



sunlighten™  
empowering wellness™

mPulse™ Series  
User Manual

## Congratulations! You are now the owner of an mPulse™ sauna.

Are you ready to experience ultimate relaxation and rejuvenation? Just follow our installation and assembly instructions and soon you'll be in Sunlighten heaven! All saunas should be assembled with **at least 2 people** to avoid personal injury or damage to the sauna.



### WARNING:

*Do not use this sauna to treat any health problems without consulting 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.*



#### 1 Solocarbon™ Custom Spectrum Heating Technology

The most advanced heater on the market, it gives you personalized access to the health benefits associated with the full spectrum of infrared heat.

#### 2 Bio-Feedback Capabilities

Built-in monitor measures heart rate and calories burned. Data is wirelessly transmitted to a personal wellness website, where progress can be tracked.

#### 3 Control Panel

This intuitively simple interface allows you to choose exactly the health benefit you want for a given session. You can even watch DVDs on this full color 10" screen.

#### 4 Ergonomic, Floating Benches

A chiropractor was consulted in designing a bench that minimizes stress points and floats for additional legroom. Plus, it's easy to remove for stretch poses.

#### 5 FSC-Certified Wood



Whether you choose basswood, cedar or teak, take comfort in knowing that the wood used to build your sauna has been replanted in a sustainable forest.

#### 6 Carbonized Bamboo Heater Cover Backrests

This eco-friendly strand fabric not only provides ultimate comfort & support, but it is anti-bacterial to neutralize odors and improve air quality.

#### 7 Fully Dimmable Lighting

The interior halogen lights can be used for reading at full brightness, and can also be dimmed to set a more relaxing mood to help you unwind.

#### 8 Patented Magne-Seal™ Assembly

Prolong cabinetry, increase sturdiness and assemble your sauna in a snap with our patented magnetic system.

## Table of Contents

### Pre-Installation

Specifications .....	5
----------------------	---

Warm-Up time and Usage Guidelines .....	6
---	---

Frequently Asked Questions .....	8
----------------------------------	---

### Installation Procedure

Pre-installation information .....	10
------------------------------------	----

Parts list .....	11
------------------	----

Assembly .....	11
----------------	----

### Instructions for Use

Control Panel .....	19
---------------------	----

Warranty .....	34
----------------	----

Teak Care Instructions .....	37
------------------------------	----

#### After sauna use:

Use a clean Sunlighten Spungi® microfiber towel to dry off. Drink plenty of water or a sports drink, at least 8 oz. Take a lukewarm shower to remove sweat and toxins.

#### Other recommendations:

Start slow. 10-15 minutes in the sauna everyday or every other day may be appropriate for your first few sessions.

\*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.

## mPulse Series Specifications

### aSPIRE

<b>Dimensions</b> (Width x Depth x Height)	43.6 in x 41.6 in x 76.6 in 110.7 cm x 105.6 cm x 194.6 cm
---	---

<b>Power</b>	120v; 1800 watts max, 1440 watts continuous; 15a ( <b>15A outlet</b> )
--------------	--

DEDICATED 120V 15A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 1 FOR REFERENCE



5-15R  
USA/CANADA

### bBELIEVE

<b>Dimensions</b> (Width x Depth x Height)	51.7 in x 47.6 in x 76.6 in 131.3 cm x 120.9 cm x 194.6 cm
---	---

<b>Power</b>	120v; 2400 watts max, 1920 watts continuous; 20a ( <b>20A outlet</b> )
--------------	--

DEDICATED 120V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 2 FOR REFERENCE



5-20R

### cONQUER

<b>Dimensions</b> (Width x Depth x Height)	70.6 in x 47.6 in x 76.6 in 179.3 cm x 120.9 cm x 194.6 cm
---	---

<b>Power</b>	240v; 3840 watts max, 3072 watts continuous; 20a ( <b>20A outlet</b> )
--------------	--

DEDICATED 240V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 3 FOR REFERENCE



6-20R  
USA/CANADA

### dISCOVER

<b>Dimensions</b> (Width x Depth x Height)	70.6 in x 70.6 in x 76.6 in 179.3 cm x 179.3 cm x 194.6 cm
---	---

<b>Power</b>	240v; 3840 watts max, 3072 watts continuous; 20a ( <b>20A outlet</b> )
--------------	--

DEDICATED 240V 20A CIRCUIT AND OUTLET REQUIRED. SEE IMAGE 4 FOR REFERENCE



6-20R  
USA/CANADA

### eMPOWER

<b>Dimensions</b> (Width x Depth x Height)	85.6 in x 70.6 in x 76.6 in 217.4 cm x 179.3 cm x 194.6 cm
---	---

<b>Power</b>	240v; 3840 watts max, 3072 watts continuous; 20a ( <b>20A outlet</b> )
--------------	--

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



6-20R  
USA/CANADA

## Warm-Up Time and Usage Guidelines

If placed in an outside or cooler environment, the sauna may require additional time to warm up. Placing on top of or near cool surfaces will also impact warm-up time. If you prefer the sauna hotter, let it warm up longer. Drink at least 8oz of water or sports drink to provide proper hydration before and after your sauna session.

### Optimizing your sauna experience

Step 1: Make sure you plug your sauna into a dedicated outlet installed by your electrician.

Step 2: Close the vent located in the ceiling.

Step 3: When the sauna reaches a desirable temperature, get in and start your sauna session.

**Note:** *Even if your sauna is set to the maximum temperature (150 degrees F), it is not intended to reach that temperature within the cabin. Our programs are based on infrared wavelength, and not cabin temperature.*

*If your sauna is outside or in an unheated garage, sun room, basement or patio, additional time may be required to warm up the sauna depending upon the ambient temperature of the area. You are required to have an authorized Sunlighten cover on your sauna if it is outside or exposed to the weather in order to maintain your warranty.*

### Clean the heat sink annually

We suggest using compressed air to clean out any dust from the heat sink at the rear of the sauna base once a year.

### Cleaning the LCD screen

Use only cleaners approved for use on LCD screens.

### Static build up

We suggest unplugging your sauna for an hour every six months to help avoid static build up inside the controls.

## What is the voltage and amperage of my sauna?

The wattages are as follows:

**aSPIRE:** 120v, 15 amps **(15A outlet)**

**bELIEVE:** 120v, 20 amps **(20A outlet)**

**cONQUER:** 240v, 20 amps **(20A outlet)**

**dISCOVER:** 240v, 20 amps **(20A outlet)**

**eMPOWER:** 240v, 20 amps **(20A outlet)**

*Most saunas in the US will be 120 volt and outside the US 240 volt.*

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

The sauna is designed around infrared wavelength and power. Cabin temperature does not affect performance. Because of all the factors involved, there is no set time and temperature the cabin will reach. The temperature controls are preset to 60 minutes at 150° F. Generally, a good rule of thumb is about 60° of temperature increase in 60 minutes. If placed outside, the sauna may require additional time to warm up, depending upon weather conditions. If you prefer the sauna hotter, let it warm up longer. Drink plenty of fluids, at least 8 oz.

*Note: If the sauna is in a cool environment, the temperature shown on the key pad may be below cabin temperature.*

## Can I use the sauna everyday?

Yes. We suggest drinking increased amounts of fluids to keep yourself hydrated. Just like exercise, as long as you feel fine, use the sauna daily and enjoy.

## How do I clean the sauna?

Wipe the inside and fabric with a damp cloth. We recommend doing this at least every six months. You may dust the outside of the sauna with a dry dust cloth. We do not recommend using chemical cleaners on your sauna. Using Spungi™ towels on a regular basis will keep the sauna clean. Light sandpaper can be used to treat stains on the interior of the sauna.

## Can I place my sauna outdoors?

Yes, if you protect it with a Sunlighten canvas cover. If you place your sauna outdoors without an authorized Sunlighten cover, your warranty will be void.



## Frequently Asked Questions

### What wavelength range does the heater put out?

The sauna emits a variable micron range between 0.8 & 30 microns depending on the setting.

### What is the best temperature at which to use my sauna?

First, it is important to understand that the mPulse has been designed to provide specific levels of infrared, regardless of cabin temperature. That being said, we recommend starting at a lower temperature and increasing it gradually in subsequent sessions, if you feel the need to do so. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body.

### How much will the sauna cost me to run a month?

The sauna runs on the same wattage as a blow dryer and will cost very little to run monthly. Divide the maximum wattage used by your sauna by 1,000 to find the kW used, then multiply by the cost per kilowatt on your electric bill.

### If I do use it everyday, what else do I have to do?

Just drink plenty of fluids to replace the water & electrolytes you will be sweating out with everyday usage.

### Can I touch the heaters?

Do NOT touch the heater surface when the heaters are on, or have recently been on.

### 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 contact Sunlighten Customer Care.

### I received my sauna, but I have not received the cover yet, can I place the sauna outside?

NO, do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty.

### How much room is required around my sauna for set-up & best performance?

We recommend 12 inches of clearance around the back, sides and top of the sauna to access plugs and for general maintenance. Make sure to leave at least 4 inches behind the unit to allow the electronics to cool. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

### What surfaces can I set my sauna on?

You can set your sauna on tile, concrete, carpet, laminate or wood. 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. Do NOT place the sauna on grass, gravel or rock. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

### Why do you recommend using Spungi™ microfiber towels?

Using Spungi™ towels will make your sauna experience more comfortable and prevent sweat from staining the sauna. Regular Spungi™ usage keeps the sauna clean. Use Spungi accessories on the bench, floor and backrests for optimum comfort and cleanliness.

### 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.

**Order Sunlighten Spungi™ towels online at [www.sunlightdayspa.com](http://www.sunlightdayspa.com) or call 877.292.0020.**

**Learn more about our bio-feedback accessories at [sunlighten.com](http://www.sunlighten.com) or contact us for further assistance at 877.292.0020.**

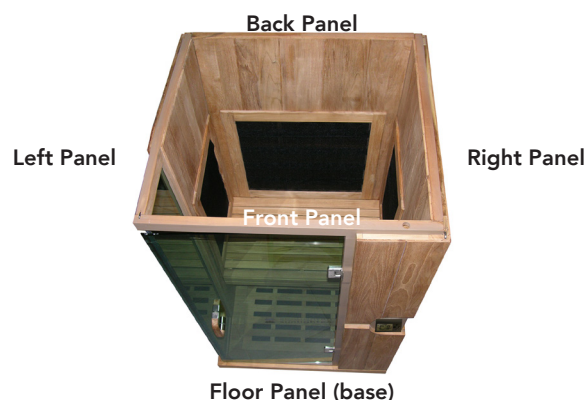
## Pre-Installation Information

1. Be sure a certified electrician installs a dedicated outlet for your 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 chemicals away from the sauna.
8. Installation of the sauna in an area below room temperature can increase warm up time

## Unpack Your Sauna & Write Down Serial Number

Refer to the parts list as you unpack your sauna to confirm all pieces arrived undamaged in transit. We make every effort to ensure that your sauna arrives safely. If damaged, please call Sunlighten Customer Care **within 2 business days** at **877.292.0020 Option 7** or your local Sunlighten representative. Photos of any damaged panels and the shipping boxes are required to process a replacement request. Please do not discard loose parts, fabric, or original boxes and packaging before contacting us.

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.



## Installation of mPulse aSPIRE, bELIEVE, cONQUER, dISCOVER, eMPOWER

### Parts List

Quantity	Part
1	Front panel
1	Back panel
1	Left side panel
1	Right side panel
1	Roof panel
1	Floor panel (base)
1	Glass door w/side glass panel (2 doors for dISCOVER)
1	Bench panel (2 for dISCOVER, 3 for eMPOWER)
1	Door handle w/2 screws & 1 hex tool (2 for dISCOVER)
5	C clips

(The following pictures are for your reference. The dISCOVER and eMPOWER models have additional steps. Note: dISCOVER has 2 glass doors. Please review **before** assembling your sauna.)

### 1. Installing the Feet (optional)

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

#### 1A. Placing the Floor Panel

Place floor panel on a smooth flat surface. Floor heater indicates front side of sauna base. Before proceeding, double check that the base location is in its final position. Make sure the base is level to avoid any parts becoming misaligned. Leave enough room around your sauna to plug in the power cord and for any maintenance once it is assembled.



\*Make a note of the serial number for keypad setup and future use

**\*Note** - You may want to remove the fabric heater covers prior to assembly to keep them from falling out of the walls as they are being moved

## 2. Place the Back Panel

Begin by removing the small wooden wiring covers at the bottom of each panel before you assemble the wall panels.

(A) Place the back panel into the groove in base. Center its location with the raised area on interior floor. One person should hold the wall while the other person continues to the next step.



## 3. Connecting the Right Side Panel

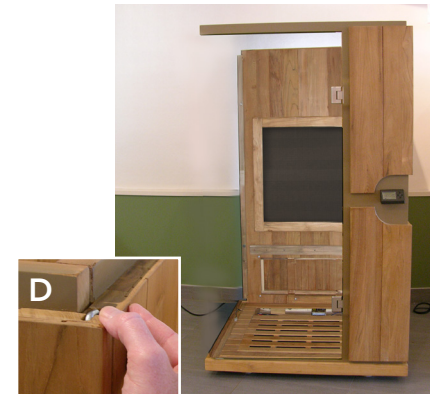
While the rear panel is being held in position, place the right panel into the grooved base and gently raise into position. The magnet system will help to pull the panels together.

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

## 4. Connecting the Front Panel

Place the front panel into the groove on the front of the base. **DO NOT** lift by the thin horizontal pieces that become the top and bottom of the door frame. The top of the door frame has a hole that should slide onto a dowel which protrudes from the top of the left wall.

**Additional steps for eMPOWER** - The eMpower uses a small block to hold the front wall accent glass in place. This must be removed before the glass is installed. The front wall accent glass can be installed after all the walls are in place. The left wall glass must be in the wall before the left wall is placed on the base.



Pay careful attention to the power cords, making sure they are safely out of the way.

(D) Place C clips into grooves on top panels to secure the walls together.

## 5. Insert Glass into Left Side Panel



With rubber gasket facing outwards, slide glass into slot in wall panel. **IMPORTANT** - the larger of the two notches must be at the top of the wall, or walls will not fit together properly.

## 6. Connect the Left Side Panel



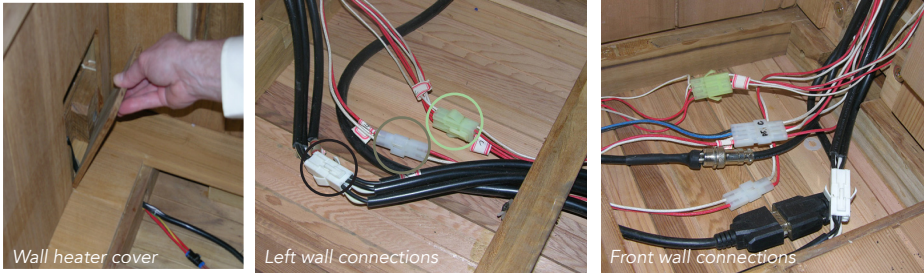
Place the left panel into the grooved base at a slight angle and gradually bring to vertical position until magnets click into place - making sure you do not hold on to glass when doing so. A dowel protrudes from the left wall that must be slipped into a hole in the front wall.

(F) Once wall is in place, place C clips into the two remaining grooves on the panels' top corners.



## 7. Make the Heater Connections

Remove electrical covers from the floor, and small covers at the bottom of each wall (if it hasn't been done already). Make all connections for all four walls (the front wall will have additional connections). Make sure to match connectors, and that each connection is secure. Put all electrical covers back in place.



See above that each connection should match - green to green, clear to clear, white to white, etc.

## 8. Install the Bench

*\*If SO Sound was purchased, refer to SO Sound manual at this time*

You will need to temporarily remove the magnetic heater covers on both side walls and the back wall to install the bench if you have not already done so.



Slide bench on side rails until it sits in the grooves. Be careful not to scratch the side panels while installing the bench. Reinstall all heater covers on side and back walls after the bench is in place. **Additional steps for DISCOVER** - Install longer full frame bench against the wall opposite to the control panel. The second bench interlocks with the first bench.

**Additional steps for eMPOWER** - First install the bench along the back wall of the sauna (the largest bench section). Next install the smaller interlocking right wall bench. The left wall bench will be installed in a similar manner to the right wall bench. Finally the L-Bracket support arm should be placed under the bench. Using the hex key tighten the bolts through the support and fasten the support to the wall.

## 8b. Replace Heater Covers

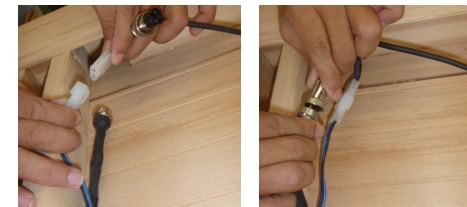
Place the heater covers back into place. They will be held in place magnetically, but you can also secure into place with two wood screws on the top edge in the marked locations.



## 9. Place the Roof Panel

**Note:** Before putting the roof in place, ensure wires are accessible from the top of the front wall (3 wires should be visible).

Lower the roof panel onto the assembled sides. The roof grooves should fit over the wall panels. The side with the speakers and lights should be facing down, and speakers should be over the bench. Make sure that electrical connections in the roof do not get pinched between roof and walls during installation.



After the roof of the sauna is securely in place, one person will hold up the front of the roof while the three wires are fed to the top of the unit. You have one 2-pin connector and one screw type barrel connector (also an antenna that can be place on roof).

## 10. Install the Door Handle





Align two handles and gasket on either side of the glass door with pre-drilled holes. Ensure gasket material is located between the handle and the door on both sides of the glass. Then screw them together using the hex tool. You may eliminate the plastic spacers inside the handle if they do not fit.

## 10. Installing the Glass Door *\*Please read entire section before attempting*

**Note:** Use extra caution when moving and mounting the glass door. This is an expensive replacement item and will not be covered by warranty if shattered.

The glass door is heavy and will take 2 people to install. Begin by opening the hinges so they face out. The glass door cutout and **top hinge** should then be fit together. Using the hex tool, install the top screw and turn 2 or 3 turns. With the metal plate hanging by the top screw, insert the cork and rubber gaskets between the glass door and the outer hinge plate (with the cork against the glass and plastic against the hinge), then install the bottom screw and lightly tighten both screws. The door should still move within the top hinge.

With the top hinge plate lightly secured, close the door halfway. This will allow the door to rotate past the trim stop. After the door slides back you will be able to align the lower hinge cutout and lower hinge. You may have to lift up on the door. At this point, the cutout in the glass door for the bottom hinge should be able to rest on the lower hinge and you can now install the bottom metal plate.



Open hinges (so if door is attached, door is open)



Cork and rubber gaskets



Hex tool tightens hinge



You may have to partially close the door to line up with the bottom hinge

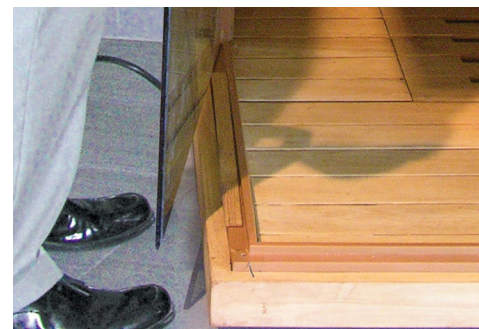


Slide gaskets in place

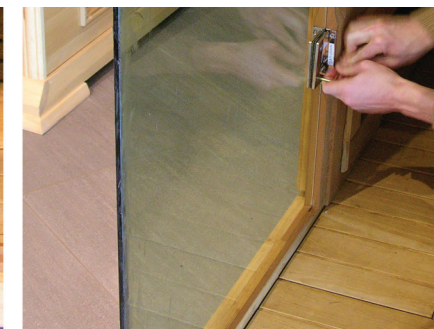


Tighten hinge with hex tool

Put wooden spacer on the bottom edge of the door frame. Lift the door while closing so that the bottom edge of the glass is sitting on top of the spacer. This will ensure the door is the proper height within the door frame. With the door in place, push the door toward the hinges leaving 1 mm between the edge of the door and the side of the frame where the hinges are attached. After the door is correctly positioned fully tighten the top and bottom hinges. When finished, open door and remove the spacer (which should be saved for future use). If the gaskets are installed incorrectly or the screws are not fully tightened the door will slip over time.



Put wooden spacer in door frame



Tighten hinges while door rests on spacer

## Control Panel

*Additional steps for DISCOVER* - The corner sauna has an additional screw at the end of the door frame to prevent the frame from contacting the door.

### 12. Plugging in the Main Power Cable

Connect the main power cord at the lower rear area of the floor panel to your outlet. **Make sure plug is FULLY inserted!**

Your sauna should be connected into a wall outlet that is not shared with any other electrical device. Have your electrician install a dedicated outlet for best results.



**The physical assembly is complete. Please refer to the operating instructions to activate your control panel and software.**

*If you are installing SO Sound or Chromotherapy, consult the separate manual provided with each.*

### 1. How to power on/off

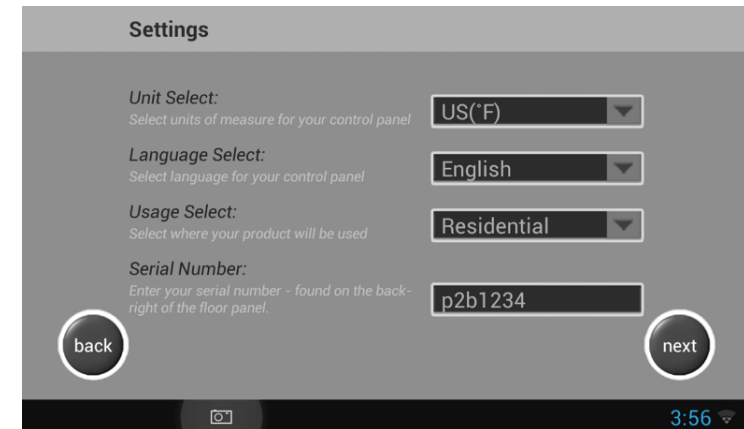
**To turn On:** Press and hold the power button in the lower right corner for 3 seconds, until the screen turns on.

**To turn Off:** Press and hold the power button for 2 seconds and press the Ok button on the screen to turn off.

Unless the unit has previously been powered off or unplugged the control panel is already on and can be woken by touching anywhere on the screen.

### 2. Set-Up

Upon first startup or a factory reset you will be prompted to configure the initial settings:



**Serial Number:** Your serial number is located on the back of your sauna. It is listed in the following format: (P)(Model Size)(First Letter of Wood Type) – (Four Digit Identifier)

### 3. Display Mode

**Standard:** Time and Temperature dials are controlled by dragging the knob to your desired setting.

**Simplified:** Time and Temperature controls use up and down arrows.



### 4. Duration and Temperature Setting

**Standard:** Drag the time or temperature dial to your desired temperature.

**Simplified:** Use the arrow buttons to adjust to your desired time or temperature.

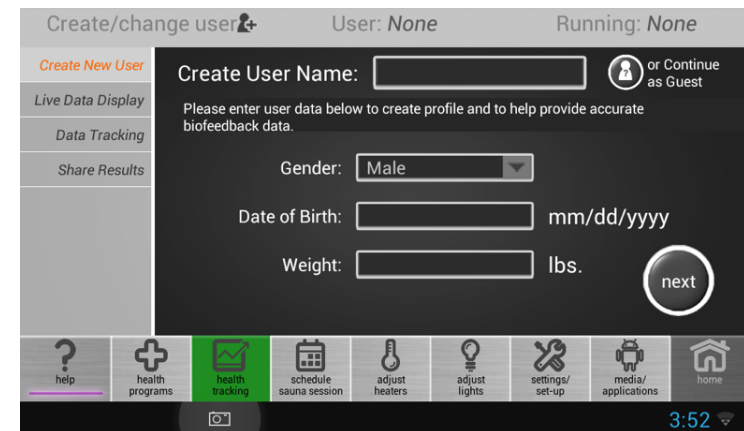


### 5. Create New User

If you are tracking your progress with a biofeedback device, you will need to set up a User. Your Gender, Date of Birth, Weight and Height can be entered and used along with a Heart Rate Monitor to calculate calories burned.

If you do not wish to track this information, you may continue as a Guest or with no User created.

The **Health Tracking** tab will bring up Data tracking for the currently selected user, or prompt you to create a user.

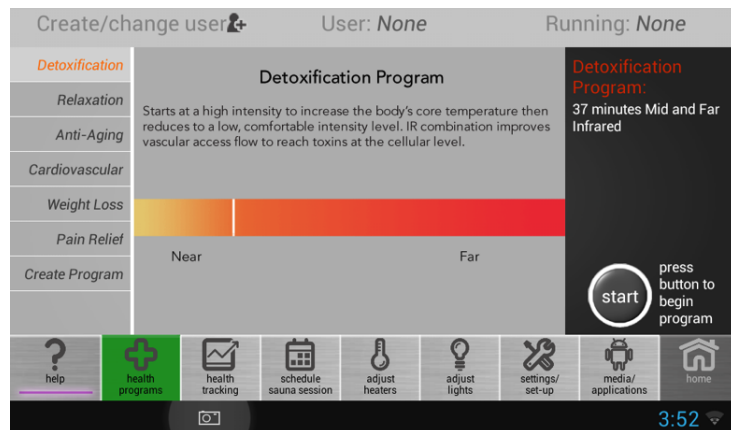




## 6. Health Programs

The Health Programs tab contains a list and description of each preset program. The Infrared bar under the description animates how the Infrared changes throughout each program, offering you a specific, tuned health benefit.

Once you begin a preset program, the duration and temperature will not be adjustable, as they are pre-programmed.

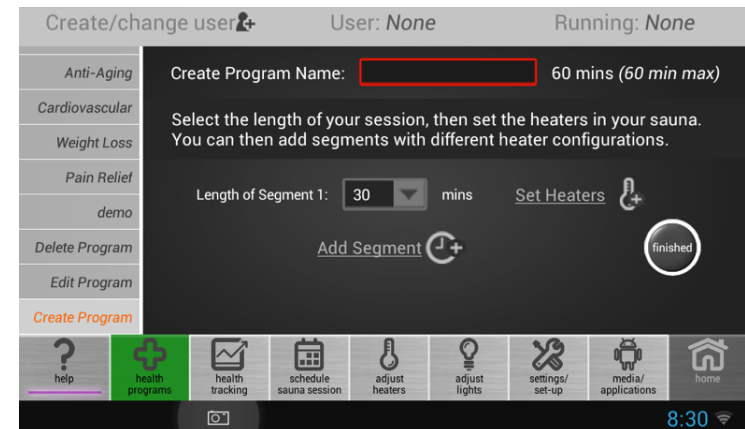


## 7. Create a Custom Program

To create a program, you will need to enter a name, duration, and heater setting. The length of a 'segment' indicates how long a heater setting will run. This mirrors our preset program intensity changes.

You can set each heater in your sauna individually, and create segments adding up to 60 minutes. You can have full control over your sauna experience, or let our preset programs do the configuring for you.

**Edit or Delete a Custom Program:** If you have one or more custom programs, the Delete and Edit options will be available. Select Delete or Edit, and a list of created programs will appear with corresponding delete or edit buttons next to them.



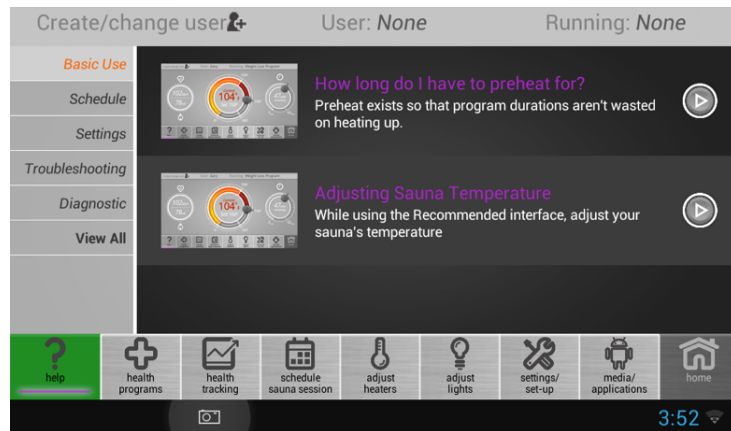
## Quick Infrared Guide for Customization:

Near Infrared	Mid Infrared	Far Infrared
-Cell Health/Immunity -Skin Purification -Pain Relief	-Pain Relief -Improved Circulation -Weight Loss	-Weight Loss -Detoxification -Blood Pressure Reduction

## 8. Help Menu

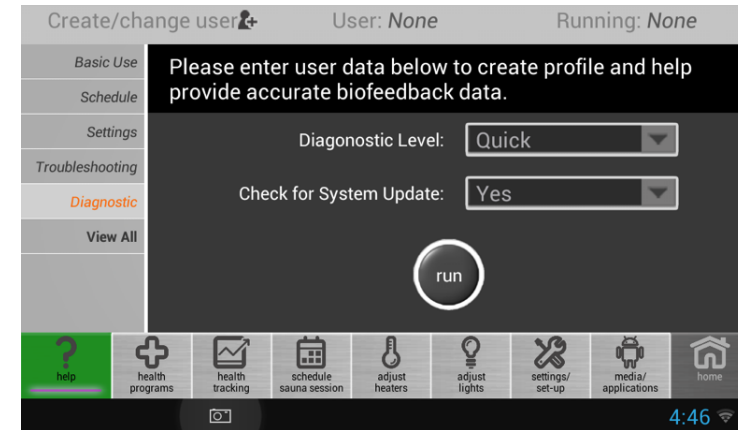
The Health Programs tab contains a list and description of each preset program. The Infrared bar under the description animates how the Infrared changes throughout each program, offering you a specific, tuned health benefit.

Once you begin a preset program, the duration and temperature will not be adjustable, as they are pre-programmed.



## 9. Diagnostic Feature

Within the Help section you can run diagnostics to ensure your sauna is running properly. Press the Run button to start the diagnostics check.



## 10. Health Tracking

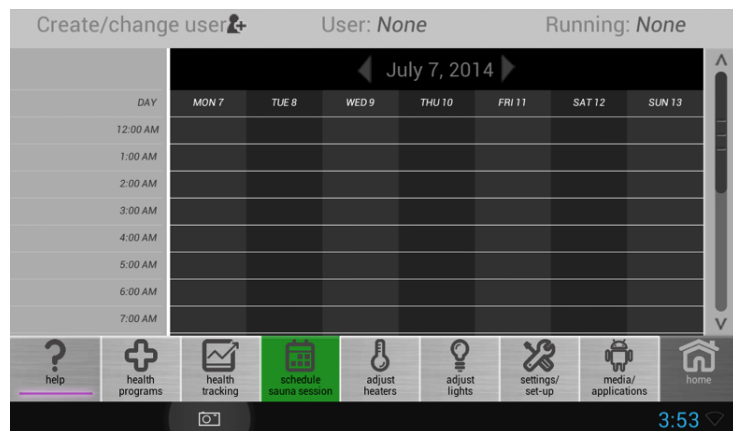
Press the Health Tracking button and then press the Create New User button. Enter the username, gender, DOB, Height and Weight. Press the Next button to save the user. You should see the username listed in the top left corner.

## 11. How to create/edit user

Press the Health Tracking button and then press the Create New User button. Enter the username, gender, DOB, Height and Weight. Press the Next button to save the user. You should see the username listed in the top left corner.

## 12. Scheduling a Session

Use the Schedule feature to set a program to run automatically at a future time. Select the block of time you would like the program to run, followed by which program you want to run.

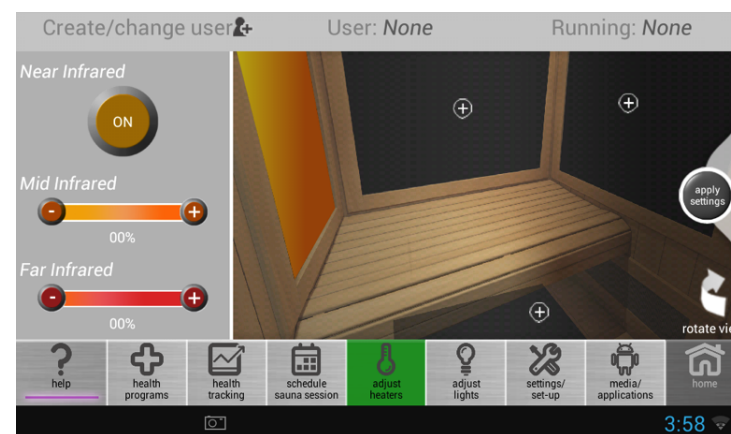


## 13. Adjust Heater Output

Press the heater you wish to adjust. You will be able to set the level of Mid and Far infrared emitted, as well as turn Near infrared on or off. Some heaters in your unit do not contain Near infrared emitters, and floor heaters are Far infrared only.

The 'Rotate View' arrow will allow you to select a heater anywhere in your sauna. Once you are finished, press the 'Apply Settings' button to set the heaters. You will be taken back to the home screen in a Custom Program with your new heater settings active. You can adjust the duration and temperature freely.

**Note:** Adjusting the heaters during a preset program will interrupt it, and switch the sauna into a Custom Program with the new heater settings.





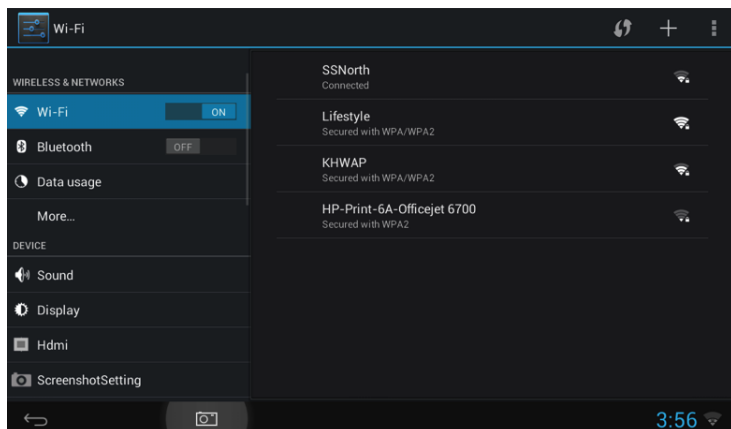
#### 14. How to adjust lights

Press the Adjust Lights button. You can use the large black button to toggle the exterior lights on or off. To adjust the interior lights, use the slider to adjust the light intensity.



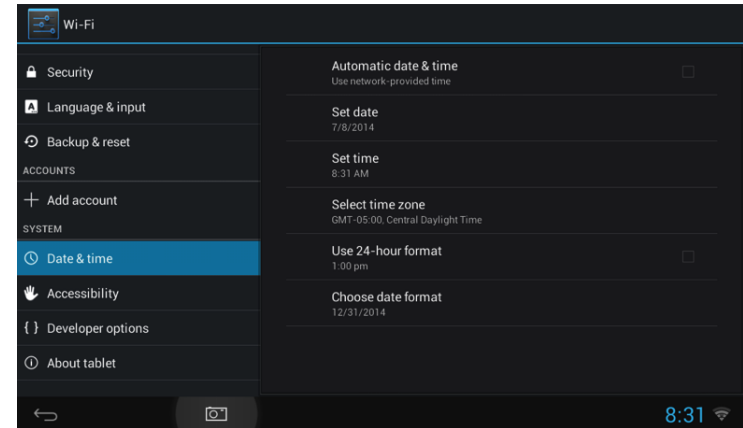
#### 15. How to connect to Wifi

Press the Settings/Set-Up button. Press the Set-up your wireless connection option. In the list of Wifi Networks, select your network and enter your password if required. After it has successfully connected it should show "Connected" under the network name.



#### 16. How to adjust your time/date

Press the Settings/Set-Up button. Press the Set-up your wireless connection option. Use the menu on the left side to scroll down to the Date & Time section. Set your time zone and your Date/Time.



#### 17. How to update software

There are two update methods. The easiest way to update your software is to connect your sauna to Wifi and press the Download the latest software update option. If an update is available, a download prompt will appear. After successful download follow the prompts to install the new version.

If Wifi is not an option you can still update your control panel using a USB storage device. Press the Settings/Set-Up button. Press the Download the latest software update option. It will search the USB storage device for the Sunlighten.apk on the root of the drive. It will then prompt you to install the new version.

## 18. Settings

In the Settings tab, you will be able to adjust initial set up options.

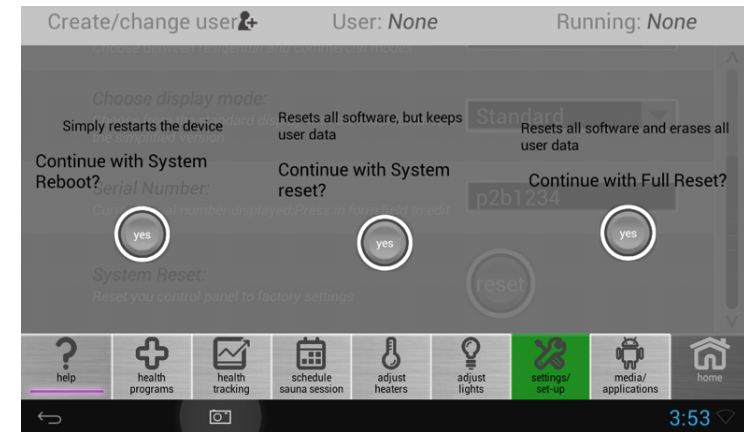
You may set up a wireless internet connection, download and install our latest update, watch a basic usage tutorial, and select your language, temperature units, screen brightness, and home screen display mode.

You can also change between Residential and Commercial mode. Commercial mode will allow for a preheat time of up to 8 hours, and will cause the screen to lock after a short time. **In order to unlock the screen, press and hold anywhere on the screen for 10 seconds.**



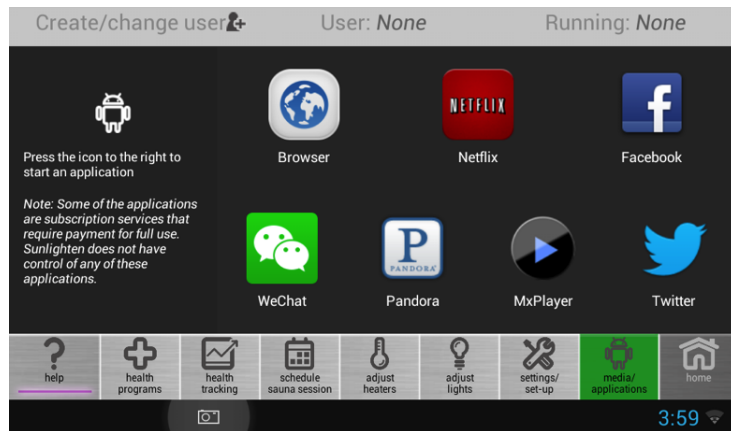
## 19. System Reset

The System Reset option will allow you to completely reset and erase all data on your sauna (Full Reset,) or reset all software but keep your information (System Reset.) The System Reboot option will restart the sauna and maintain all information and software.



## 20. Media/Applications

In the Media/Applications tab, you will be able to use applications.



### 21. How to play a movie from USB flash drive

Using the front USB port, plug in your USB flash drive and navigate to Media/Applications button. Select MXPlayer from the list.

### 22. How to play movie from DVD player

Insert the DVD into the DVD unit and ensure that it is turned on. Open the DVD Player app from the media/applications list.

#### WARNING:

1. If the temperature becomes unbearable, decrease it or shut off the sauna immediately.
2. Do not use if pregnant or if you have serious inflammation, a fever, a communicable disease or acute bleeding. See contraindications on [sunlighten.com](http://sunlighten.com) for additional information.
3. Consult physician prior to use if you have a medical condition.
4. Do not consume alcohol or drugs when using the sauna.
5. Do not splash water on the heaters or any component inside the sauna.
6. Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
7. Do not install a lock on your sauna.
8. Do not install your sauna outdoors without an authorized water resistant cover from Sunlighten.
9. All repairs need to be authorized by a Sunlighten representative or you may void your warranty.
10. Do NOT touch the heater surface while the heaters are ON.



## 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. This warranty is limited to customers in the United States and Canada. International customers should check with local Sunlighten representative.*

**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 two (2) 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.

## RETURNS

Except for custom orders, Buyer may cancel and return the Goods to Seller, subject to the terms and conditions of this document, if Buyer provides written notice to Seller within thirty (30) days of Buyer's receipt of the Goods that Buyer does not accept the Goods.

### CUSTOM ORDERS

EXCEPT AS EXPRESSLY PROVIDED HEREIN, IN NO EVENT MAY CUSTOM ORDERS BE CANCELLED OR RETURNED TO SELLER AND NO DEPOSITS NOR PAYMENTS MADE BY BUYER TO SELLER FOR CUSTOM ORDERS SHALL BE REFUNDED TO BUYER. BUYER SHALL AT ALL TIMES REMAIN FULLY LIABLE FOR FULL PAYMENT OF THE CUSTOM ORDER. A "custom order" shall mean any order from a Buyer that is designed or manufactured in whole or in part to Buyer's specifications--OR--any non-custom order received by Buyer and which Buyer alters the appearance and/or condition of sauna.

## SHIPPING & HANDLING FEE

All cancelled or returned goods shall be subject to shipping costs (to and from) and handling fees in the event buyer cancels buyer's order after three (3) days of such order being placed with seller.

## 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**



The great thing about teak is that since it is a dense hardwood, it naturally resists warping, shrinkage, swelling and rot. In addition, it contains a high oil content that continually preserves the wood. The smooth finish does not splinter and looks absolutely beautiful.

Take care of your investment properly as this is intended to last for years.

*Article Source: [http://EzineArticles.com/?expert=Jennifer\\_Akre](http://EzineArticles.com/?expert=Jennifer_Akre)*

**Serial Number:** \_\_\_\_\_

**Sales Order #:** \_\_\_\_\_

**NOTES:**







version 080114

---

US/CAN

7373 W. 107th St., Overland Park, KS 66212 USA

phone 913.754.0831 fax 775.514.4314 **toll-free 877.292.0020**

---

INTERNATIONAL: [cs@sunlighten.com](mailto:cs@sunlighten.com) or contact your local Sunlighten representative