



# SH&C

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## SUNLIGHTEN CLEANING GUIDELINES FOR THE HOME

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## HYGIENE & CLEANING GUIDELINES

At Sunlighten, your wellbeing is our priority. We are committed to creating a space to escape from the demands of our world so that you can relax and regenerate.

Sanitisation and disinfection practices are always paramount at Sunlighten. The following guidelines are shared with you to assist you in setting and maintaining a clean and hygienic environment for yourself.

### **POST-SAUNA CLEANING PROCEDURE**

We recommend you follow these simple steps to maintain a clean and hygienic environment.

#### **STANDARDS/PROCEDURES FOR CABIN SAUNAS**

1. Using a disinfectant\* cleaner, spray this onto a clean cloth and wipe over the sauna seat/s, heater covers, sauna floor, door handle, control panel, android screen and chromotherapy remote.
2. Using a window cleaning product\*, clean all glass panels and doors thoroughly.
3. Regularly vacuum under the seat to remove dust, hair and fluff, lift the floor grate and vacuum the floor heater and cavity.

#### **STANDARDS/PROCEDURES FOR SOLO SAUNAS**

1. To clean your Solo sauna, unplug the cord at the wall.
2. When unplugged:
  - a. Use a disinfectant cleaner and spray this onto a clean cloth. Then wipe over the Solopad, pillow, control box and heater control hand held unit.
  - b. To remove heavy stains: Wipe down the Solopad and pillow using a slightly damp cloth that has been immersed in a mixture of Tri-Nature Stain Removal and warm soapy water.
3. Be sure not to get the control box or power cords wet during cleaning.
4. During use, always keep the Solopad protected with a fitted Bamboo Carbon cover, plus a towel as required, to keep it clean.

### **\*CLEANING PRODUCTS**

We recommend the Tri-Nature Cleaning products for use with your sauna which are available at our [online store](#).

- [Tri Nature Sauna Clean Pack](#)
- [Tri Nature Sphagnum Moss natural Disinfectant](#)
- [Tri Nature Natural Glass Cleaner](#)
- [Tri Nature Enhance Stain Removal](#)
- [Tri Nature Polyspray bottle](#)



These cleaning concentrates are free from caustic alkalies, fillers or extenders, petroleum by-products, sodium lauryl sulphate, toxic colours, fragrances, chlorine, ammoniates, ethylenediaminetetraacetic acid (EDTA), parabens and formaldehyde.



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### 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 SWEAT STAINS AFTER EACH CLIENT VISIT:

- Wipe heater fabric with a slightly damp cloth that has been sprayed with a natural disinfectant\*.

### TO CLEAN HEAVY SWEAT STAINS:

- Remove the heater cover and take to a location to clean the covers.
- Wash with warm water and Tri-Nature Spagnum Moss or Tri-Nature Stain Removal.

### HOW DO I CARE FOR THE TIMBER?

The sauna comes with a natural timber and here are a few tips to keep your sauna clean.

#### EXTERIOR:

1. Dust with a dry cloth or gently vacuum.
2. Wipe down the door handles inside and outside with disinfectant sprayed onto a clean cloth.

#### INTERIOR:

1. Always place towels on the sauna seat for each session to collect sweat and remove the towels directly after use.
2. Please follow the steps outlined above under 'Post Sauna Cleaning Procedure'
3. To remove sweat stains from the internal timber we recommend you use fine sandpaper gently on the area.

#### TIMBER TREATMENT

If you would like to protect or renew the timber in your sauna, please [click here](#) to access our Timber Treatment Guide

#### ESSENTIAL OIL DIFFUSERS FOR AIR PROTECTION

Using essential oils in diffusers is a great way to keep your space aroma divine, induce relaxation and importantly protect against pathogens. Many studies have shown that essential oils have microbial and antiviral properties and we suggest the following therapeutic grade essential oils as an extra layer of protection in the combat against influenza viruses:

**Eucalyptus** [*eucalyptus radiata* or *blue mallee*]: antibacterial, antiviral, antiseptic, decongestant and expectorant.

**Tea Tree** [*melaleuca alternifolia*]: antimicrobial, anti fungal, antiseptic, bactericide, fungicide.

**Thyme** [*thymus vulgaris*]: antimicrobial, antiseptic, immunostimulant

**Lemon** [*citrus limon*]: antimicrobial, antiseptic, bactericidal

**Bergamot** [*citrus bergamia*]: antiseptic, antiviral

**Lavender** [*lavandula angustifolia*]: antiseptic, antiviral, bactericide.

#### PROTECT BLEND:

eucalyptus 3 drops

tea tree 3 drops

thyme 1 drop

lemon 3 drops