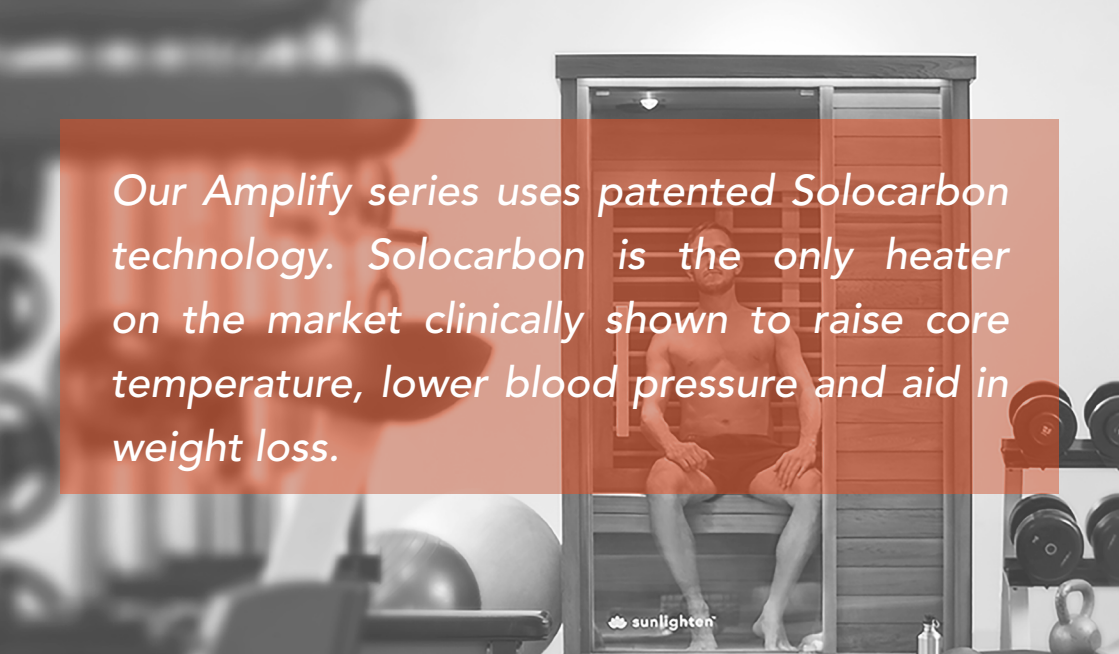




Amplify® Series

USER  
MANUAL

  
sunlighten®

A man is sitting inside a Sunlighten Amplify sauna. The sauna is made of wood and has a glass door. The man is shirtless and wearing shorts. The background shows a gym with various equipment like weights and a kettlebell. A semi-transparent orange box is overlaid on the left side of the image, containing text.

*Our Amplify series uses patented Solocarbon technology. Solocarbon is the only heater on the market clinically shown to raise core temperature, lower blood pressure and aid in weight loss.*

### **Congratulations!**

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

# TABLE OF CONTENTS

## PRE-INSTALLATION

Specifications .....	4
Pre-Installation Info .....	5

## OPERATING INSTRUCTIONS

Control Panel .....	6
Warm Up Time/Usage .....	7
Sauna Protocol .....	8
Health/Safety .....	9

FAQ .....	10
-----------	----

TROUBLESHOOTING.....	13
----------------------	----

WARRANTY .....	14
----------------	----

*A separate packet with assembly instructions is included with your sauna.*

## AMPLIFY SERIES SPECIFICATIONS

AMPLIFY II	
Dimensions (W x L x H)	50 3/8" x 45 3/8" x 77 5/8" 128 cm x 116 cm x 198 cm
Power	<b>US: 120V 1880W 15.67A</b> Intl: 240V 1880W 7.84A
DEDICATED 120V 20A CIRCUIT REQUIRED. SEE IMAGE ON RIGHT.	
AMPLIFY III	
Dimensions (W x L x H)	62 2/5" x 46 1/10" x 77 5/8" 158.5 cm x 117 cm x 198 cm
Power	<b>US: 120V 2020W 16.83A</b> Intl: 240V 2020W 8.42A
DEDICATED 120V 20A CIRCUIT REQUIRED. SEE IMAGE ON RIGHT.	

NEMA 5-20P  
USA / CAN



NEMA 5-20P  
USA / CAN



**\*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.

A true dedicated circuit consists of a circuit that runs from the wall outlet to the breaker box with its own switch in the breaker box and nothing else on the circuit. **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, and void your warranty.**

# PRE-INSTALLATION INSTRUCTIONS

## PRE-INSTALLATION

1. 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 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.
8. Installation of the sauna in an area below standard room temperature can increase warm up time.

## WARNING

To reduce risk associated with hazardous voltage & fire:

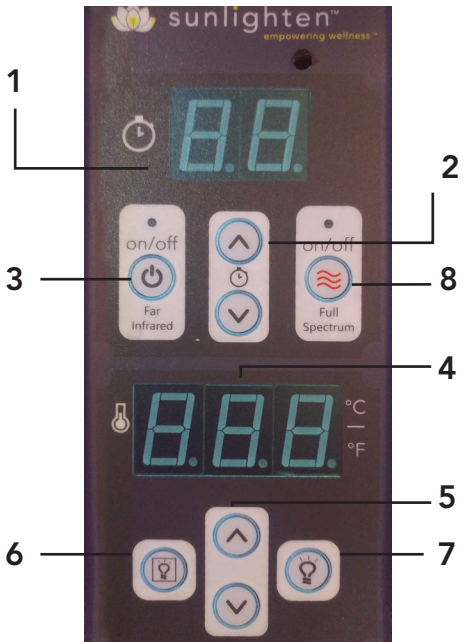
- Unplug the sauna from electrical outlet before storage or when not in use for extended periods of time
- Do not operate the sauna if it is not on a dedicated electrical circuit, or has a damaged power cord/plug
- If the sauna is not working properly or an odor persists, immediately unplug the sauna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

# OPERATING INSTRUCTIONS

Control Functions	
1	Time Display
2	Time Control
3	Far Infrared Power
4	Temperature Display
5	Temperature Control
6	Interior Lights
7	Exterior Lights
8	Full Spectrum Power

## 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.
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 seconds the display will show actual interior temperature.
6. Press outside button to turn On/Off exterior lights.
7. Press inside button to turn On/Off interior lights.
8. Media Player: You must independently turn the media player on or off. It is not connected to the main control panel. Please refer to the instruction manual that is enclosed in your packaging on how to use media player.



Full Spectrum Heat Intensity Level	
Red	Intense Heat
Blue	High Heat
Green	Moderate Heat
Black	No Heat

## WARM UP TIME & USAGE GUIDELINES

The controls are preset to 60 minutes at 150°F. 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 30-45 minutes. The sauna heats up at an average of 1 degree per minute. Follow these steps for proper warm up:

1. Make sure your sauna is plugged into a dedicated outlet installed by your certified electrician.
2. Check the settings on the keypad. The default setting should be set to 150 degrees and the timer set to 60 minutes.
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, you may require additional time to warm the sauna up depending upon the temperature of the surrounding surface & 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)
- The unit will now be in "4-Hour Timer" mode and will stay in that mode until the unit is powered off

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 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 150degrees

To cancel a reservation, press the timer up and timer down arrows simultaneously until the time display turnsoff. 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. 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 a degree per minute.
- Use Bamboo Carbon Towels to absorb sweat during sessions.

## SAUNA SESSIONS

- Begin your session when your sauna reaches 100°F.
- The optimal sauna experience occurs between 100° and 130°F.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100°F 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. of water or electrolyte to rehydrate.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit. Available at [www.sunlighten.com/shop/](http://www.sunlighten.com/shop/)

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

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

# FREQUENTLY ASKED QUESTIONS

## ASSEMBLY

### *Can I assemble my sauna outdoors?*

Yes, if you protect it with a Sunlighten canvas, 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 manufacturer warranty is one year.

### *How much room is required around my sauna for setup & maintenance?*

We recommend 4-12 inches of clearance around the back, sides and top of the sauna to access plugs and for general maintenance. Leave at least 4 inches 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 Chromotherapy and Acoustic Resonance Therapy?*

Sauna accessories have separate user manuals. Refer to the appropriate manual:  
<http://www.sunlighten.com/customer-care/>

### *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°F. 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 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. 27.

### *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 100-130°F. During your first few sessions, start at a lower temperature of 100°F 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 you're getting the same benefits as if sweating at 150°F.

### *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. Do not touch the bare heater surface when the heaters are on, or have recently been on.

### *How much will the sauna cost to run a month?*

The sauna runs on the same wattage as a blow dryer and will cost very 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.

### *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.

### *Why do you recommend using Bamboo Carbon towels?*

Bamboo Carbon towels will make your sauna experience more comfortable and will keep the sauna clean. Bamboo Carbon is anti-fungal and deodorizing, emits infrared rays and is highly absorbent. Use on the bench, floor and backrests for optimum comfort and cleanliness. Bamboo Carbon towels can be purchased at [www.sunlighten.com/shop](http://www.sunlighten.com/shop).

## MAINTENANCE

### *How do I clean my sauna?*

Sunlighten's Natural Sauna Cleaner is made specifically for use with your sauna. At least every six months, 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 [store.sunlighten.com](http://store.sunlighten.com).

### *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. 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 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

**[www.sunlighten.com/customer-care](http://www.sunlighten.com/customer-care).**

# 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 contact Customer Care at 877.292.0020 ext 402.*

# WARRANTY

## US / CANADA

### **Residential:**

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

### **Commercial:**

5 years on cabinetry and heaters; 1 year on controls, bench, floor, backrest and 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 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.



**RoHS**





version 27082020

---

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

---

international contact your local Sunlighten representative