



MPULSE INFRARED SMART SAUNA CUSTOMER EXPERIENCE GUIDE

Learn more about infrared sauna therapy and its health benefits.

 **pulse pilates**



INFRARED

Sunlighten Infrared Sauna Therapy

AN ENJOYABLE, RELAXING EXPERIENCE.

Today's world places a toxic load on our bodies, from environmental toxicants to stress and anxiety that create inflammation and other symptoms. Sweat is one of the body's safest and most natural ways to heal and maintain good health. Sunlighten's high-quality infrared promotes an effortless, deep, productive sweat that will leave you feeling cleansed, refreshed and energized.



Sweat out the Toxins



Improve Sleep Quality



Boost the Immune System



Increase Metabolism and Burn Fat



Improve Heart Health



Repair Muscles Faster



Reverse Aging and Renew Skin



Experience Bliss and Reduce Stress



sunlighten



SUNLIGHTEN EXPERIENCE GUIDE

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SECTION 1: INFRARED SAUNA EDUCATION

When you step into a Sunlighten sauna, you're getting an exclusive experience with the world's only customizable infrared sauna by the global leader in infrared light technology. It's a whole-body light therapy wellness experience. An escape that gifts you with renewed energy and healing for your mind, body and spirit.



WHY AN INFRARED SAUNA?

CENTURIES OF SAUNA USE

Historically saunas have been used for detoxification for centuries in a variety of cultures:

- Aboriginal and Native American sweat lodges, Mexican and Guatemalan temazcals, Finnish cultural practice, European steam rooms

Sauna Therapy has long been recommended by practitioners in alternative health circles because of its known power to remove heavy metals and other environmental toxicants, including mold, plastics, and other chemicals that have become part of modern life. Sauna therapy has also been part of many drug rehabilitation programs because of its known help in the detoxification process for certain drugs as well.

We know you want to make sure you're doing all you can to feel good and live as healthy as possible. Heat and sweat alone have been known to be beneficial for a long time. Today's infrared saunas offer even more benefits to feel good about.

THE DIFFERENCE BETWEEN TRADITIONAL SAUNAS & INFRARED SAUNAS

Traditional saunas use a heat source to heat the air, and often include steam to create humidity as well. Fire and hot rocks were common sources of heat; modern saunas use a heater or steam generator to create the temperature increase.

Traditional saunas heat the air to a point that initiates the body's natural cooling process. This means blood comes to the surface of the skin and opens the pores. Infrared saunas emit lightwaves that penetrate the body to stimulate the health benefits from within at a cellular level.

TRADITIONAL SAUNA

- 150-210° F
- Surface heat
- Sweat happens at higher temps
- Extreme heat, shorter session
- Requires more power
- Uses heat stove at heat source
- More humidity

INFRARED SAUNA

- 110-140° F
- Deep, penetrating heat
- More sweat at lower temps
- Enjoyable heat, longer session
- Requires less power
- Uses infrared light panels as heat source
- Less humidity

The Sunlighten mPulse® Smart Sauna is unique among infrared saunas because it is the only one with advanced 3 in 1® heating technology, integrated with red light, that allows you to customize each red light/near, mid, and far wavelength to optimize specific health benefits to meet your needs.

WHAT IS INFRARED?

WE HELP YOU "SEE" INFRARED IN THIS VIDEO

Scan the QR code with your camera to watch a video to help you better understand what infrared is and how our bodies interact with it. Our bodies are like solar panels designed to absorb infrared light, which activates our body's cells for vitality and energy.



Infrared is found in nature and is necessary light for life.

- Nature brings us infrared light. It's the healthy, healing rays that come from the sun. You've felt infrared your entire life. When you sit next to a fire or feel the warmth of the sun on your skin. Infrared also helps plants bloom - just the right amount helps stems grow fast and strong. All living things need it to grow and flourish.
- Sunlight is 52-55% infrared. It's all the good parts of the sun's healing light.
- The experience of an infrared treatment is similar to sunbathing, giving you that wonderful natural warmth. Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in an infrared sauna and it will never cause your skin to burn.

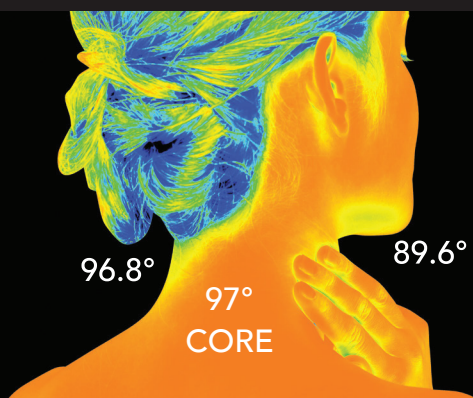
Infrared is part of a natural spectrum.

- Remember the first time you saw a prism transform light into a rainbow of visible light? Infrared is the invisible light just outside the prism next to red light, thus the name "infra (below)" + "red."
- Infrared consists of 3 wavelengths: near, mid and far.
- Visible light and infrared are part of the electromagnetic spectrum, a continuum of light waves organized by how they interact with matter. Scientists explain infrared as a safe, gentle form that brings many good, healthy things to earth and human beings.

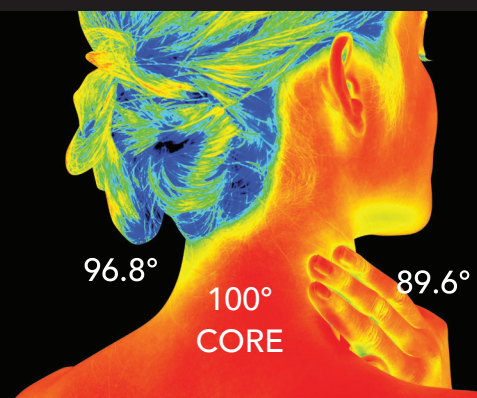
Infrared heats the body directly rather than simply heating the air.

- Infrared penetrates human tissue, and the energy it delivers is just the right nudge cells need to stimulate warmth, growth and release.
- Infrared is effective at a low, soothing temperature.
- It is completely healthy and safe for all living things. It's even used in hospitals to warm newborn infants.

BEFORE EXPOSURE TO INFRARED HEAT



AFTER EXPOSURE TO INFRARED HEAT



WHAT MAKES SUNLIGHTEN INFRARED THERAPY SPECIAL?

All infrared is not created equally. Here are four reasons why we believe our Sunlighten is unlike any other:

- 1. Most Effective Infrared** - To deliver health benefits like anti-aging, weight loss and detoxification, saunas need to emit high concentrations of infrared waves—not just heat. For infrared therapy to be successful, heaters must have a high emissivity level for the body to absorb infrared energy. Emissivity is the measure of infrared that a heater emits.

Sunlighten's patented infrared provides the highest dose of infrared energy into their body. Third-party testing proved Sunlighten's infrared to be 95-99% emissive. No other infrared sauna delivers this level of infrared therapy.

- 2. Enjoyable Experience** - A sauna session should not be something you have to push yourself to complete. An extremely hot environment can make you anxious for the session to end and likely to stop short. Worse yet, if it is that hot, you probably are not receiving the most therapeutic wavelength.

Sunlighten's infrared creates a pleasurable sauna experience with a soothing heat that is enjoyable for the entire session and will leave you feeling invigorated, light and energized.

- 3. Quality Sauna Cabin** – The craftsmanship that goes into the construction of Sunlighten saunas is unmatched. The sauna cabins are beautiful, durable, premium wood solidly constructed with attention to detail that makes it a luxurious experience. Those details include extra thick walls, invisible seams, powerful sealing system that locks in warmth, and gorgeous glass doors. To feel even better about using Sunlighten saunas, they use environmentally responsible sustainability practices in the selection of wood, and every part is tested and proven non-toxic.

- 4. Backed by Clinical Studies** - One of the many differences between Sunlighten infrared saunas and other infrared saunas is the clinical testing and studies that show the unique effectiveness, safety, and quality of Sunlighten saunas. View the studies below at sunlighten.com/light-science/research. The six pre-programmed health programs available only in the mPulse were created based on 56 data points from 37 different clinical studies on how infrared interacted with the body. This is a very important and special aspect of this sauna – it provides complete whole-body light therapy.

- **Detoxification** - Increases core body temperature up to 3° for a deep, detoxifying sweat
- **Temporarily Reduced Blood Pressure** - Double-blind placebo study showed a significant reduction in blood pressure with regular use.
- **Aid in Weight Loss** – Infrared sauna use reduced waist circumference in a 3-month period
- **Increases Flexibility** - A third-party study found that mPulse full spectrum infrared saunas increase flexibility up to 3x, using a blend of mid and far infrared.
- **Pure Infrared** - 95-99% pure infrared light energy absorbed into the body
- **Safe, Non-Toxic Materials** – 3rd party tested by multiple sources
- **Ultra Low EMF** – 3rd party tested by VitaTech



SECTION 2: PROGRAMS & HEALTH BENEFITS

Know the warmth you feel is delivering what you need because Sunlighten saunas deliver precise combinations of near, mid, and far wavelengths at the optimal dosage for great results to leave you healthier, based on clinical studies. The health benefits increase with regular use over time, which is why we offer memberships for you to come as often as you like.



SUNLIGHTEN SAUNA PRESET PROGRAMS

It is important to note: the heater programs, and studies they are based on, are set using infrared wavelengths - not cabin temperature. Each program will take you through a variety of heater intensities and cabin temperatures. Do not be alarmed by any unexpected temperature changes. The efficacy of the program derives from the surface temperatures of the individual heaters, not the air temperature.

The tablet inside the sauna allows you to select a pre-set health program or custom set your own:

CARDIO

- 45 min
- Red Light/Near, Mid and Far Infrared
- Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

DETOXIFICATION

- 37 min
- Mid and Far Infrared
- Starts at a high intensity to increase the body's core temperature, then reduces to a lower intensity level. Mid and far infrared combination improves vascular access flow to reach toxins at the cellular level.

PAIN RELIEF

- 30 min
- Red Light/Near, Mid and Far Infrared
- A far and mid-infrared blend provides natural pain relief by reducing inflammation and swelling while red light/near infrared penetrates the tissue promoting cellular repair at a medium, constant intensity level.

RELAXATION

- 40 min
- Red Light/Near, Mid and Far Infrared
- Far, mid, and red light/near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

WEIGHT LOSS

- 30 min
- Mid and Far Infrared
- Starts at a high intensity to stimulate the cardiovascular system, then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate, cardiac output, and metabolic rate, similar to aerobic exercise.

ANTI-AGING

- 30 min
- Red Light/Near, Mid and Far Infrared
- A low, constant intensity level penetrates tissue to help with various skin concerns. Red light/near infrared improves overall skin tone, elasticity, and firmness, promoting anti-aging benefits.

CUSTOM

- Varies
- Red Light/Near, Mid and Far Infrared
- Gives you full control of each heater, allowing you to maximize the infrared power, output, and intensity of each session.

INFRARED SAUNA HEALTH BENEFITS

Everything you see, feel, hear, and touch during a sauna session contributes to your wellness experience. An escape that gifts you with renewed energy and healing for your mind, body and spirit. It is easy to get addicted to the mPulse Smart Sauna. You can take refuge from stress, reclaim your peace, and take care of your body and mind inside a peaceful sauna sanctuary. There's no unbearable heat. Enveloped in gentle, therapeutic infrared warmth, you'll love how you feel during and after your session.

MPULSE 3 IN 1 INFRARED WITH RED LIGHT SAUNA THERAPY BENEFITS

Red light/near, mid, and far infrared wavelengths help you feel even more amazing after a massage or facial, workout, or even as a stand-alone treatment. The health benefits increase with regular use over time.



Detoxification

Sweat out the toxins. Sweating is one of the body's safest and most natural ways to heal and maintain good health by helping to eliminate toxic heavy metals, drug residues, and hormone disruptors. With the deepest penetration, Sunlighten saunas' infrared helps increase blood flow and perspiration.



Weight Loss

Increasing core body temperature affects circulation like cardio exercise. It stimulates sluggish metabolism and helps eliminate toxins that cause fat storage, making sauna a great support to weight loss efforts and weight management.



Heart Health

Improve heart health. Infrared therapy can help your heart work better by exercising the heart, temporarily reducing blood pressure, and improving circulation. Sunlighten's far infrared technology has been clinically proven to temporarily reduce both systolic and diastolic blood pressure.



Anti-aging

Reverse aging and renew skin. The near infrared LEDs have been shown to increase collagen and elastin, improving overall skin appearance. Increased circulation also contributes to faster cell regeneration, which helps with appearance of scars. Regular use may also help reduce cellulite trapped beneath the skin.



Pain Relief

Repair muscles faster. Many professional athletes use Sunlighten saunas to recover from their training and injuries. Infrared helps deliver more oxygen to cells for faster repair and pain relief.



Immunity

Heating the body from inside can improve the function of the immune system just like a fever can. Therefore, regular Sunlighten sauna use can help reduce the incidences of cold and flu, or help you recover faster from illness.

ADDITIONAL RESOURCES

To learn more about each health benefit and studies related, visit Sunlighten's Health Benefits pages on their website at sunlighten.com/infrared-sauna-health-benefits. You can also search for topics in their LotusLife Library at sunlighten.com/blog to find more information.



SECTION 3: CHROMOTHERAPY

Find balance and reduce stress with chromotherapy, encouraging a deeper reconnect with your mind and body. Let Sunlighten's premium technology bring you to even deeper states of relaxation, enhancing your sensory experience for greater rejuvenation.



ENHANCING THE SAUNA EXPERIENCE WITH CHROMOTHERAPY

CHROMOTHERAPY

Enhance your sauna experience and transform your mental well-being with Chromotherapy, or color therapy, the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Chromotherapy works on various energy points to help balance your body via the full spectrum of visible light. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms.

This lighting feature paints your sauna with colors from the sun's visible light spectrum, creating an artful atmosphere with a balance-bringing effect. Choose the color that matches your wellness needs and feel even better.

Light is responsible for turning on the brain *and* the body, entering the body through the eyes and skin. When even a single photon of light enters the eye, it lights up the entire brain. This light triggers the hypothalamus, which regulates all life-sustaining bodily functions, the autonomic nervous system, endocrine system, and the pituitary (the body's master gland).

CHROMOTHERAPY SAUNA BENEFITS

Our bodies need the sun's light to live. And that light can be broken down into a seven-color spectrum. An imbalance of any of those colors can manifest itself in physical and mental symptoms. Alternative medicine practitioners who use chromotherapy relate the seven colors of the spectrum to specific body areas.

With regular infrared sauna color light therapy, you can help balance your body's energy wherever it is lacking. Chromotherapy sauna benefits include physical, emotional, mental, and spiritual healing. This feature is unlike any other on the market. Instead of seven single-color lights, Sunlighten saunas provide combinations of the seven-color spectrum to include 16 colors, four color-changing modes, and four brightness/intensity settings. The lights are soft and gentle and can be controlled by a remote.

On the next page, view Sunlighten's chromotherapy guide, reviewed by Christina Ross, Ph.D., BCPP, Biophysicist Research Fellow, Wake Forest School of Medicine's Institute for Regenerative Medicine.

CHROMOTHERAPY



Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes of the wheels of life or Chakras as originating from subtle energy known as Prana. This type of subtle energy can be modulated by electromagnetic field/visible light to stimulate the brain/nervous system, cellular tissues, and bodily organs. Visible light is emitted in the form of photons that are absorbed through the skin and the active receptors in the eyes. Once absorbed, proteins or photopigments are activated at specific wavelengths to produce chemical reactions in the body. These reactions can produce various therapeutic biochemical benefits depending on their wavelength.

Match the color dot from your remote to the chart below.

VIOLET (380-420 nm)



CROWN CHAKRA/TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.

INDIGO (420-450 nm)



THIRD-EYE CHAKRA/FOREHEAD

Balances 6th / third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.

BLUE (450-495 nm)



THROAT CHAKRA/NECK

Balances 5th / throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.

GREEN (495-570 nm)



HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.

YELLOW (570-585 nm)



SOLAR PLEXUS CHAKRA/STOMACH

Balances 3rd chakra located at the solar plexus mid-torso in and around the kidneys and liver. Center of personal power, will and self-esteem. Produces a cleansing effect to purify the blood and skin, increase neuromuscular tone, and improve nervous system function.

ORANGE (585-620 nm)



SACRAL CHAKRA/BELOW BELLY BUTTON

Balances 2nd chakra located in the low abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.

RED (620-750 nm)



ROOT CHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy and happiness.

Reviewed by Christina Ross, Ph.D., BCPP, Biophysicist Research Fellow, Wake Forest School of Medicine's Institute for Regenerative Medicine



SECTION 4: HEALTH EXPERTS RECOMMEND SUNLIGHTEN

For over 20 years, Sunlighten has partnered with other leaders in the natural wellness space who share their passion for wellness and infrared light.



HEALTH EXPERTS RECOMMEND SUNLIGHTEN



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 Biohacking lab has a mPulse 3 in 1 sauna."



Dr. Izabella Wentz, *Pharm.D., FASCP, The Thyroid Pharmacist*

"The more I've researched saunas, the more I've realized that not all infrared saunas are created the same. I'm a lover of research, case studies, and facts, which is another reason why I like Sunlighten. Their products are based on extensive research combined with personal experience."



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."

HEALTH EXPERTS RECOMMEND SUNLIGHTEN



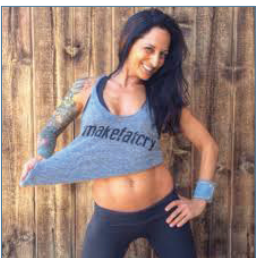
JJ Virgin, Certified Nutrition Specialist & Exercise Physiologist and Board Certified in Holistic Nutrition

"I've long been a fan of infrared saunas. Recently I took that love to the next level and splurged on one for my home. I didn't make that decision lightly. After careful research and speaking with trusted colleagues, I opted for a Sunlighten sauna, the only brand clinically shown to raise core temperature so you burn more fat and more effectively detoxify."



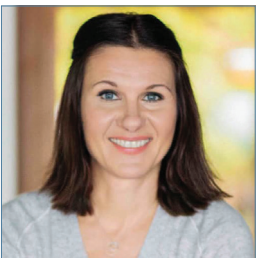
Luke Storey, Wellness Expert, and Host of the Life Stylist Podcast

"I've been doing sauna therapy for three decades. Infrared has always been the gold standard for me because of its wide range of benefits. I had my eye on Sunlighten for some time before I pulled the trigger. After learning everything I could about their saunas, I finally decided to make them the brand I trust. Their attention to detail, like low EMF and full-spectrum heat, made this an easy choice."



Betty Rocker, Certified Fitness Nutrition Practitioner

"I was excited when I decided to get my very own Sunlighten sauna because a lot of the places that I've traveled to around the world have had this brand. I really didn't have any high expectations about how my body would respond with regards to the mercury, I just knew it could help over time. After using the 3 in 1 detoxification program two times per week, I truly was amazed when my 2018 tests came back and my mercury levels had dropped from 15.65 to 1.44."



Magdalena Wszelaki, Certified Holistic Health Coach and Founder of Hormones & Balance

"I first came across Sunlighten at the Bulletproof Conference. I know the organizers and their scrutiny of partners who exhibit at this event, so that was a starting point. After looking into numerous infrared saunas, I chose Sunlighten based on the following criteria: highest quality materials, most effective Solarcarbon IR technology, and an experience to enjoy vs. endure. I believe that Sunlighten has the best sauna for you."



Dr. Will Cole, Functional Medicine Practitioner

"There are obviously great infrared sauna benefits, but that doesn't mean they are all made equal. My personal favorite is Sunlighten since they go above and beyond with testing and providing low-EMF infrared sauna systems."



SECTION 5: FAQ, PROTOCOL & CONTRAINDICATIONS

Infrared, heat, sweat, health benefits, and sauna use in general can be complicated. We've prepared a list of commonly asked questions to help you. Any additional questions? Please ask a staff member.



COMMONLY ASKED QUESTIONS ABOUT INFRARED SAUNAS

What do I wear?

To enable infrared to penetrate tissues as deep as possible, we recommend wearing as little as possible. A cotton towel, gym shorts or swimsuit are perfect options. We offer bath towels and body wraps infused with CELLIANT that reflect the body's infrared back into the body, enhancing and extending the benefits of infrared before, during, and after your session.

How often should I use the sauna?

One session will leave you feeling refreshed and rejuvenated. But similar to exercise, the more you do it, the better the results. Recommended use is 3-4 times per week for 30-40 minutes.

When will I start sweating?

Sweat levels are different for everyone. Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use. Even if your body is not drenched in sweat, your body is still detoxifying from harmful toxins. Also, be sure to drink plenty of water before your session. If you are dehydrated, you will not sweat as much.

Do I need a doctor's note?

No. If you have health concerns, we recommend speaking with your doctor before your sauna session.

Can I take my cell phone into the sauna?

Just as you would not leave your cell phone in your car on a hot day, we do not recommend taking cell phones, Apple watches, or other electronics in the sauna. The electronics that are built into the sauna are designed for a heated environment.

Are children allowed to use the sauna?

The core body temperature of children rises much faster than adults. When taking a sauna session with a child, operate at a lower temperature and for no more than 15 minutes at a time. A general rule of thumb is one minute inside your sauna per year of age for the child, but always accompanied by an adult. And remember to keep you and your children hydrated, even if you don't see them sweating.

Is it ok to use the sauna while breastfeeding?

Please consult with your physician, as this answer is usually yes, but may be no depending upon your specific circumstances.

Can I sauna while pregnant?

Even though infrared is completely safe, it is not recommended to use while pregnant. While pregnant, the core body temperature is already elevated, and you could overheat.

For more FAQ's, visit sunlighten.com/customer-service/frequently-asked-questions/

SAUNA TREATMENT PROTOCOL

Follow this quick guide for the optimal purifying experience.

Prep

- Wait at least 1-2 hours after eating before beginning an infrared sauna session.
- Hydrate with a minimum of 8 ounces of water to prepare for an increase in core body temperature.
- When you schedule your appointment, you'll want to select which health benefit program you want for your session so the staff can be heating up the sauna for your arrival. The mPulse sauna allows you to choose from six pre-set programs that each deliver specific blends of red/near, mid, and far infrared for individual health benefits that include cardio, detox, weight loss, relaxation, pain relief, or anti-aging. You can also customize a setting and create your own blend of red/near, mid, and far infrared. Our staff can help you create your own setting if you wish.

During Sauna Session

- Listen to your body and adjust based on what it's telling you. If you feel flu-like symptoms, discontinue and let our staff know.
- Everyone sweats differently. You may not sweat during the first few sessions. Sweat will increase with regular use.

Experience

- Customize your experience with chromotherapy. To control the lights, point the remote at the control box within a 3 ft. radius.
- Discontinue your treatment and exit the sauna at any time. Listen to your body and be aware of excessive detoxifying. If you begin to feel flu-like symptoms, you should discontinue use immediately. If these symptoms continue, consult a physician.
- Don't be surprised if you do not sweat during the first few treatments. Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.

Post Sauna Session

- Rehydrate with 8 to 24 oz. of water or electrolyte drink to replenish fluids.
- Dry off with an absorbent towel, then cool down naturally or with a shower.
- Schedule next Sunlighten sauna session.

SAUNAS & CONTRAINDICATIONS

Sunlighten infrared saunas operate with the same efficacy 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.

MEDICAL CONDITIONS

If any of the below apply to you, consult your physician prior to sauna use:

- **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.
- **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 amitriptyline, 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.
- **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.
- **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.

SAUNAS & CONTRAINDICATIONS

- **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.
- **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.
- **Pacemakers / Defibrillators** – The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

In the rare event that you experience pain or discomfort, immediately discontinue sauna use.



pulse pilates

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www.pulsepilates.co
12A Broadway, Amityville, NY 11701
