Sunlighten Infrared Sauna User's Guide

- Drink plenty of water before and after your session to prevent dehydration.
- Wear as little as possible so that more skin is exposed to the infrared wavelengths.
- Sunlighten recommends that you begin with 20 minute sessions at 100˚and work up to 40 minute sessions topping out at 130˚.
- For extended use, Sunlighten recommends that the sauna be used between 100˚and 130˚. It is best to get in at 100ånd turn the heat up to 130˚. This lets your body heat up with the sauna. Temperatures higher than this are unnecessary, and may actually be counterproductive.
- Follow the above protocol if you want to enjoy the benefits of Near and Mid Infrared wavelengths. Once the sauna gets to a certain temperature, the Full Spectrum Heaters cycle on and off, meaning you will not reap the benefits of the Near and Mid Infrared wavelengths. This generally happens around 130˚.
- Near and Mid Infrared benefits include anti-aging, pain relief, cell health/immunity, improved circulation, and weight loss. Far Infrared benefits include weight loss, detoxification, and blood pressure reduction. DON'T SHORTCHANGE YOUR EFFORTS BY SETTING THE TEMPERATURE TOO HIGH!
- Infrared saunas are different from traditional saunas, and the sweat process is achieved differently. In fact, you may not sweat at all for the first few sessions. Most people tend to start sweating after the third or fourth session when following the above protocol.
- Using an infrared sauna at the lower temperatures of 110-125 degrees results in a stickier, more fat-laden sweat and electrolyte loss. In fact the sweat from an infrared sauna session is comprised of up to 20% toxins compared to only 3% toxins in the sweat produced in a high temp steam unit. This is a main reason it is the better choice for detox purposes.
- Remember, it is the infrared that heals, not the sweating! What is important is getting the most infrared as possible.

I HAVE READ AND UNDERSTAND THE BEST PRACTICES FOR USING A SUNLIGHTEN SAUNA. I ALSO UNDERSTAND THAT BY SELECTING A HIGHER TEMPERATURE, I DO SO AT MY OWN RISK. I F I CHOOSE TO USE A HIGHER TEMPERATURE, I WILL SET THE TEMPERATURE BACK TO 100˚SO THAT IT WILL BE AT THE OPTIMAL TEMPERATURE FOR THE NEXT USER.