

Sunlighten mPulse

3-in-1 Infrared Sauna

Sunlighten's patented and wellness technology delivers the most effective and highest quality near, mid and far infrared sauna on the market. It offers precise delivery of each near, mid and far infrared wave for optimal results with relaxation, recovery, respite and rejuvenation.

- **Near Infrared:** for cell health, immunity, skin purification and pain relief.
- **Mid Infrared:** for pain relief, improved circulation and weight loss.
- **Far Infrared:** for weight loss, detoxification and reduced blood pressure.

You have a choice of the following pre-set infrared sauna programs:

- **Anti-Ageing:** to look younger, decrease lines and promote skin renewal.
- **Cardio/Heart Health:** to reduce blood pressure, raise your heart rate and increase circulation.
- **Detoxification:** raise a sweat and expel heavy metals and metabolic wastes through the skin.
- **Pain Relief:** to penetrate tissues, joints and muscles to promote circulation and relieve pain.
- **Relaxation:** calm down with a deep tissue sweat to relieve stress and reduce muscle tension.
- **Weight Loss:** increase heart rate, cardiac output and metabolic rate to burn calories.





Studies have shown that frequent sauna use reduces your risk of:

- Sudden cardiac death
- Stroke
- Coronary heart disease
- Dementia
- Alzheimer's Disease

People who use the sauna 2-3 times a week are 22% less likely to die from sudden cardiac death, compared to people who use the sauna once a week. However, people who use the sauna 4-7 times per week are 63% less likely (Laukkanen, T. et al., 2015).

Pricing

1 hour total appointment time (you can use the sauna up to 45 mins + cool down)

- 1 session: \$40
- 3 session pass: \$99 (special intro offer to be used within 2 weeks)
- 5 session pass: \$150
- 10 session pass: \$300 (includes a FREE health check valued at \$65)

If you would like to bring a friend, prices are:

- 1 session: \$55
- 5 session pass: \$225
- 10 session pass \$450 (includes a FREE health check valued at \$65)



INFRARED SAUNA DETOXIFICATION:

Sweating is good for you. It is the body's safe and natural way to heal and stay healthy. Sunlighten far infrared sauna detoxification happens by heating the body directly, causing a rise in core temperature. This results in a deep, detoxifying sweat at the cellular level, where toxins reside.

INFRARED SAUNA RELAXATION:

Sunlighten saunas have been designed for the utmost in comfort to deliver greater relaxation and stress reduction benefits. Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna therapy helps you relax while receiving an invigorating deep-tissue-sweat, leaving you fully refreshed after each session.

INFRARED SAUNA WEIGHT LOSS:

In the mood to lose weight? Sunlighten can help. Our infrared saunas promote weight loss by increasing your core body temperature, detoxifying the body and burning calories while you relax in total comfort.

Infrared sauna therapy helps you relax while receiving an invigorating deep-tissue-sweat, leaving you fully refreshed after each session. As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate which provides a passive cardio workout causing the body to burn more calories. The Sunlighten brand of weight training is sauna weight loss.



INFRARED SAUNA PAIN RELIEF:

One of the most compelling reasons to purchase a Sunlighten sauna is the natural pain relief associated with infrared sauna therapy.

Infrared light therapy penetrates tissue, joints and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared sauna heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

INFRARED SAUNA BLOOD PRESSURE REDUCTION:

Only Sunlighten saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart.

Sunlighten infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Infrared sauna therapy helps you relax while receiving an invigorating deep-tissue-sweat, leaving you fully refreshed after each session.

INFRARED SAUNA IMPROVED CIRCULATION:

Owning and using a Sunlighten sauna for infrared therapy is like giving yourself a passive cardio workout – whenever you need it!

Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use – especially in the mid infrared range – can significantly stimulate blood flow up to twice the normal rate.



INFRARED SAUNA SKIN PURIFICATION:

As part of a sauna skin therapy program, Sunlighten infrared saunas help restore skin to a youthful appearance. Our saunas are designed so that the skin on your entire body – from face to feet – will benefit from a sauna therapy session.

The near infrared wavelengths are the most effective wavelengths for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone. Far infrared wavelengths target deeper down, removing toxins that can have a negative impact on skin.

INFRARED SAUNA WOUND HEALING:

Our advanced mPulse 3-in-1 infrared light technology has the unique ability to heal wounds faster and minimize scarring through the use of near infrared LEDs. No other sauna can offer these health benefits.

Scientific research has concluded that near infrared light therapy greatly enhances the skin's healing process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

CELL HEALTH, MUSCLE RECOVERY & IMMUNITY:

Stay healthy with the natural preventive properties of Sunlighten's exclusive near, mid, and far infrared light technology, which aid in cell health, muscle recovery and overall immunity defence.

Near infrared light therapy stimulates the circulatory system and more fully oxygenates the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to



“Detoxification is important because it strengthens the body’s immune system and helps the body’s biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD.”

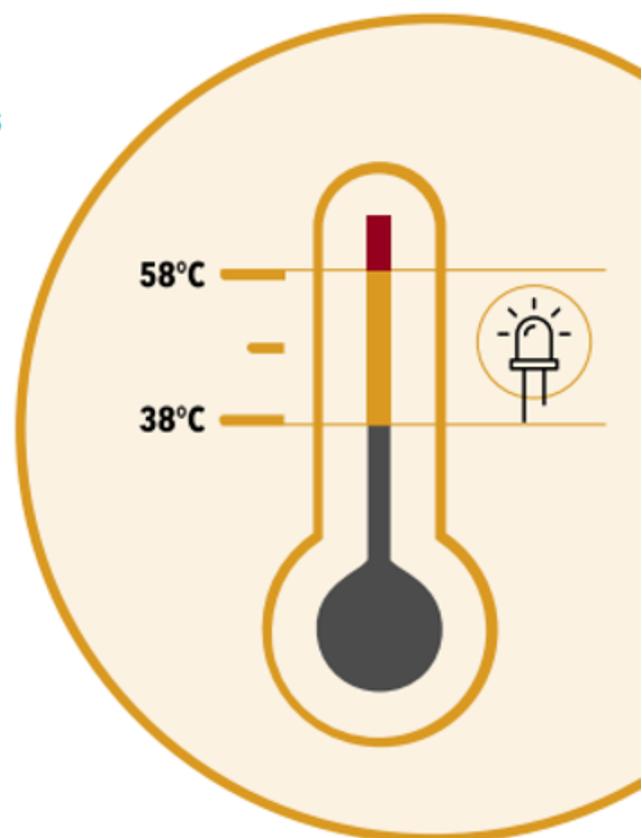
Dr. Rachel West

Sunlighten Infrared Saunas are an experience to be enjoyed, not endured.



What is the optimum temperature for Infrared Light Therapy?

- To experience the therapeutic benefits of infrared, the optimum temperature range is between **38°C and 58°C**.
- Sunlighten saunas are 95.99% emissive to deliver the highest concentration of infrared between 38°C and 58°C.
- Sunlighten saunas are therapeutic because of **infrared precision, quality and quantity, not because of heat.**





Our Sunlighten Sauna

Frequently asked questions.

If you haven't used it yet, our Sunlighten sauna is quite different to the traditional hot-rocks-and water experience.

Here are a few frequently asked questions.

What does it do?

The first thing most people notice is a stress-relieving relaxing of the muscles. Tension melts away, and the deep penetrating warmth is very soothing on aches and pains.

With regular use you feel the benefits of a deep, healthy sweat that purifies your body and improves circulation. After the first session, people often notice clearer skin and a deep, restful sleep.

What does it feel like?

In contrast to traditional high-heat saunas, Solocarbon infrared heating is highly customisable, so you can enjoy a deep, detoxifying sweat at lower, more comfortable temperatures.

Like it hot? That's fine too - now you have the choice.

Infrared - is that like a Microwave / UV?

Unlike tanning beds, Sunlighten saunas use infrared heating, which is entirely different to microwaves, or ultraviolet (UV) radiation.

Infrared heat is safe and healthy for all living things. Far from a new technology, infrared heat has been used in a variety of health and human movement applications for many years. Sunlighten saunas use a refined heating technology called Solocarbon, which is used in day spas, gyms, training studios and health practices worldwide.

Like to learn more?
Visit sunlighten.com.au/faq

Health Experts Recommend



Dr. Mark Hyman, MD, Functional Medicine Doctor

"I have found infrared saunas to be very effective in reducing the stress response and creating balance in the autonomic nervous system. They can improve circulation, help with weight loss, balance blood sugar, and improve detoxification—each of which improves your brain function. I have personally benefited from Sunlighten sauna therapy and feel it can be integrated into anyone's wellness plan."



Dr. Caroline Leaf, Communication Pathologist & Cognitive Neuroscientist

"One of my mental health brain hacks that I absolutely love and has helped me so much, and that is my Sunlighten sauna. I have one at my house, and when I'm not traveling, I have a sauna every single day. This is where I really relax and wind down from the pressures of life. I can feel my metabolism and clarity of thought has improved. If I am feeling a little foggy, I find that my sauna really clears it up. I just have so much energy after a Sunlighten sauna session!"



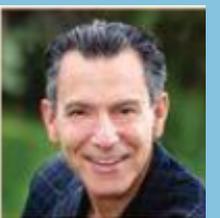
Dave Asprey, Founder & CEO of Bulletproof

"Infrared saunas can quickly help you get back to feeling amazing again. Sauna therapy has been around for centuries as a way to detoxify your body, but full spectrum infrared saunas can go even further by heating up your body's core to a cellular level, where most toxins are stored. That's why my Bulletproof Brohacking lab has a rnPulse 3-in-1 sauna."



Dr. Amy Myers, Functional Medicine Doctor & New York Times Best-Selling Author

"Use my Sunlighten Sauna two or three times a week, every week. As a busy executive and mom, I have very few minutes to myself. Nothing helps me relax and detox in the little time I have available like my personal sauna!"



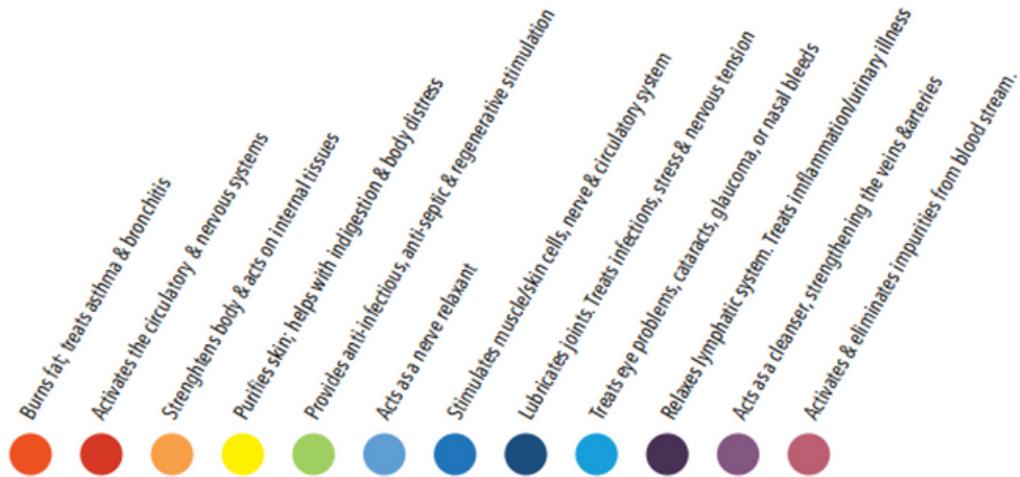
Dr. Joel Kahn, MD, Holistic Cardiologist

"If you analyze the peer reviewed data, full spectrum infrared sauna therapy would be a multibillion drug if it came in a pill. The ability to heal endothelium and improve symptoms and prognosis for congestive heart failure and coronary artery disease is remarkable. Sunlighten saunas are the only infrared saunas clinically shown to lower blood pressure and reduce belly fat, both contributing factors to a healthy heart."

Chromotherapy:

Is the science of using colours to adjust body vibrations to frequencies that result in health and harmony. You can select from the following light colours to utilise during your sauna to result in the following health benefits.

CHROMOTHERAPY COLOUR OVERVIEW



References and Additional Resources:

- Journal: Laukkanen, T. et al. (2015) "Association between sauna bathing and fatal cardiovascular and all-cause mortality events," JAMA Internal Medicine, 175(4), p. 542. Available at: <https://doi.org/10.1001/jamainternmed.2014.8187>.
- Journal: Patrick, R.P. and Johnson, T.L. (2021) "Sauna use as a lifestyle practice to extend healthspan," Experimental Gerontology, 154, p. 111509. Available at: <https://doi.org/10.1016/j.exger.2021.111509>.
- Manual: Sunlighten Operating Procedure.
- Video: Sunlighten Co-Owner, Aaron Zack explains the benefits of sweating for weight loss and detoxification - <https://www.youtube.com/watch?v=xIKrEQ3bgY>.
- Video: Sunlighten Co-Owner, Connie Zack explains Core Temperature, Detox & Sweat, What Consumers Need to Know and the Health Benefits of Saunas - <https://www.youtube.com/watch?v=gytiI8dqMR4>.
- Video: Hear About Detoxing Heavy Metals Using an Infrared Sauna - <https://youtu.be/dpWXaH0UDzQ>.
- Webinar: Sauna Benefits Deep Dive and Optimal Use with Dr. Rhonda Patrick & Med Cram - <https://www.youtube.com/watch?v=RWkv9ad7zvc>.
- Website: <https://www.sunlighten.com.au/infrared-sauna-health-benefits>.

References and Additional Resources:

- Infrared Sauna: <https://naturoway.com.au/programs/infrared-sauna/>
- Corporate Health Checks: <https://naturoway.com.au/programs/corporate-wellness/>