



# INFRARED SAUNA BUYER'S GUIDE

## 4 Most Important Factors to Consider

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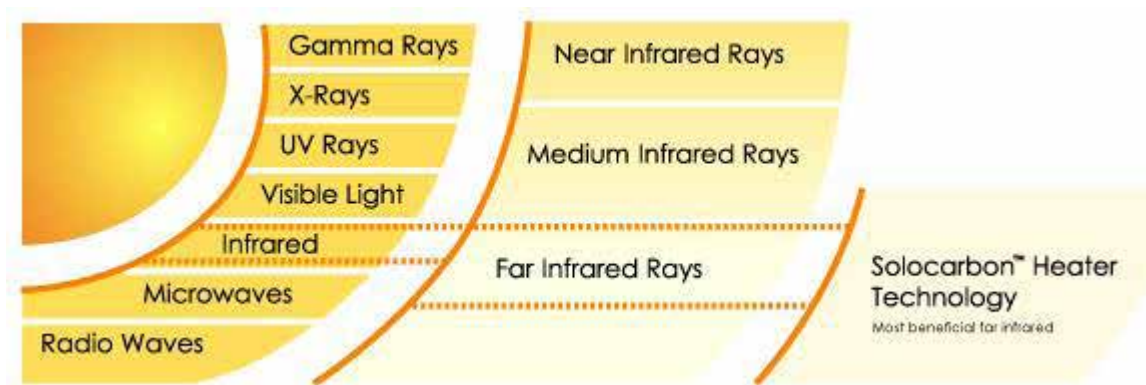
With so much information on the internet, researching infrared saunas can be confusing. There are hundreds of saunas online that look very similar, have various price points and have broad claims about health benefits. The truth is, there are many factors to consider, they are not all apples-to-apples comparisons and you do get what you pay for. Here are the top four key elements to consider:

1. **Quantity & Quality of Infrared:** Not all infrared is created equally
2. **Safety:** Look for 100% non-toxic materials and proper electrical certifications
3. **Quality Craftsmanship:** Online images can be deceptive; know what to look for
4. **Sauna Experience:** Enjoy vs. endure your sauna sessions

# 1. Quantity & Quality of Infrared: Not all infrared is created equally

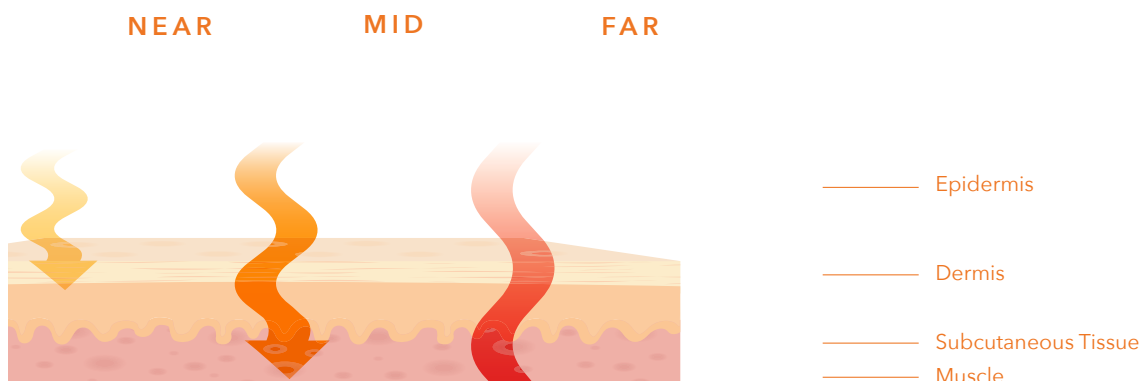
## WHAT IS INFRARED?

Infrared is the invisible part of the sun's light spectrum (experienced as heat) consisting of three parts: near, mid and far. Infrared is therapeutic because it penetrates human tissue producing a host of health benefits.



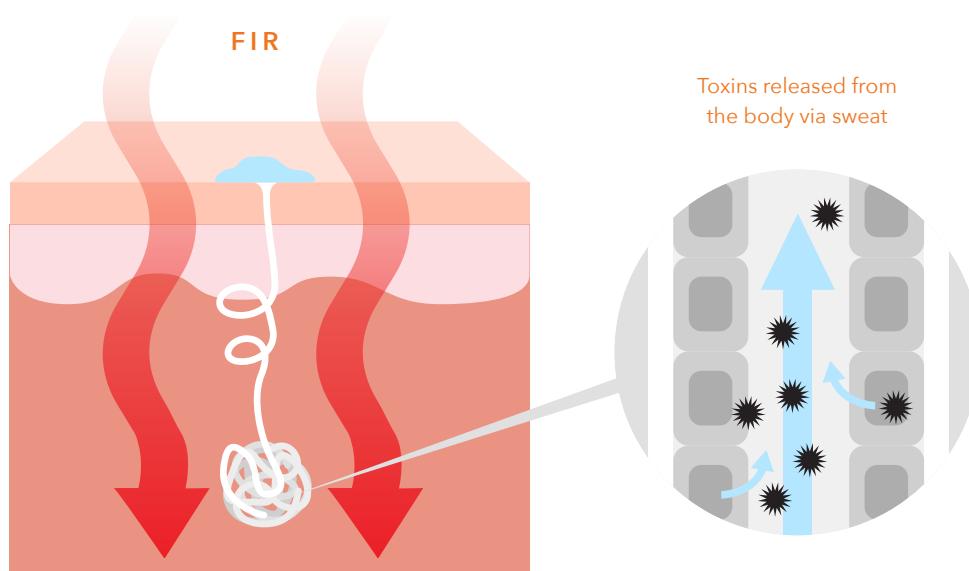
## INFRARED PROVIDES ENERGY FOR ALL LIVING THINGS TO GROW AND FLOURISH

How can these vital rays from the sun be reproduced? Read on for a breakdown on the science behind each wavelength.



## Far Infrared: The Longest Wavelength

Far infrared (FIR) is the longest wavelength and reaches deepest into the body where toxins are stored. By raising your core body temperature, FIR stimulates the sweat glands, resulting in a deep, detoxifying sweat that leaves you feeling revitalized. Plus, since sweating increases heart rate, cardiac output, and metabolic rate, you're also burning calories.



### PURE FAR INFRARED ENERGY THAT YOUR BODY CAN ABSORB

In order to achieve FIR at its peak, there are three scientific fundamentals required:

- + **Total surface area:** The heat produced by a larger heater will be distributed over a larger surface area, however the overall surface temperature will be lower than that of a smaller heater (where the heat is concentrated on a smaller surface).
- + **Surface temperature:** The cooler the surface area of the heater, the more far infrared energy the heater will produce. To provide the peak wavelength of 9.4 microns, you have to be able to control the surface temperature of an object.
- + **Emissivity:** The ability of an object to emit or absorb energy. A perfect black body (an ideal object that both emits and absorbs infrared) has an emissivity of 1, emitting 100% of infrared energy.



## Mid Infrared: The middle wavelength

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To produce mid infrared (MIR) at its peak, sauna heaters must maintain a surface temperature of 250 celsius or 482 fahrenheit. Though many sauna companies claim to provide full spectrum, the polypropylene material used in their heaters actually melts at the high temperature required for MIR.

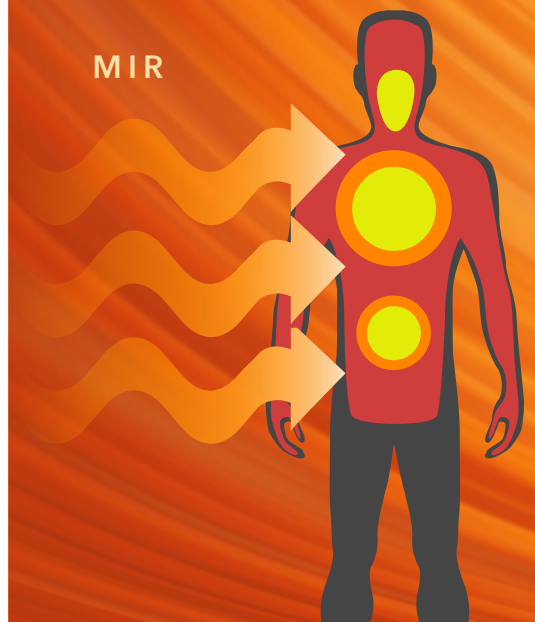
### **MIR INCREASES THE HEALING PROCESS AND ASSISTS WITH PAIN RELIEF**

Mid infrared increases circulation, helps reduce inflammation that has accumulated within the joints and helps reduce pain caused by inflammation. Increased circulation also helps with healing by assisting with the delivery of blood, oxygen and nutrients to the injured area.

### **MIR & FIR ASSIST WITH WEIGHT LOSS**

Mid and far infrared penetrate deeper than near infrared and start to agitate the cells. This agitation causes an increase in the body's core temperature. As the core temperature slowly increases, the body will work harder to cool itself down causing an increase in heart rate, metabolic burn and caloric burn.

MIR

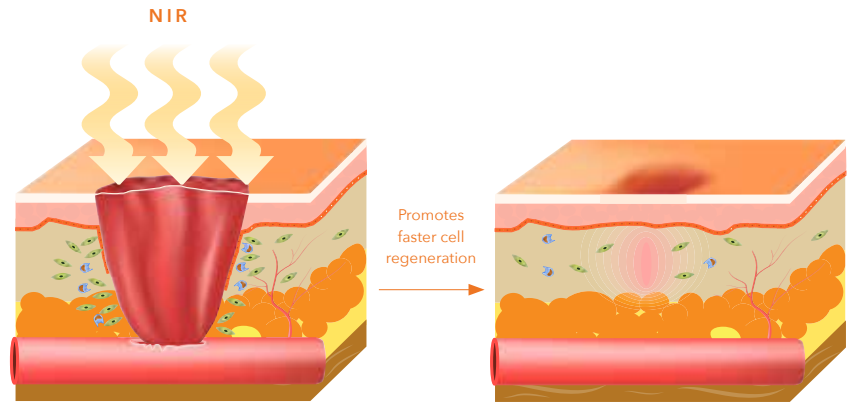




## Near Infrared: The shortest wavelength

Near infrared (NIR) is the shortest and the hottest wavelength. In order to make NIR safe and therapeutic, the light source needs to emit NIR at a singular wavelength with minimal variability and virtually undetectable heat and light.

Scientific research shows that when delivered at the vital wavelength of 880nm without extreme heat or light, NIR promotes skin renewal, cell health, wound healing, and tissue growth.<sup>1</sup>



### ONLY LEDs CAN PROVIDE TRUE NIR

NIR heaters consisting of high-wattage halogen bulbs at extremely high temperatures are not comfortable or beneficial. LEDs are effective because they can trigger a natural photo-biochemical reaction (similar to how plants use chlorophyll to convert sunlight into plant tissue).

<sup>1</sup>Whelan et al; Effect of NASA Light Emitting Diode Irradiation and Wound Healing. Journal of Clinical Laser Medicine & Surgery, Volume 19, Number 6, 2001, Mary Ann Liebert, Inc, pp. 305-314.

## 2. Safety: Look for 100% non-toxic materials and electrical certifications

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If you are purchasing an infrared sauna for health benefits, you should make sure there are no shortcuts in the manufacturing process.

### NON-TOXIC MATERIALS:

Verify that 100% non-toxic materials are used inside and out. Sunlighten's 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.



### ELECTRICAL CERTIFICATION:

You'd never buy an electric oven or other home appliance without knowing it met all safety and performance standards. Buying an infrared sauna shouldn't be any different. Before buying a sauna, be sure it carries the appropriate safety certification. Sunlighten saunas have been tested and approved by numerous safety agencies and are ETL-certified. To verify ETL certification on any electrical product, [visit the Intertek Directory](#) and search by company name.

**At Sunlighten, we do not purchase saunas from mass-production sauna factories. We control the entire manufacturing process from sourcing raw materials to quality checks on the final product.**

[Learn more about our manufacturing process.](#)

### 3. Quality Craftsmanship

Online images can be deceptive. Here is what to look for:

- + Verify it is made with 100% premium wood construction
- + Look for non-toxic or hypoallergenic wood
- + Check for double-wall construction and wood thickness (should be 8-10mm AFTER sanding)
- + Compare the bench dimensions for comfort



- + Look at the assembly process to understand how the sauna is held together. A magnetic locking system eliminates unsightly buckles or screws and creates a better seal between the walls to keep the heat in and the cold air out.

#### SIDE-BY-SIDE COMPARISON OF INFRARED SAUNAS





ENJOY WHAT'S GOOD FOR YOU

#### 4. Sauna Experience: Enjoy vs. endure your sauna sessions

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A sauna session should not be something you have to push yourself to complete. An extremely hot environment can make you anxious for the session to end and likely to stop short. Worse yet, if it is that hot, you probably are not receiving the most therapeutic wavelength (see infrared quality section above).

A Sunlighten infrared sauna session provides a comfortable, gentle heat that is enjoyable for the entire session and leaves you feeling invigorated, light and energized.

Whether you prefer a gentle or intense heat, Sunlighten saunas are designed to give the end-user control of their experience.

#### **ADD ANOTHER LAYER OF EXPERIENCE WITH A.R.T.**

Only Sunlighten offers Acoustic Resonance Therapy (ART) to take your session to the next level. ART combines vibration and sound to bring you to a deeper state of relaxation.







# WHICH SUNLIGHTEN SAUNA IS BEST FOR YOUR SPECIFIC NEEDS?

## THE SOLO SYSTEM®

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Say hello to Solo! Our Solo System® sauna is like a sleeping bag for your soul. It is the best portable far infrared sauna on the market offering you solace in an affordable, highly effective way.

+ 9 Solocarbon Heaters   + Ultra-low EMF   + Built-in Chromotherapy   + Easy to Store



[Click here to learn more about our Solo System.](#)



## THE SIGNATURE® SERIES

Signature® far infrared saunas are the most effective far infrared saunas available with Solocarbon heat as the active ingredient. Solocarbon is the only heater on the market clinically shown to raise core body temperature, lower blood pressure and aid in weight loss.

+ Solocarbon Heaters + Ultra-low EMF + Beautiful Craftsmanship + Magne-Seal Assembly

Signature I



Signature II



Signature III



Signature IV



Community Signature



[Click here to learn more about our Signature far infrared saunas.](#)



## THE MPULSE® SERIES

A home sauna so smart, it's brilliant. The mPulse® is the only true full spectrum infrared sauna with Solocarbon 3-in-1® heaters to emit near, mid and far wavelengths at their peak.

+ Customizable 3-in-1 heaters + 7 Wellness Programs + 10.1" Android Control + Built-in Media Apps



mPulse Aspire



mPulse Believe



mPulse Conquer



mPulse Discover



mPulse Empower

[Click here to learn more about our mPulse 3-in-1 saunas.](#)