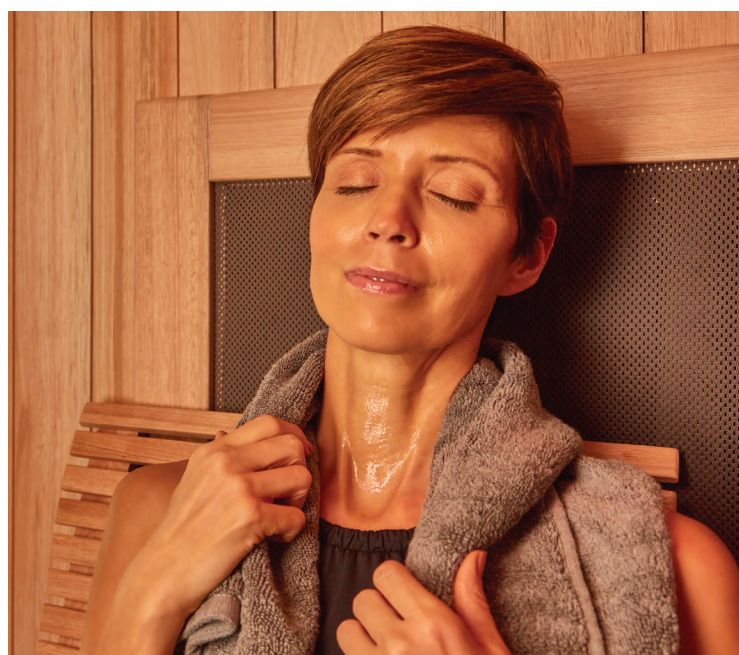




OWNER'S MANUAL
VERSION 09072021
ANDROID 10.0


sunlighten®
mPulse





Congratulations!

You are now the owner of an mPulse® sauna. With Sunlighten infrared light, 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.

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.



OWNER'S MANUAL

VERSION 09072021

TABLE OF CONTENTS

PRE-INSTALLATION

Specifications	4
Pre-Installation/Warnings	5

ANDROID CONTROL PAD & SUNLIGHTEN APP

GENERAL OPERATING INSTRUCTIONS

Control Screen/Initial Setup	6
Sauna Settings	11
Wellness Programs	11
Scheduling Sauna Sessions	13
Media Apps	16
Warm-Up Time/Usage	17
Sauna Protocol	18
Chromotherapy	19

FAQ	21
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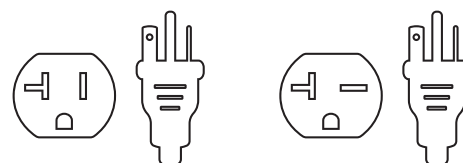
TROUBLESHOOTING	24
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WARRANTY	26
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A separate packet with assembly instructions is included with your sauna.

mPulse SERIES SPECIFICATIONS

ASPIRE	
Dimensions (W x L x H)	43.6" x 41.6" x 78.5" 110.7 cm x 105.6 cm x 199.4 cm
BELIEVE	
Dimensions (W x L x H)	51.7" x 47.6" x 78.5" 131.3 cm x 120.9 cm x 199.4 cm
CONQUER*	
Dimensions (W x L x H)	70.6" x 47.6" x 78.5" 179.3 cm x 120.9 cm x 199.4 cm
DISCOVER**	
Dimensions (W x L x H)	70.6" x 70.6" x 78.5" 179.3 cm x 179.3 cm x 199.4 cm
EMPOWER**	
Dimensions (W x L x H)	85.6" x 70.6" x 78.5" 217.4 cm x 179.3 cm x 199.4 cm
*US REQUIRES DEDICATED 240V 20A CIRCUIT NEMA 6-20 ^UK REQUIRES HARD-WIRED DEDICATED OUTLET	



US: NEMA 5-20

US: NEMA 6-20



UK: NS-17

It is important when installing the dedicated circuit for your unit not to include a GFCI (Ground Fault Interruptor) or AFCI (Arc Fault Circuit Interruptor). These are often installed in household electrical setups as a means of surge and arc protection, but will mistake the power operation of our units for these and trip the breaker, disrupting sauna use.

REGION	VOLTAGE/AMPS	EXTERIOR POWER CORD
US: United States	Aspire: 120V,2160W,20A Believe: 120V,2400W,20A Conquer: 240V,3600W,20A Discover: 240V,4500W,20A Empower: 240V,4800W,20A	Aspire: H07RN-F,120V-20A,Plug Type: NEMA 5-20R Believe: H07RN-F,120V-20A,Plug Type: NEMA 5-20R Conquer: H07RN-F,240V-20A,Plug Type: NEMA 6-20R Discover: H07RN-F,240V-20A,Plug Type: NEMA 6-20R Empower: H07RN-F,240V-20A,Plug Type: NEMA 6-20R
UK: United Kingdom IE: Ireland KW: Kuwait	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:NS-17 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
AU: Australia NZ: New Zealand	Aspire: 240V-9A Believe: 240V-10.83A Conquer: 240V-15A Discover: 240V-18.75A Empower: 240V-20A	Aspire: H07RN-F,250V-10A,Plug type:NS-53 Believe: H07RN-F,250V-15A,Plug type:HWRP15CL Conquer: H07RN-F,250V-15A,Plug type:HWRP15CL Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
BE: Belgium FR: France VN: Vietnam TH: Thailand IN: India	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Believe: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Conquer: H07RN-F,250V-16A,Plug type:MT-32 or NS-13 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
MY:Malaysia	Aspire: 240V-9A Believe: 240V-10.83A Conquer: 240V-15A Discover: 240V-18.75A Empower: 240V-20A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:SABS164-1 Discover: H07RN-F,250V-20A,Plug type:SABS164-1 Empower: H07RN-F,250V-20A,Plug type:SABS164-1
SG:Singapore	Aspire: 230V-8.63A Believe: 230V-10.38A Conquer: 230V-14.38A Discover: 230V-17.97A Empower: 230V-19.17A	Aspire: H07RN-F,250V-13A,Plug type:NS-17 Believe: H07RN-F,250V-13A,Plug type:NS-17 Conquer: H07RN-F,250V-16A,Plug type:SABS164-1 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug
CN:China	Aspire: 220V-9A Believe: 220V-10.83A Conquer: 220V-15A Discover: 220V-18.75A Empower: 220V-20A	Aspire: H07RN-F,250V-10A,Plug type:HC-310 Believe: H07RN-F,250V-10A,Plug type:HC-310 Conquer: H07RN-F,250V-16A,Plug type:HC-316 Discover: H07RN-F,250V-20A,No Plug Empower: H07RN-F,250V-20A,No Plug



PRE-INSTALLATION

1. If your sauna requires a dedicated outlet according to the table on page 4, please have a certified electrician install a dedicated outlet for sauna. Failure to do so will void all warranty.
2. Remember your sauna should be assembled by two 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.

WARNING

READ BEFORE OPERATING

To reduce risk associated with hazardous voltage & fire:

- Unplug the sauna from electrical outlet before storage or when not in use for extended periods of time.
- Do not operate the sauna if it's not on a dedicated electrical circuit, or has a damaged power cord/plug.
- If the sauna is not working properly or an odor persists, immediately unplug the sauna.
- Do not leave the sauna unattended while heating for longer than the sauna's pre-set time periods.
- Never cover holes or floor grate with towels, mats, garments, etc.

ANDROID CONTROL PAD & SUNLIGHTEN APP GENERAL OPERATIONS GUIDE

ANDROID CONTROL PAD

Power ON/OFF

To turn On: Press and hold the power button in the lower right corner for 5 seconds, until the screen turns on. The screen will be blank for a few seconds before the Sunlighten logo appears.

To turn Off: Press and hold the power button for 1-2 seconds and select "shutdown" on the screen to turn off.

The Sunlighten App

Welcome to the new Sunlighten App! This guide will take you through the registration and setup of your account and the most common and useful functions of your Android Control Pad in operating your mPulse sauna.



ANDROID CONTROL PAD

ACTIVATION

SCREEN 1

On activating your Control Pad, you'll be greeted by a screen with some basic controls at the bottom and starter Android app icons.

From the left, those controls are a speaker icon to decrease your volume level, a left-facing arrow for going back to your previous screen, a circle for returning to the home screen, a square to swap app windows, and another speaker icon for increasing volume level. You can tap the lotus logo in the top left corner to return to the Sunlighten App at any time, or swipe up to see your App Tray.

SCREEN 2

All apps installed on the tablet will appear on this screen.

SCREEN 3

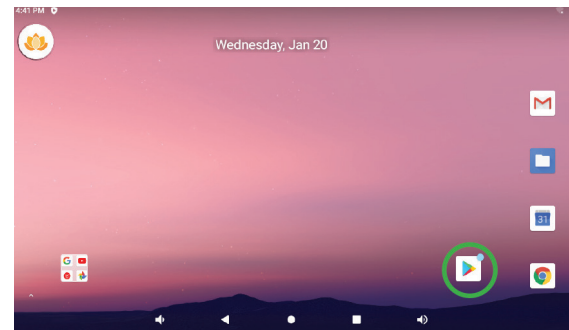
Swipe down from the top of the screen and tap the gear icon to navigate to your tablet's settings.

The first subsection of your settings you'll see listed is Wi-Fi. Tap to navigate here and connect to your wireless internet connection, then tap the left-facing arrow to return to the landing page. Tap the left-facing arrow once more to return to your home screen, then tap the lotus icon to start the Sunlighten App.

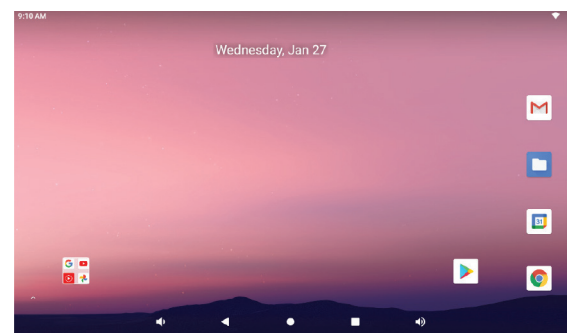


VOLUME DOWN BACK HOME SCREEN RECENT APP VOLUME UP

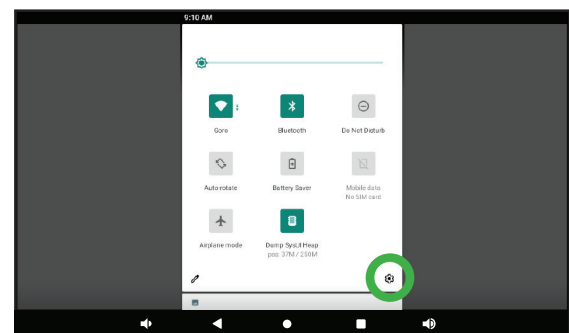
1.



2.



3.



ACCOUNT REGISTRATION

SCREEN 4

The app will start with a profile selection screen. Tap the plus icon to create a new account. You'll be able to do so using your Facebook or Google accounts if you prefer and have them, you can create an account from any e-mail address, or you can log in to this tablet as a guest without a profile.

SCREEN 5

If creating a new account using an e-mail, you'll be asked to enter your First Name, Last Name, and e-mail address before creating a password. Your password must be at least 8 characters.

SCREEN 6

Tap the phrase 'Terms of Use' to read them before tapping the box to agree to them, and tap Create Account to complete the process.

SCREEN 7

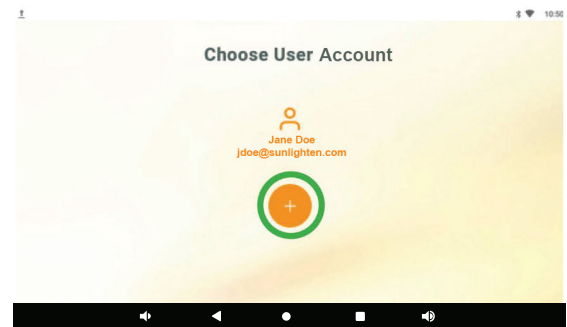
A verification code will be sent to the e-mail address you used for registration. Enter your code and press the down-pointing arrow to dismiss the keyboard, then tap 'Verify.'

SCREEN 8

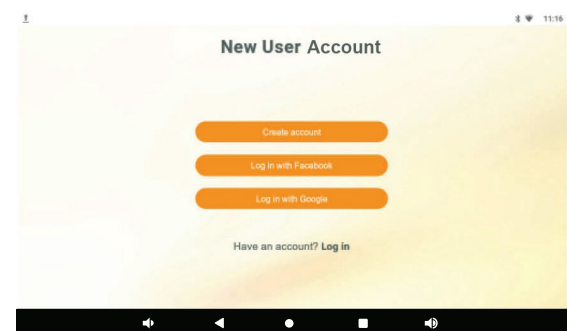
You'll be returned to the login screen where you'll enter the information you've just used for registration.

Once successfully logged in, you'll need to setup Your Profile.

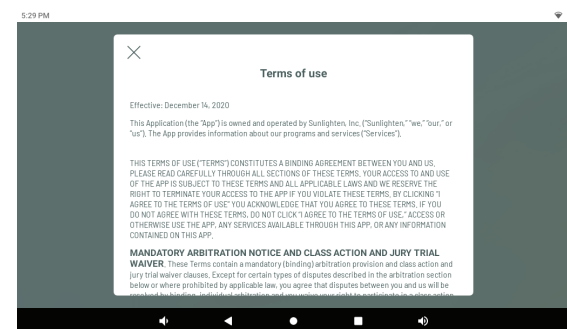
4.



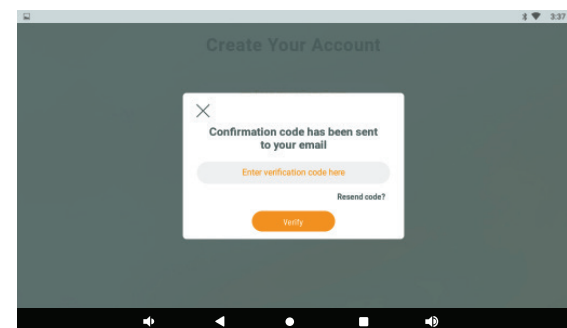
5.



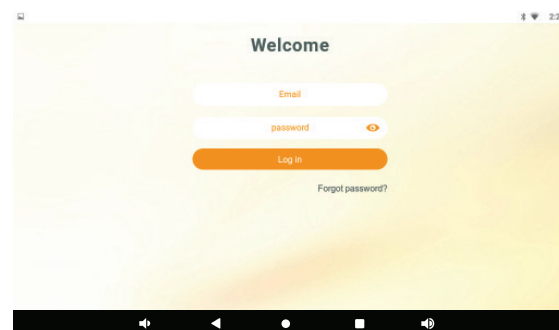
6.



7.



8.



PROFILE SETUP

SCREEN 9

Select your intended use from this screen, either Residential or Commercial.

SCREEN 10

You'll be asked to provide some personalizing profile information for future customization use. Once you've completed this information entry, you'll be asked if you'd like to update the time zone settings.

SCREEN 11

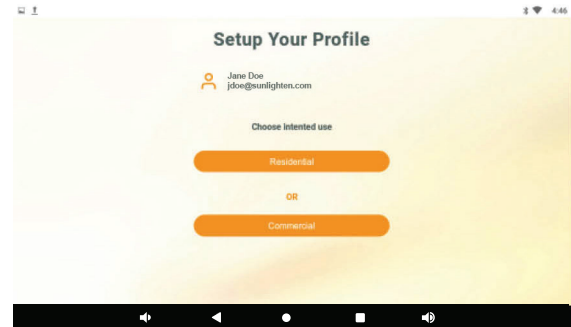
This will take you to the Date & Time subsection of your pad settings, from which you'll deactivate Automatic Date & Time and manually adjust both the Time Zone and Time.

When finished, tap the left-facing arrow and you'll be taken to the Sunlighten App Home Screen. As a final step of your setup process, tap the user icon in the upper right corner of the screen, select My Saunas, and enter the serial number and model of your Sunlighten sauna.

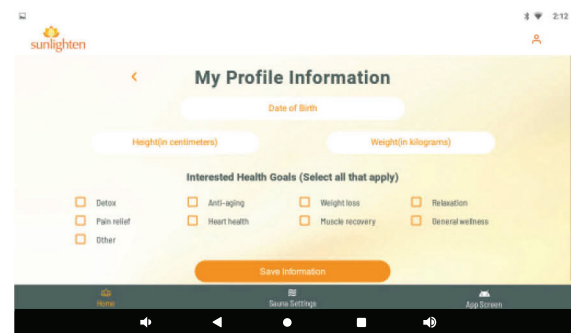
SCREEN 12

Tap update model and an image of your unit will appear. Tap the left-facing arrow to return to the Home Screen.

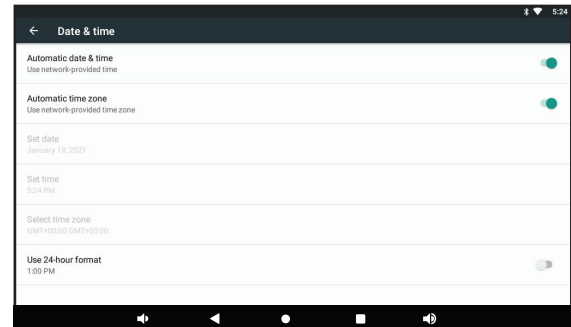
9.



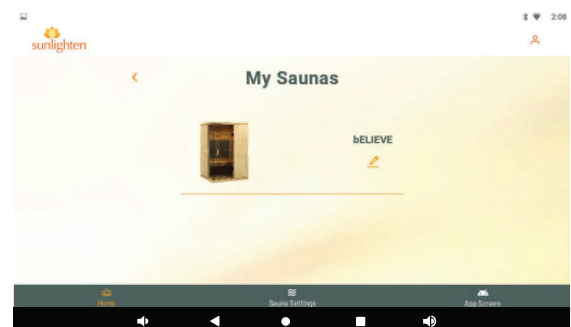
10.



11.



12.



WELCOME SCREEN

SCREEN 13

The **Welcome Screen** is where to begin using the Sunlighten App. Hit the power icon to engage Quick Mode, described in the next section. At the bottom of the screen is a row of primary functions to which you can always return anywhere in the app: Home, Sauna Settings, and App Screen. In the upper right corner, you'll see the user icon to add to or edit existing or new profile registrations.

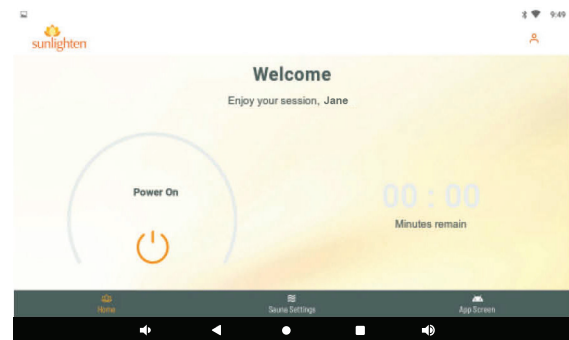
SCREEN 14

Quick Mode

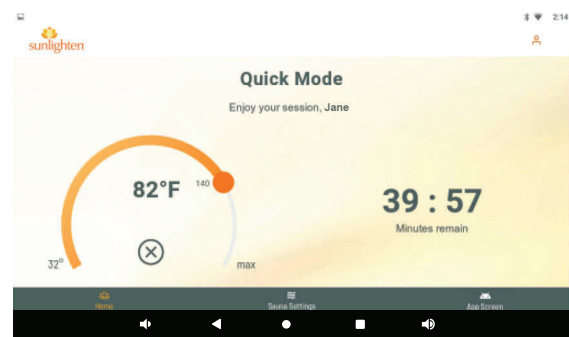
The most commonly used, easily accessible, and quick starting mode of operation, Quick Mode is ideal for a basic high-temperature experience that utilizes the full spectrum wavelengths at maximum intensity to increase the temperature of the cabin.

The maximum duration for Quick Mode use is one hour. For longer sessions, in a commercial use case for example, utilize the multi-segment custom programs detailed on page 12.

13.



14.



SAUNA SETTINGS

SCREEN 15

The Sauna Settings page is selected by tapping Sauna Settings on the bottom-screen bar and is home to all of your sauna's basic information and configuration.

SCREENS 16-17

Your mPulse comes with **Wellness Programs** pre-programmed in your Android Control Pad, each one focused on different benefits of use in their configuration:

Detoxification - Starts at a high intensity to increase the body's core temperature, then reduces to a lower intensity level. Mid and far infrared combination improves vascular access flow to reach toxins at the cellular level.

Weight Loss - Starts at a high-intensity level to stimulate the cardiovascular system, then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate, cardiac output, and metabolic rate, similar to exercise.

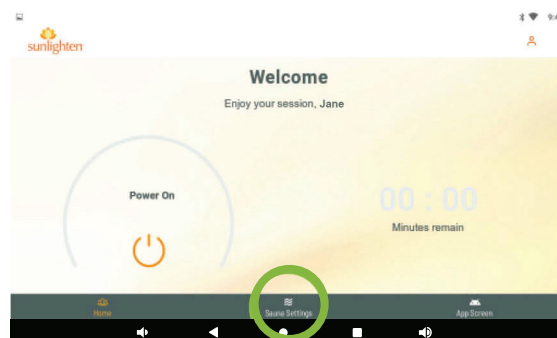
Relaxation - Far, mid, and near-infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity promoting overall stress reduction.

Pain Relief - A far and mid-infrared blend provides natural pain relief by reducing inflammation and swelling while near-infrared penetrates the tissue promoting cellular repair at a medium, constant intensity level.

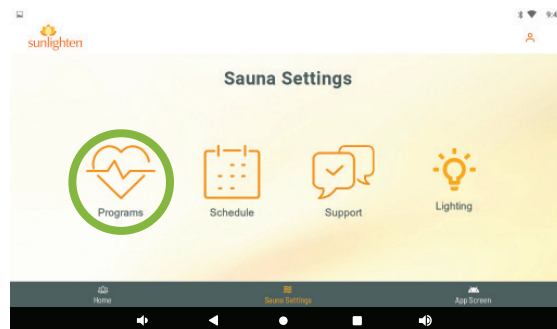
Anti-Aging - A low, constant intensity level penetrates tissue to help with various skin concerns. Near-infrared improves overall skin tone, elasticity, and firmness, promoting anti-aging benefits.

Cardio - Starts at a high intensity to increase heart rate and cardiac output, then lowers the intensity to sustain heart rate level. Circulation increases promoting healthy blood pressure.

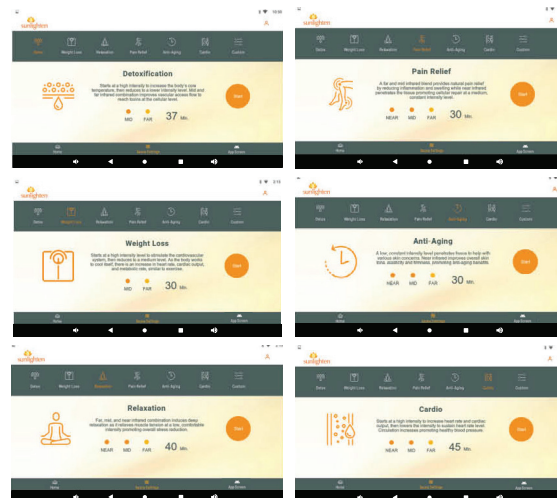
15.



16.



17.



SAUNA SETTINGS

SCREEN 18

Creating a Custom Program

In addition to the pre-configured Wellness Programs already in your Android Control Pad, you can also create your own Programs. The 'Custom' icon will be at the top of the Programs screen after the presets. This mode enables you to craft your own session with dynamic features by doing so in segments. You can not only determine the length of the session but also apply different wavelengths of Infrared at different points in the same session. Tap the plus icon to add a segment.

SCREEN 19-20

You'll be able to give your Program a name and customize the intensity of heaters and wavelengths used.

SCREEN 21

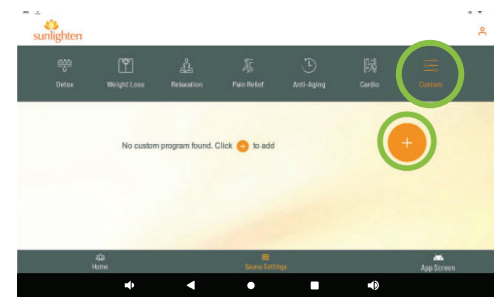
The Customize Heaters screen allows you to determine the intensity of mid and far Infrared on individually selected heaters during the duration of a program segment, represented by a slider bar that goes up to level 10. For ease of selection, you can toggle between Sauna View and a list of the heaters at the top of the screen.

In Sauna View, use the left, down, and right arrows to navigate the sauna interior to select heaters individually.

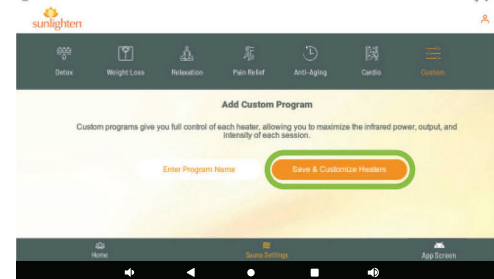
SCREEN 22

In Heater List view, make edits to each heater's parameters by tapping the pencil icon. When finished, go back a screen and either add a segment by tapping 'Add Session' or complete the program by selecting 'Save Program.' This will return you to the Programs screen, where you'll see your newly created Custom Program beneath the preset icons.

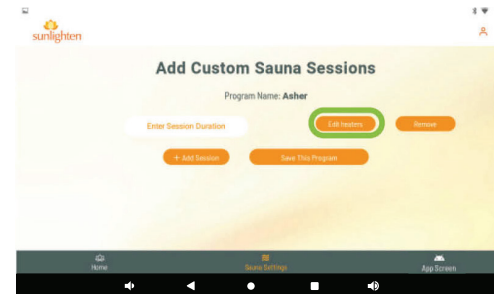
18.



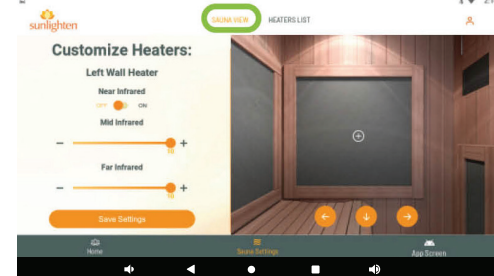
19.



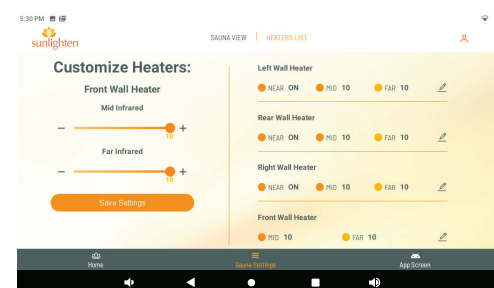
20.



21.



22.



SAUNA SETTINGS

SCREEN 23-24

Schedule

To schedule a sauna session in advance, select the desired date from the calendar on the left, then tap the plus icon on the right.

SCREEN 25

You'll be taken to a Schedule a Sauna Session page, from which you'll tap the indicated time to choose when you'd like it to be ready, and the Program you'd like to schedule.

SCREEN 26

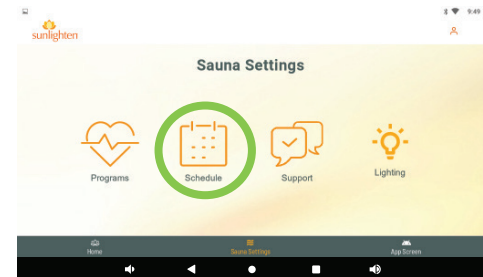
The time selected will be when the session has completed pre-heating and is ready.

SCREEN 27

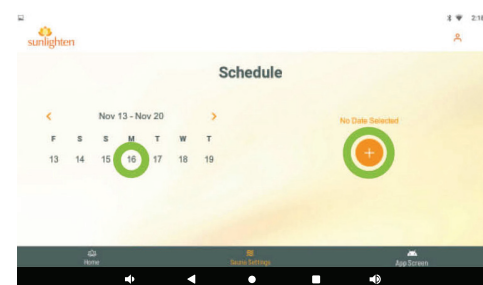
Lighting

This function turns your exterior lights on or off. Interior Chromotherapy lights will be operated with the handheld remote control.

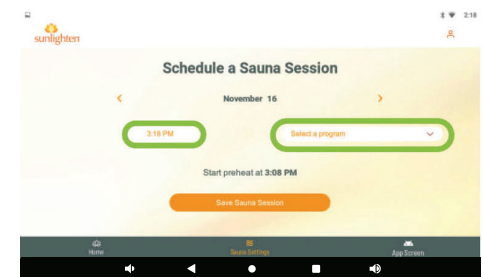
23.



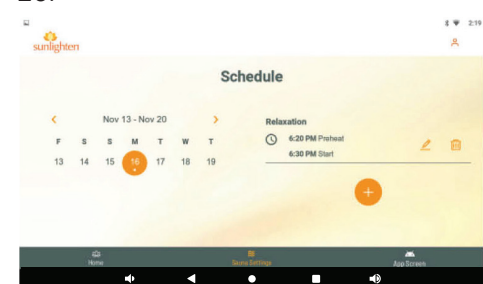
24.



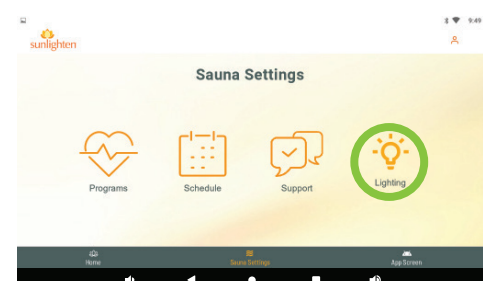
25.



26.



27.



SAUNA SETTINGS

SCREEN 28-30

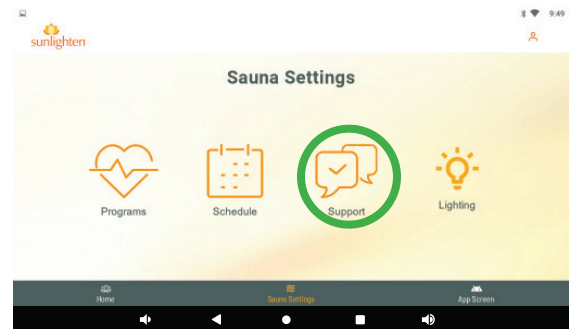
Support

Tapping the Support Icon from the Sauna Settings page will take you to the Frequently Asked Questions.

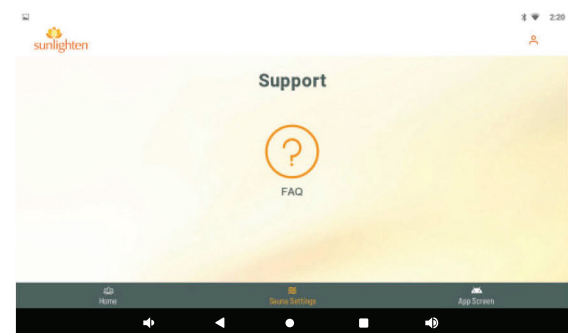
If you have any additional questions or concerns not addressed therein, please contact your local Customer Care.

You can also submit a support ticket at sunlighten.com.

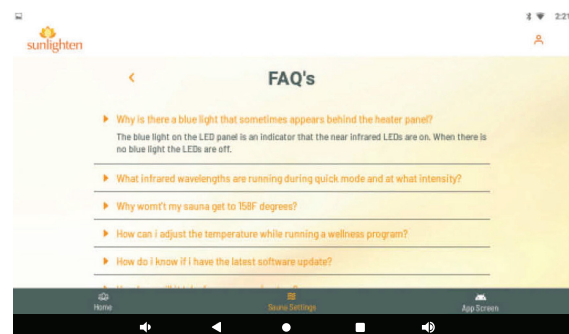
28.



29.



30.



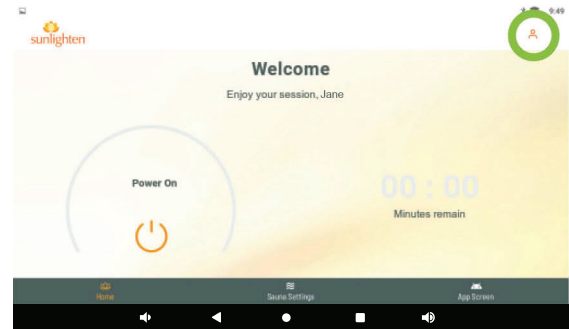
SYSTEM UPDATE

SCREEN 31-34

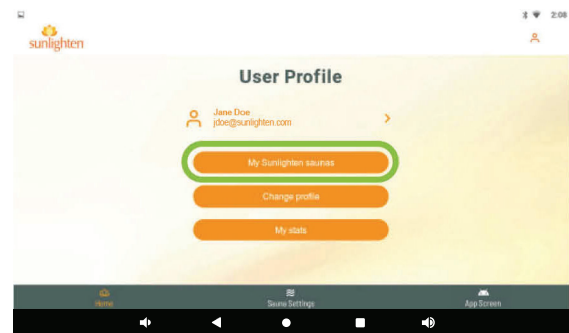
If not running the latest version of the system software, you may tap the user icon in the upper right corner of the screen, select your user profile from the list of those on the pad, and scroll to the bottom to select 'Update App.'

Each update of the app will be listed in ascending order by the version number. To receive future updates, you will need to reboot your Android Control Pad daily by pressing the power button down for 1 second and choosing "Power Off" when you're finished using the sauna for the day. This will allow for your sauna to receive updates automatically.

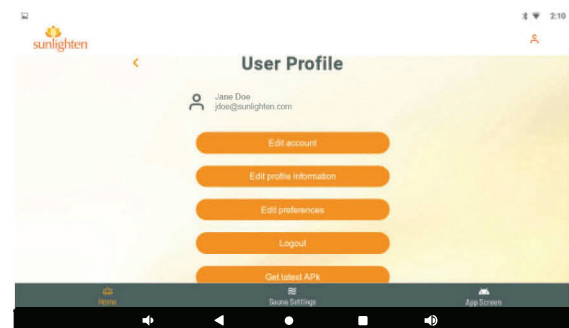
31.



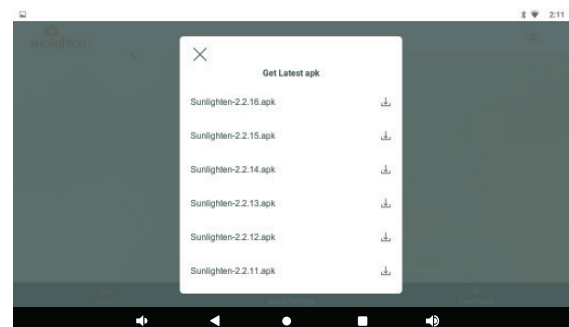
32.



33.



34.



MEDIA AND APPLICATIONS

SCREEN 35-36

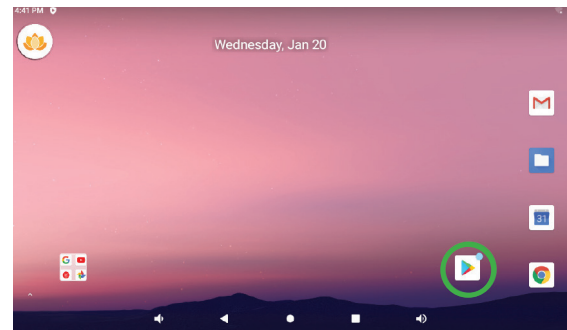
App Removal

To remove an application from your Android Control Pad, swipe down from the top of the screen, select the gear icon for Settings and scroll down and tap Apps.

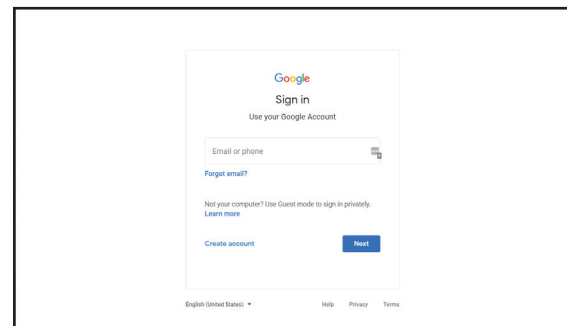
App Addition

Adding new third party applications to the Android Control Pad is done by accessing the Google Play Store, the Android operating system's app store. Access it by tapping the Play Store icon in the App Tray. The Play Store will require you to login using your Google account information. Sunlighten is not responsible for third party Android app functionality. Compatibility is not guaranteed with every application.

35.



36.



WARM-UP TIME & USAGE GUIDELINES

Our saunas are based on the infrared wavelength and not cabin temperature. Set to the desired temperature and allow the sauna to warm-up for 45-60 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 circuit installed by your electrician.

Step 2: Set to the desired temperature and set time to 60 minutes.

Step 3: When turning sauna on for the first time, ensure each heater is active after a couple of minutes. If they are not, make sure connections are securely paired from their initial wire feed coming from the power box under the bench.

Step 4: Never fully cover the floor grate and heater with any obstruction that will not allow the heater to dissipate its heat.

NOTE: If your sauna is outside 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. REMEMBER, 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.

TIPS FOR OPTIMAL USE

- Sauna requires a dedicated circuit and outlet for optimal performance. This should be installed by a certified electrician before assembling.
- Use Sunlighten All Natural Cleaning Kit for periodic cleaning.
- If you have a floor heater, clean every 6 months for residential use, and every month for commercial use. To clean, remove floor grate and vacuum out heater area.

SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE SAUNA SESSION

- Hydrate with at least 8 oz (.24 L) of water to prepare your body for an increase in core temperature.
- Pre-heat for approx. 45 minutes. Depending on room temperature, your sauna will heat up a degree per minute, before reaching 120°F (49°C) . Heat time increases at temperatures above 120°F (49°C).
- Use towels to absorb sweat during sessions.

SAUNA SESSIONS

- Begin your session when your sauna reaches 100.4°F (38°C).
- The optimal sauna experience occurs between 100.4°F (38°C) and 129°F (54°C).
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100.4°F (38°C) 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.

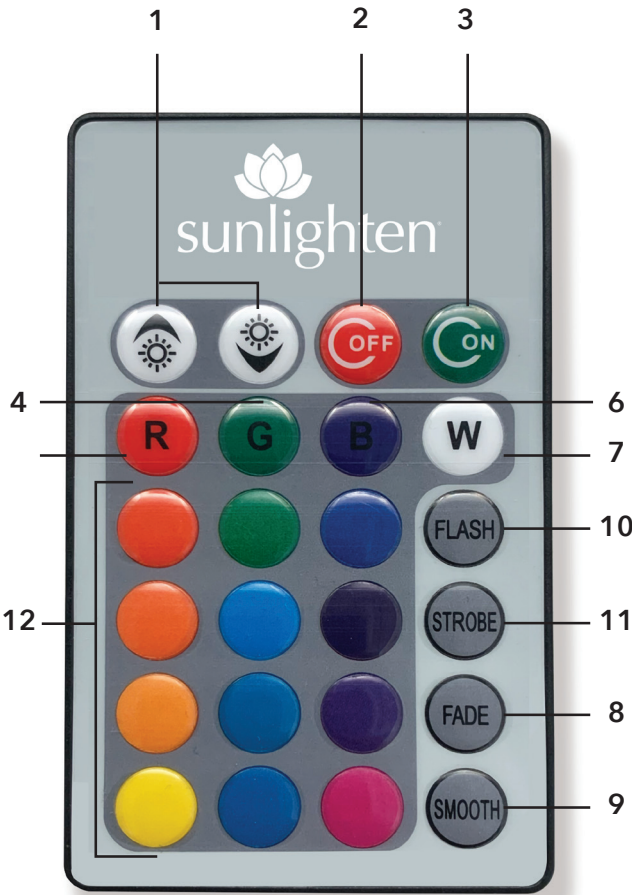
POST SAUNA SESSION

- Drink at least 24 oz (.7 L) of water or electrolyte to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit, available at sunlighten.com.

MPULSE CHROMOTHERAPY

Your mPulse comes equipped with chromotherapy lighting. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help your body re-establish its natural balance.

Chromo Remote	
1	Adjusts intensity of lights
2	Turns off lights
3	Turns on lights
4	Green light
5	Red light
6	Blue light
7	White light
8	Lights transition slowly
9	Lights transition smoothly
10	Lights flash
11	Lights strobe
12	Color selection



Chromotherapy Remote

Make sure your chromotherapy remote has a battery in it. **You will need to point the remote directly at the lights to operate your lights.**

SUNLIGHTEN CHROMOTHERAPY COLOR GUIDE

Chromotherapy Color Guide



Red

Warmth, energy and stimulation. Enhances metabolism and energizes heart and blood circulation.



Orange

Reduces localized fat and eases digestive system discomforts. Treats asthma and bronchitis.



Terra Cotta

Activates the circulatory and nervous system.



Tangerine

Strengthens the body and activates internal tissues.



Yellow

Has a cleansing effect, purifying the blood and skin. Increases neuromuscular tone and stimulates happiness.



Green

Cleansing and purifying. Provides anti-infectious, anti-septic, and regenerative stimulation.



Light Green

Acts as a relaxant and fights depression. Regulates pituitary gland and calms the nervous system.



Sky Blue

Increases intuition and sensitivity. Relaxes your sensation of stress.



Cerulean

Stimulates muscle and skin cells, as well as the circulatory and nervous system.



Ocean

Lubricates joints, treats infections, stress, and nervous tension.



Blue

With anti-inflammatory and muscle relaxing effects, it fights both physical and mental tension.



Denim

Treats eye problems, cataracts, glaucoma, and nasal bleeds.



Indigo

Addresses conditions involving the eyes, ears and nose. It has a calming, sedative effect. Controls the pineal gland.



Violet

Transformation, healing, brings spiritual insights and renewal. Stimulates the spleen and immunity. Assists with detoxification.



Pink

Aids in emotional stress and restores youth. Heals grief and sadness. Brings emotional healing.



White

White is the perfect color, for it is all colors, in perfect balance and harmony. Stimulates production of serotonin, regulating sleep and nervous system. Provides energy and helps reduce effects of Seasonal Affective Disorder.

FREQUENTLY ASKED QUESTIONS

ASSEMBLY

Can I assemble 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. Sauna cover manufacturer warranty is one year.

How much room is required around my sauna for setup & maintenance?

We recommend 4-12 in. (10-30 cm) of clearance around the back, sides, and top of the sauna to access plugs and for general maintenance. Leave at least 4 in. (10 cm) 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. Always have your sauna feet installed. 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 Acoustic Resonance Therapy?

Sauna accessories have separate owner's manuals. Refer to the appropriate manual at sunlighten.com.

How do I disassemble if I need to move the sauna?

Refer to assembly sheet and follow the steps in reverse.

USAGE

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

The controls are preset to 60 minutes at 158°F (70°C). 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 45-60 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 most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink 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 each day?

40 minutes is the recommended session length. See the sauna protocol on pg. 18.

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 to deliver the highest concentration of infrared. With that, the optimal sauna experience occurs between 100.4-129°F (38-54°C). During your first few sessions, start at a lower temperature of 100.4°F (38°C) 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 (46°C) you're getting the same benefits as if sweating at 151°F (66°C).

What is the micron range of the heaters?

The design of a SoloCarbon® heater allows for most of the far infrared wavelength to be near 9.4 microns, which is the level at which the human body absorbs infrared energy.

Can I touch the heaters?

No. The heaters will be hot, especially the mid-infrared section in the middle, so it is not safe to touch heaters while on or an hour after use. Touching the frames that cover the heaters is safe.

How much will the sauna cost to run a month?

The sauna runs on the same wattage as a blow dryer and will cost little to run monthly: typically \$.20-.50 (15 to 35 pence) per hour. This varies with the model and 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.

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

See electrical specifications on page 4.

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 a 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 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 sunlighten.com.

TROUBLESHOOTING GUIDE

ISSUE	SOLUTION
An electrical component is not working after assembling	Check all connections. 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.
Sauna does not power ON	First, be sure to hold the Power button for 10 seconds to turn on .Confirm that the voltage & amperage coming from the outlet is correct for your model (see pg. 4). Check that the outlet is on a dedicated circuit. Once voltage is verified at the outlet, check the voltage at power box's receptacle. If voltage is going to the receptacle, the issue is most likely a faulty PCB. Contact Customer Care to further troubleshoot the issue.
Slow warmup time	Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT - see pg 4. Check that the temperature and time is turned all the way up. If those are correct: 1. Check if the breaker switch is tripped on the back right corner of the (PCB). If the breaker is tripped, simply press the breaker switch button back in to fix this issue. If the breaker switch keeps tripping, then replace the breaker switch for the PCB. 2. Check for heat output from all heaters in the unit. 3. Verify wall & heater connections.
Heat is not coming from all walls	Check that all connections are made at the base and corresponding panel
Feedback from speakers (high-pitched buzz) when using sound from media apps	The control panel is connected to the speakers through the stereo. If the stereo volume is turned up past 25, it will cause a high-pitched interference through the speakers. Turn stereo volume down to 25 or lower. Adjust volume through the media app on the control panel. Check wiring and separate within walls - make sure there is space between wires to avoid feedback.
A.R.T. doesn't work	The Fader setting (front/back balance) must be adjusted in the stereo.

For other troubleshooting questions, please visit sunlighten.com.

ERROR CODES & DIAGNOSTICS

DIAGNOSTIC RESULT CODES	
Error No.	Cause/Solution
E1	The Control Panel cannot communicate with the Power Control Box. After unplugging your sauna, remake the connection of the computer cable (RS232) at the bottom of your front wall and the left side of the power box. If the issue persists you can check the connection at the back of the control pad.
E2	<p>The serial number you entered during sauna setup does not match the power control box that came with your sauna. Please go to Settings to re-enter your serial number.</p> <p>The first two characters will start with: P1 (Aspire), P2 (Believe), P3 (Conquer), P4 (Discover), P6 (Empower)</p> <p>The third character will start with: B (Basswood), C (Cedar), E (Eucalyptus)</p>
E3	The sauna you purchased is designed to use 230 volts of electricity. The voltage you have supplied is too low or too high. Double check your circuit to ensure that all parts installed are correct. This error encourages optimal performance and protects the sauna from damage.
E6	One of the heater control units that provide your dynamic function is not responding. These are located in the power box, which will need to be replaced.
E7	Your lighting control unit is not responding. The primary cause of this issue is a loose connection to your lighting control box. Check the flat 4 wire connector that is between your main power control box and the lighting control box.

WARRANTY

Residential:

Limited lifetime (7 years) on cabinetry and heaters; 3 years on controls; 1 year on stereo, Blaupunkt Sound System, So Sound A.R.T. and chromotherapy.*

Commercial:

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo, Blaupunkt Sound System, So Sound A.R.T. and chromotherapy.*

Closeout and Floor Models:

5 years for heaters; 1 year on cabinetry and controls.

Water-Resistant Cover:

The limited warranty covers the fabric becoming unserviceable because of loss of color or strength from normal usage and exposure conditions, including sunlight, mildew and atmospheric chemicals. Consumer is responsible for normal care and cleaning of the fabric. This warranty covers fabric only, and is for (1) year.**

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, including operating on a non-dedicated circuit. 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.

This warranty is limited to customers in the United Kingdom and Ireland. Other International customers should check with their local Sunlighten representative.

WARRANTY CONTINUED

*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.

**If sauna is placed outdoors, failure to utilize the .004 plastic sheet supplied as additional water protection for your sauna will void your warranty. The fabric used for the roof of the waterproof cover is resistant to water penetration; however it is sewn to the acrylic canvas sides. It is required to place the plastic sheet included directly over the sauna roof prior to installing the cover and placing an object on the sauna roof to give the fabric elevation for water to run off as further protection.

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.

NOTES

[illegible]

[illegible]

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.





MPULSE OWNER'S MANUAL

VERSION 09072021

ANDROID 10.0

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913.754.0831 | sunlighten.com

International sunlighten.com
or contact your local Sunlighten representative