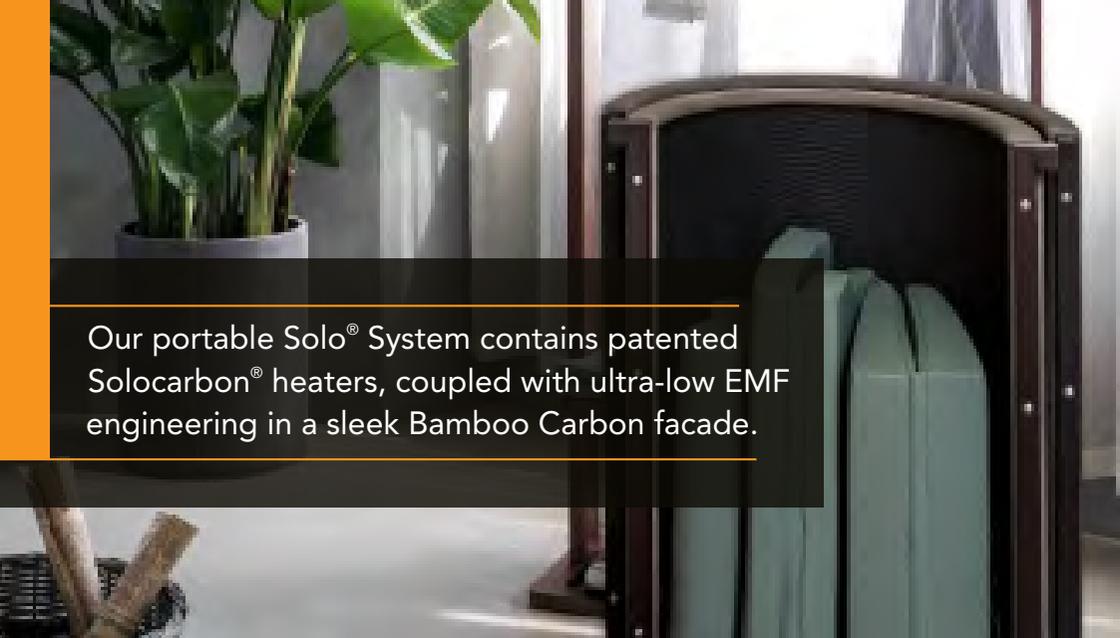




USER MANUAL SOLO® SYSTEM


sunlighten®



Our portable Solo® System contains patented Solocarbon® heaters, coupled with ultra-low EMF engineering in a sleek Bamboo Carbon facade.

CONGRATULATIONS!

You are now the owner of a Sunlighten Solo® System portable 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.

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.

PRE-INSTALLATION

SPECIFICATIONS	4
MEDICAL PRECAUTIONS	5

INSTALLATION

COMPONENT LIST & SYSTEM SET-UP	6
ASSEMBLY INSTRUCTIONS	7

OPERATING INSTRUCTIONS

BASIC OPERATION	8
CHROMOTHERAPY	10
COLOUR GUIDE	11
SOLOPAD	12
SAUNA PROTOCOL	13
HEALTH & SAFETY	14

FAQS

USAGE	17
CARE & MAINTENANCE	18

WARRANTY	19
----------	----

SAFETY CERTIFICATION	20
----------------------	----

SOLO SYSTEM SPECIFICATION

SOLO SYSTEM	INCLUDES DOME AND SOLO PAD
DIMENSIONS	adjustable to 175cm x 71cm x 46cm
WEIGHT	30.4kg
POWER	240V, standard 10 amp residential powerpoint
SOLO PAD	
DIMENSIONS	180cm x 70cm x 4cm
WEIGHT	4.5kg
POWER	240V, standard 10 amp residential powerpoint

OUR SOLO SYSTEM ADAPTS TO YOUR NEEDS



Full Position



Seated Position



Lower Position



Upper Position

MEDICAL PRECAUTIONS

The Solo System is a personal sauna. Any information presented within this manual is for educational or reference purposes only.

The content of this manual is not intended for diagnosis or treatment of any ailment or disease and shall not be considered as a substitute for professional health care consultation.

One should always seek the advice of a personal physician or other qualified health professionals regarding any medical condition or when making major changes in medications, personal exercise routines, dietary habits or using un-prescribed treatment or treatments of any type or kind.

Review 'Read before Operating' below before using the Solo System.

The Solo System is an elaborate unit that performs at the same high level as those models used in professional spas. Check with your personal physician, or other qualified health professionals, before using the Solo System if in question.



READ BEFORE OPERATING

1. Always keep Solopad on a heat-resistant, solid surface.
DO NOT place directly on hardwood floors, ugs or carpet.
We recommend you place a natural fibre e.g. a cotton sheet folded to the size of the solopad, under the solopad to provide a heat barrier.
2. Unplug the sauna from electrical outlet before storage, or when not in use.
3. Do not operate the unit if any cord or plug is damaged.
4. If the sauna is not working properly, or an odor persists, immediately unplug the unit.
5. Do not leave the sauna unattended while turned on or in use.

ASSEMBLY INSTRUCTIONS

The Solo System has been designed for easy assembly. It can be set up and ready to use in minutes and easily disassembled & stowed away when not in use.

The Solo System should be set up and used on the floor. Locate a floor location that affords a degree of privacy as infrared is best received on bare skin. If you prefer to use on an elevated surface, only use a surface that can support the weight of yourself and the weight of the Solo System (35 kg) such as a massage table or bed. Sunlighten is not responsible for damage to surfaces caused by the weight of the unit.

1. Open the box and remove all contents. Identify each component of the Solo.
2. Read each and every page of this manual. It is especially important that the Health & Safety Statements be read and fully understood. The Solo System performs the same whether used in your home or in a professional medical facility. Please check with your personal physician if you don't understand something in the medical precautions.
3. Verify that an electrical outlet of proper voltage (varies by country) is available at the location to be used. Position the Solopad (if purchased).
4. Place a fitted Solopad Bamboo Carbon cover (sold separately) over the entire length of the Solopad. Alternatively you may use a towel and lay it out smoothly over the length of the pad.
5. Place the pillow, if purchased, into position at the top of the Solopad.
6. Place the two Solo domes at the bottom of the Solopad, positioned so that the open ends face the top.
7. Connect the two cords from the Solo controller to the domes. One to the upper dome; one to the lower dome.
8. Plug the Solo controller into the electrical outlet (check for proper voltage and grounding by referencing the specs on page 5).
9. Turn on and set the Solo controller to its lowest setting. This can be adjusted when you are ready to use the Solo. Next set time to the session length desired. NOTE: each dome has a separate adjustment. Domes adjust in whole number increments.
10. Verify that the blue LED's on the controller are lit.
11. Place the control box in a position as to be easily reached from your right arm when using the Solo.
12. Use the supplied Bamboo Carbon Curtain to drape over the opening of the Solo upper dome. This is necessary to retain heat.
13. Setup is complete. You are now ready to enjoy the Solo System.

BASIC OPERATION

The Solo is a professional piece of equipment designed to be a personal sauna. Read and fully understand the Disclaimers and Health & Safety information within this manual. 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. Considering this, it is best to get undressed before using the Solo System.

USAGE

Sunlighten recommends working up to a 40 minute session once a day. If a longer session is desired please contact your physician.

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 ten minutes, depending on temperature setting.

Time may be set for up to 12 hours at 1 hour intervals. It can also be set for up to 60 minutes at 5 minute intervals at the highest setting.

Temperature range is from 45-65 °C and may be set at 3 levels: High, Medium, and Low.

LEVEL	1	2	3	4	5	6	7	8	9
°C	43	46	49	52	54	57	60	63	65

Set the timer on the Dome Control Box. The maximum time that the Solo Dome can be set for is 60 minutes.

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 Bamboo Carbon cover or towel 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.

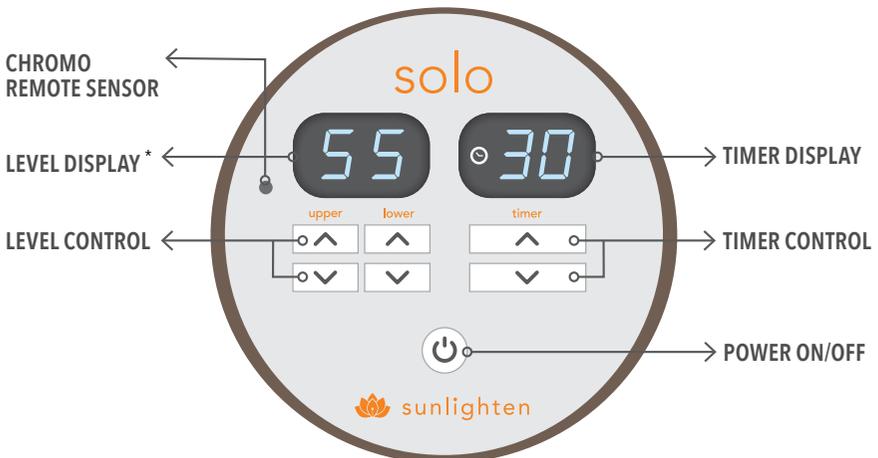
Position your head on the pillow so that you are comfortable. The pillow should be positioned outside of the Solo domes and we recommend you cover it with a towel to absorb the sweat. Close the drop curtain to retain the heat within the Solo. It is now time to relax and enjoy the soothing heat of the Solo. Do not have your head inside the Solo for prolonged periods. 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. Turn off the controller.

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. Fully extend the domes and let them cool down. Do not collapse the two domes until after they are completely cool.

After use unplug, then 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. Be sure not to get the control box or power cords wet during cleaning. Always keep the Solopad covered with a fitted Bamboo Carbon cover during use to keep it clean.

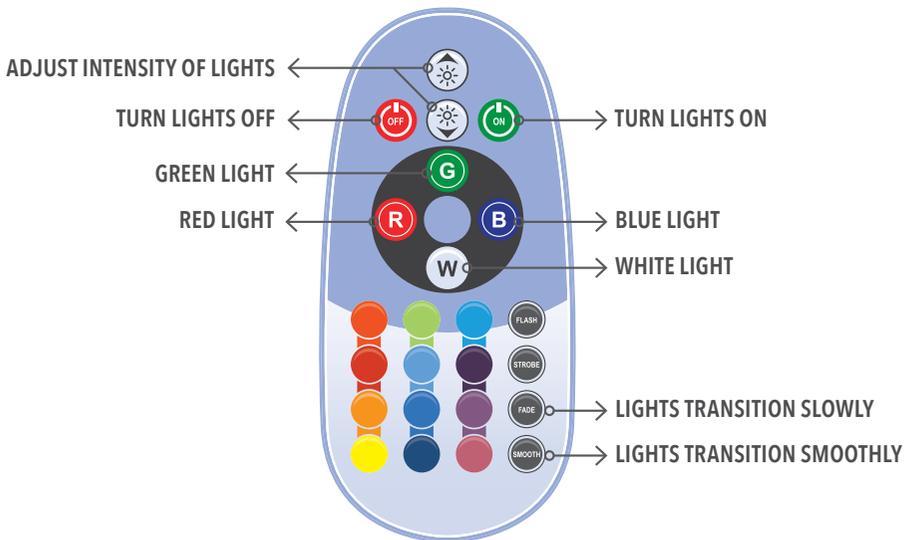
Fresh towels should be used when enjoying your sessions in the Solo. Bamboo Carbon towels can be purchased at <https://shop.sunlighten.com.au/collections/bamboo-carbon-towels>



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

CHROMOTHERAPY

Your Solo System comes equipped with Chromotherapy lighting. Chromotherapy is the science of using colours to adjust body vibrations to frequencies that result in health and harmony. Each colour possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. An imbalance of any of those colours can manifest itself in physical and mental symptoms. Colour therapy works on various energy points to help balance your body via the full spectrum of visible light, each colour addressing a distinct need.



HOW TO USE CHROMOTHERAPY

Make sure your Chromotherapy remote has a battery in it. During installation of your Solo domes, plug in the Chromotherapy light strip connector to the control box. You will need to point the remote at the control box within a 90cm radius. The lights will not operate otherwise.

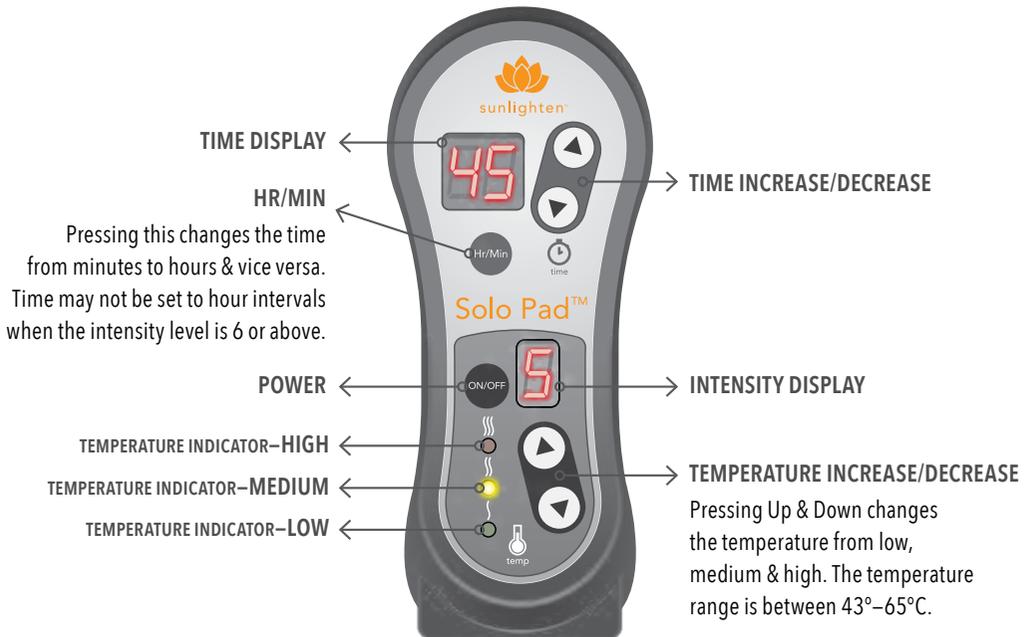
NOTE: Make sure when using the Solo domes that the Chromotherapy wires are not being pinched by the domes. This can cause the light strip to fail.

COLOUR GUIDE

-  Activates & eliminates impurities from blood stream.
-  Acts as a cleanser, strengthening the veins & arteries.
-  Relaxes lymphatic system. Treats inflammation/urinary illness.
-  Treats eye problems, cataracts, glaucoma, or nasal bleeds.
-  Lubricates joints. Treats infections, stress & nervous tension.
-  Stimulates muscle/skin cells, nerve & circulatory system.
-  Acts as a nerve relaxant.
-  Provides anti-infectious, anti-septic & regenerative stimulation.
-  Purifies skin; helps with indigestion & body distress.
-  Strengthens body & acts on internal tissues.
-  Activates the circulatory & nervous systems.
-  Burns fat; treats asthma & bronchitis.

SOLOPAD

1. Remove Solopad from box.
2. Unfold Solopad onto a solid surface.
3. Plug the power cord from the remote into a power outlet.
4. Press power on the Solopad remote.
5. Set temperature by pressing the temperature button until you reach the desired setting (low, medium, high).
6. Set time by pressing the time increase or decrease button until you reach the desired setting.
7. Place a large towel over the entire length of the Solopad.
8. Lay back & enjoy the relief of Sunlighten far infrared radiant heat.



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 approx. 15 minutes. Depending on room temperature, your sauna will heat up a degree every two minutes.
- Use Bamboo Carbon Towels to absorb sweat during sessions.

SAUNA SESSION

- To get your body accustomed to infrared therapy, start with 20-30 minute sessions at level 4 every other day.
- If comfortable with current settings, gradually increase towards 40 minute daily sessions in your 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 750ml of water or electrolyte to rehydrate.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a refreshing shower.

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 maximum heat of 55°C and for no more than 30 minutes.

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.

OPERATING INSTRUCTIONS

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

Even though the warm-up time of the sauna - before the user enters - is said to desiccate bacteria and thereby sterilize the sauna, we would ask that sauna users who have any communicable skin diseases, refrain from using this sauna.

HEART CONDITIONS

Sauna use is not recommended for persons with the following conditions: 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.

USAGE

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 level four. and increasing temperature gradually in later sessions, if you still feel comfortable. Please increase or decrease temperature settings according to your comfort levels. 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 the ones you will be loosing 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 & 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.

CARE & MAINTENANCE

- Unplug the power cord after each use.
- When unplugged, 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. Be sure not to get the control box or power cords wet during cleaning. Always keep the Solopad covered with a fitted Bamboo Carbon cover during use to keep it clean.
- Tri-Care Natural Cleaning products and anti-bacterial Bamboo Carbon towels are available at <https://shop.sunlighten.com.au>
- The control unit may be disconnected from the pad and both may be placed in the original packaging for storage in a cool place
- The outer material is made from Sunlighten Bamboo Carbon. Bamboo Carbon is a sustainable fiber with variety of minerals that offer unique attributes which make it anti-bacterial and help with odor absorption and improve air quality. Bamboo Carbon is eco-friendly, easy to clean and certified non-toxic.

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:

Solo Sauna

1 year comprehensive warranty on electrical, heater and cabinetry plus 4 years Residential use or 2 years Commercial use parts only warranty and telephone support

Solo Pad

1 year comprehensive warranty on electrical and heater

Sauna Accessories

SO Sound and 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





**359 Clarendon Street
South Melbourne VIC 3205**

ph 1800 786 544

sunlighten.com.au