




sunlighten
Amplify

OWNER'S MANUAL
VERSION 04302024


sunlighten[®]
Amplify





Congratulations!

You are now the owner of an Amplify 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 04192023

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A separate packet with assembly instructions is included with your sauna.

Amplify SERIES SPECIFICATIONS

Amplify II

DIMENSIONS	129.3cm x 116.7cm x 197.3cm (W x L x H)
POWER REQUIREMENTS	220-240V, 2231 watts. Maximum Amperage 11A. Sunlighten recommends all new installations adhere to AS3000 and a circuit that is RCD protected, along with a readily accessible switch. A 3m cord exists with a 15amp male plug, exiting from back left of roof.

Amplify III

DIMENSIONS	158.3cm x 116.7cm x 197.3cm (W x L x H)
POWER REQUIREMENTS	220-240V, 2371 watts. Maximum Amperage 15A. Sunlighten recommends all new installations adhere to AS3000 and a circuit that is RCD protected, along with a readily accessible switch. A 3m cord exists with a 15amp male plug, exiting from back left of roof.



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 expanded 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.



WARNING

Please ensure all electrical connections are securely connected PRIOR to turning on the power to the Sauna.

DO NOT unplug or plug in any connections when power is on.

OPERATING INSTRUCTIONS

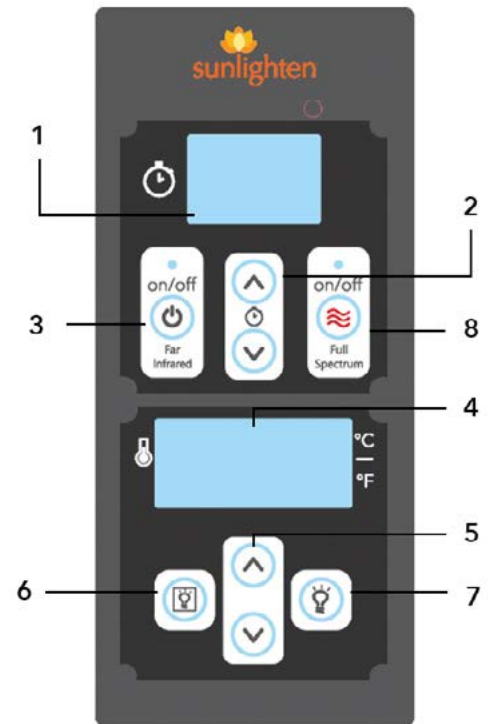
INSTRUCTIONS

1. Plug in sauna.
2. Press the On/Off button to turn on your sauna.
3. Press the Full Spectrum On/Off button to cycle through various intensity levels.
4. Top Display: Press arrow Up or Down to set desired session time (sauna heaters will automatically turn off when time has reached 0).
5. Bottom Display: Press arrow Up or Down to set desired temperature.

Note: Press both temperature arrows simultaneously to change from Celsius to Fahrenheit. After 5 seconds the display will show actual interior temperature.

6. Press outside button to turn On/Off exterior lights.
7. Press inside button to turn On/Off interior lights.

Control Functions	
1	Time Display
2	Time Control
3	Far Infrared Power
4	Temperature Display
5	Temperature Control
6	Interior Lights
7	Exterior Lights
8	Full Spectrum Power



Full Spectrum Heat Intensity Level	
	Intense Heat
	High Heat
	Moderate Heat
	No Heat

AMPLIFY CHROMOTHERAPY

Your Amplify 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.**

CHROMOTHERAPY



Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes of the wheels of life or Chakras as originating from subtle energy known as Prana. This type of subtle energy can be modulated by electromagnetic field/visible light to stimulate the brain/nervous system, cellular tissues, and bodily organs. Visible light is emitted in the form of photons that are absorbed through the skin and the active receptors in the eyes. Once absorbed, proteins or photopigments are activated at specific wavelengths to produce chemical reactions in the body. These reactions can produce various therapeutic biochemical benefits depending on their wavelength.

Match the color dot from your remote to the chart below.



VIOLET (380-420 nm)



CROWN CHAKRA/TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.



INDIGO (420-450 nm)



THIRD-EYE CHAKRA/FOREHEAD

Balances 6th / third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.



BLUE (450-495 nm)



THROAT CHAKRA/NECK

Balances 5th / throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.



GREEN (495-570 nm)



HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.



YELLOW (570-585 nm)



SOLAR PLEXUS CHAKRA/STOMACH

Balances 3rd chakra located at the solar plexus mid-torso in and around the kidneys and liver. Center of personal power, will and self-esteem. Produces a cleansing effect to purify the blood and skin, increase neuromuscular tone, and improve nervous system function.



ORANGE (585-620 nm)



SACRAL CHAKRA/BELOW BELLY BUTTON

Balances 2nd chakra located in the low abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.



RED (620-750 nm)



ROOT CHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy and happiness.

Reviewed by Christina Ross, Ph.D., BCPP, Biophysicist Research Fellow, Wake Forest School of Medicine's Institute for Regenerative Medicine

WARM-UP TIME & USAGE GUIDELINES

The controls are preset to 60 minutes at 74°C. This is the maximum temperature setting, as the actual temperature will not reach this during normal use. If the system reads a temperature exceeding the set temperature, it will deactivate the heaters to bring the air temperature back down under the limit. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for 30-45 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 outlet installed by a certified electrician.
- Step 2:** Check the settings on the keypad. The default setting should be set to 66°C and the timer set to 60 minutes.
- Step 3:** When turning sauna on for the first time, ensure each heater is warming up after a couple of minutes. If they are not, check roof connections.

NOTE: If your sauna is outside or in an unheated garage, sun room, basement, or patio, it may require additional time to warm the sauna up. Warm time is impacted by the temperature of the surrounding surface and 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.



**WARNING: The full-spectrum heaters are extremely hot.
Touching the heater or wooden frames may cause burns.
Do not place objects on or around the full-spectrum heaters.**

4-HOUR TIMER MODE

- Turn off the sauna.
- Press and hold the power button until the timer display reads “4h” (~15 seconds)
- The unit will now be in “4-Hour Timer” mode and will stay in that mode until the unit is powered off.

To cancel “4-Hour Timer” mode: with the unit off, press and hold the power button until the display turns on.

RESERVATION MODE

- Turn off the sauna.
- Press the timer up and timer down arrows simultaneously.
- A digit will appear on the timer section of the screen to indicate the number of hours before the sauna turns on.
- When the timer counts down to “0,” the sauna will turn on for a 60-minute session and will be set to 66°C.

To cancel a reservation, press the timer up and timer down arrows simultaneously until the time display turns off. At this point you can turn the sauna on normally.

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 SESSIONS

- Begin your session when your sauna reaches 38°C.
- The optimal sauna experience occurs between 38°C and 58°C.
- High heat is not required to provide the benefits of Infrared. The sauna is not designed to run at high heat 65°C+ for long periods.
- 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.

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 wellness 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. Unauthorized repair attempts will void the warranty

PRECAUTIONS

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

- Medications
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals who are prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol / alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

For more information on saunas and contraindications, visit sunlighten.com.au.

FREQUENTLY ASKED QUESTIONS

ASSEMBLY

Can I assemble my sauna outdoors?

Yes, if you protect it with a Sunlighten 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 and 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 the TheraSound™ Enhancement Kit?

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

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 150.8°F (66°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 an 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. 11.

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 (38-58°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 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.

Can I take my mobile phone into the sauna?

Just as you would not leave your mobile phone in your car on a hot day, we do not recommend taking your mobile phone, Apple Watch or other electronics in the sauna for a lengthy time. Once any entertainment has been activated, please place your mobile phone outside the sauna. Please note, the electronics that are built into the sauna are designed for a heated environment.

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.

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.

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.**

MAINTENANCE

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. Then wipe the surfaces with a cloth slightly dampened with natural disinfectant to leave the sauna clean and with a fresh smell for the next session. 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

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 has no power	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 warm-up time	Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT.

For other troubleshooting questions, please visit sunlighten.com.au.

WARRANTY

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:

Amplify sauna cabins Residential:

5 year warranty.

1 year fully comprehensive, plus 4 years replacement parts and telephone service support.

Amplify sauna cabins Commercial:

3 years warranty.

1 year fully comprehensive, plus 2 years replacement parts and telephone service support.

Sauna Accessories

SO Sound and Chromotherapy Lighting 1 year manufacturer's warranty.

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.

**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.





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359 Clarendon Street , South Melbourne VIC 3205
PHONE 1800 786 544

sunlighten.com.au