



**sunlighten**<sup>TM</sup>  
empowering wellness<sup>TM</sup>

## INFRARED THERAPY HEALTH BENEFITS

### DETOXIFICATION

**Detox from a Sunlighten<sup>TM</sup> sauna is 7 to 10 times greater than a conventional sauna.** In a conventional sauna the average person sweats out 3% toxins and 97% water. In a Sunlighten sauna, the average person sweats out 20% toxins and 80% water!

### PAIN RELIEF

**Relieve back, neck, and arthritis pain with infrared sauna heat therapy.** Researchers studying HRP (Heat Responsive Pain) have observed remarkable therapeutic benefits by using continuous low level heat therapy for treating lower back and upper body pain, all conditions that fall under the HRP classification.

### WEIGHT LOSS

**A 30 minute infrared sauna session can burn up to 200-600 calories!** As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate. Sunlighten's infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat. Check out the results with a heart rate monitor and you will be amazed!

### LOWERS BLOOD PRESSURE

**Our Solocarbon<sup>®</sup> heaters were used in a clinical study with the University of Missouri Kansas City in 2005 and were shown to lower blood pressure from a 30 minute sauna session three times a week.** Repeated infrared treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventative role for sauna use for arteriosclerosis.

### IMPROVES CIRCULATION

**Heating of muscles with infrared produces an increased blood flow level similar to that seen during exercise.** Body temperature elevation also produces an increase in blood flow. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.

### SKIN PURIFICATION

**Improve your skin's appearance with regular use of a Sunlighten sauna.** Open wounds heal quicker with reduced scarring. Infrared heat therapy helps acne, eczema, psoriasis, burns and any skin lesions or cuts. It also reduces wrinkles, makes skin look radiant, firms and improves skin tone and elasticity. Regular use may also help reduce cellulite trapped beneath the skin, lessen the appearance of scars, and help burns heal significantly.





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## WHAT IS INFRARED?

Infrared light is part of the Sun's invisible spectrum of light that has the ability to penetrate the human tissue. Infrared heat therapy uses these infrared light characteristics to heat the body directly rather than just the air. The experience of an infrared sauna is similar to sunbathing, which gives you the radiant heat that is all your own. The infrared heat penetrates your skin, 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.



Infrared saunas increase the body's core temperature thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed. Conventional hot rock/steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breathe. An infrared sauna uses soothing dry infrared heat that is well ventilated and extremely comfortable and

relaxing. Infrared heat therapy has also been proven to assist with weight loss, pain relief, improved circulation and skin rejuvenation.

### **SAFETY OF INFRARED**

You can be exposed to infrared heat for hours and it will never cause your skin to burn. Infrared heat is completely healthy and safe for all living things. In fact, infrared heat is so safe it is used in hospitals to warm newborn infants. The same electrical standards required for the safety of your home are implemented into the electrical system of our saunas. Steel conduits protect your sauna from fire hazard and harmful electromagnetic field (EMF) radiation.



# WHAT IS INFRARED?

## DOCTORS RECOMMEND

Infrared waves, reflected from the Sunlighten sauna to the body, provide concentrated radiant energy, similar to that from the sun. When any tissue in the body is exposed to infrared waves, whether radiated by sunlight, reflected by specially coated fabrics or panels, there is a rapid increase in warmth which can be shown by thermography. This heat plus the activation of several other response mechanisms stimulates the healing processes.

For example, infrared waves from Sunlighten saunas:

1. Increase blood flow by promoting dilation (expansion) of the micro-circulatory system of capillaries.
2. Reduce muscle spasms as muscle fibers are heated.
3. Remove toxins from the site receiving infrared waves.
4. Assist in the reduction of swelling and inflammation by improving lymph flow.
5. Reduce soreness through direct action on both free nerve endings in tissues and on peripheral nerves.



At the cellular level, researchers have discovered the infrared wavelengths between 7 and 14 microns (the same as all Sunlighten saunas):

1. Stimulate enzyme activity.
2. Promote the adhesion and osmosis of water molecules across the cellular membrane.

Sources: 1. Far Infrared, Technologies that Harness the Sun, Valerie Free, 2001

## EXCLUSIVE SOLOCARBON TECHNOLOGY FOUND ONLY IN THE SIGNATURE AND SOLO SYSTEM

Sunlighten™ is the only company in the world to offer Solocarbon heating technology found exclusively in our Signature models and Solo System. Solocarbon is the most proven effective infrared heater around and is recommended by more doctors than any other heater. Conventional and other infrared sauna heaters operate at a surface temperature between 200°F and 1000°F. Sunlighten Solocarbon® heaters operate at a low 100° - 200°F. More of the vital infrared light energy is emitted at a lower surface temperature. This leads to pain relief, better circulation, and more effective detoxification.

\*The Select Line saunas do not include Solocarbon heating technology

## WEIN'S LAW OF DISPLACEMENT

Solocarbon heaters do not use wires to conduct infrared heat. We apply the perfect thickness of ultraconductive carbon to a fiberglass panel activated by positive and negative copper strips on either side. Then the panel of fiberglass and carbon are sealed by lamination. This means Solocarbon heaters have NO UNHEALTHY GASES released during heating!

Solocarbon® Heaters have been tested for safety. View the Test Results.

## INCREASES CORE BODY TEMPERATURE

Increasing the core body temperature is critical in achieving superior detoxification results. Solocarbon® heaters were tested and shown to consistently increase core temperature by a 3 degrees Fahrenheit rise in core temperature and increase heart rate over a 60 minute session (30 minute heat up and 30 minute cool down cycle).





## Health Benefits



### Detoxification

A Sunlighten sauna generates a sweat 7x more detoxifying than a traditional sauna

### Relaxation

Our saunas have been designed to encourage the purest form of relaxation and stress-reduction.

### Weight Loss

Studies have shown a 30 minute infrared sauna session can burn up to 600 calories

### Heart Health

Our Solocarbon® heaters have been clinically shown to reduce both systolic and diastolic blood pressure

### Pain Relief

Researchers have found therapeutic benefits to back, neck and arthritis pain from continuous use of infrared heat therapy

### Anti-Aging

The skin's appearance improves as pores open from the deeper sweat induced by our infrared therapy

### Cell Health/Immunity *(full spectrum)*

Stay healthy with the natural preventative properties of our exclusive LED near infrared heating technology, which aids in cell health, muscle recovery and overall immunity defense.

### Wound Healing *(full spectrum)*

Our advanced LED near infrared technology has the unique ability to heal wounds faster and minimize scarring.

### Solocarbon® – The most effective far infrared technology

Solocarbon® is Sunlighten's proprietary far infrared technology that is 95% effective and the only heater on the market clinically shown to raise core temperature, lower blood pressure and aid in weight loss.

### Solocarbon® Full Spectrum – Advanced blend of near, mid and far infrared heat

Sunlighten's patented Solocarbon® Full Spectrum is unique in its ability provide near, mid and far infrared at optimal wavelengths based on 56 clinical studies. With high power infrared proven 99% effective and advanced LED technology delivering true near infrared heat, Solocarbon® Full Spectrum can evolve with changing health needs over time.