



**sunlighten™**

empowering wellness™

# Acoustic Resonance Therapy

from SO Sound Solutions

**Installation & User Guide**

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## **Introduction**

Your Acoustic Resonance Therapy Add-On Kit can aid in relaxation, healing and enhance your sauna experience in amazing ways. The key is the SO SoundHeart® actuators, which add Hi-Fidelity Musical Touch Technology™ to your Signature or mPulse Sauna by Sunlighten. Your A.R.T. produces deep penetrating harmonic sound waves to complement the deep penetrating infrared rays of your sauna. The harmonically balanced flow of musical sound waves flowing through your body will enhance natural relaxation and healing.

## **How Does it Work?**

Just as your Signature or mPulse infrared sauna surrounds you with soothing, relaxing heat waves, so too does Acoustic Resonance Therapy surround you with resonant harmonic energy to increase the therapeutic effects of your sauna. It is like getting a sauna session and massage at the same time!

## **Sit Back, Relax and Feel the Music**

Think back for a moment to the last time you heard a song that instantly reminded you of a special moment. How did it make you feel?

Music has been used throughout the ages to uplift, relax, energize, inspire, unify and transition us. Now you can feel the music you enjoy through your SO Sound Acoustic Resonance Therapy™ system right in your sauna.

Tune out the stress, worry and noise and tune in to a musical body/mind massage experience that relaxes, inspires and refreshes you.

## **Contraindications**

It is always best to check with your health care provider before trying any new products or programs. Those with pace makers are advised not to use the products due to the electromagnetic nature of the SO SoundHearts®. We also recommend that pregnant women use the product at low resonance and audio volume levels.

## **All Signature models; mPulse aSPIRE, bELIEVE, cONQUER, dISCOVER**

### Acoustic Resonance Therapy Parts List

- 2 EA SO SoundHearts®
- 2 EA Mounting Plates, 3/8-16 thread
- 8 EA #8x1/2" Pan Head Phillips Screws
- 2 EA Custom Blaupunkt Quadraphonic Wiring Harnesses
- 1 EA SO Tunes Starter CD (not shown)

## **mPulse eMPOWER**

### Acoustic Resonance Therapy Parts List

- 4 EA SO SoundHearts®
- 4 EA Mounting Plates, 3/8-16 thread
- 16 EA #8x1/2" Pan Head Phillips Screws
- 2 EA Custom Blaupunkt Quadraphonic Wiring Harnesses
- 1 EA SO Tunes Starter CD (not shown)

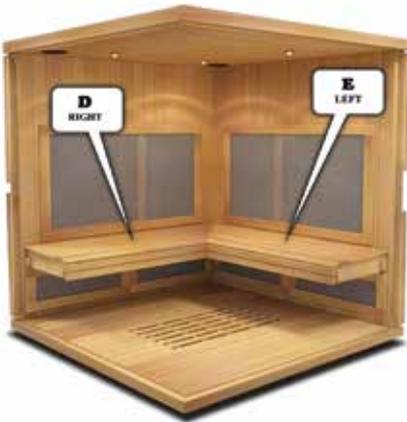


*Shown: 1 SO SoundHeart, 1 Wiring Harness, 2 Mounting Plate and 8 Screws.*

## Example Sound Heart Placement



A.R.T. layout for Signature. Locate the SO SoundHearts® center left and center right under the bench.



A.R.T. layout for mPulse Discover. Locate the SO SoundHearts® centered under the benches.

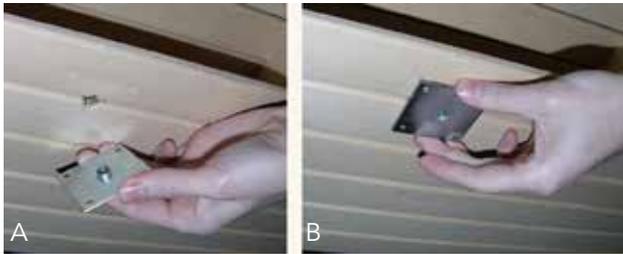


A.R.T. layout for mPulse Empower. Two SO SoundHearts® are in series for each channel, making two "stereo" sets, centered under the benches.

# Signature & mPulse Sauna

## Installing the A.R.T. Add-On Kit

Please review the entire installation guide before you begin. You will need your Acoustic Resonance Therapy Add-On Kit and a Phillips screw driver to complete the installation.



Remove the heater covers and bench to begin installation. Align the mounting plates with the pre-drilled holes on the underside of the bench (A) and place the beveled edge into the hole (B).



Next, with the SoundHearts® inside the bench cavity (C), screw down into their mounting plates. Tighten the screws in the mounting plates until they feel tight. Connect the SoundHeart® to the wiring harness (D). Replace the heater covers and bench, then plug the other side of the harness into the wall. Be sure to match the red wire with the red-striped connector in the wall and the black wire to the black-striped connector. You can tuck excess wire into the bench cavity, or use a twist-tie or rubberband to make it look neater. *Note: If the connector is left on the bench it may buzz.*

# Adjusting the A.R.T. System (Signature)

Your Acoustic Resonance Therapy system works by converting the audio from the rear channels of the Blaupunkt Radio CD-Player. By default, the Blaupunkt comes with the rear channels turned off. To begin enjoying your new A.R.T., you will need to adjust the Blaupunkt Fader to begin supplying power to the SO SoundHeart® actuators.



## How to Adjust SO Sound in the New Signature Sauna:

- 1) Press the menu button on the upper left hand corner of the faceplate on the radio
- 2) Turn the volume knob clockwise until you see AUDIO
- 3) Press the volume knob once
- 4) Turn the volume knob clockwise until you see FADER
- 5) Press the volume knob once more
- 6) Turn the volume knob clockwise until you see R9

## If you still don't feel the SO Sound:

- 1) Press menu on the upper left hand corner of the faceplate on the radio
- 2) Turn volume knob clockwise until you see AUDIO
- 3) Press the volume knob once
- 4) Turn the volume knob clockwise until you see BASS
- 5) Press the volume knob once
- 6) Turn the volume knob clockwise until you get to the desired level

*Special Note: If the BASS on your Blaupunkt stereo is turned all the way up and the VOLUME is turned very loud, its amplifier may overheat, causing the amplifier to automatically shut off until it cools down. If you experience this effect, simply turn down the BASS, the VOLUME or both.*

## Adjusting the A.R.T. System (mPulse)

Your Acoustic Resonance Therapy system works by converting the audio from the rear channels of the Blaupunkt DVD/CD-Player. By default, the Blaupunkt comes with the rear channels turned off. To begin enjoying your new A.R.T., you will need to adjust the Blaupunkt Fader to begin supplying power to the SO SoundHeart® actuators.



To adjust the Fader press the VOLUME/MENU button until the FADER option appears. Move the VOLUME knob to the right and left to select the FADER control of R9 or R10.

Once you have adjusted the Fader and selected your desired Volume, that's it! Just sit back and enjoy the soothing and relaxing effects of A.R.T.!

# Acoustic Resonance Technology™ Overview

Music has been used throughout the ages to help shift our focus and awareness. Can you imagine walking into a fitness class without hearing music? The music is what sets the tone and pace for the experience. Music is used to uplift, relax, energize, inspire, unify and transition us. Many of us can relate to the experience of being gently rocked to sleep as our mother or grandmother sang us a lullaby.

While using music to support the natural healing process is nothing new, quantum physicists and researchers are now proving what ancient seers and spiritual masters of many cultures appreciated for thousands of years. Music has a profound effect on your body and mind. Therapists in the re-emerging fields of music and sound therapy are finding benefits in using music to help with pain management, warding off depression, relieving anxiety, calming patients during painful procedures, increasing range of motion and easing muscle tension.

Acoustic Resonance Therapy is designed to deliver the healing benefits of music based on over twenty-eight years of research and development in the field of sound and music therapy. Hearing music provides one level of experience; feeling it adds an entirely new dimension that promotes sensory integration and full body/mind harmony.

**Brain Waves:** Through a process known as entrainment, research has shown that music with a strong beat can stimulate brainwaves to resonate in sync with the beat, with faster beats bringing sharper concentration and more alert thinking, and a slower tempo promoting a calm, meditative state. Also, research has found that the change in brainwave activity levels that music can bring also enables the brain to shift speeds more easily on its own, which means that music can bring lasting benefits to your state of mind, even after the acoustic resonance experience.

**Breathing and Heart Rate:** As brainwaves change, changes also occur in other bodily functions, given that they are all governed by the autonomic nervous system. For example, breathing and heart rate can be altered by the changes music brings. This can mean slower breathing, slower heart rate, and an activation of the relaxation response, among other things. This is why music can help counteract or prevent the damaging effects of chronic stress, greatly promoting not only relaxation, but also health.

**State of Mind:** Music can be used to bring a more positive state of mind, helping reduce depression and anxiety. This can prevent the stress response from wreaking havoc on the body, and can help keep creativity and optimism levels higher.

**Other Benefits:** Music and A.R.T. have also been found to bring many other benefits, such as lowering blood pressure (which can reduce the risk of stroke and other health problems over time), boosting immunity, easing muscle tension, and more. When we feel music resonating through our body it naturally brings deeper body awareness. Body awareness not only anchors you in the present moment, it also strengthens the immune systems and supports your body's ability to heal itself.

With so many benefits and such profound physical effects, it is no surprise that so many are seeing music with A.R.T. as an important tool to help the body stay (or become) healthy.

# Music for Acoustic Resonance Technology™

While Acoustic Resonance Therapy can deliver any music, certain types resonate better than others. In particular, music that has been highly processed and compressed in order to fit more music on an iPod, MP3 player, etc., will not resonate well. A.R.T. needs well balanced acoustic music. For example, if you were to plug in a live acoustic guitar or bass, you would be amazed at the level of resonance you feel.

In addition, the type of music or pace of the music is important to consider with regard to what effect you wish to achieve. SO Tunes musical journeys have been specifically mixed and mastered to create the ultimate A.R.T. experience. Some CDs incorporate specific technology tailored to stimulate various bio-energetic goals.

## SO Tunes Included with Your Acoustic Resonance Therapy Add-On Kit

SO Tunes musical programs have been especially orchestrated to resonate through the Acoustic Resonance Therapy System and your Sunlighten sauna. They address specific goals for the ultimate A.R.T. experience. *SO Relaxing*, a CD made to utilize the capabilities of your A.R.T. system, is included with your kit. For additional titles, please visit <http://www.sosoundsolutions.com>

*Look for new releases in the future to keep your A.R.T. experience fresh, timely and inspirational!*



[www.sunlighten.com](http://www.sunlighten.com)

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