



OWNER'S MANUAL  
VERSION 02262024





## Congratulations!

You are now the owner of a Solo® portable sauna. With Sunlighten infrared light, you are empowered to improve your quality of life. Follow our assembly instructions and sauna protocol to begin your wellness journey with the very best in infrared therapy.

### **WARNING:** **READ BEFORE OPERATING**

*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.*

#### **To reduce risk associated with hazardous voltage and fire:**

- Always keep SoloPad® on a heat-resistant, solid surface. Do NOT place on hardwood floors or rugs to avoid discoloration. Place on a heat resistant barrier. Solo Rise or Solo Mat recommended.
- Unplug the sauna from electrical outlet before storage, or when not in use.
- Do not operate the unit if any cord or plug is damaged.
- If the sauna is not working properly, or an odor persists, immediately unplug the unit.
- Do not leave the sauna unattended while turned on or in use.



## TABLE OF CONTENTS

### INSTALLATION

Specifications .....	4
Parts Diagram .....	5
Unboxing Parts & Pieces .....	6-9
Pad & Shell .....	7
Curtain & Neck Pad .....	8
Plugs & Electrical .....	8-9

### OPERATING INSTRUCTIONS

Solo Controls .....	10
SoloPad Controls .....	11
Chromotherapy .....	12
Basic Usage .....	14

SAUNA PROTOCOL .....	15
----------------------	----

FAQ .....	16
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CARE & MAINTENANCE .....	17
--------------------------	----

HEALTH & SAFETY .....	18
-----------------------	----

WARRANTY .....	19
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RETURN POLICY .....	20
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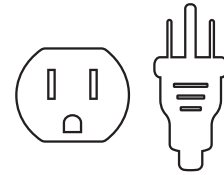
A separate packet with assembly instructions is included with your sauna.

# COMPONENT LIST

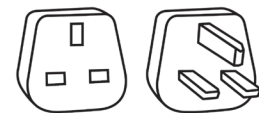
1	Solo Upper Dome	1	Solo Lower Dome
1	Solo Control Box	1	Chromotherapy Remote
1	SoloPad	1	SoloPad Controller
1	Solo Pillow	1	Solo Curtain

# SPECIFICATIONS

SOLO	
Dimensions (W x L x H)	69" x 28" x 18" 1,752.6mm x 711.2mm x 457.2mm
Weight	46 lbs. (21 kg)
SOLOPAD	
Dimensions (W x L x H)	74" x 23.6" x 4" 1,879.6mm x 599.4mm x 101.6mm
Weight	13 lbs (6 kg)



US: NEMA 5-15 OUTLET REQUIRED



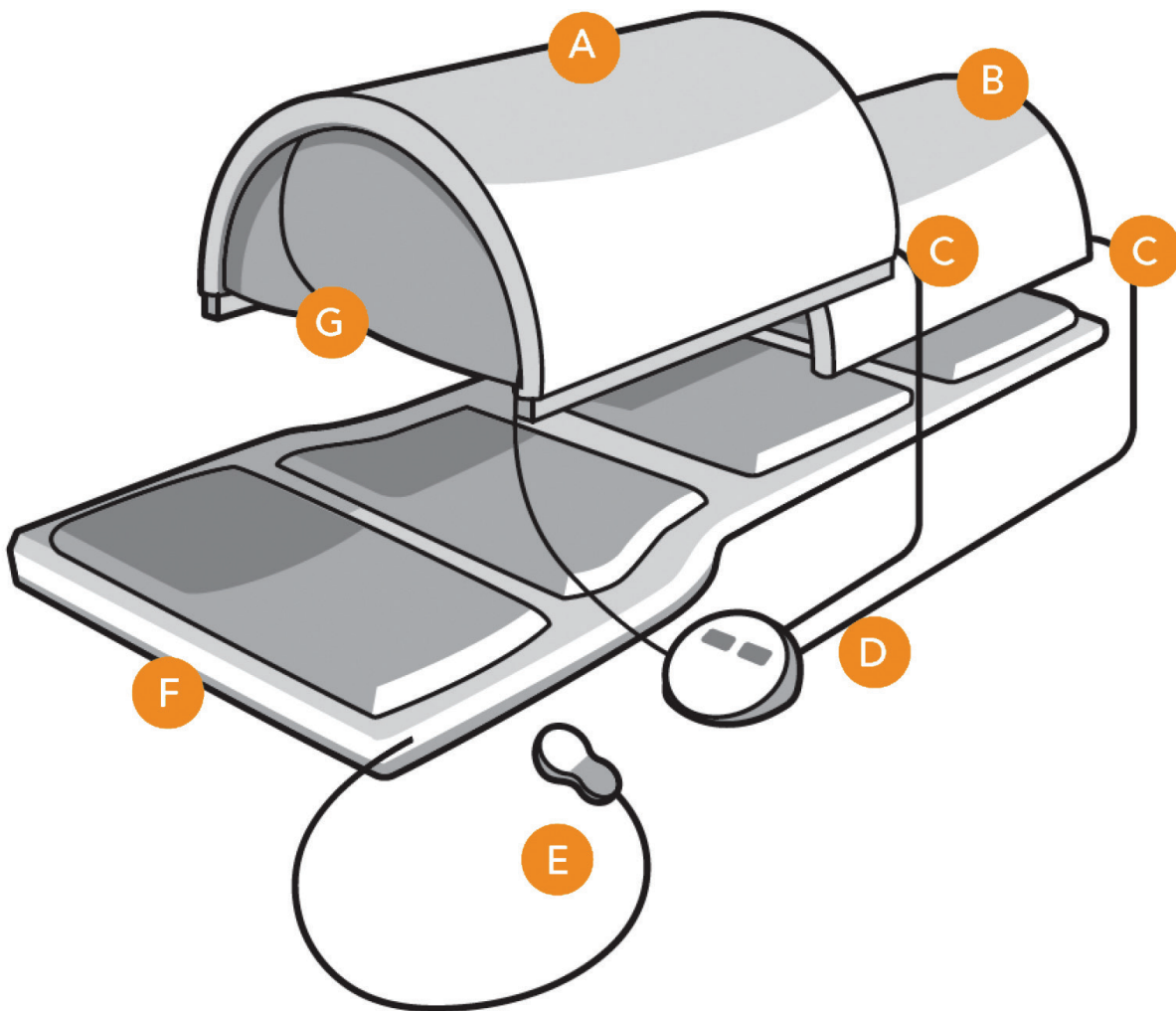
UK: NS-17 OUTLET REQUIRED

REGION	VOLTAGE/AMPS	EXTERIOR POWER CORD
US: United States	Solo: 120V 1260W 10.5A Solopad: 120V 300W 2.5A	H07RN-F,120V-20A,Plug Type: NEMA 5-15P USA / CAN
UK: United Kingdom IE: Ireland SG:Singapore KW: Kuwait	230V-4A	H07RN-F,250V-10A,Plug type:NS-17
AU: Australia NZ: New Zealand	240V-4.17A	H07RN-F,250V-10A,Plug type:NS-53
BE: Belgium FR: France VN: Vietnam TH: Thailand IN: India	230V-4A	H07RN-F,250V-10A,Plug type:MT-32 or NS-13
MY:Malaysia	240V-4.17A	H07RN-F,250V-10A,Plug type:NS-17
CN:China	220V-4.17A	H07RN-F,250V-10A,Plug type:HC-310 or NS-53

# SETUP INSTRUCTIONS

The Solo is a professional piece of equipment designed to be a personal sauna. If, for any reason, you feel nausea, dizziness, or other discomforts, or do not feel in control while using the Solo, immediately turn it off at the control box. Keep control box within reach when using the Solo. Do not use near water. Always use a grounded electrical receptacle. Infrared waves are most effective when they can contact bare skin, making it most effective to get undressed before using the Solo System.

Solo® System Setup	
A	Upper Dome
B	Lower Dome
C	Power Sockets
D	Solo Control Box
E	SoloPad® Control Unit
F	SoloPad
G	Solo Curtain



# UNBOXING GUIDE

## PARTS & PIECES

Your Solo System will ship packaged in a larger outer box to protect it from damage in transit, containing a smaller box.

This will include the two dome sections, a pillow pad and electronics, nested inside the smaller dome.

Remove your small items and separate them from the larger materials in preparation for the assembly process.

To most easily extract your dome sections, tip the box on its side and pull them with one hand to slide both out, creating resistance by pushing the box with your other hand.



## PAD & SHELL

Determine which outlet you'd like to provide your Solo System power and its placement in the room. If more than 8 feet (2.4 meters) away, an extension cord may be used.

Remove your SoloPad from its plastic wrapping, carefully also taking out the SoloPad controller connected to the top cushion.

When laying the pad on the ground, for installation purposes, the connecting fabric seam should always be on the bottom of the cushion. You should be able to see the lines of segmentation from above.

Place the lower dome (the smaller of the two) on the floor where you plan your feet to be while lying on the pad. Insert the narrow side of the pad into the lower Solo dome with the upper cushions and connected controller.

When correctly oriented, the controller should be emerging from the pad where your head will be when lying down.

Prepare to place your upper dome, noting the Chromotherapy wire taped to its side. Remove the tape from the connector. The upper and lower domes are attached using silver locking pins.

Align the larger, upper dome over the lower dome to connect them, sliding it forward as the locking pins make contact with the base rail.

When getting in for use, you'll want to fully extend the upper dome, sliding it out so that it becomes a canopy to the upper portion of the SoloPad.



\*Shown on ground for installation purposes only

## CURTAIN & NECK PAD

Your Solo curtain can be found rolled and taped to the control box packaging. The label will read 'Spungi bamboo carbon towels.' It will attach to a velcro strip inside the lip of the upper dome, along its edge.

With the towel's velcro strip facing you, start with the middle, connecting it along the leading edge and pressing down as you do so to secure the attachment. Your head will lay outside the dome.

Unwrap your headrest from its bubble packaging and place it at the head of the upper dome, gently sliding it into the curtain.





## PLUGS & ELECTRICAL

With your pad and domes positioned, unwrap the SoloPad controller from its packaging. Plug your pad controller into the outlet and power on your SoloPad. Then unbox your control box.

The main powering cable is 120 volts (UK 230V) and goes in the outlet. Unlike our cabin units, the Solo is portable and doesn't require a dedicated electrical circuit.

The connector labeled 'Upper US' will plug into the upper dome's corresponding receptacle, and 'Lower US' will plug into the lower dome's.

The remaining thin cord connects to the one previously found taped to the side of the upper dome.

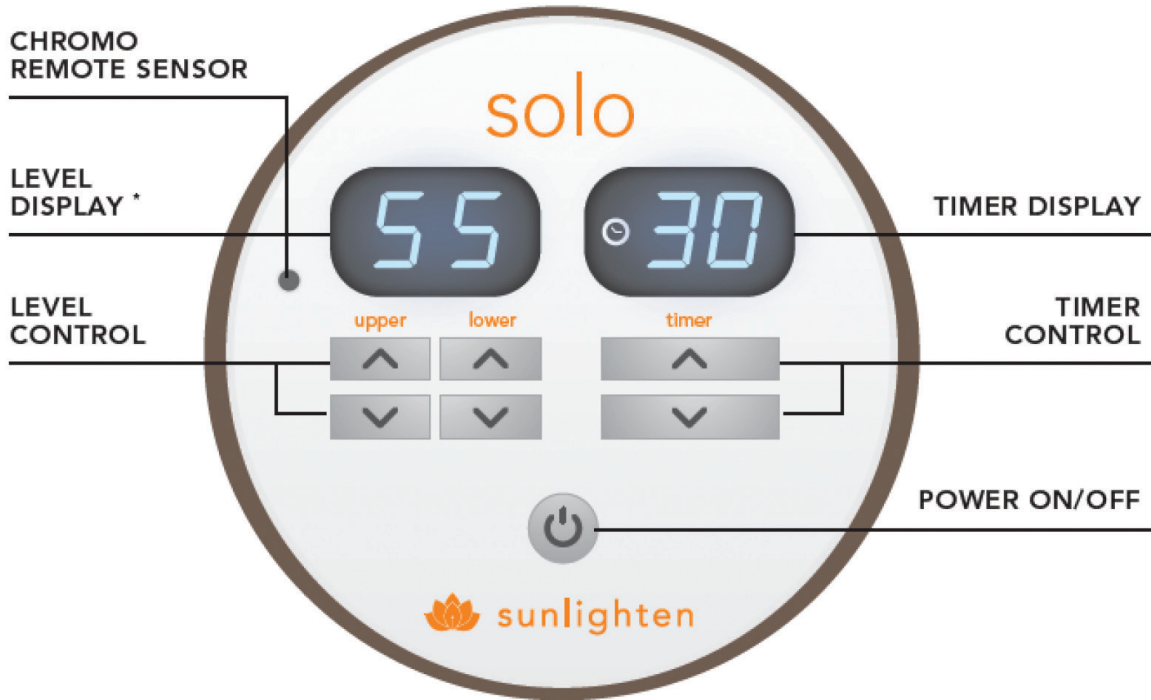
Remove the tape and connect the two, aligning the white dots painted on both ends before sliding the black connection ring down the wire to both and rotating fully to tighten around them.

Once properly connected, your Chromotherapy light strip will activate, initializing on red by default.



# SOLO CONTROLS

Both of your Solo domes will be operated using the control box. This coconut shaped control can control the intensity level and timer settings for each dome individually, allowing you maximum control of your Solo experience. See the illustration below for the placement of each feature button.



Level	1	2	3	4	5	6	7	8	9
°F	110	115	120	125	130	135	140	145	150
°C	43	46	49	52	54	57	60	63	65

Sunlighten recommends working up to a 40-minute session once a day. Before engaging in a longer session, please consult your physician.

1. Set the temperature setting on the control box. For your **first** session, the Solo should not be set at a temperature setting higher than five (5). Warm up time will be from five to fifteen minutes, depending on temperature setting.
2. Temperature range is from 113-149° Fahrenheit (45-65° Celsius).
3. Set the timer on the control box. The maximum time that the Solo can be set for is 60 minutes at 1 minute intervals.

\* The number above UPPER is the level set for the upper dome.  
The number above LOWER is the level set for the lower dome.

# SOLOPAD CONTROLS

1. Unfold SoloPad onto a solid surface
2. Plug the SoloPad power cord into an outlet
3. Press the power button on the remote
4. Set the temperature intensity (0-9) by pressing the up and down arrows on the lower half of the remote
5. Set time by pressing the time increase or decrease button until you reach the desired setting
6. Pressing the HR/MIN button will toggle the time between hours and minutes
7. Time may be set for up to 60 minutes at 5 minute intervals. It can also be set for up to 12 hours at 1 hour intervals.
8. Place SoloPad cover (if purchased) on the SoloPad. Alternatively, a large towel can be used.



SoloPad® Remote Controls	
A	Time display
B	Time increase/decrease
C	Power
D	Temperature intensity display
E1	Temperature indicator (high)
E2	Temperature indicator (medium)
E3	Temperature indicator (low)
F	Temperature increase/decrease
G	Hour/minute toggle



*Floor mat not included*

# SOLO CHROMOTHERAPY

Your Solo 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. During installation of your Solo domes, connect the chromotherapy light strip that arches above the edge of the upper dome to the control box. **You will need to point the remote at the control box to operate your lights.**

**NOTE:** Make sure when using the Solo domes that the chromotherapy wires are not being pinched by the domes, and that the white dots on the wires are aligned.

# 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

# SOLO USAGE

## **It is now time to enter the Solo.**

- Slide the Upper Dome back so that it is resting on top of the Lower Dome.
- Sit on the towel or SoloPad cover covering the SoloPad and gently pull the Upper Dome back and over your body by gripping the frontal trim as you lie down.
- Be careful not to touch the heaters as they will feel hot to the touch.
- Position your head on the pillow so that you are comfortable. The pillow should be positioned outside of the Solo domes.
- Close the drop curtain to retain the heat within the Solo. It is now time to relax and enjoy the soothing heat.
- Do not position your head inside the Solo for prolonged periods of time.
- Remove immediately if feeling faint or dizzy.

## **When the session is over, the Solo heater output will stop.**

- Push back the upper dome and exit the Solo. To keep the upper dome clean, use a towel or the Solo curtain on the front edge when you need to move the dome to get in or out.
- Fully extend the domes.
- Leave domes on for 10-15 minutes after use to kill any bacteria (turn controls all the way up on the domes and the SoloPad 10-15 minutes).
- Do not collapse the two domes until after they are completely cool.
- The Solo System will cause you to sweat profusely. Taking a shower after each session will remove the perspiration from your skin and add to the cleansing feeling that is felt when using the Solo.
- Dry with a fresh clean towel if no showering facilities are available.
- At the end of use, remove all towels from inside the Solo.
- After use, the SoloPad and pillow should be wiped down using damp, soapy water.
- Use a clean towel to dry all surfaces.
- Fresh towels should be used when enjoying your sessions in the Solo.

# 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. 30 minutes. Increase pre-heat time to reach higher temperatures.
- Have a towel nearby to dry off after your session.

## SAUNA SESSIONS

- 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.
- 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.

# FREQUENTLY ASKED QUESTIONS

## **How long can I use it for each day?**

We suggest using up to 40 minutes per day. It makes no difference whether you use during the day or at night.

## **What micron does the heater put out?**

The sauna puts out a micron range of 4 - 20 microns.

## **What is the best temperature to use my sauna?**

We recommend starting at a lower temperature of 100°F (38°C) and increasing temperature gradually in later sessions, if you still feel comfortable. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body.

## **What is the heater made of?**

The heater is made of organic black carbon that is first cut into pliable sheets. Then electrical heater wiring is added.

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

The sauna runs on similar wattage as a blow dryer and will cost little to run monthly.

## **Can I use the sauna every day?**

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

## **If I do use it every day, what else do I have to do?**

Just drink plenty of fluids to replace what you will be losing with everyday usage. If you like, take a warm shower to help accelerate the sweat glands opening to be even more refreshed afterward.

## ***Are the EMF levels safe?***

Yes. SoloCarbon panels are 100% quality controlled by Sunlighten to ensure the safety and effectiveness of each individual heater. Our proprietary heater design virtually eliminates EMF (an average of less than 3mg) and steel conduit electrical shielding making your sauna as safe as possible.

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

Set the temperature controls to 60 minutes and 149°F (65°C). Allow the sauna to warm up for 15 - 20 minutes at which time it should be approximately 100°F (38°C). If placed outside, the sauna may require additional time to warm up, depending upon weather conditions. If you prefer the sauna hotter, let it warm up longer. Drink plenty of water - at least 8 oz (.24 L).

## **For more FAQ's please visit:**

[sunlighten.com](http://sunlighten.com)



# CARE & MAINTENANCE

## SOLO

- Unplug the sauna after each use.
- Store the sauna in a cool, dry place.

## SOLOPAD

- The outer material is made from water resistant, breathable polyester. This provides maximum comfort for the owner's, as the skin will not stick to the surface when wet.
- Unplug the power cord from the wall after each use.
- When unplugged, SoloPad may be wiped down with a damp cloth or an all natural disinfectant, being sure not to get the power cords wet. Sunlighten Natural Cleaner is an effective, natural and non-toxic cleaner that can be used on the SoloPad.
- For deep seated stains, create a paste of baking soda and water. Let it set for a couple of hours, then wipe it off to help lift the stains.

## 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. Unauthorized repair attempts will void the warranty.

### PRECAUTIONS

Please review [sunlighten.com](https://www.sunlighten.com). If any of the listed contraindications apply to you, please consult your physician prior to use.

### TESTED & CERTIFIED

Sunlighten has quality control measures in place at every step of the production process to ensure you have the best product possible. We subject our designs to rigorous health and safety inspections, including third-party tests and certifications.

Every element of a Sunlighten sauna is designed with quality and safety in mind. SoloCarbon® heaters are the most effective and safe infrared heaters on the market. Sunlighten saunas have met the strictest safety standards for more than a decade. Our patented heater design has a 95-99% emissivity rating and cancels out EMF to ultra-low levels. SoloCarbon heaters contain a proprietary blend of FDA-approved materials and are heat-sealed to withstand temperatures above and beyond the operating temperature to ensure no unhealthy gases are released during heating. Plus, extensive third-party testing has been conducted to ensure all of our materials are safe and non-toxic.

The Solo System has been thoroughly tested and granted an acceptance label by an internationally recognized testing facility. All temperature and timing control circuits have been designed and engineered to meet the highest standards, with safety being a demanded requirement. The Solo System is UL/CUL certified and meets or exceeds electrical safety standards of the U.S., Canada, Australia, New Zealand, and the EU.

# WARRANTY

**Please refer to your country's specific warranty information, if outside the United States.**

## **U.S. Residential:**

Limited lifetime: 7 years for heaters; 3 years on Solo and SoloPad controllers; 1 year on heater fabric, SoloPad memory foam and chromotherapy.\*

## **U.S. Commercial:**

5 years on heaters; 1 year on controls, heater fabric, SoloPad fabric, memory foam and chromotherapy.\*

## **U.S. Closeout and Floor Models:**

5 years on heaters; 1 year on controls.

\*Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 5-7 years. Warranty is limited to replacement parts only and does not include costs of 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.

Sunlighten warrants the sauna to be free of defects in material and workmanship.

This warranty extends only to the original retail or wholesale purchaser of the sauna and terminated upon transfer of ownership. The sauna must be purchased and used within one year of the manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of the sauna.

This warranty is void if the sauna has been altered, misused, abused or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover the damages resulting from mishandling of the product by the owner.

Sunlighten Corp. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

## **ATTENTION:**

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within 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.

## **RETURN POLICY**

Except for custom orders, Buyer may cancel and return the Goods to Seller, subject to the terms and conditions of this document, if Buyer provides written notice to Seller within thirty (30) days of Buyer's receipt of the Goods that Buyer does not accept the Goods. View our return policy online for customers who purchase directly from Sunlighten.

### **SHIPPING & HANDLING FEE:**

All cancelled or returned goods shall be subject to shipping costs (to and from) and handling fees in the event a buyer cancels an order after five (5) days of such order being placed with seller.



## ETL SAFETY CERTIFIED

**The ETL Listed Mark is proof of product compliance (electrical, gas and other safety standards) to North American safety standards. Authorities Having Jurisdiction (AHJ's) in 50 states and Canada and retailers accept the ETL Listed Mark as proof of product safety.**







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or contact your local Sunlighten representative