



Heating Technology

Sunlighten has led the industry since 2002, with the invention of SoloCarbon® infrared heating technology. This technology introduced the world to the first controllable, full spectrum infrared heater. Inside the sauna, clients are able to control the settings - ranging from near-infrared light that aids in pain and muscle relief, to mid-infrared light that assists in fat burning and weight loss, to far-infrared light that deepens the core sweat and is whole-body detoxifying.

| Near Infrared | Mid Infrared | Far Infrared |
|---|---|--|
| <ul style="list-style-type: none">-Cell Health/Immunity-Skin Purification-Pain Relief | <ul style="list-style-type: none">-Pain Relief-Improved Circulation-Weight Loss | <ul style="list-style-type: none">-Weight Loss-Detoxification-Blood Pressure Reduction |

Clinically Tested Infrared Sauna Benefits

Our proprietary SoloCarbon heaters provide 7x more effective detoxification than those found in traditional saunas AND are the only infrared technology with clinical data shown to reduce blood pressure, increase core temperature, and aid in weight loss.

Recommended by Health Experts

We offer the line of saunas used by more wellness providers and endorsed by more health professionals than anyone due to our ability to safely and most effectively deliver the sun's naturally healing radiant heat.

Relaxation

Sunlighten saunas have been designed with the utmost in comfort for greater relaxation and stress-reduction.

Relaxation is more important to health than most people realize. The American Institute of Stress estimates that 75 to 90% of all visits to primary care physicians are for stress-related problems. Long-term stress is the cause of countless physiological effects on the body, including increased blood pressure, weight gain and weakening of the immune system.

According to New York Times best-selling author and fitness expert Jorge Cruise - as well as many other health professionals - the more stressed you are, the more cortisol your body produces. Cortisol is a "fight or flight" hormone made in the adrenal glands that raises heart rate and blood pressure and leads to the deposit of excess calories in the midsection.

Scientific evidence also shows that infrared sauna therapy helps the body maintain healthy levels of cortisol. While cortisol levels stay the same or rise slightly during a sauna therapy session, they drop immediately afterward. In fact, Sunlighten saunas have been clinically shown to reduce both systolic and diastolic blood pressure with regular use.

Through the use of cutting-edge SoloCarbon heating technology, Sunlighten saunas deliver the most therapeutic infrared sauna heat per square inch (up to 99% efficient), so that you can be enveloped in soothing warmth to help you relieve stress, ease your muscles and fully relax. And with the inclusion of our exclusive SO Sound acoustic vibrational therapy, you won't be able to find a more effective combination of infrared sauna heat and musical massage to induce deep relaxation and tension relief.

Sunlighten saunas are guaranteed to help you relax in natural comfort with an invigorating deep tissue sweat that will have you feeling fully refreshed after every sauna session.

Weight Loss

If you're looking to lose weight, Sunlighten can help. In a recent study, our saunas were shown to promote weight loss by burning calories while you relax in total comfort.

It is no secret that maintaining a healthy weight is important for overall quality of life. In fact, a 10-year study published by The New England Journal of Medicine found that waist circumference by itself is a critical factor in assessing the risk of premature death. In other words, if you can maintain a healthy weight, you may increase your likelihood of a longer, healthier life.

When it comes to burning calories with infrared heat, only Sunlighten saunas have been clinically shown to dramatically aid in weight loss. Results from a 2009 study indicated that Sunlighten saunas are beneficial for lowering weight and waist circumference in just a 3-month period. And for those who are sedentary due to medical conditions such as osteoarthritis, cardiovascular or respiratory problems, results were even more profound.⁽¹⁾

Another study showed that 30-minute infrared sauna weight loss sessions can burn upwards of 600 calories. During a sauna weight loss session, your core temperature increases and the body works hard to cool itself. While using an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories. Blood flow is reported to rise from a normal 5-7 quarts per minute to as much as 13 quarts per minute.⁽²⁾

Regular use of a Sunlighten sauna may be an effective means of cardiovascular conditioning and burning of calories, akin to regular exercise. So owning and using a Sunlighten sauna for infrared weight loss therapy is like giving yourself a passive cardio workout - whenever you need it!

(1) Dr. Richard Beever BSc, MD, CCFP. *Do Far-Infrared Saunas have Measurable Health Benefits? A Sequential Longitudinal Interrupted Time Series Design Study.* 2009. Dr. Richard Beever BSc, MD, CCFP. *Do Far-Infrared Saunas have Cardiovascular Benefits in People with Type 2 Diabetes?* *Canadian Journal of Diabetes* 2010; 34 (2) :113 - 118.

(2) Dr. Masakazu Imamura, MD, et al. *Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors.* Vol. 38, No. 4, 2001. *Journal of American College of Cardiology*: pp 1083-1088.

Pain Relief

One of the most compelling reasons to purchase a Sunlighten sauna is the natural pain relief associated with infrared sauna therapy.

Sunlighten infrared sauna owners love to tell us about the pain relief properties of their sauna sessions. You too can toss the pain pills and step into one of our healing infrared sanctuaries to relieve tension and relax muscles. Sunlighten infrared sauna heat works by penetrating joints, muscles and tissues, increasing circulation and speeding oxygen flow. By reducing soreness on nerve endings, our infrared heat reduces muscle spasms and helps the body heal itself naturally.

For years, doctors have recommended Sunlighten saunas because of proven relief from sports injury, chronic fatigue syndrome, fibromyalgia, arthritis and other chronic pain conditions.

According to Dr. Jeffrey Spencer, a sports medicine expert from the University of Southern California, "infrared wavelengths penetrate the body to create heat, which creates profound therapeutic benefits. They increase blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal."

A recent Japanese study published in the journal, *Internal Medicine*, showed that chronic pain patients experienced a significant reduction in pain levels (nearly 70%) after the first session of infrared sauna therapy. Pain scores also decreased significantly and remained low throughout the observation period. Researchers concluded that infrared heat therapy is effective for chronic pain treatment.⁽¹⁾

Additionally, a NASA study done by Dr. Whelan with near-infrared heat, determined that LED technology allows for deep penetration of tissue and increased cell growth from the inside.⁽²⁾

Sunlighten's mPulse® series -- with its proprietary SoloCarbon heating technology -- is the only sauna on the market that offers LED-based near infrared heat at this proven level.

Finally, a 2003 study conducted by the Department of Dermatology and Institute of Medical Research showed that use of near-infrared heat therapy helped the production of white blood cells to alleviate inflammation and reduce swelling, two key factors in easing bodily pain.⁽³⁾ Again, only mPulse's heating technology is scientifically proven to deliver these types and levels of therapeutic near-infrared wavelengths.

(1) *Internal Medicine (Tokyo) Aug 15, 2008 by Matsushita K, Masuda A, Tei C. The First Department of Internal Medicine, Kagoshima University Hospital, Kagoshima, Japan.*

(2) *Whelan et al; The NASA Light-Emitting Diode Medical Program- Progress in Space Flight and Terrestrial Applications. CP504, Space Technology and Applications International Forum-2000, edited by M. S. El-Genk. Copyright 2000 American Institute of Physics I-56396-9 19-X/00.*

(3) *Lidija Kandolf-Sekulovic, Milena Kataranovski, Milos D. Pavlovic. Immunomodulatory Effects of Low-Intensity Near-Infrared Laser Irradiation on Contact Hypersensitivity Reaction. Photodermatol Photoimmunol Photomed 2003; 19: pp 203-212, Blackwell Munksgaard.*

Blood Pressure Reduction

Only Sunlighten saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart.

As part of a blood pressure therapy program, regular use of a Sunlighten infrared sauna is good for your heart! In the U.S. alone, one in three adults suffers from heart disease, stroke or some other form of cardiovascular disease in their lifetime. High blood pressure increases your risk of getting heart disease, kidney disease or serious stroke.

Only Sunlighten saunas have been clinically determined to provide one of the best, natural ways to lower blood pressure. In a 2005 clinical study by the University of Missouri Kansas City, Sunlighten's SoloCarbon heaters were shown to lower blood pressure through a program of 30-minute infrared sauna sessions 3 times per week. The study concluded that Sunlighten infrared sauna therapy dilated blood vessels and reduced the volume of their inner lining, thus increasing circulation to promote healthy blood pressure.

Additionally, a Japanese study published in the October 2008 issue of *The Journal of Cardiology* examined the clinical effectiveness and safety of infrared blood pressure therapy, as compared to standard therapies for patients with chronic heart failure. The report concluded that far-infrared sauna therapy is both safe and effective at improving clinical symptoms and cardiac function as well as decreasing cardiac size in chronic heart failure patients. Repeated infrared sauna treatments improved impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventive role for infrared sauna use for arteriosclerosis.⁽¹⁾

(1) *Journal of the American Medical Association, August 1981;*

Improved Circulation

Owning and using a Sunlighten sauna for infrared therapy is like giving yourself a passive cardio workout - whenever you need it!

As a health sauna, Sunlighten heats your muscles with infrared rays and produces an increase in blood flow similar to regular exercise. In fact, blood flow during infrared sauna use has been reported to rise from a normal rate of 5-7 quarts per minute to as much as 13 quarts per minute.⁽¹⁾

The elevation in body temperature from Sunlighten sauna use also produces an increase in blood flow that mirrors the benefits of a passive cardiovascular workout. Regular infrared sauna use - especially in the mid-infrared range - has been shown to significantly stimulate blood flow, even after your sauna session is completed. A cardio workout has never been so relaxing! Another benefit of improved circulation from Sunlighten sauna use is quick muscle recovery after your regular workouts. The increased peripheral circulation from our infrared heat reduces inflammation, decreases pain and speeds healing, all important steps in helping the body recover from strenuous activity.

More health experts recommend Sunlighten saunas than any other because of proven effectiveness. According to Dr. Rachel West, "the cardiovascular cleansing properties of Sunlighten saunas allow the circulatory system to have increased circulation and oxygenation while lowering blood pressure." Dr. Mark Hyman, New York Times bestselling author and editor-in-chief of the peer-reviewed medical journal *Alternative Therapies in Health & Medicine*, owns a Sunlighten sauna and says, "Sunlighten saunas improve circulation, help with weight loss, balance blood sugar and improve detoxification."

(1) Dr. Masakazu Imamura, MD, et al. Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors. Vol. 38, No. 4, 2001. *Journal of American College of Cardiology*: pp 1083-1088.

Skin Rejuvenation

As part of a sauna skin therapy program, Sunlighten infrared saunas help restore skin to a youthful appearance.

Forego expensive cosmetic treatments that may have limited effects or questionable long-term safety. Instead, rejuvenate your skin while also receiving all of the other health benefits associated with Sunlighten's leading infrared sauna therapy.

A study published in *The Journal of Cosmetic and Laser Therapy* showed significant improvements in skin appearance after just 12 weeks of sauna skin therapy using near-infrared technology. Participants experienced a reduction in wrinkles and crow's feet, as well as improved overall skin tone, including softness, smoothness, elasticity, clarity and firmness.⁽¹⁾ Sunlighten's SoloCarbon heating technology is the only infrared sauna heater on the market with near-infrared technology!

Sauna skin therapy works! Our customers have spoken: "I have been using my Sunlighten sauna almost every day and I absolutely love it. I've noticed that my complexion is getting better. I've struggled with break-outs for as long as I can remember. Since using the sauna my face is looking so much better. It has a healthy glow and the fine lines on my face seem to be lessened too. My husband has started using it frequently and now my teenage son. His complexion looks great; makes me wish we had a sauna when I was a teen! - Eva B., satisfied customer

"As so many people reported, my Sunlighten sauna has changed the character of my skin. It is much suppler without having to add moisturizers. After just two sessions a girlfriend asked me what I been doing because my face looked so much smoother and younger (I have a lot of acne scarring, and it seems to have softened the appearance). Delighted and will continue to use!" - Alyne H., satisfied customer

(1) B.A. Russell, N. Kellett & L.R. Reilly. Study to Determine the Efficacy of Combination LED Light Therapy (633nm and 830 nm) in Facial Skin Rejuvenation. Journal of Cosmetic and Laser Therapy, 2005; 7: pp 196-200.

Wound Healing

Our advanced SoloCarbon heating technology has the unique ability to heal wounds faster and minimize scarring through the use of near infrared LEDs. No other sauna can do this.

Skin plays a vital role in the protection of our bodies from the external environment. When broken, it is important repair it quickly to prevent infection or further problems. Saunas have not been able to provide the benefit of wound healing...until now.

Sunlighten's SoloCarbon is the only heater on the market capable of producing near-infrared (NIR) light using LED technology. This is the same technology used in scientific research that concluded NIR therapy greatly enhances the wound healing process.

Studies conducted by NASA concluded that NIR LED light significantly promotes faster cell regeneration, wound healing and human tissue growth. Human cell growth increased by 155%-171% in some cases and wound size decreased by 36%.⁽¹⁾

(1) 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.

Cell Health, Muscle Recovery & Immunity

Stay healthy with the natural preventive properties of Sunlighten's exclusive heating technology, which aids in cell health, muscle recovery and overall immunity defense.

Sunlighten infrared therapy stimulates the circulatory system, causing the heart to beat more vigorously and blood vessels to dilate, which help cleanse the circulatory system and more fully oxygenate the body's cells.

Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.

Sunlighten's research-backed near infrared heating technology can strengthen the immune system. In fact, a NASA study showed this same near infrared therapy, delivered by LEDs deep into body tissue, can quadruple cell health and tissue growth.⁽¹⁾

Several studies have shown that LEDs (like those found in our mPulse saunas) stimulate white blood cell production and collagen growth by increasing energy at the cellular level.

A study done at the Medical College of Wisconsin demonstrated that LED-produced near infrared helps promote cell health and regeneration.⁽²⁾ The LEDs in our SoloCarbon heaters produce infrared in this same range.

A study from The American Society for Biochemistry and Molecular Biology concluded that LED near infrared restores enzyme activity and reduces cell death by half.⁽²⁾

According to The Doctor's Prescription for Healthy Living, Sunlighten's infrared heat is one of the best treatments for sprains, strains, muscle spasms, and other injuries associated with sports because it works by penetrating joints, muscles and tissues, speeding oxygen flow and increasing circulation.

"Regardless of the extent of the injury, someone who regularly uses this type of sauna will recover faster," explains Dr. Jeffrey Spencer, a sports medicine expert. "It doesn't add additional stress to the body or the injury. It actually works with the body to heal."

(1) Harry T. Whelan, Ellen V. Buchmann, Noel T. Whelan, Scott G. Turner, Vita Cevenini, Helen Stinson, Ron Ignatius, Todd Martin, Joan Cwiklinski, Glenn A. Meyer, Brian Hodgson Lisa Gould, Mary Kane, Gina Chen, James Caviness. NASA Light Emitting Diode Medical Applications From Deep Space to Deep Sea. CP552, Space Technology and Applications International Forum-2001, edited by M. S. El-Genk. Copyright 2001 American Institute of Physics 1-56396-980-7/01.

(2) Margaret T.T.Wong-Riley, Huan Ling Liang, Janis T. Eells, Britton Chance, Michele M. Henry, Ellen Buchmann, Mary Kane, and Harry T. Whelan. Photobiomodulation Directly Benefits Primary Neurons Functionally Inactivated by Toxins: Role of Cytochrome C Oxidase. JBC Papers in Press. Published on November 22, 2004 as Manuscript M409650200. Copyright 2004 by The American Society for Biochemistry and Molecular Biology, Inc.

Detoxification

Sweating is the body's safe and natural way to heal and stay healthy. Sunlighten saunas are designed to promote deep, natural, detoxifying sweat.

Sauna detox is a widely-used treatment in alternative medicine. Recently, it has received significant mainstream attention as a result of a movement toward natural and self-directed treatments. The leading sauna detoxification principle suggests that common illnesses are caused by the build-up of toxic substances in the body. Ridding the body of these toxins through a natural sauna detox may help relieve symptoms, prevent future illness and increase overall health and vitality.

Reports from the United States Center for Disease Control estimate that over 80% of all illnesses have causes rooted in personal environments or lifestyles. In an industrialized society, we can do little to reduce exposure to toxins in the air we breathe and the food we eat. As a result, sauna detox has become a leading treatment to achieve greater health and wellness.

Researchers have long known that toxic substances, including heavy metals, are secreted from the body through sweat. Therefore, the more one can safely sweat (while maintaining proper hydration), the greater quantity of toxins will be released from the body. Sauna usage is one of the most effective methods of inducing a detoxifying sweat. In a sauna detox, sweat carries toxins out of the body through the pores. But not all saunas are the same.

The far-infrared heat generated by a Sunlighten sauna produces sweat that carries nearly 20% toxins. In a traditional sauna, you can only expect up to 3% toxins. As such, a sauna detox in a Sunlighten sauna is up to 7 times more effective than in a traditional sauna. This incredible detoxification is accomplished through Sunlighten's proprietary and highly-efficient infrared heating technology. Sunlighten's heating technology is the only sauna heater clinically shown to actually raise core body temperature by 2 to 3 degrees (vs. simply heating the air around the body). As a result, regular usage of a Sunlighten sauna provides a truly deep, productive and detoxifying sweat at the cellular level, where toxins reside.