna treatments are like giving your body a passive cardiovascular workout. Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use can significantly stimulate blood flow up to twice the normal rate.



THE SUNLIGHTEN EXPERIENCE



Why Sunlighten® is
#1 in infrared therapy...

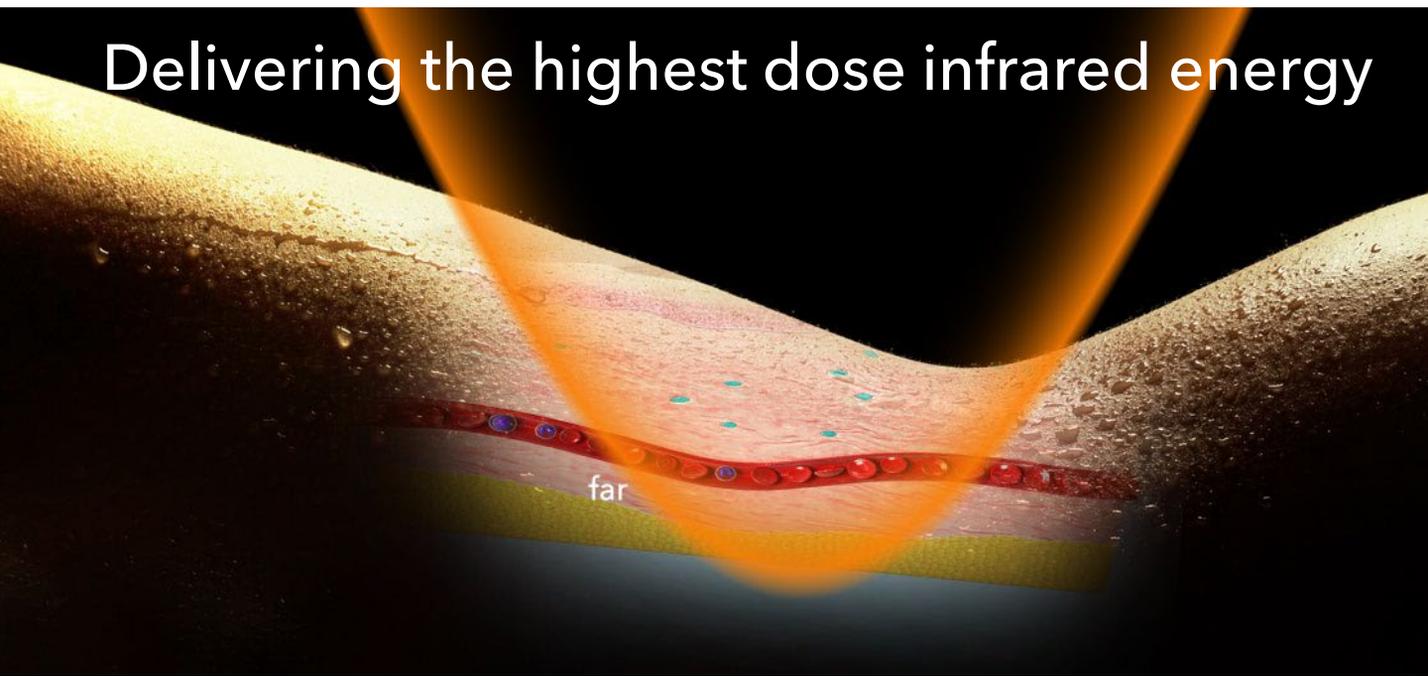
- Get the highest dose of infrared energy into your body - proven 95-99% effective
- Only heater clinically shown to raise core temperature, lower blood pressure and aid in weight loss
- ENJOY VS. ENDURE with a soothing heat that is enjoyable for the entire session and leaves you feeling invigorated, light and energized

sunlighten®



THE SUNLIGHTEN EXPERIENCE

Delivering the highest dose infrared energy



- To deliver health benefits like anti-aging, weight loss, and detoxification, saunas need to emit high concentrations of infrared waves—not just heat.
- For IR therapy to be successful, heaters must have a high emissivity level for the body to absorb IR energy
- Proven 95-99% efficient at delivering a higher dose of infrared energy into the body

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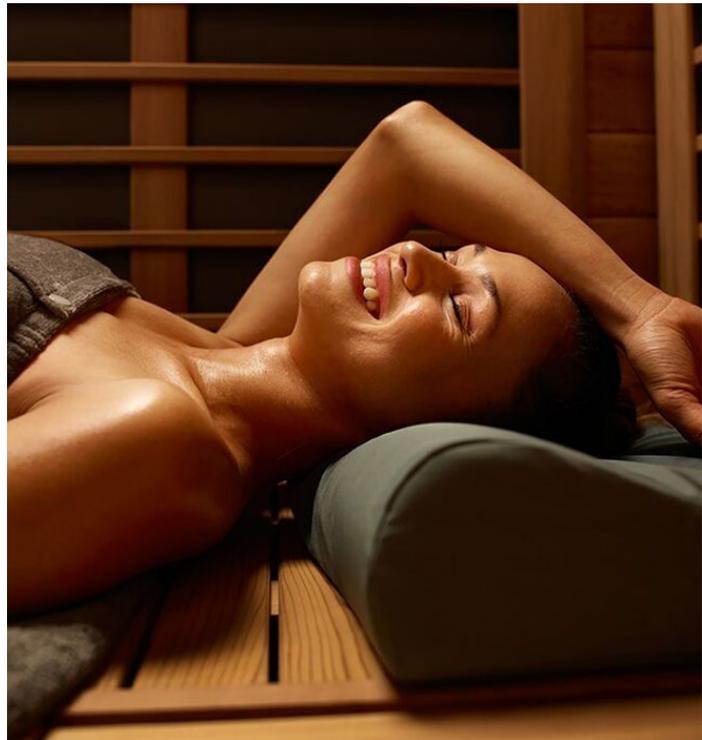
THE SUNLIGHTEN EXPERIENCE

Enjoy vs. Endure

A sauna session should not be something you have to push yourself to complete. An extremely hot environment can make you anxious for the session to end and likely to stop short. Worse yet, if it is that hot, you probably are not receiving the most therapeutic wavelength.

A Sunlighten infrared sauna session provides a comfortable, gentle heat that is enjoyable for the entire session and leaves you feeling invigorated, light and energized.

Sunlighten is an addiction you can feel good about.



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ENHANCE YOUR SAUNA SESSIONS

Add another layer of experience with
Acoustic Resonance Therapy (A.R.T.)



A.R.T. combines the healing effects of sound and vibration to harmonize all systems of the body, bringing you to a deeper state of relaxation.

Attached at specific locations in the sauna, the A.R.T. system uses an amplified audio signal to resonate sound waves to the surface of the sauna.

Listening to soothing music and feeling it resonate throughout the body stimulates the body's natural relaxation response. It feels like light touch massage during your sauna session.

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ENHANCE YOUR SAUNA SESSIONS

Let your light shine with Chromotherapy

Enjoy the ancient healing method of light and color therapy to improve overall health and harmony. Chromotherapy restores various energy points to help balance the body.

benefits of color

- Burns fat; treats asthma & bronchitis
- Activates the circular & nervous systems
- Strengthens body & acts on internal tissues
- Purifies skin; helps with indigestion & body distress
- Provides anti-infectious, anti-septic & regenerative stimulation
- Acts as a nerve relaxant
- Stimulates muscle/skin cells, nerve & circulatory system
- Lubricates joints. Treats infections, stress & nervous tension
- Treats eye problems, cataracts, glaucoma, or nasal bleeds
- Relaxes lymphatic system. Treats inflammation/urinary illness
- Acts as a cleanser, strengthening the veins & arteries
- Activates & eliminates impurities from blood stream.

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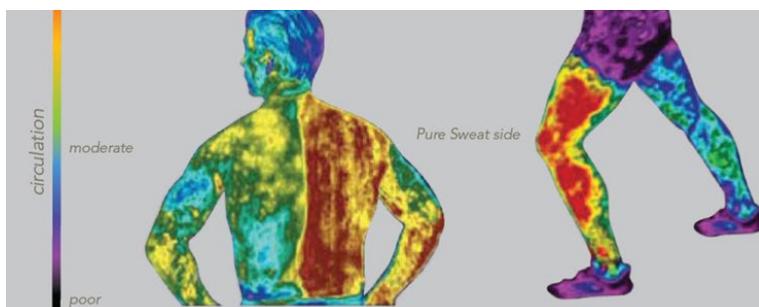


ENHANCE YOUR SAUNA SESSIONS

Get the most out of each session with Pure Sweat amplifying cream

Get faster results from sauna sessions and workouts with improved circulation, energy, and sweating. These effects help to bring the skin's own natural nutrients to the surface while flushing out unwanted impurities.

- Triples sweating
- Increases circulation
- Accelerates caloric burn
- Releases built up toxins
- Fights muscle fatigue
- Targets problem areas
- Enhances vasodilation



Thermographic Study:

The image to the right shows the effect in **20 minutes** in your sauna using Pure Sweat.

Notice the substantial increase in circulation to the side where the Pure Sweat was applied.

Pure Sweat may be used as often as you like, preferably daily with your sauna. There are no harmful side effects from use.



SAUNA PACKAGES

One Sunlighten sauna session will leave you feeling refreshed and rejuvenated. But similar to exercise, the more you do it, the better the results. Our sauna packages offer repeat use for an incredible value.

INSERT SAUNA PACKAGES



FREQUENTLY ASKED QUESTIONS

- **What do I wear?**

To enable infrared to penetrate tissues as deep as possible, we recommend wearing as little as possible. A bamboo carbon body wrap, cotton towel, gym shorts or swimsuit are perfect options.

- **How often should I use the sauna?**

One session will leave you feeling refreshed and rejuvenated. But similar to exercise, the more you do it, the better the results. Recommended use is 3-4 times per week for 30-40 minutes.

- **When will I start sweating?**

Sweat levels differentiate between each individual. Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use. Even if your body is not drenched in sweat, your body is still detoxifying from harmful toxins. Also, be sure to drink plenty of water before your session. If you are dehydrated, you will not sweat as much. If you are hydrated properly and want a sweat boost, try our Pure Sweat amplifying cream. Pure Sweat can triple your sweat and increase circulation.

- **Do I need a Doctor's note?**

No, if you have health concerns we recommend speaking with your doctor before your sauna session.

- **Is the Infrared coming from lights?**

No, infrared heaters are located on the floor, front, back and side wall panels.

- **Are there any studies on infrared therapy?**

There are various studies on the use of infrared for a multitude of health benefits. Specifically, Sunlighten infrared saunas have been shown to increase core temperature for detoxification, lower blood pressure, relieve pain and aid in weight loss. These studies can be found on www.sunlighten.com.

- **Are children allowed to use the sauna?**

The core body temperature of children rises much faster than adults. When taking a sauna session with a child, operate at a lower temperature and for no more than 15 minutes at a time. A general rule of thumb is 1 minute inside your sauna per year of age for the child, but always accompanied by an adult. And remember to keep you and your children hydrated, even if you don't see them sweating.



FREQUENTLY ASKED QUESTIONS

- **Is it ok to use the sauna while breastfeeding?**

Please consult with your physician, as this answer is usually yes, but may be no depending upon your specific circumstances.

- **Can I sauna while pregnant?**

Even though infrared is completely safe, it is not recommended to use while pregnant. While pregnant, the core body temperature is already elevated and you could overheat.

- **Are there any contraindications for sauna use?**

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

 **Consult physician prior to use.**

 **Do not use if pregnant, have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.**

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline 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.

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.

The 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 cool-

ing processes in order to maintain core body temperature. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. 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 / Alcohol 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.

Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Hemophiliacs / Individuals Prone To Bleeding

The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

Fever

An individual who has a fever should not use an infrared sauna until the fever subsides.

Insensitivity to Heat

An individual with insensitivity to heat should not use an infrared sauna.

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 their menstrual flow.

Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints 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 an infrared sauna.

Pacemaker / Defibrillator

The magnets used to assemble our wooden saunas (not used in the Solo System) can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.



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empowering wellness®

www.sunlighten.com