



USER MANUAL Community SoloCarbon® FAR INFRARED THERAPY





Experience Sunlighten’s patented heating technology in an industrial-grade six-person unit, perfect for communities.

CONGRATULATIONS!

You are now the owner of a Sunlighten Community sauna. With Sunlighten infrared heat, you are empowered to improve your quality of life. Just follow our **ASSEMBLY INSTRUCTIONS** and **SAUNA PROTOCOL** to begin your wellness journey with the very best in infrared therapy. The Community Sauna should be assembled with a team of four people to avoid personal injury or damage to the sauna. Should professional installation be required, please contact Sunlighten.

PLEASE NOTE

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

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A SEPARATE PACKET WITH ASSEMBLY INSTRUCTIONS IS INCLUDED WITH YOUR SAUNA.

COMMUNITY SPECIFICATION

| | |
|--|---|
| DIMENSIONS | 217cm x 179cm x 200cm (W x L x H) |
| POWER  | 240V, 3080 watts. Dedicated 15A circuit and 15A power socket protected by a 16A RCBO B Curve installed in the meter box; 2.5m cord exits from back left side of roof. |

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

UNPACKING YOUR SAUNA

Refer to the parts list on the next page as you unpack your sauna to ensure you have all of the parts for installation. We make every effort to ensure that your sauna arrives safely and ask that you double check to ensure that all pieces arrived undamaged in transit.

If damaged, please call Sunlighten customer service on 1800 786 544 or your Sunlighten representative. Photos of any damage are required to process any replacement request. Please do not discard any loose parts or fabric.

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

PRE-INSTALLATION CHECKLIST

1. Have a certified electrician install a dedicated outlet for the sauna. Failure to do so will affect the operating performance of the sauna.
2. Remember your sauna should be assembled by a team of 4 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.



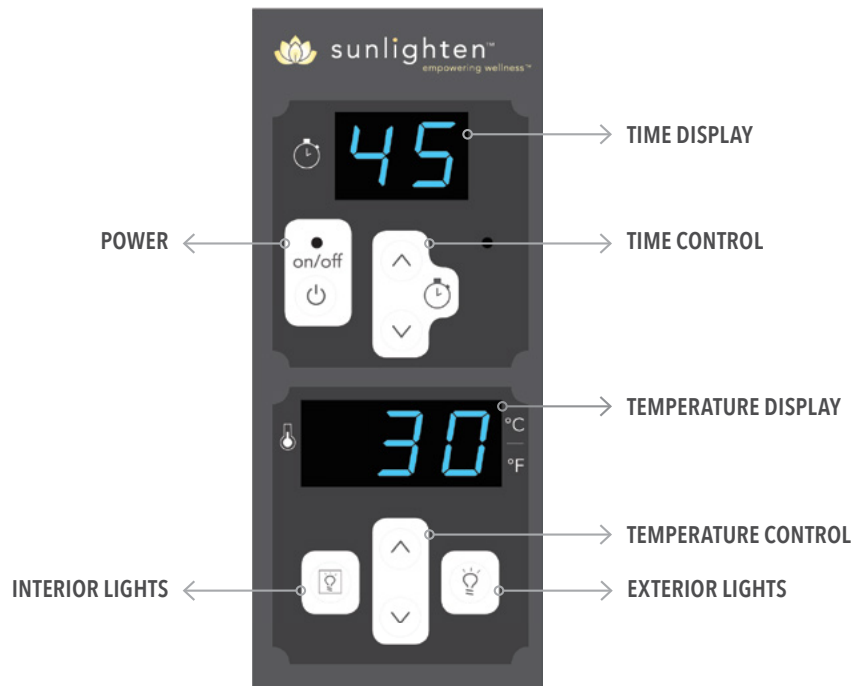
READ BEFORE OPERATING

To reduce risk associated with hazardous voltage:

- Unplug the sauna from electrical outlet before storage or when not in use for extended periods of time.
- Do not operate the sauna if its 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.

CONTROL PANEL

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



ADDITIONAL FEATURES

4-HOUR TIMER MODE

1. Turn off the sauna
2. Press and hold the power button until the timer display reads "4H" (~10 seconds)
3. The unit will now be in "4-Hour Timer" mode and will stay in that mode until the unit is powered off.

RESERVATION MODE

1. Turn off the sauna.
2. Press the timer up and timer down arrows simultaneously.
3. A digit will appear on the timer section of the screen to indicate the number of hours before the sauna turns on.
4. When the timer counts down to "0," the sauna will turn on for a 60 minute session and will be set to 65°C.

WARM UP TIME & USAGE GUIDELINES

The controls are preset to 60 minutes at 65°C. However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. The following steps and hints are provided for your optimum usage:

- STEP 1: Make sure your sauna is plugged into a dedicated circuit installed by your electrician.
- STEP 2: Check the settings on the keypad. The default setting should be set to 65°C and the timer set 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, please check roof connections.
- STEP 4: Never fully cover the floor grate and heater with any obstruction that will not allow the heater to dissipate its heat.

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 our Tri-Nature Cleaning products for periodic cleaning.
Available at <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>
- Ensure you clean your floor heater every 6 months for residential use, and every month for commercial use. To clean, remove floor grate and vacuum out heater area.
- If your sauna is outside or in an unheated garage, sun room, basement or patio, you may require additional time to warm the sauna up depending upon the temperature of the surrounding surface & room. Keep in mind you are required to have an authorized Sunlighten cover over your sauna if it is outside or exposed to the weather in order to maintain your warranty.

SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE SAUNA SESSION

- Hydrate with at least one glass of water to prepare your body for an increase in core temperature.
- Pre-heat for a maximum of 30 minutes. Depending on room temperature, your sauna will heat up a degree every 2 minutes.
- Use Bamboo Carbon Towels to absorb sweat during sessions.

SAUNA SESSION

- Begin your session when your sauna reaches 38°C.
- The optimal sauna experience occurs between 38°C and 55°C.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 38°C every other day.
- If comfortable with current settings, 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.

POST SAUNA SESSION

- Drink at least 750ml of water or electrolyte to rehydrate.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Tri-Nature Cleaning products.
Available at <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>

* Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.

HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

IMPORTANT SAFEGUARDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not use during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty.
- Do not attempt a repair without consulting Sunlighten first. Unauthorised repair attempts will void the warranty.

PRECAUTIONS

If any of the below apply to you, consult your physician prior to sauna use:

MEDICATIONS

Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitryptaline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

CARDIOVASCULAR ISSUES, OBESITY OR DIABETES

Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems or diabetes should consult a physician prior to use. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

ALCOHOL & DRUG ABUSE

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs or medications prior to a sauna session may lead to unconsciousness. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs or medications prior to a sauna session may lead to unconsciousness.

CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH REDUCED ABILITY TO SWEAT OR PERSPIRE

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a health care practitioner.

ELDERLY

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If elderly, operate at a lower temperature and for no more than 15 minutes at a time.

CHILDREN

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

HEMOPHILIACS / INDIVIDUALS PRONE TO BLEEDING

The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

FEVER & INSENSITIVITY TO HEAT

Individuals with insensitivity to heat or who have a fever should not use the sauna until the fever subsides.

PREGNANCY

Pregnant women should consult a health care practitioner before using an infrared sauna.

MENSTRUATION

Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow. This should not preclude sauna use.

JOINT INJURY

Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.

IMPLANTS

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.

COMMUNICABLE SKIN DISEASES

Warts, scabies ext. Even though the warm-up time of the sauna - before the subject enters - is said to desiccate bacteria and thereby sterilize the sauna, we would ask that if any potential participants who have any communicable skin diseases, refrain from using this sauna.

Unstable angina, recent myocardial infarction (30 days) and severe aortic stenosis.

IN THE RARE EVENT THAT YOU EXPERIENCE PAIN OR DISCOMFORT, IMMEDIATELY DISCONTINUE SAUNA USE!

For more information on saunas and contraindications, please contact Sunlighten Australia on 1800 786 544.

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 15cm of clearance around the back and sides and 60cm above the top of the sauna to access plugs and for general maintenance. Leave at least 15cm 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 Chromotherapy and Acoustic Resonance Therapy?

Sauna accessories have separate user manuals. Refer to the appropriate manual: <http://www.sunlighten.com/customer-care/>

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 65°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 a minimum of 15 minutes. 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. 8.

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 38-55°C. During your first few sessions, start at a lower temperature of 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 46°C you're getting the same benefits as if sweating at 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 so it is not safe to touch heaters while on or recently on.

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 15 to 35 cents 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.

Why do you recommend using Bamboo Carbon towels?

Bamboo Carbon towels will make your sauna experience more comfortable and will keep the sauna clean. Bamboo Carbon is anti-fungal and deodorizing, emits infrared rays and is highly absorbent. Use on the bench, floor and backrests for optimum comfort and cleanliness. Bamboo Carbon towels can be purchased at <https://shop.sunlighten.com.au/collections/bamboo-carbon-towels>

MAINTENANCE**What products should I use to clean my sauna?**

We recommend the Tri-Nature Cleaning products for use with your sauna which are available at our online store: <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>. These sauna 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.

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 heavy sweat stains, we recommend you remove the heater cover and take outside. Wash with warm water and Tri-Nature Spagnum Moss or Tri-Nature Stain Removal. For lighter sweat stains, wipe fabric with slightly damp cloth whilst in the sauna. We recommend doing so at least once every six months. Only do so when sauna is turned off.

How do I care for the timber?

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

EXTERIOR: Dust with a dry cloth or gently vacuum.

INTERIOR: Always place towels on the sauna seat for each session to collect sweat and remove the towels directly after use.

How do I clean the sauna floor?

Regularly vacuum under the seat to remove dust, hair and fluff, lift the floor grate and vacuum the floor heater and cavity.

To remove sweat stains from internal timbers use fine sandpaper gently on the area.

INTERNAL TIMBER TREATMENT – OPTIONAL

This treatment is highly recommended for and by COMMERCIAL CLIENTS. This lacquer treatment will stop sweat being absorbed into the internal timber so your sauna will remain AS NEW in appearance and cut down on maintenance. Towels should still be used on the bench.

RECOMMENDED TIMBER TREATMENT PRODUCT: CABOTHANE – water based and non toxic
https://www.bunnings.com.au/cabot-s-1l-satin-cabothane-water-based-polyurethane-varnish_p1522384

MAIN INTERNAL AREAS that require the timber treatment: heater cover timber edges; bench seat/s and the floor, including the floor grate. The walls can also be given a treatment if desired. It is easier to take the covers and seat out of the sauna to do the timber treatment if you have space available.

APPLICATION INSTRUCTIONS

1. Take the heater covers off first. Start with the heater cover just inside the sauna on the left, then the back, then the right side. Then any small heater covers on the lower wall/s and any heater covers at the front wall.
2. Remove the bench seat/s. You will need another person to assist.
 BE VERY CAREFUL WHEN TAKING THE SEAT OUT NOT TO HIT OR DAMAGE THE HEATERS OR SMALL LED LIGHT ARRAY (THE NIR'S) ON THE WALLS.
3. Lift the floor grate out.
4. Vacuum or wipe with a dry cloth all the dust off the timber.
5. Place any of the timber to be treated on an outdoor table or between a couple of old chairs to have it raised off the ground. Also use a drop sheet underneath to catch any drips.
6. If the sauna is not new and the floor, seat, heater covers have marks on them – you will need to lightly sand them with 240 grit sandpaper and a sanding block before applying the timber treatment.
7. Cabothane is milk in colour and will need to be stirred (NOT SHAKEN) to get all the lumps out of it. Pour some of the stirred Cabothane into a large saucer or plate and use a brush applicator to apply it.
8. This product dries very quickly after application and can be reapplied after about 25 -30 minutes or when it's dry to touch. 2 coats are recommended.

Our installers have laid out these instructions as they found it the best and easiest way:

https://www.bunnings.com.au/shur-line-handi-painter_p1670161

https://www.bunnings.com.au/shur-line-mini-pad-specialty-applicator-with-tray_p1666154

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 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 customerservice@sunlighten.com.au.

| 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 | There could be a tripped breaker due to a power surge or not being plugged into a dedicated outlet. Flip the breaker switch (a black reset button located to the left of the power box on the roof.) If there is still no power, check the power cord connections on the roof and make sure they are secure. Also verify the outlet power. |
| Slow warmup time | Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT |
| Heat is not coming from all walls | Check that all connections are made on the roof and corresponding panels. |

For other troubleshooting questions, please contact customer service on 1800 786 544.

Sunlighten Corp. and its affiliates (including Sunlighten Pty Ltd) warrant Sunlighten to be free of defects in material and workmanship. This warranty extends only to the original retail or wholesale purchaser of the sauna and terminates upon transfer of ownership. The sauna must be purchased and used within one year of manufactured date. 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. (and affiliates Sunlighten Pty Ltd), shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. (and affiliates Sunlighten Pty Ltd), or any of its representatives be held liable for injury to any persons or damages to any properties.

The sauna is for indoor use. If placed outside, protection from the weather is required by way of a covering roof and side protection against rain, sun and storm damage. If the sauna is exposed a covering roof and a Sunlighten outdoor cover is required in order for the warranty to be maintained. The cover is designed to protect the sauna sides from light rain and sun only; further protection will be required against possible storm damage. The warranty does not apply if the sauna is placed in a moist environment or the above precautions not taken.

It is the responsibility of the owner to ensure protection from termites, white ants and any infestation at all times.

Specifications are subject to change without notice:

Community sauna cabins

1 year comprehensive warranty on electrical, heater and cabinetry plus 2 years Commercial use parts only warranty and telephone support

Premium Stereo

1 year warranty

Sauna Accessories

Chromotherapy Lighting 1 year manufacturer's warranty

**These products have been tested,
and fulfil the requirements of:**

IEC 60335-1:2010 + A1:2013 + A2:2016 with AS/NZS deviation
AS/NZS 60335.1:2011 + A1:2012 + A2:2014 + A3:2015 + A4:2017
with IEC 60335-2-53-2011 + A1:2017
with AS/NZS deviation AS/NZS 60335.2.53.2011
and found to comply with the standards' requirements.



RoHS





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