



### What is Infrared?

Infrared light (experienced as heat) is the invisible part of the sun's spectrum with the ability to penetrate human tissue, giving a soothing, natural warmth. It is naturally occurring from the sun and is the basis for Sunlighten™ sauna therapy.

Sunlighten's Solocarbon infrared technology is therapeutic because it is 95-99% efficient at heating the body directly rather than simply heating the air. It works to raise the core body temperature to produce a deep, detoxifying sweat at the cellular level where the majority of toxins reside.

### How Safe is Infrared?

Infrared heat is completely safe and healthy for all living things. You can be exposed to infrared light for hours without the risk of burning. Infrared is a naturally occurring output of the sun, but does not contain the harmful UV rays associated with unprotected sunlight. In fact, infrared heat is so safe, it is used in hospitals to warm newborn infants.

### Infrared Saunas vs. Traditional

Sunlighten saunas use infrared heat instead of hot rocks or steam used in traditional saunas. Traditional saunas heat the air at extremely high temperatures which can make the experience unbearably hot and difficult to breathe. Because infrared heats the body directly instead of simply heating the air, infrared saunas are seven times more effective for detoxification. In a Sunlighten sauna, you will experience the deepest, most detoxifying sweat of your life.



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empowering wellness™





## Sauna Health Programs

### **Detoxification**

*37 minute sessions (Near, Mid & Far)*  
A Sunlighten sauna generates a sweat 7 times more detoxifying than a traditional sauna.

### **Relaxation**

*40 minute sessions (Near, Mid & Far)*  
Our sauna induces deep relaxation and promotes overall stress reduction.

### **Weight Loss**

*30 minutes sessions (Mid & Far)*  
Studies have shown that a 30 minute infrared sauna session can burn up to 600 calories.

### **Heart Health**

*45 minutes sessions (Near, Mid & Far)*  
Our Solocarbon heaters have been clinically shown to reduce systolic and diastolic blood pressure.

### **Pain Relief**

*30 minute sessions (Near, Mid & Far)*  
Reseachers have found therapeutic benefits to back, neck and arthritic pain from continuous use of infrared heat therapy.

### **Anti-Aging**

*30 minute sessions (Near, Mid & Far)*  
Near IR LEDs improve overall skin tone, elasticity and firmness promoting anti-aging benefits.

### **Cell Health/Immunity (Full Spectrum)**

Stay healthy with the natural preventative properties of our exclusive LED near infrared heating technology, which aids in cell health, muscle recovery and overall immunity defense.

### **Wound Healing (Full Spectrum)**

Our advanced LED near infrared technology has the unique ability to heal wounds faster and minimize scarring.

### **Recommended Number of Program Sessions**

2 to 5 sessions per week for 1 month or longer.

### **Sauna Packages**

- Single sessions \$55.00 per session
- Two individuals \$5.00 off each person per session
- Four sessions \$200.00 or \$50.00 per session
- Eight sessions \$360.00 or \$45.00 per session
- Twelve sessions \$480.00 or \$40.00 per session

### **Solocarbon® – The most effective far infrared technology**

Solocarbon® is Sunlighten’s proprietary far infrared technology that is 95% effective and the only heater on the market clinically shown to raise core temperature, lower blood pressure and aid in weight loss.

### **Solocarbon® Full Spectrum – Advanced blend of near, mid and far infrared heat**

Sunlighten’s patented Solocarbon® Full Spectrum is unique in its ability provide near, mid and far infrared at optimal wavelengths based on 56 clinical studies. With high power infrared proven 99% effective and advanced LED technology delivering true near infrared heat, Solocarbon® Full Spectrum can evolve with changing health needs over time.