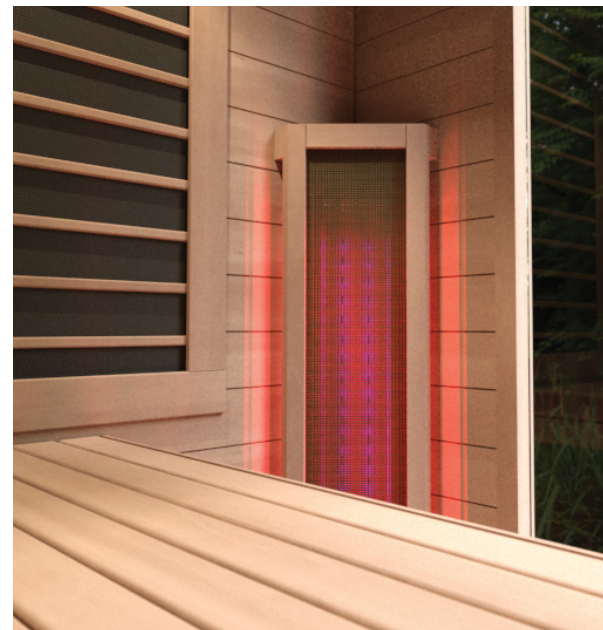




OWNER'S MANUAL
VERSION 11302023





Congratulations!

You are now the owner of an Amplify sauna. With Sunlighten infrared light, 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.

WARNING:

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.



OWNER'S MANUAL
VERSION 11302023

TABLE OF CONTENTS

PRE-INSTALLATION

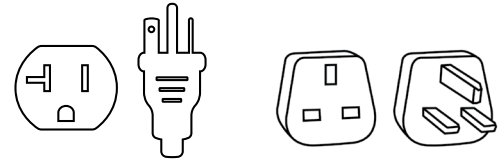
Specifications	4
Pre-Installation Info	5

OPERATING INSTRUCTIONS

Control Panel	6
Chromotherapy	7
Warm-Up Time/Usage	9
Sauna Protocol	10
Health/Safety	11
FAQ	12
TROUBLESHOOTING	15
WARRANTY	16

Additional guides, including assembly, can be found at sunlighten.com/customer-service/guides-and-specs.

Amplify SERIES SPECIFICATIONS



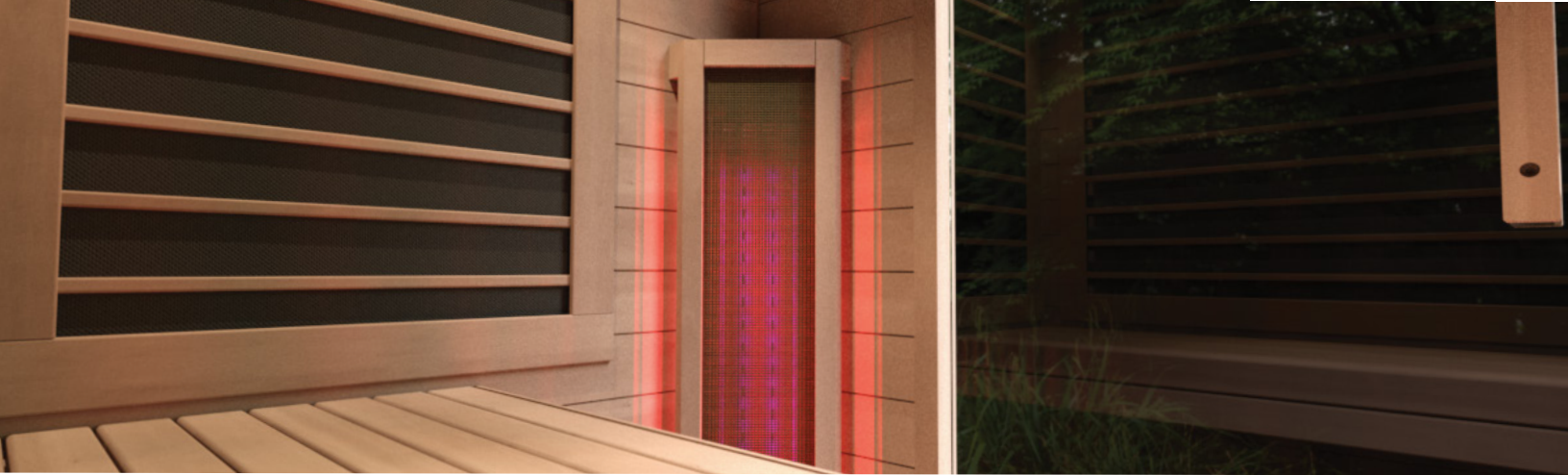
US: NEMA 5-20

UK: NS-17

It is important when installing the dedicated circuit for your unit not to include a GFCI (Ground Fault Interruptor) or AFCI (Arc Fault Circuit Interruptor). These are often installed in household electrical setups as a means of surge and arc protection, but will mistake the power operation of our units for these and trip the breaker, disrupting sauna use. Please note if your codes require an AFCI or GFCI, please install Class C to ensure unit performance.

AMPLIFY II	
Dimensions (W x L x H)	50.9" x 45.9" x 77.7" 1,293 mm x 1,167 mm x 1,973 mm
AMPLIFY III	
Dimensions (W x L x H)	62.3" x 45.9" x 77.7" 1,583 mm x 1,167 mm 1,973 mm

US: United States	AMPLIFY II: 120V,1880W,15.67A AMPLIFY III: 120V,2020W,16.83A	AMPLIFY II: H07RN-F, 120V-20A, Plug Type: NEMA 5-20P AMPLIFY III: H07RN-F, 120V-20A, Plug Type: NEMA 5-20P
UK: United Kingdom IE: Ireland SG: Singapore KW: Kuwait	AMPLIFY II: 230V-8.78A AMPLIFY III: 230V-9.38A	H07RN-F,250V-13A,Plug type:NS-17
AU: Australia NZ: New Zealand	AMPLIFY II: 240V-9.17A AMPLIFY III: 240V-9.79A	H07RN-F,250V-15A,Plug type:HWRP15CL
BE: Belgium FR: France VN: Vietnam TH: Thailand IN: India	AMPLIFY II: 230V-8.78A AMPLIFY III: 230V-9.38A	H07RN-F,250V-16A,Plug type:MT-32 or NS-13
MY: Malaysia	AMPLIFY II: 240V-9.17A AMPLIFY III: 240V-9.79A	H07RN-F,250V-13A,Plug type:NS-17
CN: China	AMPLIFY II: 220V-9.17A AMPLIFY III: 220V-9.79A	H07RN-F,250V-16A,Plug type:HC-316



PRE-INSTALLATION

1. If your sauna requires a dedicated outlet according to the table on page 4, please have a certified electrician install a dedicated outlet for sauna. Failure to do so will void all warranty.
2. Remember your sauna should be assembled by two or more people.
3. Do not place plumbing or plumbing fixtures in or around the sauna.
4. Keep all liquids away from the heating panels, electronics, and interior wood.
5. Install sauna on a level surface.
6. Install sauna in an area that is dry and protected from the weather.
7. Keep flammable objects and corrosive chemical substances away from the sauna.
8. Installation of the sauna in an area below standard room temperature can increase warm-up time.

WARNING

READ BEFORE OPERATING

To reduce risk associated with hazardous voltage & fire:

- Unplug the sauna from electrical outlet before storage or when not in use for extended periods of time.
- Do not operate the sauna if it's not on a dedicated electrical circuit, or has a damaged power cord/plug.
- If the sauna is not working properly or an odor persists, immediately unplug the sauna.
- Do not leave the sauna unattended while turned on, or in use.
- Never cover holes or floor grate with towels, mats, garments, etc.

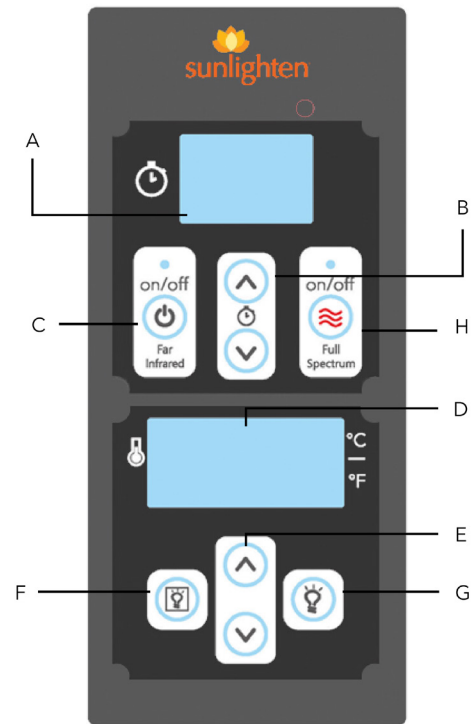
OPERATING INSTRUCTIONS

INSTRUCTIONS

1. Plug in sauna.
2. Press the On/Off button to turn on your sauna.
3. Press the Full Spectrum On/Off button to cycle through various intensity levels. As seen in the chart on the bottom right, there are four levels:
 1. Red = Intense Heat
 2. Blue = High Heat
 3. Green = Moderate Heat
 4. Black = No Heat
4. Top Display: Press arrow Up or Down to set desired session time (sauna heaters will automatically turn off when time has reached 0).
5. Bottom Display: Press arrow Up or Down to set desired temperature.

Note: Press both temperature arrows simultaneously to change from Celsius to Fahrenheit. After 5, or so, seconds the display will show actual interior temperature.
6. Press outside lights button (G) to turn On/Off exterior lights.
7. Press inside lights button (F) to turn On/Off interior lights.

Control Functions	
A	Time Display
B	Time Control
C	Far Infrared Power
D	Temperature Display
E	Temperature Control
F	Interior Lights
G	Exterior Lights
H	Full Spectrum Power



Full Spectrum Heat Intensity Level	
	Intense Heat
	High Heat
	Moderate Heat
	No Heat

AMPLIFY CHROMOTHERAPY

Your Amplify 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. **You will need to point the remote directly at the lights to operate your lights.**

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

WARM-UP TIME & USAGE GUIDELINES

The controls are preset to 60 minutes at 165°F (74°C). This is the maximum temperature setting, as the actual temperature will not reach this during normal use. If the system reads a temperature exceeding the set temperature, it will deactivate the heaters to bring the air temperature back down under the limit. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for at least 30-45 minutes. The sauna heats up at an average of 1 degree per minute. Follow these steps for proper warm-up:

- Step 1:** Make sure your sauna is plugged into a dedicated outlet installed by a certified electrician.
- Step 2:** Check the settings on the keypad. The default setting should be set to 151°F (66°C) and the timer set to 60 minutes.
- Step 3:** When turning sauna on for the first time, ensure each heater is warming up after a couple of minutes. If they are not, check roof connections.

NOTE: If your sauna is outside or in an unheated garage, sun room, basement, or patio, it may require additional time to warm the sauna up. Warm time is impacted by the temperature of the surrounding surface and room. Keep in mind you are required to have an authorized Sunlighten cover over your sauna if it is outside or exposed to the weather in order to maintain your warranty.



WARNING: The full-spectrum heaters are extremely hot. Touching the heater or wooden frames may cause burns. Do not place objects on or around the full-spectrum heaters.

4-HOUR TIMER MODE

- Turn off the sauna.
- Press and hold the power button until the timer display reads “4h” (~15 seconds or so).
- The unit will now be in “4-Hour Timer” mode and will stay in that mode until it is either canceled (instructions below) or the unit is unplugged.

To cancel “4-Hour Timer” mode: with the unit off, press and hold the power button until the display turns on.

RESERVATION MODE

- Turn off the sauna.
- Press the timer up and timer down arrows simultaneously.
- A digit will appear on the timer section of the screen to indicate the number of hours before the sauna turns on.
- When the timer counts down to “0,” the sauna will turn on for a 60-minute session and will be set to 151°F (66°C).

To cancel a reservation, press the timer up and timer down arrows simultaneously until the time display turns off. At this point you can turn the sauna on normally.

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. 45 minutes. Depending on room temperature, your sauna will heat up one degree per minute.
- Use towels to absorb sweat during sessions.

SAUNA SESSIONS

- Begin your session when your sauna reaches 100.4°F (38°C).
- The optimal sauna experience occurs between 100.4°F (38°C) and 129°F (54°C).
- 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 in the 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 24 oz (.7 L) of water or electrolyte to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.
- After every use, dry off your units' interior surfaces. Every 2-3 uses, use our Natural Sauna Cleaner (shop-us.sunlighten.com/collections/maintenance).

**Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.*

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

If any of the below apply to you, consult your physician prior to sauna use:

- Medications
- Children
- Elderly
- Chronic conditions / diseases associated with reduced ability to sweat or perspire
- Hemophiliacs / individuals who are prone to bleeding
- Cardiovascular conditions
- Pacemaker / defibrillator
- Alcohol / alcohol abuse
- Fever
- Sensitivity to heat
- Pregnancy
- Joint Injury
- Implants

For more information on [saunas](https://sunlighten.com/saunas), visit sunlighten.com/saunas, and [contraindications](https://sunlighten.com/contraindications), visit sunlighten.com/contraindications.

FREQUENTLY ASKED QUESTIONS

ASSEMBLY

Can I assemble my sauna outdoors?

Yes, if you protect it with a Sunlighten sauna cover. **If you place your sauna outdoors without a Sunlighten cover, your warranty will be void.** The sauna covers are custom made and may not arrive until after you receive your sauna. Do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty. Check the sauna cover annually for normal wear and replace as needed. Sauna cover manufacturer warranty is one year. Sauna cover manufacturer warranty is one year. Visit sunlighten.com/customer-service/guides-and-specs for sauna cover instructions.

How much room is required around my sauna for setup and maintenance?

We recommend 4-12 in. (10-30 cm) of clearance around the back, sides, and 12 inches at the top of the sauna to access plugs and for general maintenance. Leave at least 4 in. (10 cm) behind the unit to allow the electronics to cool.

What surfaces can I set my sauna on?

You can set your sauna on tile, concrete, carpet, laminate or wood. **Always have your sauna feet installed.** Remember to make sure that your sauna is level regardless of its location for optimal use. If your sauna is placed outdoors, make sure there is adequate drainage so that water cannot pool around the base of the sauna. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

How do I install Sound Therapy?

Sauna accessories have separate owner's manuals. Refer to the appropriate manual at sunlighten.com/customer-service/guides-and-specs.

How do I disassemble if I need to move the sauna?

Refer to assembly sheet and follow the steps in reverse.

USAGE

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

The controls are preset to 60 minutes at 150.8°F (66°C). However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for 45-60 minutes. The sauna heats up at an average of 1 degree per minute. If located outside or in an unheated garage, additional warm-up time may be required. If you prefer the sauna hotter, let it warm-up longer.

Can I use my sauna every day?

For most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

How long can I use it each day?

40 minutes is the recommended session length. See the sauna protocol on pg. 8.

What is the best temperature to use my sauna?

First, it is important to understand that health benefits are a result of efficient infrared emissivity, not air temperature. Sunlighten saunas are 95-99% emissive to deliver the highest concentration of infrared. With that, the optimal sauna experience occurs between 100.4-129°F (38-54°C). During your first few sessions, start at a lower temperature of 100.4°F (38°C) and gradually increase in later sessions. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body. Keep in mind, if you're sweating at 115°F (46°C) you're getting the same benefits as if sweating at 151°F (66°C).

What is the micron range of the heaters?

The design of a SoloCarbon® heater allows for most of the far infrared wavelength to be near 9.4 microns, which is the level at which the human body absorbs infrared energy.

Can I touch the heaters?

No. The heaters will be hot, especially the middle, so it is not safe to touch heaters while on or an hour after use. We don't recommend leaning anything against the CELLIANT heater fabric. You can lean against the wood trim or slats if sitting upright to prevent burning yourself or the fabrics. If you find this uncomfortable, a sauna backrest is a great option.

How much will the sauna cost to run a month?

The sauna runs on the same wattage as a blow dryer and will cost little to run monthly: typically \$.20-.50 (15 to 35 pence) per hour. This varies with the model and local utility cost. Your utility company can help you understand a more exact per hour cost if needed.

Are the EMF levels safe?

Yes. Patented SoloCarbon panels are 100% quality controlled by Sunlighten to ensure the safety and effectiveness of each individual heater.

What is the wattage, voltage, and amps of my sauna?

See electrical specifications on page 4.

MAINTENANCE

How do I clean my sauna?

Sunlighten's Natural Sauna Cleaner is made specifically for use with your sauna. Every 2-3 uses, dampen a cloth with Sunlighten All Natural Wood Cleaner. Clean glass door and windows with Sunlighten All Natural Glass Cleaner. You may dust the outside of the sauna with a dry dust cloth. Do not use chemical cleaners on your sauna. Light sandpaper can be used to treat stains on the inside of the sauna. Sunlighten Natural Sauna Cleaning Kit can be purchased at shop-us.sunlighten.com/collections/maintenance.

How do I care for the heater fabric?

The heater fabric remains as a covering over the heater panels. This is to protect the heater surfaces from any scratches, etc. It is also there to prevent physical contact between the skin and the heaters as the sauna is being used. To clean, wipe fabric with slightly damp cloth, using only clear water. We recommend doing so at least once every six months. Only do so when sauna is turned off.

Is it normal to see cracks in the wood?

Yes, wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. During normal operation, wood may crack slightly due to changes in moisture level. These cracks may appear or disappear with the changing seasons, but will not affect the structural integrity of the sauna. Our saunas are shipped around the globe, and can experience slight blemishes, scratches, or scuffs from the transit of the sauna. In most cases these blemishes on the exterior of the room can be concealed by using a small amount of furniture polish, oil, or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded, or combination of gluing (using a low VOC wood glue) and sanding. Please avoid any treatment containing benzene or high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to the Customer Care team at sunlighten.com/customer-service.

For more FAQ's please visit sunlighten.com/customer-service/frequently-asked-questions.

TROUBLESHOOTING GUIDE

ISSUE	SOLUTION
An electrical component is not working after assembling	Check all connections. A newly assembled unit with a non-functioning electrical component (control panel, heater panels, lights, speakers) will most likely have a missed or loose connection.
Sauna has no power	There could be a tripped breaker due to a power surge or not being plugged into a dedicated outlet. Flip the breaker switch (a black reset button located to the left of the power box on the roof.) If there is still no power, check the power cord connections on the roof and make sure they are secure. Also verify the outlet power.
Slow warm-up time	Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT.

For other troubleshooting questions, please visit sunlighten.com.

WARRANTY

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

U.S. Residential:

Limited lifetime (7 years) on cabinetry and heaters; 3 years on controls; 1 year on stereo, Blaupunkt Sound System, sound therapy and chromotherapy.*

U.S. Commercial:

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and stereo, Blaupunkt Sound System, sound therapy and chromotherapy.*

U.S. Closeout and Floor Models:

5 years for heaters; 1 year on cabinetry and controls.

U.S. Water-Resistant Cover:

The limited warranty covers the fabric becoming unserviceable because of loss of color or strength from normal usage and exposure conditions, including sunlight, mildew and atmospheric chemicals. Consumer is responsible for normal care and cleaning of the fabric. This warranty covers fabric only, and is for (1) year.** Requires use of .004mm plastic sheet (included with purchase) with tenting to create a slope for water run off to prevent pooling.

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 liquid. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions, including operating on a non-dedicated circuit. 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.

This warranty is limited to customers in the United Kingdom and Ireland. Other International customers should check with their local Sunlighten representative.

WARRANTY CONTINUED

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

**If sauna is placed outdoors, failure to utilize the .004mm plastic sheet supplied (with your sauna cover) as additional water protection for your sauna will void your warranty. The fabric used for the roof of the waterproof cover is resistant to water penetration; however it is sewn to the acrylic canvas sides. It is required to place the included plastic sheet directly over the sauna roof prior to installing the cover and tenting the plastic and canvas cover by placing an object on the sauna roof to give the fabric elevation for water to run off and prevent water pooling, as further protection. The cover should remain on the sauna at all times (including while on and in-use) to avoid water damage and void the warranty.

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.

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.





AMPLIFY OWNER'S MANUAL
VERSION 11302023

US / CAN 7373 W. 107th St. | Overland Park, KS 66212
913.754.0831 | [sunlighten.com](https://www.sunlighten.com)
Toll Free: 877.292.0020

International [sunlighten.com](https://www.sunlighten.com)
or contact your local Sunlighten representative