sunlighten®

IGNITE YOUR WELLNESS JOURNEY

Reconnect with your healthiest self.



TABLE OF CONTENTS

02 Welcome to Sunlighten

03 What is Infrared?

04 Why Sunlighten

05 Clinical Studies

06 Advisory Board & Wellness Experts

07 Infrared vs Traditional Saunas

08 The Wavelengths Explained

12 Longevity & Vitality

13 Safety

14 Quality

15 Sauna Collections

20 Red Light Therapy

21 Cold Therapy

22 Assembly & Inspiration

23 What to Expect

24 Wellness Enhancements

25 Recognition & Partnerships

LEADERS IN LIGHT SCIENCE & LONGEVITY

In 1999, Connie and Aaron Zack witnessed how infrared light transformed a loved one's health. Inspired, they dedicated their lives to sharing this healing light therapy through innovation and research.

Today, with 50+ patents and endorsements from 200+ experts, Sunlighten is a global leader in infrared wellness.

Trusted by 200+ wellness experts

Science-backed

Patented infrared

25 years of innovation

WHAT IS INFRARED?

Infrared rays are the healthy, healing light from the sun. Invisible to the human eye, they are felt as radiant heat, like sitting by a fire or feeling sunlight on your skin.

Red light and infrared lie next to each other on the electromagnetic spectrum. Infrared separates into three bands based on wavelength, frequency, and energy.

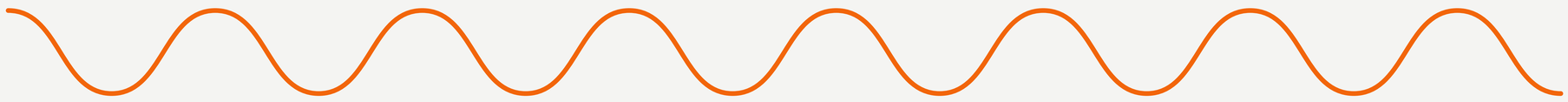
RED 650 NANOMETERS



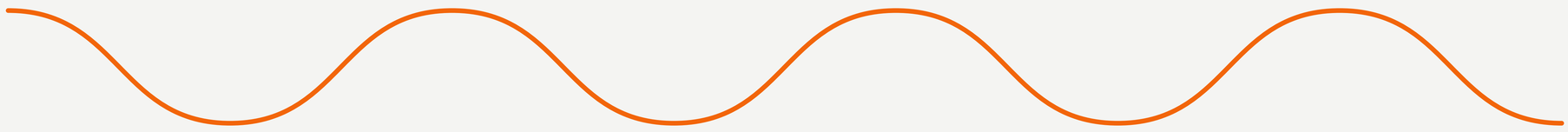
NEAR 880 NANOMETERS



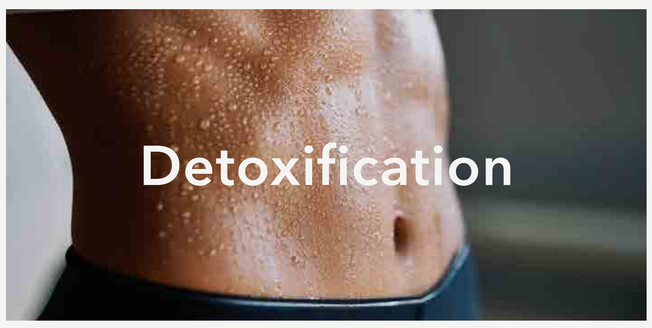
MID 6.7 MICRONS



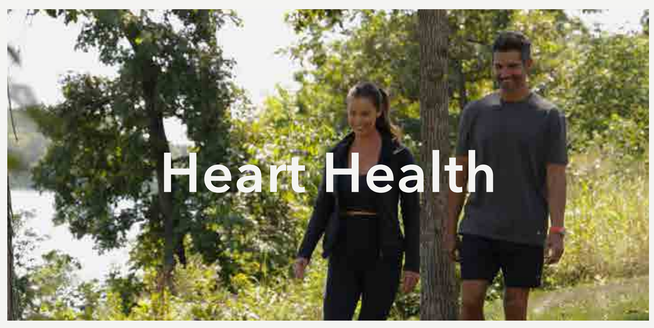
FAR 9.4 MICRONS



MULTIPLE HEALTH BENEFITS

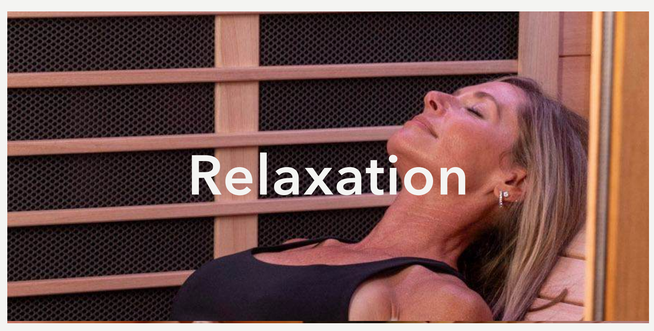






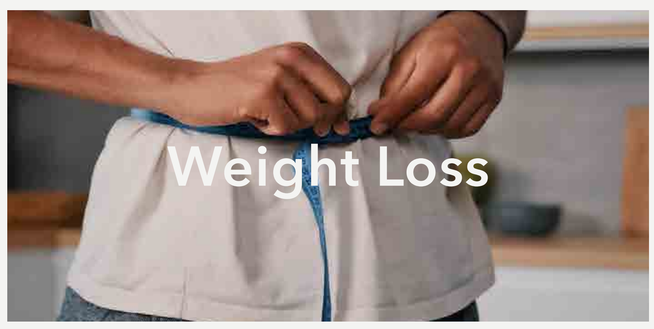












WHY SUNLIGHTEN

Infrared light therapy isn't just how deep the light can go. It's about how completely your body absorbs and uses the energy. This ability is called emissivity, and it's what makes our saunas so effective.

PATENTED FULL-SPECTRUM + RED LIGHT

The only sauna delivering all wavelengths in precise frequencies for maximum benefits.

SOLOCARBON® TECHNOLOGY

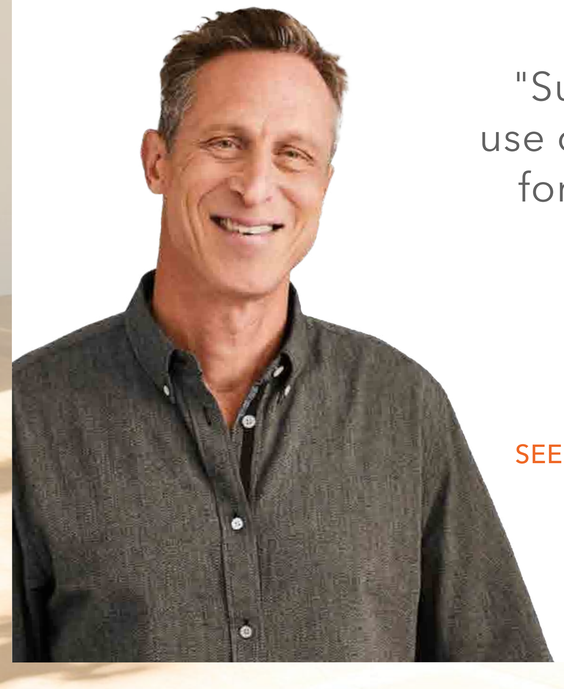
Boosts energy, reduces inflammation, and supports healthy cell renewal.

95-99% EMISSIVITY

Delivers maximum therapeutic energy your body can fully absorb.

CUSTOMIZABLE WAVELENGTHS

Personalize near, mid, far infrared + red light for your wellness goals.



"Sunlighten has perfected the use of infrared as a superpower for longevity, helping you live longer and healthier."

Dr. Mark Hyman
Leading Functional Medicine Expert

SEE WHY DR. HYMAN IS A SUNLIGHTEN FAN

WATCH VIDEO

CLINICAL STUDIES

SCIENCE-DRIVEN, RESEARCH-BACKED.

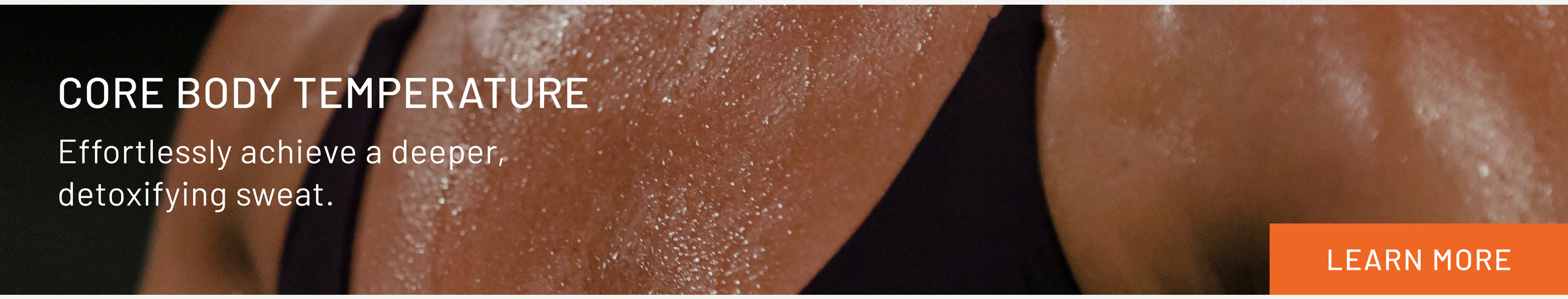
Sunlighten's infrared light therapy is grounded in published research.



BUS STUDY

Learn how sweating removes toxins from the body.

LEARN MORE



CORE BODY TEMPERATURE

Effortlessly achieve a deeper, detoxifying sweat.

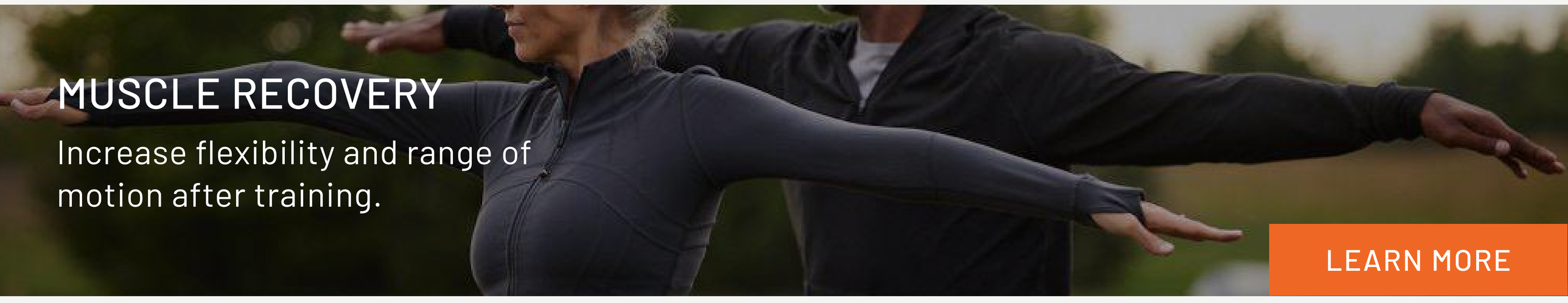
LEARN MORE



BLOOD PRESSURE

Temporarily lower systolic and diastolic blood pressure.

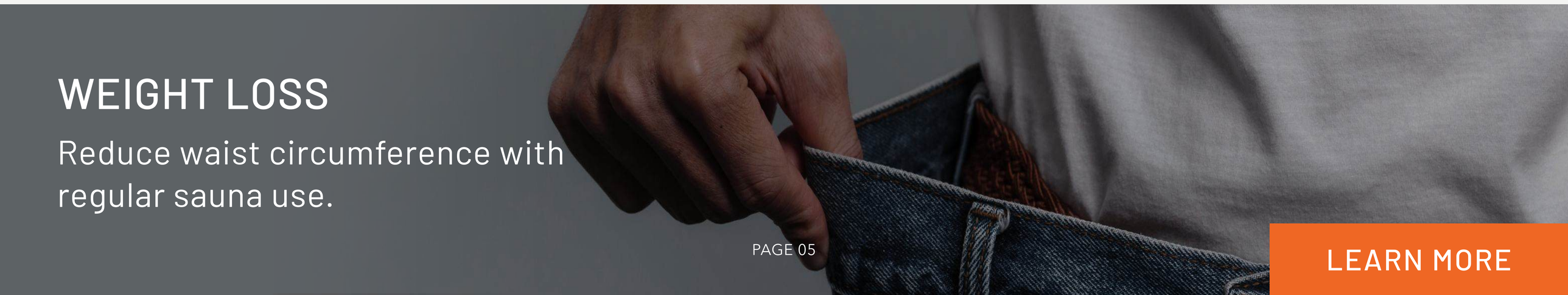
LEARN MORE



MUSCLE RECOVERY

Increase flexibility and range of motion after training.

LEARN MORE



WEIGHT LOSS

Reduce waist circumference with regular sauna use.

LEARN MORE

SCIENCE ADVISORY BOARD

Our Science Advisory Board supports our mission as leaders in light science to bring the most accurate, current information about infrared to our products and our customers. These accomplished experts provide scientific expertise, medical knowledge, innovative advice and dynamic perspectives.

- Michael R Hamblin Ph.D.
  WORLD'S LEADING INFRARED LIGHT EXPERT
- Debbie A. Floyd
  DIRECTOR, DISCOVERY HEALTH SOLUTIONS
- Joel Kahn, MD
  HOLISTIC CARDIOLOGIST

LEARN MORE

EXPERT APPROVED

USED AND TRUSTED BY LEADING EXPERTS IN MEDICINE, HEALTH AND LONGEVITY



Dr. Mark Hyman
Functional Medicine Doctor



Dave Asprey
Father of Biohacking



Luke Storey
Host of The Life Stylist Podcast



Dr. Caroline Leaf
Communication Pathology &
Cognitive Neuroscientist



Dr. Will Cole
Functional Medicine Practitioner



Michael Kummer
Founded MK Supplements

LEARN MORE

INFRARED SAUNAS

NOT JUST ABOUT HEAT

	INFRARED	DRY
HEAT SOURCE	Heats body directly	Heats from stove
TEMP RANGE	100°-170° F*	160°-200° F
BREATHABILITY	Comfortable, non-stifling heat	Intense at high temps
BEST FOR	Detox, muscle recovery, heart health, inflammation, skin health, stress relief, sleep, anti-aging	High heat exposure, muscle relaxation, traditional sauna experience
MAINTENANCE	Low, easy to clean	Moderate, wood care and cleaning
USE	Plug and play, no special ventilation	Proper insulation and ventilation
SWEAT LEVEL	High, with cellular-level detoxification	High, surface-level sweat

*Temperature in ideal conditions

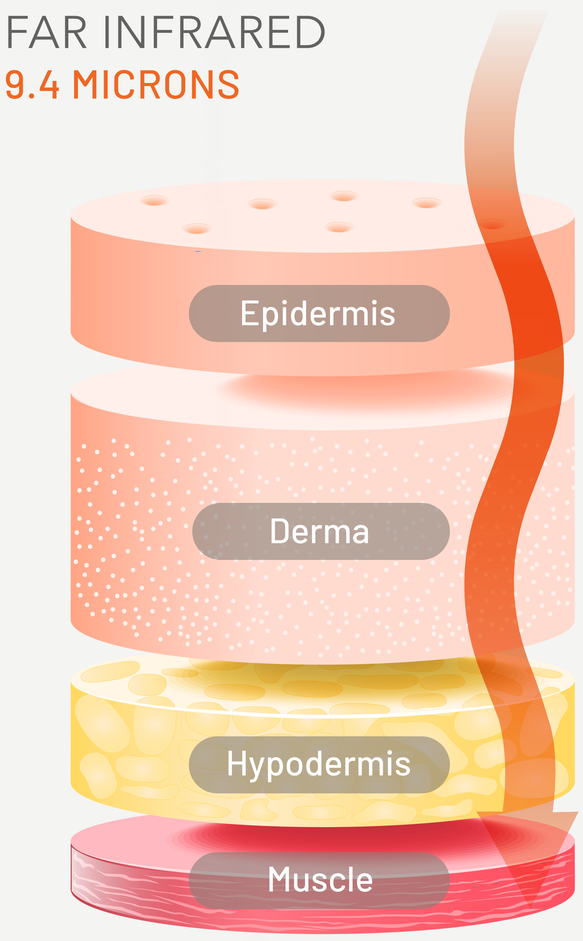
"I've used my Sunlighten at least 500 times over the last few years. Every time I use it, I come out stronger, faster, thinner and happier. This is a really important biohack if you want to live a long time."

Dave Asprey,
Longevity Biohacker





FAR INFRARED



Far infrared is the foundation for the widest range of benefits.

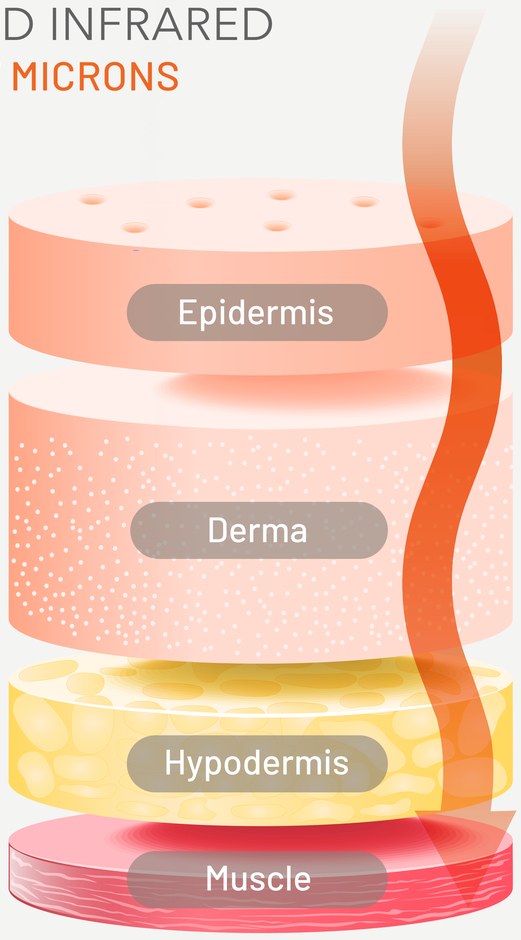
- Patented SoloCarbon® heaters, clinically shown to raise your core body temperature by 3°F
- Activates sweat glands for deep, detoxifying sweat
- Triggers a healing response to fight off the body's invaders
- Supports metabolic function and energy at the cellular level

BENEFITS

- DETOXIFICATION
- WEIGHT LOSS
- RELAXATION
- HEART HEALTH
- IMMUNITY
- MUSCLE RECOVERY



MID INFRARED



Build a better sweat with our patented 3 in 1® heaters, giving you peak mid-infrared wavelengths for the most benefit.

- Shorter wavelength, hotter energy than far infrared
- Heats soft tissues, muscles and joints
- Activates water molecules in cells to boost cellular energy and metabolism
- Stimulates hormesis – the body's natural response that builds resilience to stress and infection

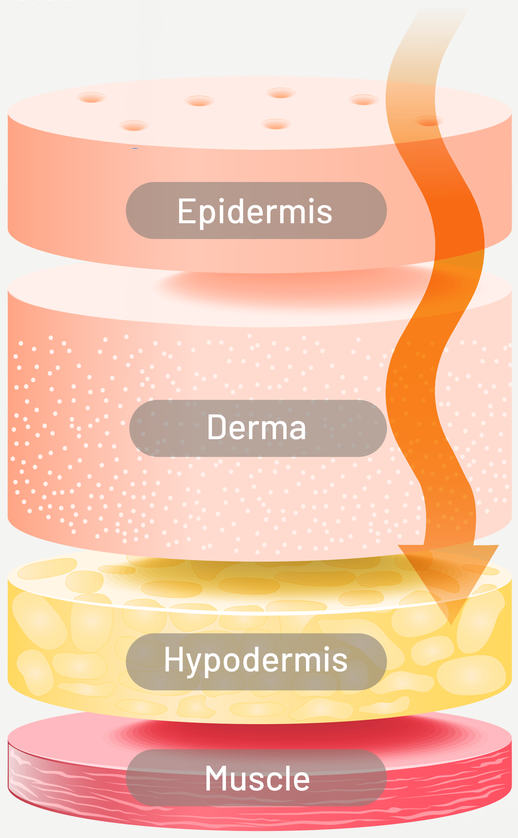
BENEFITS

- ANTI-AGING
- MUSCLE RECOVERY
- SLEEP
- INFLAMMATION



NEAR INFRARED

NEAR INFRARED
880 NM



The shortest wavelength. Sunlighten's infrared LEDs deliver its bioavailable and absorbable qualities in precise amounts.

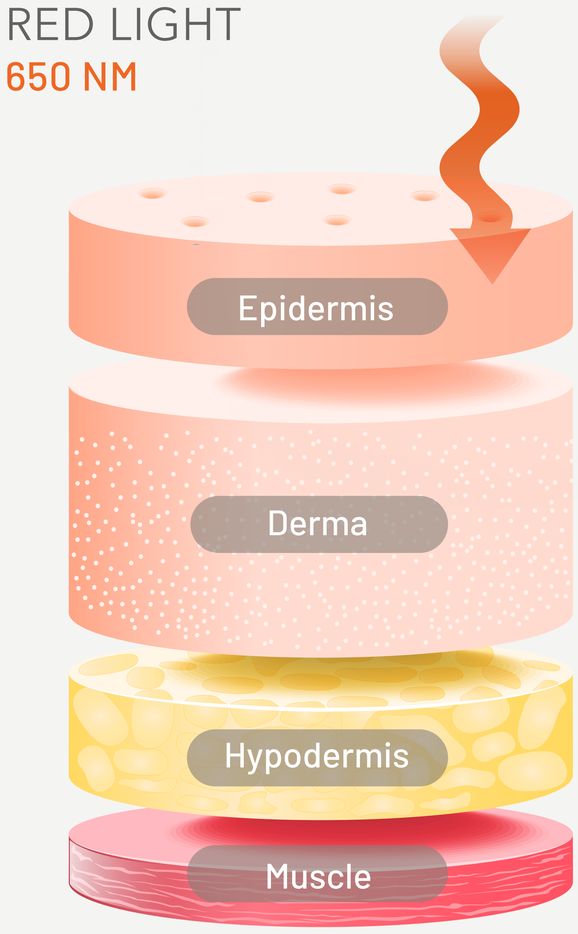
- Activates mitochondria to boost cellular energy
- Regenerates cells for faster renewal
- Reduces inflammation and pain
- Accelerates wound healing
- Increases collagen and elastin production for youthful skin

BENEFITS

- ANTI-AGING
- SKIN HEALTH
- FINE LINES
- RELAXATION
- CELL TURNOVER
- WRINKLES



RED LIGHT



Our red light therapy penetrates the skin surface to restore, rejuvenate and energize your body. Delivered in LED in our mPulse® collection.

- Clinically shown anti-aging effects
- Activates mitochondria to power up cell energy
- Boosts cell repair and renewal
- Reduces inflammation and pain
- Accelerates wound healing
- Increases collagen and elastin production for firmer, radiant skin
- Aids in fat reduction and overall cellular vitality

BENEFITS

SKIN HEALTH

COLLAGEN PRODUCTION

ANTI-AGING

CELL TURNOVER

FINE LINES & WRINKES

MUSCLE RECOVERY

LONGEVITY & VITALITY

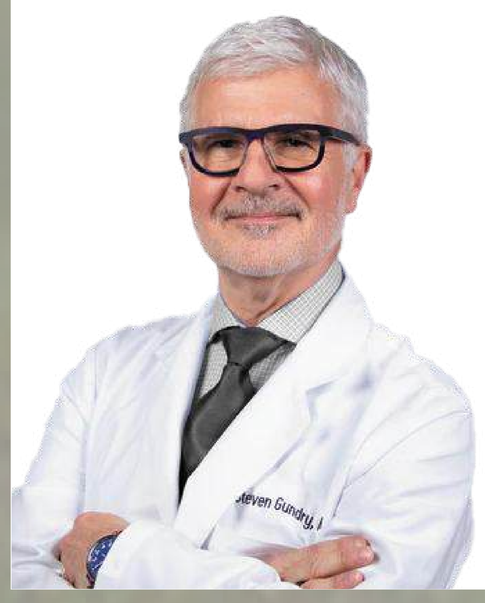
DEFY FIVE KEY AGING FACTORS IN ONE RITUAL

AGING MARKER

- Mitochondrial dysfunction
- Zombie cells (senescence)
- Inflammaging
- Harmful gut bacteria (dysbiosis)
- Stem cell exhaustion

INFRARED/RED LIGHT BENEFITS

- Enhances mitochondrial energy and health
- Boosts cellular cleanup and regeneration
- Induces anti-inflammation genes
- Detoxes and balances gut health
- Mobilizes stem cells from bone marrow



"I only support products that I personally use and that are backed by solid science. My Sunlighten sauna uses red, near- and far-infrared light to calm inflammation, boost energy, and the best news of all, support gut health. It's one of the keys to health and longevity."

Dr. Gundry
Founder & Director, Center for Restorative Medicine

SAFETY

We care about your peace of mind. From ultra-low EMF heaters to non-toxic, low-VOC materials and full ETL certification, every detail is thoughtfully engineered for your protection.

ELECTRICAL SAFETY

- Independently tested, ETL-certified
- Meets high standards for safety and energy

SEE CERTIFICATION

ULTRA-LOW EMF

- Exclusive process reduces EMF to trace levels
- Panels test 95% lower than common devices

VIEW VIDEO

EXCELLENT AIR QUALITY

- Independently tested and verified non-toxic materials
- Trace VOC levels, far below household products
- Rated “excellent," sets industry standard

VIEW STUDY

QUALITY

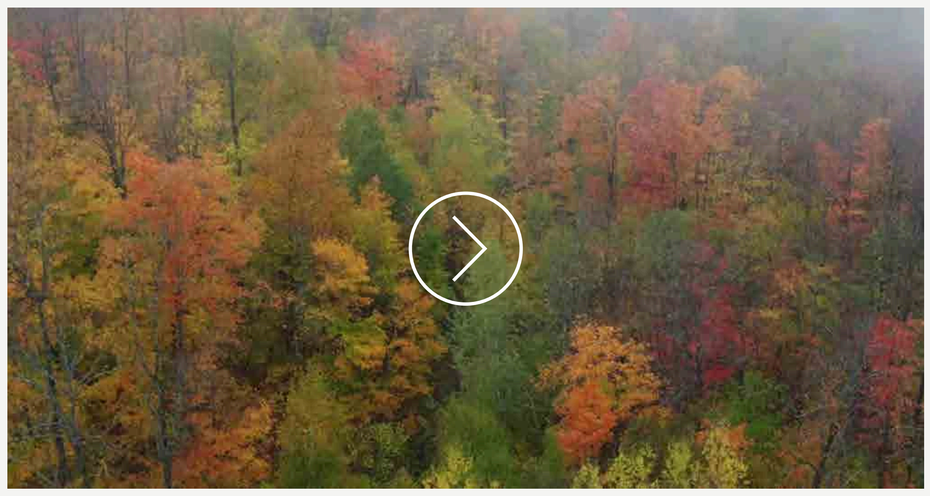
Sunlighten saunas are not mass produced or white-labeled. Step inside one and you'll see a level of quality that comes from the heart. We control every step of production to ensure your sauna will serve you for decades to come.

BASSWOOD
Hypoallergenic, durable, sustainably sourced

EUCALYPTUS
Beautiful grain, modern, eco-friendly

BUILT ON CONTINUOUS INNOVATION

- Flush-mount design
- Streamlined, timeless aesthetic
- Hand-crafted, kiln-dried, premium solid wood
- Magna-Seal™ magnetic locking system
- Tighter seals keep heat in and cold out
- Flexible design; no cracking or warping



Watch our film to learn how we bring you the highest quality basswood in the world

WATCH NOW

SUNLIGHTEN COLLECTIONS

WHAT'S BEST FOR YOU?

All infrared saunas feature patented SoloCarbon® technology, 95-99% emissivity, ultra-low EMF/VOCs, and chromotherapy.



Signature® Collection

LEARN MORE



Amplify™ Collection

LEARN MORE



mPulse® Collection

LEARN MORE



Solo® System

LEARN MORE

Signature® Collection

SIMPLE & TRANSFORMATIVE

Signature offers you a simple, yet superior far-infrared experience. Step inside for a deep cellular detox and support your overall wellness with the push of a button.

FEATURES

The Signature collection offers the foundational benefits of Sunlighten's perfected SoloCarbon® far-infrared delivery technology.

- 1, or 2-person cabins
- Eucalyptus
- 120V 20A, dedicated circuit required

NEMA 5-20
USA/CAN



HEALTH BENEFITS

- Detoxification
- Sleep
- Relaxation
- Inflammation
- Immunity
- Heart Health

> I am so glad I purchased a Sunlighten sauna for my home. I have been sleeping through the night, after DECADES of sleep issues. I have an increased sense of well-being. There are no pills that can transform one's life like a Sunlighten Infrared Sauna. It's amazing!
>
> CLAIRE M, SIGNATURE OWNER



Signature I
1-PERSON



Signature II
2-PERSON

Amplify™ Collection

INTENSE & EFFECTIVE

Our hottest full-spectrum sauna models are hotter than ever. Amplify pairs higher intensity with industry-leading comfort, credibility and innovation. Benefit from patented infrared technology that heats you at the cellular level with the intensity of a deeper, faster sweat. Together, science-backed infrared and next-level heat amp up the health and longevity effects of every session.

FEATURES

- 2, 3, or 4-person cabins
- Full-spectrum (NIR, MIR & FIR) with intense heat, and faster warmup from extra halogen heaters
- Patented SoloCarbon® heaters
- Optimized heater panels and covers increase bioavailable energy
- Refined system logic for optimized temperature control
- Double-pane door and additional insulation
- Recessed chromotherapy lighting supports mood and circadian rhythm
- Eucalyptus or Basswood, depending on size
- 120V or 240V 20A dedicated circuit required

NEMA 5-20 USA/CAN or NEMA 6-20 USA/CAN depending on size



View 3D Model In Your Space

HEALTH BENEFITS

- Detoxification
- Inflammation
- Relaxation
- Heart Health
- Immunity
- Muscle Recovery
- Sleep
- Anti-Aging

> As an avid personal trainer, the relief my body and muscles receive with the sauna is next level. If you're looking to change your health, I highly recommend this purchase.
>
> ADRIAN D., AMPLIFY OWNER



Amplify II
2-PERSON



Amplify III
3-PERSON



Amplify IV
4-PERSON

mPulse® Smart Sauna Collection

DYNAMIC & CUSTOMIZABLE

The mPulse sauna sets a new standard for infrared therapy. With 3 in 1® precision wavelengths and incorporated red light, the patented SoloCarbon® heaters offer optimized near-, mid-, and far-infrared therapy. Smart Sauna technology allows you to select from six science-backed programs or customize your session with exclusive app control. The mPulse delivers beneficial infrared energy with precision, personalization and measurable impact, making it the only infrared sauna that adapts to your wellness and longevity goals.

FEATURES

- 1, 2, 3, 4 or 5-person cabins
- Smart Sauna technology with patented SoloCarbon® heaters
- Patented 3 in 1® technology (NIR, MIR, FIR, plus red light)
- Six patented preset programs
- Control with mobile app or Smart Sauna tablet
- Optimized heater panels and covers increase bioavailable energy
- Additional insulation for heat retention
- Enhanced comfort and design aesthetic
- Recessed chromotherapy lighting supports mood
- Eucalyptus or Basswood, depending on size
- 120V or 240V; 20A or 30A; dedicated circuit required

NEMA 5-20 USA/CAN or NEMA 6-20 USA/CAN or NEMA 6-30 USA/CAN depending on size



HEALTH BENEFITS

- Detoxification
- Inflammation
- Relaxation
- Heart Health
- Immunity
- Muscle Recovery
- Sleep
- Anti-Aging



Aspire
1-PERSON

Believe
2-PERSON

Conquer
3-PERSON



Discover
4-PERSON



Empower
5-PERSON

Solo® System

PORTABLE & SPACE-SAVVY

When you want the benefits of far infrared but don't have the space or budget for a cabin, choose the Solo System. This one-person sauna surrounds you with highly effective far-infrared therapy in a portable space.

FEATURES

- Clinically tested, far-infrared SoloCarbon® heaters
- Double-dome, lightweight design
- Modern bamboo carbon exterior
- Exclusive SoloPad® and pillow included
- Solo: 120V 10.5A
- SoloPad: 120V 2.5A

NEMA 5-15
USA/CAN



View 3D Model In Your Space

HEALTH BENEFITS

- Detoxification
- Sleep
- Relaxation
- Inflammation
- Immunity
- Heart Health

> Having this in our home has been a complete game-changer. It is ready to get in after just 5 minutes of turning it on and doesn't take up much space in our small home.
>
> CHELSEY M., SOLO SYSTEM OWNER

THE PERFECT ADDITION UNDER YOUR SOLO SAUNA



Solo Mat

CORK YOGA MAT

RED LIGHT THERAPY

AN ENERGIZING THERAPY COLLECTION

Powered by advanced light science, our Red Light Therapy Collection supports whole-body vitality, targeted recovery, and age-defying facial care, so you can move more freely, wake up energized, and look refreshed day after day.

RED Light Therapy Panel

FOUNDATIONAL HEALTH



- 100 red light LEDs + 100 near-infrared LEDs
- 20+ app-guided programs
- Includes: Panel, remote, power cord, downloadable app, goggles
- 22 lbs, 35″ x 11″ x 2.76″
- 100-240VAC, 355W

RED Light Therapy Mini Panel

TARGETED RECOVERY + RENEWAL



- 36 red light LEDs + 36 near-infrared LEDs
- 20+ app-guided programs
- Includes: Mini Panel, remote, power cord, downloadable app, goggles
- 11.6 lbs, 14.5″ x 11″ x 3″
- 100-240VAC, 355W

RED Light Therapy Mask

DAILY SKIN CARE



- FDA 510(k) cleared for safety & reliability
- 416 medical-grade high-energy LEDs
- 13 light therapies, 5 wavelengths (near-infrared, red, blue, yellow, & green)
- Includes: Mask, detachable controller, charging cable, manual, storage bag
- Battery: 1000mAh rechargeable USB-C

HEALTH BENEFITS

- Energize Cells
- Reduce Inflammation
- Strengthen Immunity
- Reduce Fat & Cellulite
- Improve Sleep
- Support Muscle Recovery
- Slow Aging



Ice Barrel®

COLD THERAPY

BACKED BY COLD, HARD FACTS.

Contrast therapy brings balance back to the body by pairing deep infrared light with invigorating cold exposure. The gentle heat of an infrared sauna helps relax muscles, support circulation, and release tension, while cold therapy awakens the nervous system, reduces inflammation, and sharpens mental clarity. Together, they create a powerful rhythm of recovery and resilience, helping you feel energized, restored, and more adaptable to everyday stress.



Ice Barrel 500

- Fully insulated for lasting cold
- Upright seated position
- Easy-access steps and seat
- Fits body sizes up to 6′ 9″



Ice Barrel 300

- Fully insulated for lasting cold
- Upright seated position
- Built-in seat
- Fits body sizes up to 6′



Ice Barrel Chiller

- SmartSense™ technology
- Intelligent cooling to 37°F
- Precise temperature control
- IP67-rated for cold therapy
- Wi-Fi connectivity & app

HEALTH BENEFITS

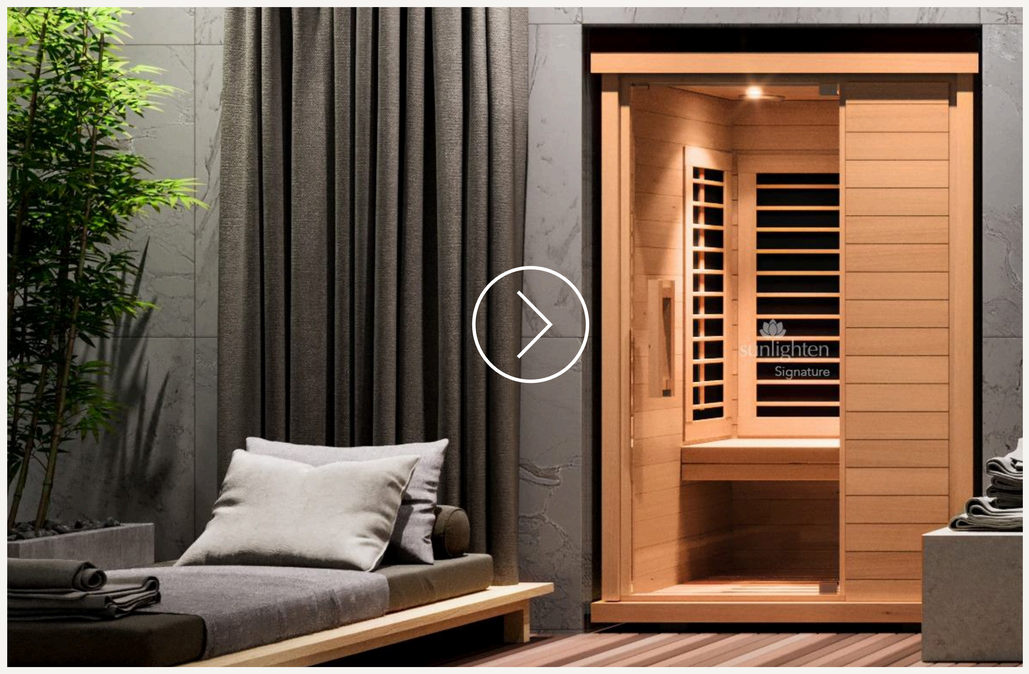
- Exercise/Post-Injury Recovery
- Pain Management
- Parasympathetic & Vagus Nervous System Stimulation
- Vasoconstriction
- Well-being & Mental Capacity
- Weight Management



DESIGNED FOR EASY ASSEMBLY

A simple hook-and-groove design and magnetic locking system – no nails or screws – make assembling your sauna a snap.

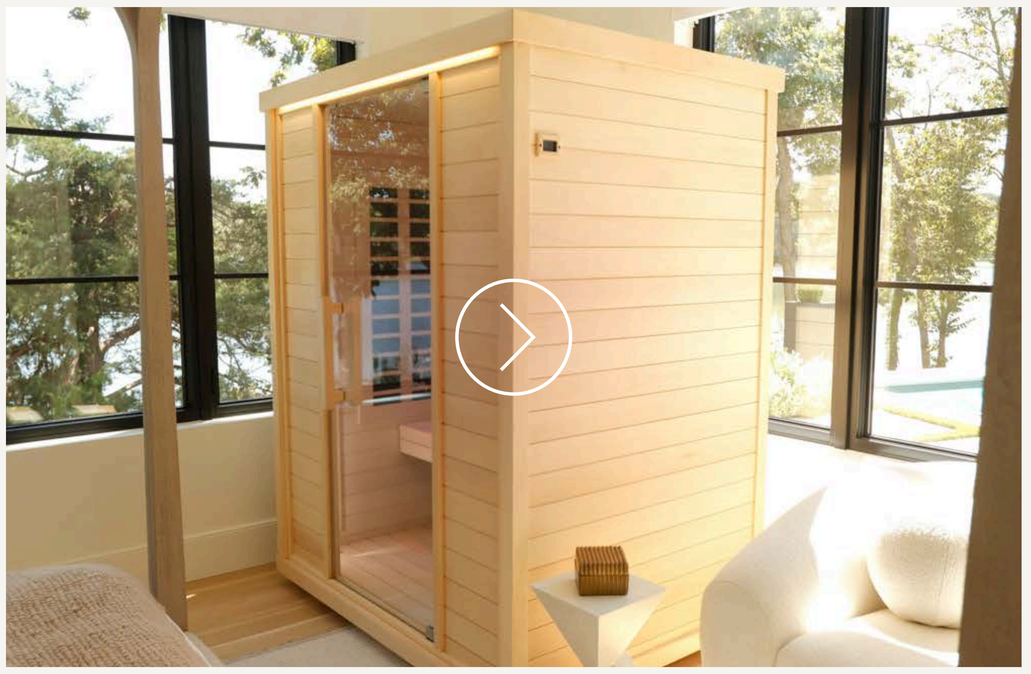
SIGNATURE FAR-INFRARED SAUNA



See the assembly process for your Signature far-infrared sauna.

WATCH NOW

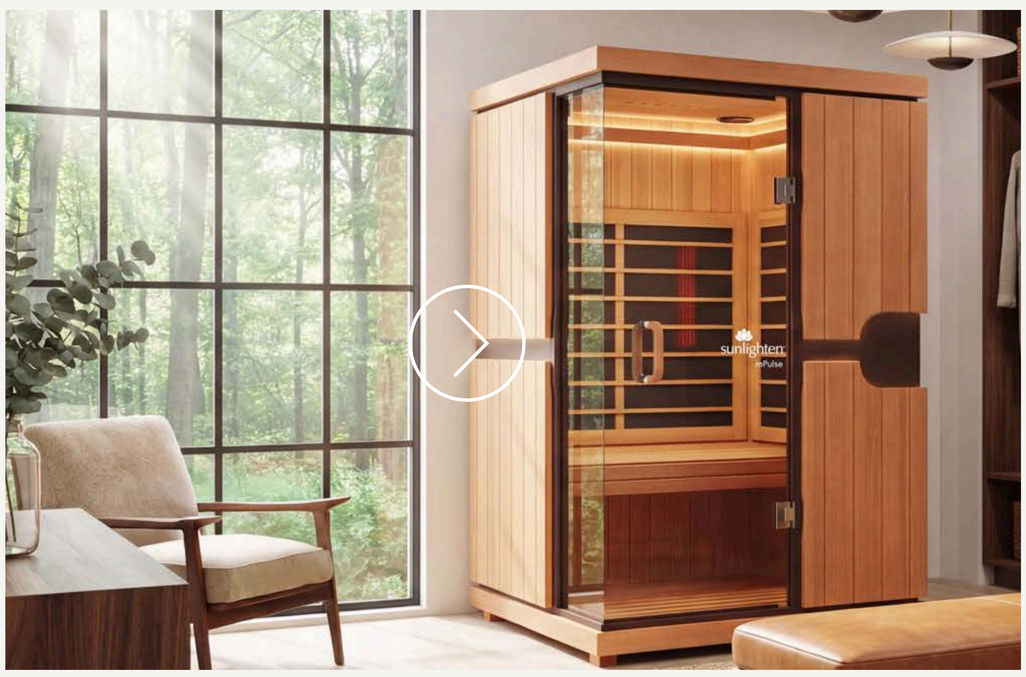
AMPLIFY FULL-SPECTRUM SAUNA



Learn how to set up your Amplify full-spectrum infrared sauna.

WATCH NOW

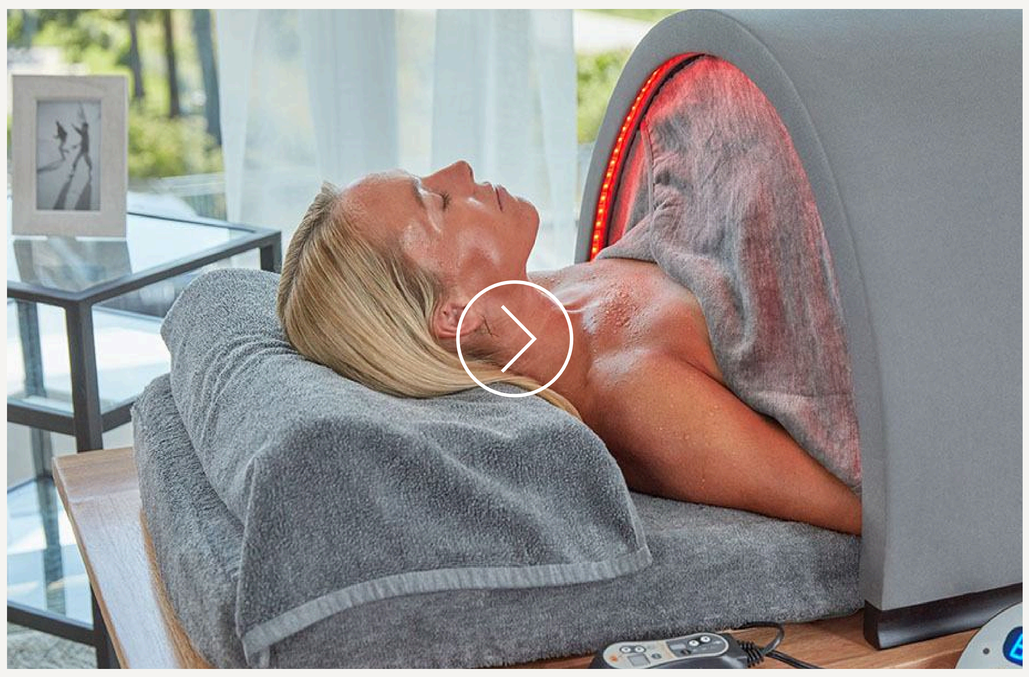
MPULSE SMART SAUNA



Watch how to easily assemble your mPulse Smart Sauna.

WATCH NOW

SOLO SYSTEM



Follow this quick video to unbox and set up your Solo System sauna.

WATCH NOW

@SunlightenSaunas FIND YOUR SAUNA INSPIRATION HERE

WHAT TO EXPECT

AFTER YOU RECEIVE YOUR SAUNA

Your Sunlighten sauna arrives at your doorstep with full assembly instructions and a quick-start guide. Expanded guides and manuals can be found online. Our Customer Care team is standing by to provide help when needed.



VIEW GUIDES/MANUALS

WATCH ASSEMBLY VIDEOS

WE'D LOVE TO SEE YOUR NEW SAUNA SPACE

Tag us for a chance to be featured on our page.

SunlightenSaunas

sunlightensaunas

sunlighten



ACCESSORIES AND ENHANCEMENTS

DESIGNED TO BRING MORE COMFORT AND JOY TO YOUR WELLNESS ROUTINE



SOLO COMFORT PACKAGE

2 SoloPad® covers
2 bath towels
2 pillow covers
1 Solo Mat
1 curtain

SOLO SYSTEM PACKAGE

1 SoloPad cover
1 pillow cover
1 bath towel
1 curtain

SOLO REJUVENATION PACKAGE

2 SoloPad covers
2 bath towels
2 pillow covers
1 curtain
*add lumiNIR® 4-in-1
*add RED Light Therapy Panel
*add RED Light Mini Panel
*add RED Light Therapy Face Mask
*add Solo Rise



ESSENTIALS PACKAGE

Upgrade your sauna experience

2 bath towels
2 hand towels
2 body wraps
1 backrest
1 cleaning kit

SMALL COMFORT PACKAGE

1-3 person saunas

Cushion
Cover
2 bath towels
2 body wraps
2 hand towels
1 backrest
1 cleaning kit
1 Pure Sweat

LARGE COMFORT PACKAGE

4-5 person saunas

Cushions
Covers
2 bath towels
4 body wraps
2 hand towels
1 backrest
1 cleaning kit
1 throw pillow
1 throw pillow cover
1 Pure Sweat



ULTIMATE REJUVENATION PACKAGE

1-3 person saunas

Cushion
Cover
4 bath towels
4 body wraps
2 hand towels
1 throw pillow
1 throw pillow cover
1 backrest
2 Pure Sweat
1 cleaning kit
lumiNIR 4-in-1

ULTIMATE REJUVENATION PACKAGE

4-5 person saunas

Cushions
Covers
4 bath towels
5 body wraps
2 hand towels
2 throw pillows
2 pillow covers
2 backrests
2 Pure Sweat
1 cleaning kit
lumiNIR 4-in-1

Absolutely love this company and their perfection in all their products, especially our infrared sauna.

ANITA L., SUNLIGHTEN SAUNA OWNER

SHOP ACCESSORIES & ENHANCEMENTS



NEWSWORTHY RECOGNITION

People
goop
FORTUNE
Better Homes & Gardens
Sports Illustrated
POPULAR SCIENCE
Forbes
well+good

COMMERCIAL PARTNERSHIPS*

- The Roosevelt New Orleans Waldorf Astoria
- Sage and Sound in NYC
- Vogue
- Andaz Miami Beach
- Canyon Ranch Las Vegas
- Four Seasons Hotel and Residences at The Surf Club
- Four Seasons Hotel
- Altered States Wellness
- Anytime Fitness
- City of Downey Fire stations
- City of Sacramento Fire Department
- KC Current
- Texas Tech Football
- UCLA Women's Basketball
- University of Maryland
- Brandon Scherff Jacksonville Jaguars
- F45/ FS8
- Lifetime Fitness Boston
- Anytime Fitness
- Recover Well studio
- W Hotel - South Beach
- The Polo Club at Boca Raton
- W Hotel West Hollywood
- Kuilei Place - Hawaii

*Partial list

REFER A FRIEND AND **GET REWARDED**

Join our referral program to easily share Sunlighten with friends and family. When you refer others, you're helping them feel better and you'll earn rewards too.

LEARN MORE

JOIN OUR PRIVATE **FACEBOOK COMMUNITY**

Official Sunlighten Sauna and Light Therapy Lifestyle. With 13,000+ members and growing, it's a welcoming space to connect.

LEARN MORE

sunlighten

Wellness lives in your choices.
And Sunlighten is honored to be one of them.

We're excited to help you feel better, do more, and live fully. Remember, our team is always here for you – every step of your wellness journey.

FEEL BETTER. DO MORE. LIVE FULLY.