



OWNER'S MANUAL
VERSION 07132021


sunlighten[®]
Community





Experience Sunlighten's patented heating technology in an industrial-grade six-person unit, perfect for communities.

Congratulations!

You are now the owner of a Sunlighten Community sauna. Are you ready to experience ultimate relaxation and rejuvenation? Just follow our installation and assembly instructions and soon you'll be in Sunlighten heaven! The Community Sauna should be assembled with at least 2 people to avoid personal injury or damage to the sauna.

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.

WARNING/DISCLAIMERS

WARNINGS / PRECAUTIONS

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 is 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.

TABLE OF CONTENTS

PRE-INSTALLATION

Specifications	5
Pre-Installation Info	6

OPERATING INSTRUCTIONS

Control Screen	7
Additional Features	8
Health/Safety	9

FAQ	11
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TROUBLESHOOTING	13
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WARRANTY	14
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A separate packet with assembly instructions is included with your sauna.

SPECIFICATIONS

POWER SPECIFICATIONS	
Dimensions (W x L x H)	85.6" x 76.6" x 76.6" 217.4 cm x 179.3 cm x 194.6 cm
Power	240v, 3080 watts, 20a 2970 watts continuous
DEDICATED 240V 20A CIRCUIT REQUIRED. SEE BOTTOM IMAGE. *	

**FOR COMMERCIAL FACILITY: If only 208v is available, a Buck-Boost transformer must be installed to provide the correct electrical specifications for the unit to operate.*



6-20R
USA / CAN

INTERNATIONAL ELECTRICAL SPECIFICATIONS

REGION	VOLTAGE/AMPS	EXTERIOR POWER CORD
Europe	230V - 20A	H07RN - F,250V - 20A, No Plug
Singapore	230V - 20A	H07RN - F,250V - 20A, No Plug
Australia	240V - 20A	H07RN - F,250V - 20A, No Plug

A true dedicated outlet is an outlet that runs from the wall outlet to the breaker box with nothing else on that line. Plugging your sauna into your wall outlet with any other electrical device is not a true dedicated outlet and will hinder the sauna's ability to warm up properly.

PRE-INSTALLATION INFORMATION

PRE-INSTALLATION INFORMATION

1. Be sure a certified electrician installs a dedicated outlet for sauna.
2. Remember your sauna should be assembled by 2 or more people.
3. Do not place plumbing or plumbing fixtures in the sauna.
4. Keep all liquids away from the heating panels and electronics.
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.

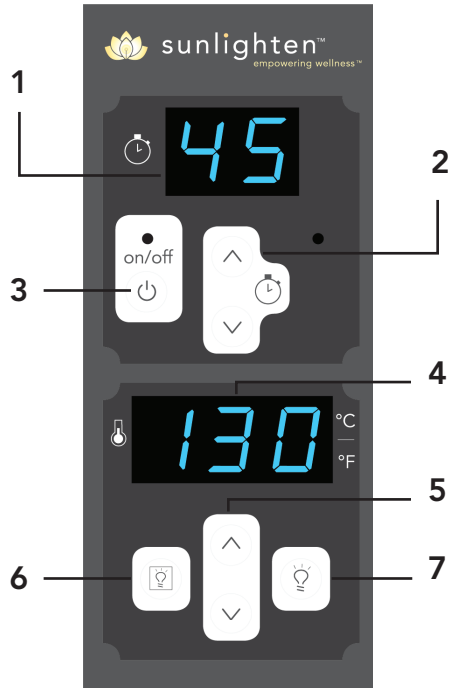
UNPACKING YOUR SAUNA

Refer to the parts list on the next page as you unpack your sauna to ensure you have all of the parts for installation. We make every effort to ensure that your sauna arrives safely. Double check to ensure that all pieces arrived undamaged in transit. If damaged, please call Sunlighten Customer Care immediately at 877.292.0020 ext. 402 or your Sunlighten representative. **Photos of any damage are required to process any replacement request. Please do not discard any loose parts or fabric.**

Unpack your sauna unit in a large area free of obstructions. Lay the boxes flat on the ground and undo any bands or tape. Once unpacking is complete, proceed to the installation instructions.

CONTROL PANEL

Control Functions	
1	Time Display
2	Time Control
3	Power
4	Temperature Display
5	Temperature Control
6	Interior Lights
7	Exterior Lights



OPERATING INSTRUCTIONS

1. Plug in sauna.
2. Press the On/Off button to turn on your sauna.
3. Top Display: Press arrow Up or Down to set desired session time (sauna heaters will automatically turn off when time has reached 0).
4. 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 seconds the display will show actual interior temperature.
5. Press outside button to turn On/Off exterior lights.
6. Press inside button to turn On/Off interior lights.
7. CD Player: The CD Player operates independently, regardless if heaters are on or not. Please refer to the instruction manual that is enclosed in your packaging on how to use CD Player.

ADDITIONAL FEATURES

ALWAYS ON MODE

1. Turn off the sauna
2. Press and hold the "ON/OFF" button for about 10 seconds
3. The timer will display "ON," and will not turn off until you power it off by repeating Step 1 & 2

RESERVATION MODE

1. Turn off the sauna
2. Press the timer up and timer down arrows simultaneously
3. A digit will appear on the timer section of the screen to indicate the number of hours before the sauna turns on
4. When the timer counts down to "0," the sauna will turn on for a 60-minute session and will be set to 150 degrees

To cancel a reservation, press and hold the power button until the time display turns off. At this point you can turn the sauna on normally.

WARM UP TIME / USAGE

The controls are preset to 60 minutes at 150°F/66°C. An optimal sauna experience occurs between the temperatures of 100 and 130°F / 38 and 54°C. Allow the sauna to warm up for 30-45 minutes. **The sauna heats up at an average of 1 degree a minute.** If placed in an outside or unprotected environment, the sauna may require additional time to warm it up, depending upon weather conditions. If you prefer the sauna hotter, let it warm up longer. Drink plenty of water, at least 16 oz., to provide proper hydration before and after the sauna session.

Use the following steps to optimize your sauna experience.

1. Ensure your sauna is plugged into a dedicated circuit installed by your electrician.
2. Check the settings on the keypad. The default setting should be set to 150/66 degrees and the timer set to 60 (minutes).
3. When the sauna reaches 100/38 degrees, get in and start your sauna session.
4. We recommend an approximate 40-minute session up to once a day. If you like it hotter let the sauna warm up longer.

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 depending upon 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.

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

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. 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.

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 physician.

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 lower temperature and for no more than 15 minutes at a time.

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 physician 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.

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

Warts, scabies ext. Even though the warm-up time of the sauna - before the subject enters - is said to desiccate bacteria and thereby sterilize the sauna, we would ask that if any potential participants who have any communicable skin diseases, refrain from using this sauna.

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!

FREQUENTLY ASKED QUESTIONS

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 wide micron range of 4 - 20 microns.

What is the best temperature to use my sauna?

We recommend starting at a lower temperature of 100°F/38°C and increasing temperature gradually in later sessions, if you still feel comfortable. Every one 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 you're sweating at 150°F/66°C.

What is the heater made of?

The heater is made of organic black carbon that is first cut into pliable sheets. Then electrical wiring is added.

How much will the sauna cost me to run a month?

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

If I do use it everyday, what else do I have to do?

Drink plenty of fluids to replace the ones you will be losing with everyday usage. You should also clean and maintain your sauna. We recommend using our Natural Cleaning Kit and towels to keep your sauna looking its best.

Are the EMF levels safe?

Yes. SoloCarbon® panels are 100% quality controlled by Sunlighten® to ensure the safety and 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.

Why doesn't my sauna turn on?

Ensure you have made all the roof connections. Go to www.sunlighten.com/customer-care for additional troubleshooting steps.

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

All of the wattage should be available online and in the literature often available at shows. Most saunas in the US will be 120 volt and outside the US, 240 volt.

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

The temperature controls are preset to 60 minutes at 150°F/66°C and the optimal warm up time will occur at this temperature. Allow the sauna to warm up for 30-45 minutes. On average, far infrared saunas warm up about 1 degree a minute for the first 60 minutes - faster at first, then slower as the cabin temperature increases. If placed outside, the sauna may require additional time to warm up, depending upon weather conditions. If you prefer the sauna hotter, let it warm up longer. Drink plenty of water, at least 8 oz.

Can I use the sauna everyday?

Yes. We suggest drinking increased amounts of water to keep yourself hydrated. As long as you feel fine, use the sauna daily and enjoy.

Can I place my sauna outdoors?

Yes, if you protect it with a Sunlighten canvas cover. If you place your sauna outdoors without an authorized Sunlighten cover your warranty will be void.

I received my sauna, but not the cover yet, can I place the sauna outside?

NO, do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty!

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

We recommend 12 inches of clearance around the back, sides and top of the sauna to access plugs and for general maintenance.

What surfaces can I set my sauna on?

You can set your sauna on tile, concrete, carpet, laminate or wood. Please 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.

How do I clean my sauna?

We recommend using the Sunlighten Natural Sauna Cleaning Kit. These natural wood and glass cleaners are made specifically for use with your sauna and can be purchased at sunlighten.com/shop.

Can I touch the heaters?

No. Do not touch the bare heater surface when the heaters are on, or have recently been on.

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 this 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 and sanding. Please avoid any treatment containing, benzene, or a high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to at www.sunlighten.com/support.

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 warmup time	Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT

For other troubleshooting questions, please submit to customer care at www.sunlighten.com/customer-care.

WARRANTY

US / CANADA

Residential:

Limited lifetime (7 years) on cabinetry & heaters; 3 years on controls; 1 year on stereo.*

Commercial:

5 years on cabinetry & heaters; 1 year on controls, bench, floor, backrest & stereo*

*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.**

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 water. 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.

ATTENTION:

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten must be notified of any damage to your sauna within two (2) 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.



RoHS





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International ccsupport@sunlighten.com or contact
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