



USER & BENEFITS GUIDE

SUNLIGHTEN INFRARED SAUNA

INFRARED SAUNA BENEFITS

- NASA developed NIR light-emitting diodes significantly improves skins appearance
- Aids in cellular detoxification
- Reduces stress & promotes relaxation
- Reduces inflammation and improves joint health
- Boosts immunity & enhances mood

HOW IT WORKS

Unlike traditional saunas that rely on very high temperatures and humidity to heat you from the outside, the Sunlighten Amplify II Sauna cabin delivers a gentle, radiant heat via infrared technology to gradually increase core body temperature from the inside. Extend your workout benefits while you detoxify your body, increase circulation, aid muscle recovery and help relieve pain. Built-in chromotherapy adds another layer of light therapy for energetic balance and mental well-being.

BEFORE YOU BEGIN

Drink a minimum of 8 oz. of water to prepare your body for an increase in core body temperature. Wear light, loose clothing or your bathing suit. Heavy or synthetic clothing can block light technology or cause overheating. The use of electronics such as cell phones and wearable devices are not recommended inside the unit.

HOW TO USE THE SAUNA

1. Enter the sauna and close the door behind you. Lay a towel down on the bench to absorb sweat. It's also nice to have an extra around to wipe your face during sessions.
2. Use the control panel to adjust your sauna settings, including:
 - a. Temperature: (bottom up & down carats; max 170 degrees)
 - b. Timing: (middle up & down carats)
 - c. Light: The lightbulbs turn on the interior and exterior lighting. Once the interior lights are on, use the remote control to toggle between green, blue and red chromotherapy, with red being the most intense and green being the least intense.





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- d. Sound: Connect your phone's blue tooth speaker to the sauna by releasing the trap toggle from the roof of the sauna and pressing "on" to sync your device.
4. Watch your time: Make sure to adjust your session length in accordance to your body's needs. If you are just beginning with regular sauna use, it is important to start slow and get your body accustomed to infrared therapy. We recommend beginning with 10-15 minute sessions at 100°F every other day. Gradually increase toward 40 minute daily sessions in the optimal temperature range. Always listen to your body and adjust accordingly.

POST TREATMENT TIPS

Rehydrate with at least 24 oz. of water or electrolyte drink.

Dry off and cool down naturally, or with a refreshing shower or dip in the cold plunge.

Stick with it for long-term benefits: Just as with exercise or eating healthy, sauna use takes time and consistency to see results. You may not even sweat the first few times you use your sauna, but know that sweating (and the detox that comes with it) will increase over time, leaving you feeling rejuvenated and healthy.

