

# What is SOLOCARBON infrared heating?

For many people, the word 'sauna' conjures up thoughts of discomfort - hot rocks, steam and high heat.



This old 'hot rock' method of sauna heating has hardly changed in hundreds of years.

Sunlighten have created a new type of sauna using **Solocarbon infrared heating**, so you can enjoy a deep sweat at more comfortable temperatures.



Infrared heat occurs naturally as the warmth we feel from the sun.

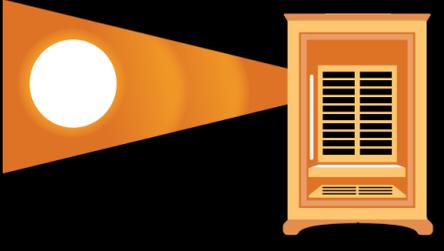


It has been used by health practitioners in devices such as heat lamps for many years.

What is infrared heat?



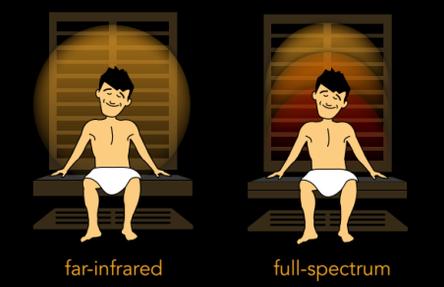
Sunlighten developed **Solocarbon infrared heaters** to deliver a highly refined infrared heat.



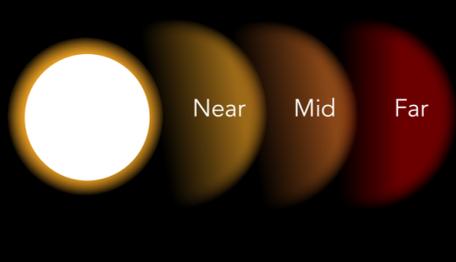
This infrared heat is entirely different to harmful UV light (used in tanning beds)



Sunlighten saunas use either **far-infrared heating** or **full-spectrum infrared heating**.



Within the infrared spectrum, there is **near-infrared**, **mid-infrared** and **far-infrared** heat.



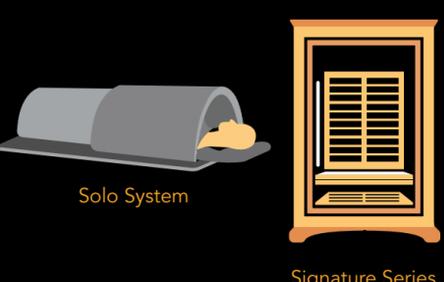
Which infrared heating option



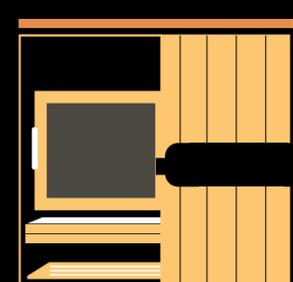
is right for you?

## FAR-INFRARED HEATING

Available in the **Solo System**, **Signature series** and **Community Saunas** by Sunlighten



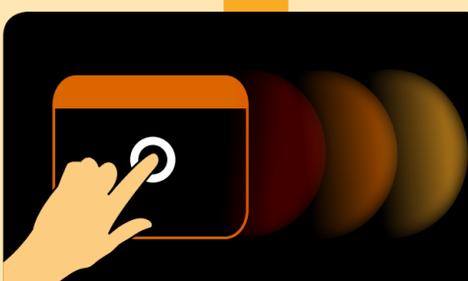
## FULL-SPECTRUM INFRARED HEATING



Available exclusively in **mPulse series saunas** by Sunlighten



Solocarbon **far-infrared** heating has been used in Sunlighten saunas for over 15 years.



Touchscreen controls harness the power of **full-spectrum infrared** heating.



**Far-infrared** heating delivers gentle, even and consistent warmth throughout the session to support a **specific** range of outcomes.



Choose from a **range of programs** that support specific outcomes with **targeted blends** of infrared heat.

Not sure which is right for you?

Sunlighten consultants are available **seven days a week** to answer your questions and recommend the right sauna for your needs.



**sunlighten**™  
empowering wellness