



sunlighten™
empowering wellness™

Signature® Series
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.

QUICK START

Prior to sauna use:

The controls will be preset to 60 minutes at 150° F. You will get the best sauna experience keeping it set to this temperature before your session. However, the temperature will max out at 146°F. The health benefits result from infrared emissivity, not air temperature. Allow sauna to warm up for 30-45 minutes. The average time to heat up is 1 degree per minute. Drink at least 8 oz. of water before your session.

During sauna use:

We recommend placing a Sunlighten Bamboo Carbon towel over the bench to absorb perspiration during your sauna session. Relax and enjoy your sauna experience.

WARNING:

Do not use this sauna to treat any health problems without consulting with your physician. Sunlighten, Inc. does not provide medical advice, education or treatment. Our information should not be relied on in making decisions about your health. Always consult your physician for medical advice.

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FREQUENTLY ASKED QUESTIONS

TROUBLESHOOTING

WARRANTY.....

SIGNATURE SERIES SPECIFICATIONS:

| Item | Signature I |
|---|--|
| Dimensions (Width x Depth x Height) | 37.8" x 39.8" x 78" 96 cm x 101 cm x 198 cm |
| Power | US: 120v, 1350w, 15a International: 240v, 1350w, 8a |

2 NEMA 5-15P



USA/CANADA

DEDICATED 120V 15A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 2 FOR REFERENCE

| Item | Signature II |
|---|--|
| Dimensions (Width x Depth x Height) | 51" x 46.1" x 78" 130cm x 117 cm x 198 cm |
| Power | US: 120v, 2006w, 20a International: 240v, 2006w, 9a |

3 NEMA 5-20P



USA/CANADA

DEDICATED 120V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 3 FOR REFERENCE

| Item | Signature III |
|---|--|
| Dimensions (Width x Depth x Height) | 62.4" x 46.1" x 78" 158 cm x 117 cm x 198 cm |
| Power | US: 120v, 2035w, 20a International: 240v, 2035w, 9a |

4 NEMA 5-20R



USA/CANADA

DEDICATED 120V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 4 FOR REFERENCE

| Item | Signature IV |
|---|---|
| Dimensions (Width x Depth x Height) | 80.9" x 56.1" x 78" 206 cm x 142 cm x 198 cm |
| Power | US: 240v, 2500w, 20a International: 240v, 2500w, 11a |

5 NEMA 6-20R



USA/CANADA

DEDICATED 240V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 5 FOR REFERENCE

A true dedicated outlet is an outlet that runs from the wall outlet to the breaker box with its own switch in the breaker box and nothing else on that line. Plugging your sauna into your wall outlet with any other electrical device is not a true dedicated outlet and will hinder the sauna's ability to warm up properly.

INSTALLATION GUIDE

PRE-INSTALLATION

1. Be sure a certified electrician installs a dedicated outlet for sauna.
2. Remember your sauna should be assembled by 2 or more people.
3. Do not place plumbing or plumbing fixtures in the sauna.
4. Keep all liquids away from the heating panels and electronics.
5. Install sauna on a level surface.
6. Install sauna in an area that is dry and protected from the weather.
7. Keep flammable objects and corrosive chemical substances away from the sauna.
8. Installation of the sauna in an area below standard room temperature can increase warm up time

PARTS LIST

| QUANTITY | SIGNATURE I, II, III & IV |
|----------|---|
| 1 | Front panel |
| 1 | Back panel |
| 1 | Left side panel |
| 1 | Right side panel |
| 1 | Roof panel |
| 1 | Bottom panel (base) |
| 1 | Bench panel (Signature IV has 2) |
| 3 | Bench brackets (Signature IV only) |
| 1 | AM/FM CD player (pre-installed) |
| 1 | Door handle |
| 1 | Main power cord |
| 4 | C clips |
| 4-7 | Furniture feet (quantity varies by model) |

UNPACK YOUR SAUNA

Refer to the parts list above as you unpack your sauna to ensure you have all of the parts for installation. We make every effort to ensure that your sauna arrives safely. Double check to ensure that all pieces arrived undamaged in transit. If damaged, please call Sunlighten Customer Service immediately at **913.754.0831 x7** or your local Sunlighten representative. **Photos of any damage are required to process any replacement request.** Please do not discard any loose parts or fabric.

Unpack your sauna in a large area free of obstructions. Lay boxes flat on the ground and undo any bands or tape. Once unpacking is complete, proceed to installation instructions.

RECORD SAUNA SERIAL NUMBER: # _____

(Located on the back side of the floor panel)

SAUNA ASSEMBLY

The following pictures are used for your reference. Please review before assembling your sauna.

1. INSTALLING THE FEET

Install screw through wooden feet into designated holes on the bottom of the floor panel.

2. PLACING THE BOTTOM PANEL

Place bottom panel on a smooth flat surface. A taped covering on the top of the floor panel and white sticker on the edge indicates the back of the sauna base. Before proceeding, double check that the base location is in it's final position. Make sure that the base is level to avoid any parts becoming misaligned.

Leave enough space around your sauna to plug in the power cord and for any maintenance once it is assembled.

Remove taped wire cover panel in back-right corner.



WARNING:

Heater grate must be installed prior to stepping on the floor.



3. PLACING THE REAR PANEL

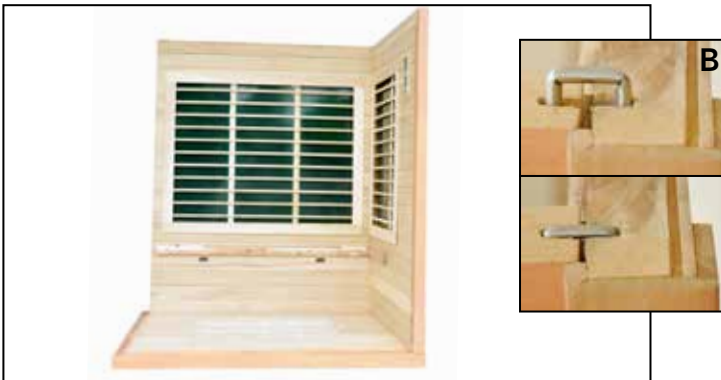
(A) Place the back panel into the recessed groove in base. Center it's location with the raised area on interior floor. One person is required to hold the wall while the other person continues to the next step.



4. CONNECTING THE RIGHT SIDE PANEL

While the rear panel is being held in position, place the right panel with control panel into the grooved base and gently raise into position. The magnet system will help to pull the panels together. Pay careful attention to the power cords at the bottom of the right wall, making sure they are safely out of the way and accessible once wall is in place.

(B) Place the C shaped piece of stainless steel (C clip) into the groove on top of the panels to hold them together. Once the C clip is installed correctly you can let go of the panels.



5. CONNECTING THE FRONT PANEL

Place the front panel into the groove on the front of the base.

(C) Place C clip into grooves on top panels to secure them together.



6. CONNECTING THE LEFT SIDE PANEL

Place the left panel into the grooved base at a slight angle and raise gradually until magnets click into position.

(D) Place C clip into the two remaining grooves on the panels top corners.



Make sure all wall panels are secure in base and level at top before continuing with installing the roof panel.

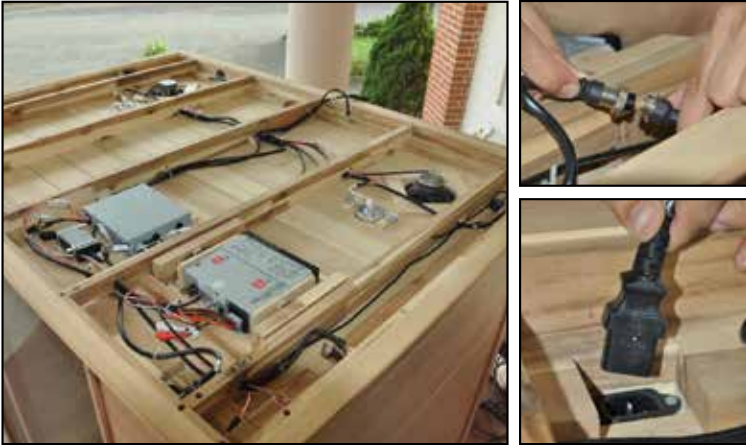
7. PLACING THE TOP PANEL

Before placing the roof, unscrew the top 2 "dust cover" panels and remove (you will need to access connections later). Pull all wires from the wall panels up and drape over side walls. Lower the top panel onto the assembled sides with the light over the door and power cord from roof in the back. The roof grooves should fit over the wall panels. **Make sure that connections in roof do not get pinched between roof and walls during installation.**



8. MAKING ROOF CONNECTIONS

Feed all power cords from walls into the roof panel, plug in the four power connectors (F) into the top of each of the 4 walls. Then connect the two barrel type connectors (E). Replace wooden "dust covers".



9. MAKING WALL TO FLOOR CONNECTION

Access wires by first removing the floor heater cover, then sliding a board (located towards the back right of the opening) over to access the connector. It should slide easily, and be directly next to where the wires are coming out of the bottom of the wall panel. You will find a two-pin connector - which will click together with the male connector coming from the bottom of the wall panel when properly connected.



10. INSTALLING THE BENCH PANEL

(G) Remove all upper heater grates on walls to install the bench.

(H) Place bench seat into sauna on top of bench supports (which are affixed to each side wall) and ensure the bench slides into the affixed grooves.

Be careful not to scratch the side panels while installing bench support and top bench. Replace all wooden heater grates on the walls.



11. INSTALLING DOOR HANDLE

Align two handles with holes in the glass door. Using a screw driver, screw the handles together from the inside handle.



12. PLUGGING MAIN POWER CABLE

Connect the main power cable to the wall outlet found at the back of the sauna, on the top left of the back wall (*when facing the sauna*).

The sauna should be on a true dedicated outlet outlet that runs from the wall outlet to the breaker box with its own switch in the breaker box and nothing else on that line. Plugging your sauna into your wall outlet with any other electrical device is not a true dedicated outlet and will hinder the sauna's ability to warm up properly.

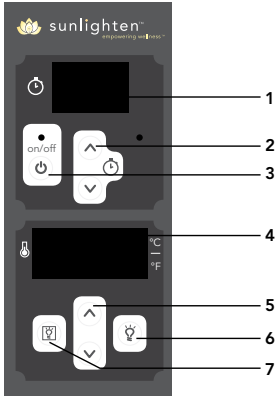
Turn sauna on and test wall heaters to ensure each one is warming up after a couple of minutes. If there is a heater not warming up, refer to step 9 to check the connections.

13. CONGRATULATIONS!

Your sauna is ready for you to plug in and start using. Please refer to the operating instructions to get started.

OPERATING INSTRUCTIONS

CONTROL PANEL



| NUMBER | FUNCTION |
|--------|---------------------|
| 1 | Time Display |
| 2 | Time Control |
| 3 | Power |
| 4 | Temperature Display |
| 5 | Temperature Control |
| 6 | Exterior Light |
| 7 | Interior Light |

1. Plug in sauna.
2. Press the On/Off button to turn on your sauna.
3. Top Display: Press arrow Up or Down to set desired session time (sauna heaters will automatically turn off when time has reached 0).
4. Bottom Display: Press arrow Up or Down to set desired temperature.
Note: Press both temperature arrows simultaneously to change from celsius to fahrenheit. After 5 seconds the display will show actual interior temperature.
5. Press outside button to turn On/Off exterior lights.
6. Press inside button to turn On/Off interior lights.
7. CD Player: You must independently turn the CD Player on or off. **It is not connected to the main control panel.** Please refer to the instruction manual that is enclosed in your packaging on how to use CD Player.

RESERVATION MODE

1. Turn off the sauna
2. Press the timer up and timer down arrows simultaneously
3. A digit will appear on the timer section of the screen to indicate the number of hours before the sauna turns on.
4. When the timer counts down to "0," the sauna will turn on for a 60 minute session and will be set to 150 degrees.

To cancel a reservation, press and hold the power button until the time display turns off. At this point you can turn the sauna on normally.

WARM UP TIME AND USAGE GUIDELINES

The controls are preset to 60 minutes at 150°F. However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm up for 30-45 minutes. **The sauna heats up at an average of 1 degree per minute.** Follow these steps for proper warm up:

Step 1: Make sure your sauna is plugged into a dedicated outlet installed by your electrician.

Step 2: Check the settings on the keypad. The default setting should be set to 150 degrees and the timer set to 60 minutes.

Step 3: When turning sauna on for the first time, ensure each heater is warming up after a couple of minutes. If they are not, make sure connections are securely connected.

NOTE: If your sauna is outside or in an unheated garage, sun room, basement or patio, you may require additional time to warm the sauna up depending upon the temperature of the surrounding surface & room. Keep in mind you are required to have an authorized Sunlighten cover over your sauna if it is outside or exposed to the weather in order to maintain your warranty.

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 store.sunlighten.com.

*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.

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
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol/alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

For more information on saunas and contraindications, visit www.sunlighten.com/contraindications.

FREQUENTLY ASKED QUESTIONS

ASSEMBLY

Can I assembly my sauna outdoors?

Yes, if you protect it with a Sunlighten canvas sauna cover. If you place your sauna outdoors without a Sunlighten cover, your warranty will be void. The sauna covers are custom made and may not arrive until after you receive your sauna. **Do not install your sauna outdoors prior to receiving your cover.** Doing so will void the warranty! Check the sauna cover annually for normal wear and replace as needed.

How much room is required around my sauna for set up and maintenance?

We recommend 4-12 inches of clearance around the back, sides and top of the sauna to access plugs and for general maintenance. Leave at least 4 inches behind the unit to allow the electronics to cool.

What surfaces can I set my sauna on?

You can set your sauna on tile, concrete, carpet, laminate or wood. Remember to make sure that your sauna is level regardless of its location for optimal use. If your sauna is placed outdoors, make sure there is adequate drainage so that water cannot pool around the base of the sauna. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

How do I install Chromotherapy and Acoustic Resonance Therapy?

These are add-on sauna accessories with separate user manuals. Please refer to the appropriate manual.

USAGE

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

The controls are preset to 60 minutes at 150°F. However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm up for 30-45 minutes. The sauna heats up at an average of 1 degree per minute. If located outside or in unheated garage, additional warm up time may be required. If you prefer the sauna hotter, let it warm up longer.

Can I use my sauna every day?

For the majority, daily sauna use is okay after your body has become accustomed to infrared therapy. Drinking increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

How long can I use it for each day?

40 minutes is the recommended session length. See the sauna protocol on page 14.

What is the best temperature to use my sauna?

First, it is important to understand that health benefits are a result of efficient infrared emissivity, not air temperature. Sunlighten saunas are 95-99% emissive and deliver the highest concentration of infrared. With that, the optimal sauna experience occurs between 100-130°F. During your first few sessions, start at a lower temperature of 100°F and gradually increase in later sessions. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body. Keep in mind, if you're sweating at 115°F you're getting the same benefits as if you're sweating at 150°F.

What is the micron range of the heaters?

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

Can I touch the heaters?

While using, the heaters are safe to lean on with heater cover intact. Do not touch the bare heater surface when the heaters are on, or have recently been on.

What is the heater made of?

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

How much will the sauna cost to run a month?

The sauna runs on the same wattage as a blow dryer and will cost very little to run monthly: typically 15 to 35 cents per hour. This varies with model and your local utility cost. Your utility company can help you understand a more exact per hour cost if needed.

Are the EMF levels safe?

Yes. Patented Solocarbon® panels are 100% quality controlled by Sunlighten™ to ensure the safety and 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. View Solocarbon EMF testing data at www.sunlighten.com/emf

What is the wattage, voltage, and amps of my sauna?

See electrical specifications on page 4.

Why do you recommend using Bamboo Carbon towels?

Bamboo Carbon towels will make your sauna experience more comfortable and will keep the sauna clean. Bamboo Carbon is anti-fungal and deodorizing, emits infrared rays and is highly absorbent. Use on the bench, floor and backrests for optimum comfort and cleanliness. Bamboo Carbon towels can be purchased at store.sunlighten.com.

MAINTENANCE

How do I clean my sauna?

Sunlighten's Natural Sauna Cleaner is made specifically for use with your sauna. At least every six months, dampen cloth with Sunlighten All Natural Wood Cleaner. Clean glass door and windows with Sunlighten All Natural Glass Cleaner. You may dust the outside of the sauna with a dry dust cloth. Do not use chemical cleaners on your sauna. Light sandpaper can be used to treat stains on the inside of the sauna. Sunlighten Natural Sauna Cleaning Kit can be purchased at store.sunlighten.com.

How do I care for the heater fabric?

The heater fabric remains as a covering over the heater panels. This is to protect the heater surfaces from any scratches, etc. It is also there to prevent physical contact between the skin and the heaters as the sauna is being used. To clean, wipe fabric with slightly damp cloth. We recommend doing so at least once every six months. Only do so when sauna is turned off.

Is it normal to see cracks in the wood?

Yes, wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. During normal operation, wood may crack slightly due to changes in moisture level. These cracks may appear or disappear with the changing seasons, but will not affect the structural integrity of the sauna. Our saunas are shipped around the globe, and can experience slight blemishes, scratches, or scuffs from the transit of this sauna. In most cases these blemishes on the exterior of the room can be concealed by using a small amount of furniture polish, oil, or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded, or combination of gluing and sanding. Please avoid any treatment containing, benzene, or a high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to at www.sunlighten.com/support.

TROUBLESHOOTING GUIDE

| ISSUE | SOLUTION |
|--|--|
| An electrical component is not working after assembling | Check all connections - see pg. 10. A newly assembled unit with a non-functioning electrical component (control panel, heater panels, lights, speakers) will most likely have a missed or loose connection. |
| Slow warm up time | Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED OUTLET - see pg 4. |
| Sauna has no power | There could be a tripped breaker due to a power surge or not being plugged into a dedicated outlet. Flip the breaker switch (a black reset button located to the left of the power box on the roof.) If there is still no power, check the power cord connections on the roof and make sure they are secure. Also verify the outlet power. |
| Stereo won't accept CD | On the top of the stereo there is a yellow sticker pointing to two shipping screws that need to be removed. Once removed, the CD will be taken correctly. |

For other troubleshooting questions, please submit to customer care at www.sunlighten.com/support.

WARRANTY

U.S.A. & CANADA

Residential: Limited lifetime (7 years) on cabinetry and heaters; 3 years and controls; 1 year on stereo.*

Commercial: 5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo.*

*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.

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.

ETL 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.



RoHS





version 101315

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