



OWNER'S MANUAL



IMPORTANT SAFETY GUIDES

READ AND FOLLOW ALL INSTRUCTIONS

IT IS UNLAWFUL TO INSTALL THIS UNIT WITHOUT FIRST OBTAINING A

PERMIT FROM THE LOCAL

ELECTRICAL INSPECTION AUTHORITY.

A) Reference to the warning marking provided with the heater, indicating the importance

of attaching the marking. There are the relevant explanations for all kinds of warning

notice; also there is the limit for the location of warning notice as below;

1) The hyperthermia warning marking should be located on the outside of the door at eye level.

2) The fire warning marking should be located on the interior wall above the heater at eye level.

B) All wiring to the sauna heater and accessories shall be routed away from any direct radiation from the sauna heater.

C) Any receptacle shall not be installed inside the heated room.

D) The sauna heater shall not be subjected to water spray and that shower heads shall not

be installed above the sauna heaters.

E) No plumbing fixtures (taps, etc) are to be installed in the sauna room.

F) The door of the heated room do not include any locking or latching system, malfunction of which could cause entrapment inside the heated room.

G) The dry-bath bathing room shall be provided with intended ventilation.

H) Hyperthermia occurs when the internal temperature of the body reaches a level several

degrees above the normal body temperature of 98.6°F H. the symptoms of hyperthermia

include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia include:

a) Failure to perceive heat;

b) Failure to recognize the need to exit the room;

c) Unawareness of impending hazard;

d) Fetal damage in pregnant women;

e) Physical inability to exit the room; and

f) Unconsciousness.

WARNING- The use of alcohol, drugs, or medication is capable of greatly increasing the

risk of fatal hyperthermia.

SAVE THESE INSTRUCTIONS



OWNER'S MANUAL

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Amplify SERIES SPECIFICATIONS

AMPLIFY 2	
Dimensions	1,35 cm x 1,22 cm x 1,97cm
Power	120V,18.92A,2270W
AMPLIFY 3	
Dimensions	1,64cm x 1,22 cm 1,97 cm
Power	240V,13.67A,3280W
AMPLIFY 4	
Dimensions	1,70cm x 1,71 cm x 1,97cm
Power	240V,16.25A,3900W

A true dedicated outlet is an outlet that runs from the wall outlet on your home to the breaker box with nothing else on that line. 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.

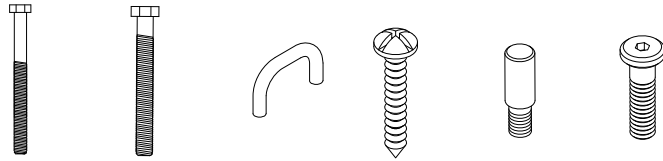
PRE-INSTALLATION

1. If your sauna requires a dedicated outlet , please have a certified electrician install a dedicated outlet for sauna.
2. Remember your sauna should be assembled by two 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.

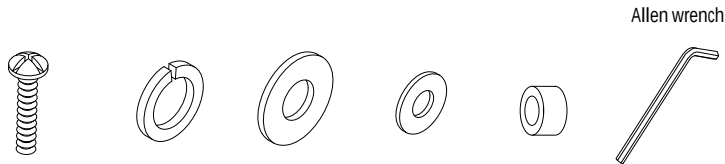
ASSEMBLY INSTRUCTIONS

Amplify

- ① 2x ② 6x ③ 4x ④ 4x ⑤ 8x ⑥ 12x

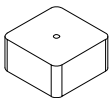


- ⑦ 12x ⑧ 12x ⑨ 12x ⑩ 12x ⑪ 2x ⑫ 1x

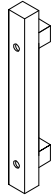


Allen wrench

- Ⓐ 6x



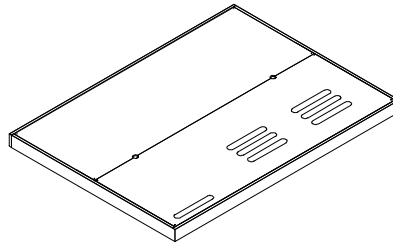
- Ⓑ 1x



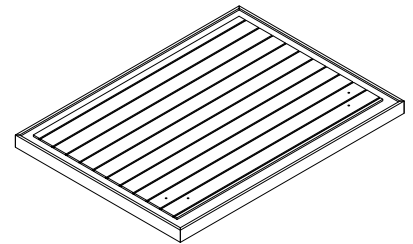
- Ⓒ 1x



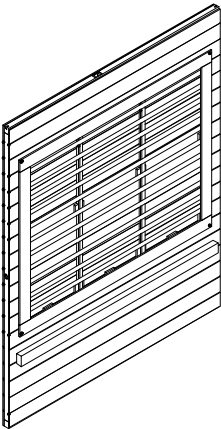
- Ⓓ 1x Roof



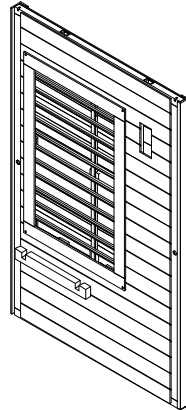
- Ⓔ 1x Floor



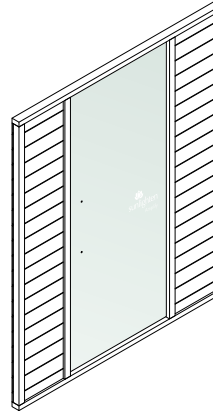
- Ⓕ 1x Back Wall



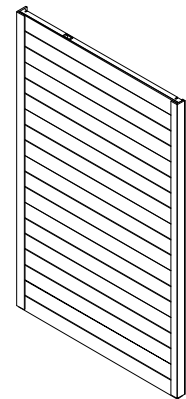
- Ⓖ 1x Right Wall



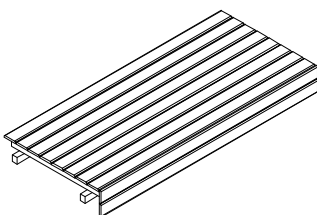
- Ⓗ 1x Front Wall with glass panel



- Ⓘ 1x Left Wall



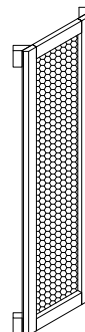
- Ⓙ 1x Bench



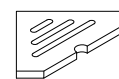
- Ⓚ 2X Full Spectrum (FS) Heater



- Ⓛ 2X FS Heater Covers



- Ⓜ 2X FS Heater Top Panel



- Ⓝ 4X FS Heater brackets



PRE-STEPS

You will want two or more people to assemble your sauna.
Unpack each wall segment from the shipping material. Stage each wall segment in the room you will be assembling the unit.

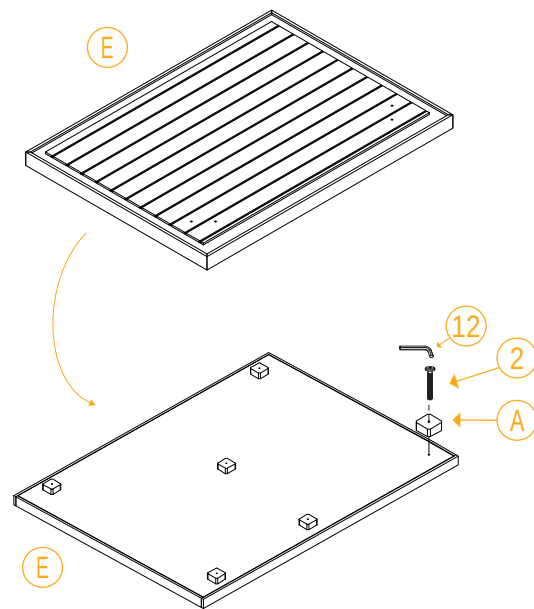
STEP 1

Attach the feet pegs (A) with supplied Allen wrench and bolts (2) to the underside of floor (E).

NOTE: Make sure the floor panel is on a surface that is perfectly level and relatively smooth. Failure to do so can cause the door to not close all the way in the later steps.

NOTE: Before you begin installing the walls, be sure you have at least:

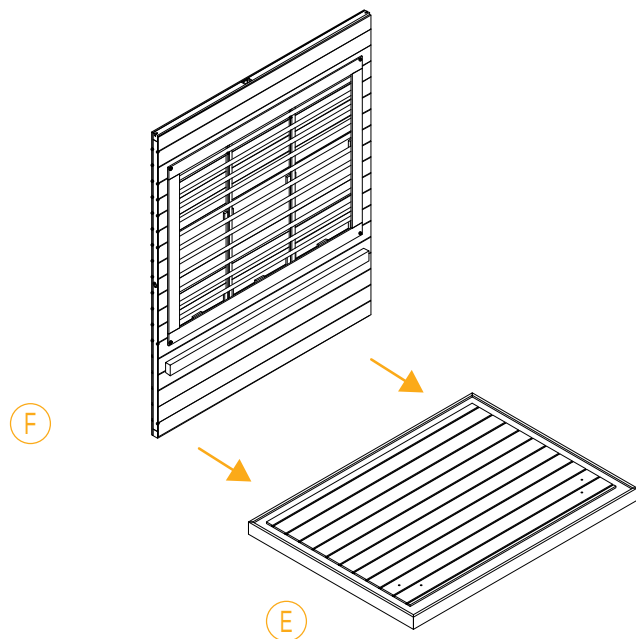
- 6 in between the back of the sauna and the outlet wall.
- 12 in gap from the top of the sauna to the ceiling.
- Place the sauna next to the wall power outlet to ensure you have access to the wall power socket outlet to cut the power to the unit if required.



STEP 2

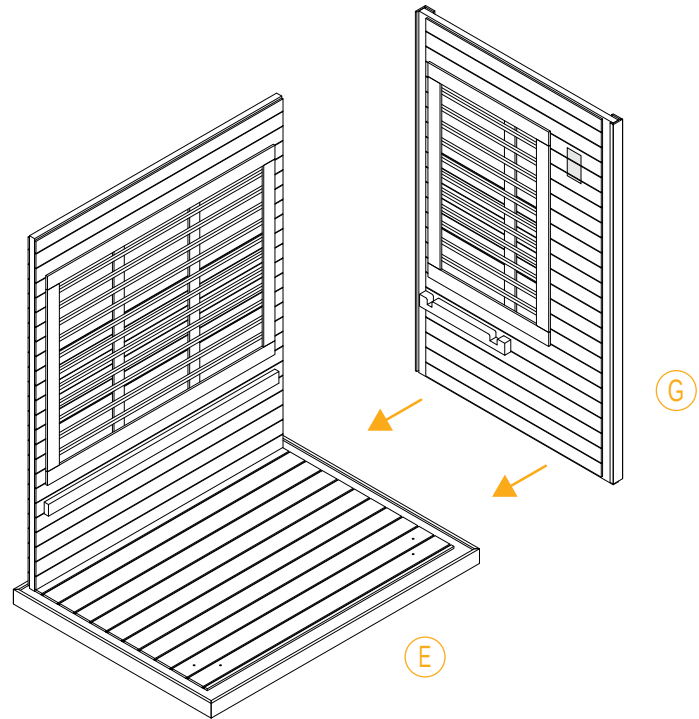
In this step, make sure one person is holding the wall while the other helps balance it and press it in place.

Place the back wall (F) on the back of the floor panel (E). Be sure you have two people assisting with this step. This is the side with the sauna information label on the bottom edge.



STEP 3

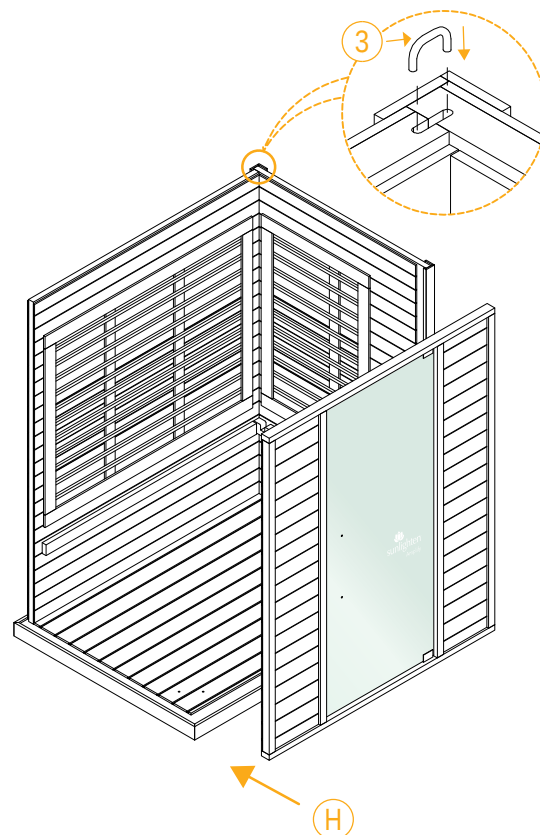
Place right wall (G) on the right side of floor panel (E).
This wall panel should sit flush once properly seated.
Make sure no gaps are visible in the corner of the two walls as you insert it. It should be inserted flush.



STEP 4

As you insert each wall segment, you will insert the U-clips (3) in the pre-drilled holes in the corner.
This will keep the walls sealed together.

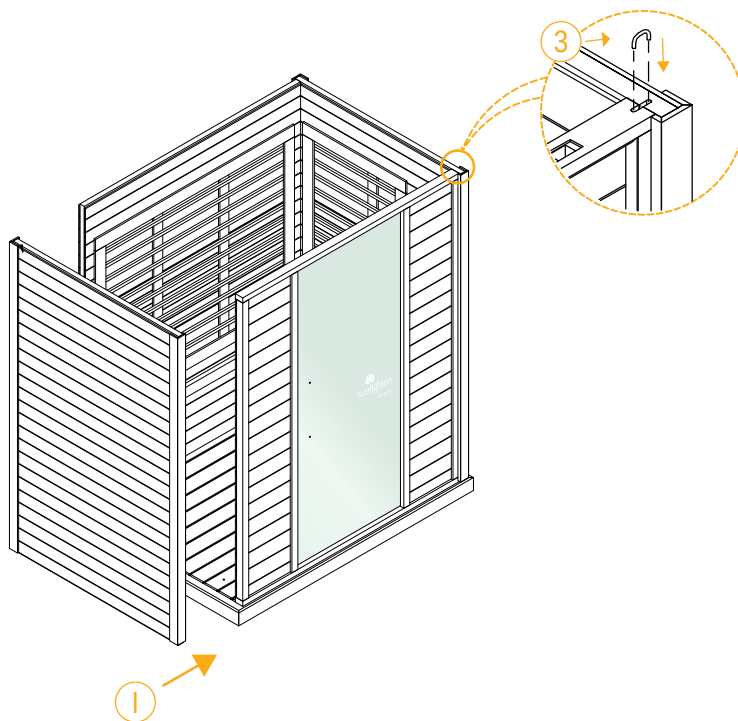
The front wall (H) will be inserted next. Be careful of the glass door and panel as you insert the wall.



STEP 5

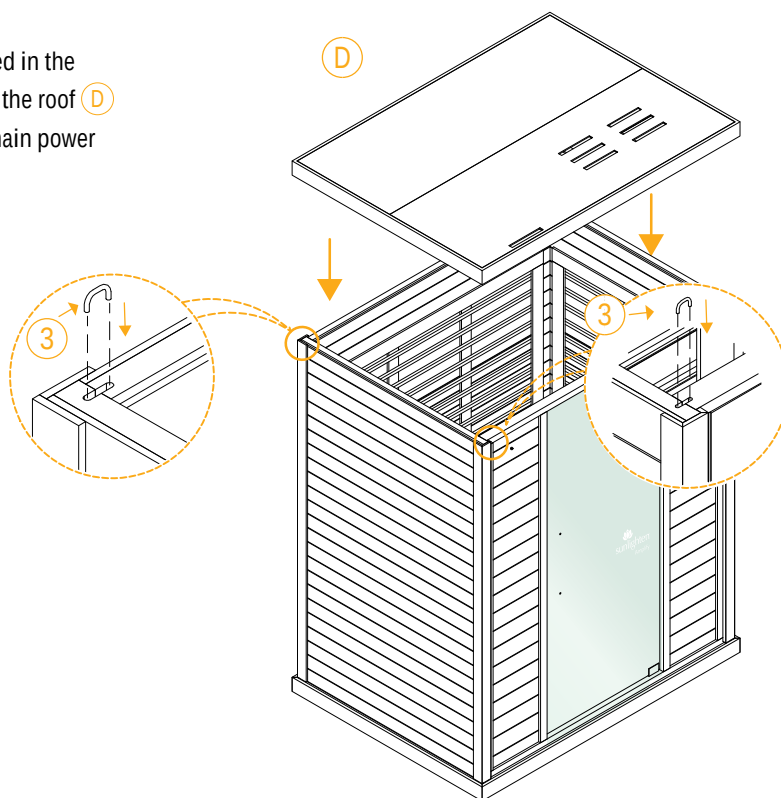
After securing the U-clip ③, the left wall ① will be the last to be inserted. Make sure it is flush and no gaps are showing in the corners.

NOTE: If you ever have trouble getting a U-clip to slide in, this can be resolved by tapping it with a hammer.



STEP 6

Once all the U-clips have been inserted in the corners, the next step will be to place the roof ④ on top. Make sure the side with the main power cord receptacle faces the back.



STEP 7

Please make all connections on roof of sauna as illustrated. To do this, you will first need to remove the dust cover by removing many screws.

Back Heater/Blaupunkt Receiver/Sound Therapy Receiver

Left Wall Heaters

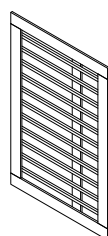
Full Spectrum Heater

Right Wall

Control Panel

Full Spectrum Heater

Before the bench (J) is placed, make sure the heater frames are taken out to allow the bench to be placed on its support.



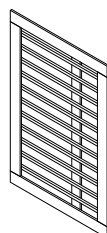
heater frame

(J)

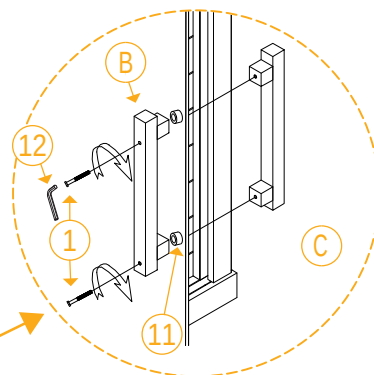
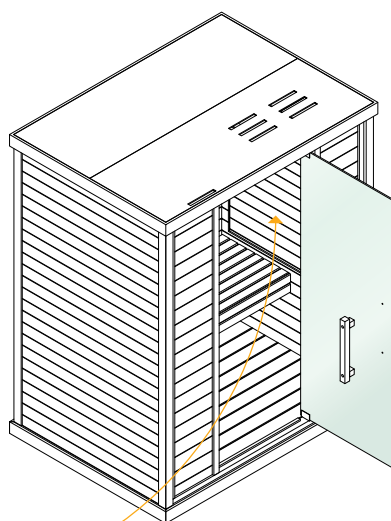
STEP 8

With the bench installed, the heater panel frames can be inserted back into their respectable walls.

The door handles come with the hardware and can easily be screwed right in. A second person should hold the handle while the other screws the bolts in with the Allen wrench. The dust cover should also be replaced.

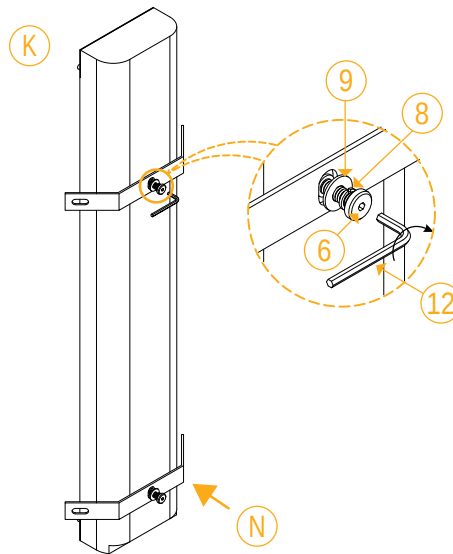


heater frame



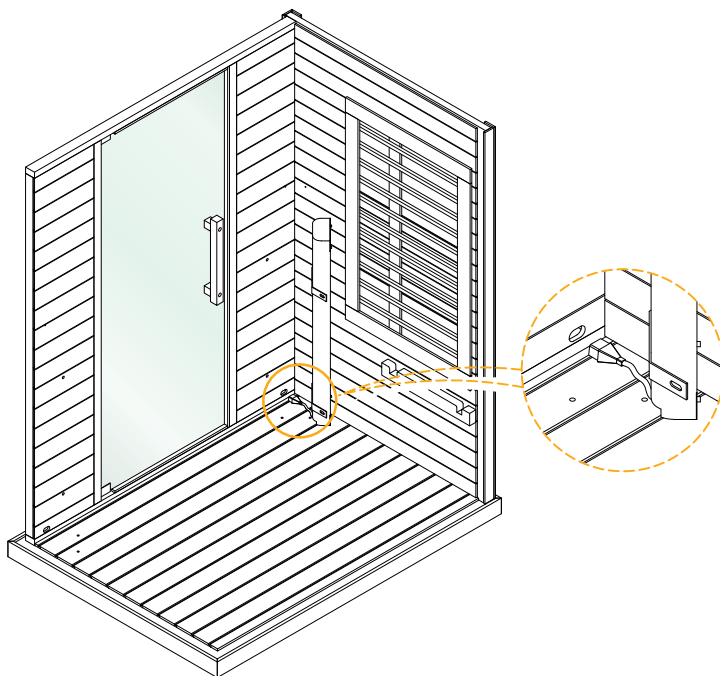
STEP 9

Connect 2 brackets (N) to the back of the Full Spectrum heater (K).



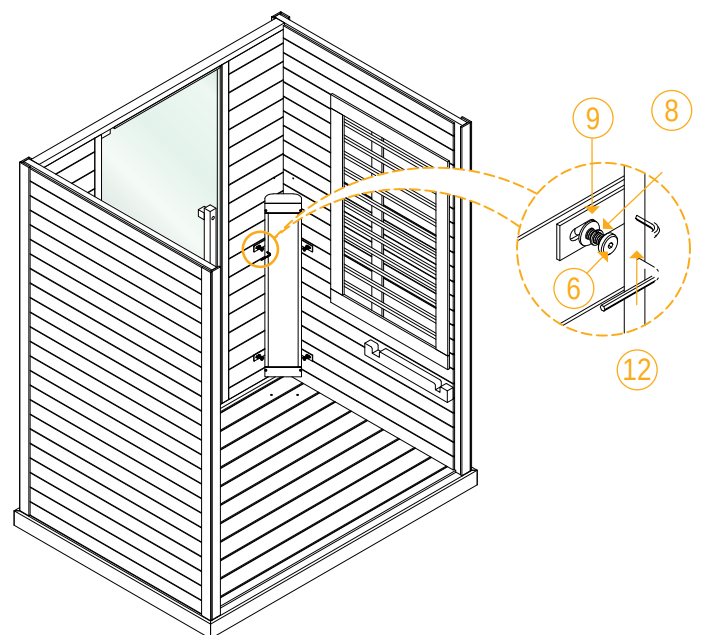
STEP 10

Connect the cable at the base of the Full Spectrum heater (K) to the socket at the base of the inside front wall.



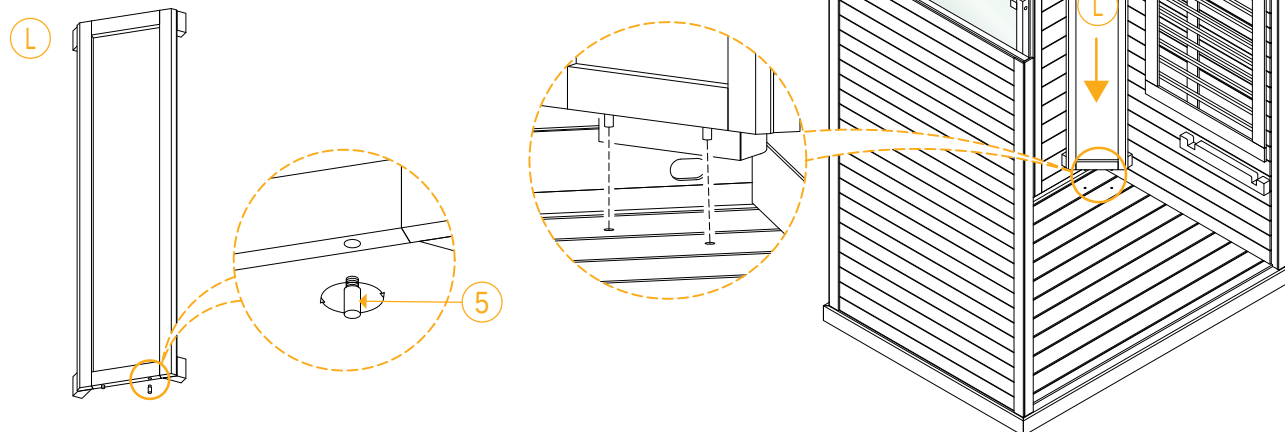
STEP 11

Fix both brackets (N) attached to Full Spectrum heater (K) on either side of heater into pre-drilled holes on front right inside corner sauna walls. Repeat Steps 9-11 for the second FS Heater on front left inside corner sauna walls.



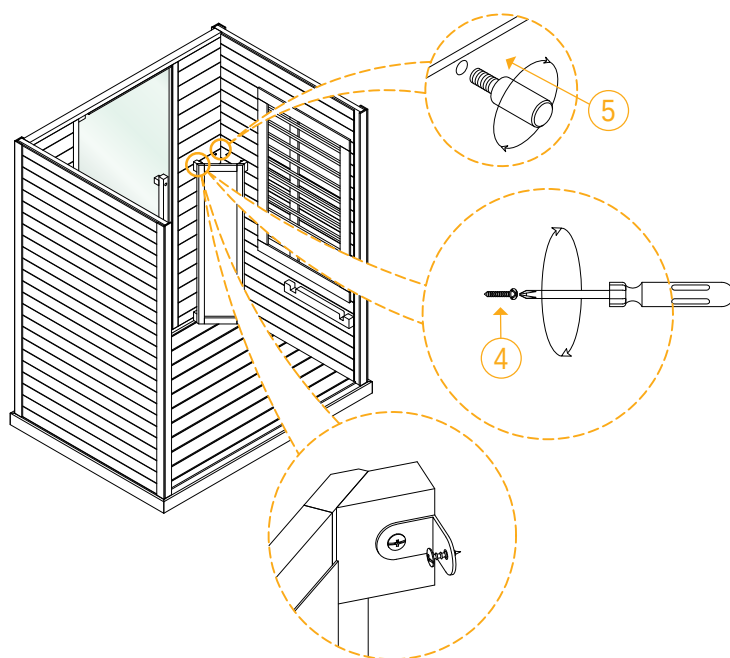
STEP 12

Place FS Heater Cover (L) to the Full Spectrum heater (K) by securing into pre-drilled holes in floor panel.



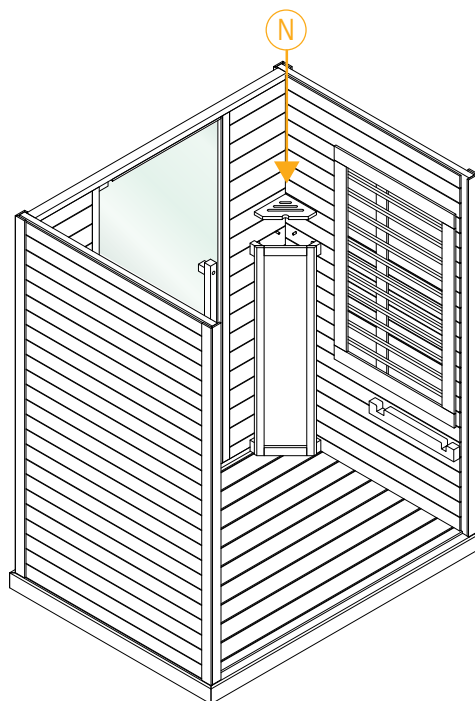
STEP 13

Insert (5) into pre-drilled holes on walls for the FS heater top panel (N).
Screw (4) into pre-drilled holes to secure brackets.



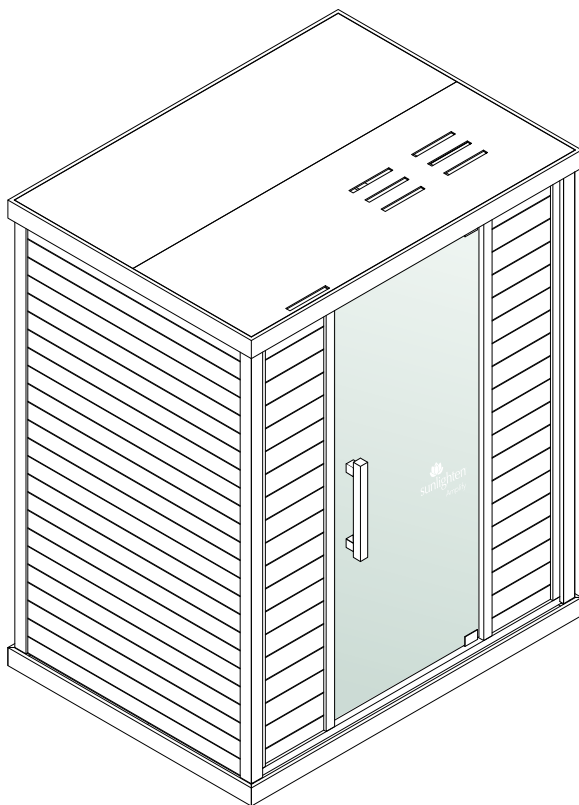
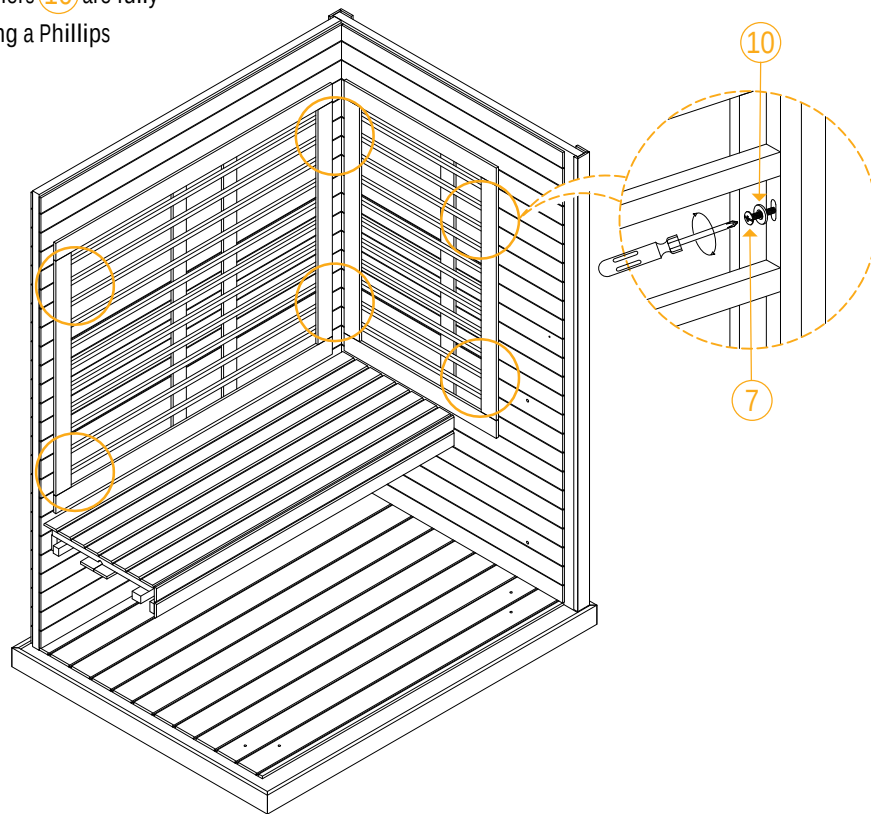
STEP 14

Add FS heater top panel (N) to both FS heaters.



STEP 15

Make sure that screws **7** and washers **10** are fully secure in their pre-drilled holes using a Phillips screwdriver.



CONGRATULATIONS, your sauna is now ready to enjoy!

If you have any questions, please call

Sunlighten Customer Support at 1-877-292-0020.

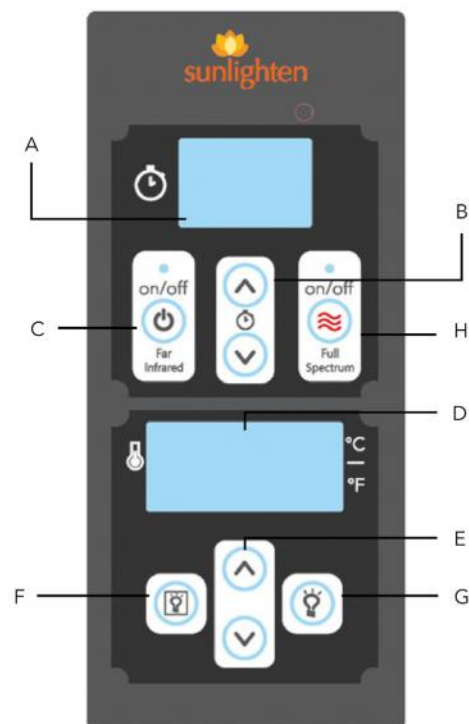
OPERATING INSTRUCTIONS

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 lights button (G) to turn On/Off exterior lights.
7. Press inside lights button (F) to turn On/Off interior lights.



Control Functions	
A	Time Display
B	Time Control
C	Far Infrared Power
D	Temperature Display
E	Temperature Control
F	Interior Lights
G	Exterior Lights
H	Full Spectrum Power



Full Spectrum Heat Intensity Level	
	Intense Heat
	Moderate Heat
	No Heat

WARM-UP TIME & USAGE GUIDELINES

The controls are preset to 60 minutes at 165°F (74°C). This is the maximum temperature setting, as the actual temperature will not reach this during normal use. If the system reads a temperature exceeding the set temperature, it will deactivate the heaters to bring the air temperature back down under the limit. 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:

- Step 1:** Make sure your sauna is plugged into a dedicated outlet installed by a certified electrician.
- Step 2:** Check the settings on the keypad. The default setting should be set to 151°F (66°C) and the timer set to 60 minutes.
- Step 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, it may require additional time to warm the sauna up. Warm time is impacted by the temperature of the surrounding surface and 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.

RESERVATION MODE

- Turn off the 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 151°F (66°C).

To cancel a reservation, press the timer up and timer down arrows simultaneously until the time display turns off. 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 (.24 L) 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 one degree per minute.
- Use towels to absorb sweat during sessions.

SAUNA SESSIONS

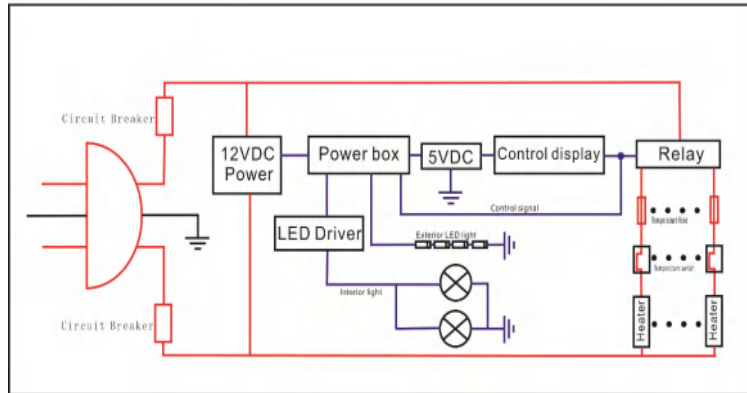
- Begin your session when your sauna reaches 100.4°F (38°C).
- The optimal sauna experience occurs between 100.4°F (38°C) and 129°F (54°C).
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100.4°F (38°C) every other day.
- Gradually increase towards 40-minute daily 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 (.7 L) of water or electrolyte to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit available at sunlighten.com.

**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.*

Circuit Diagram



Warning

WARNING
DANGER GÉNÉRAL

REDUCE THE RISK OF OVERHEATING

- 1.Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
- 2.Supervise children at all times.
- 3.Check with a doctor before use if pregnant, in poor health, or under medical care.
- 4.Breathing heated air in conjunction with consumption of alcohol, or drugs, or medication is capable of causing unconsciousness.

RÉDUIRE LES RISQUES DE COUP DE CHALEUR

- 1.Si vous ressentez un ou plusieurs de ces symptômes: étourdissements, fatigue ou inconfort, veuillez sortir immédiatement. Rester dans un environnement trop chaud pour une longue durée peut causer des coups de chaleur.
- 2.Superviser les enfants en tout temps.
- 3.Vérifier auprès de votre médecin avant d'utiliser si vous êtes enceinte, en mauvaise santé ou sous médicaments.
- 4.La combinaison de la consommation d'alcool et d'un environnement chaud pourrait causer l'évanouissement.

WARNING
DANGER GÉNÉRAL

REDUCE THE RISK OF ELECTROCUTION
Disconnect All Supply Connections Before Servicing

RISQUES D'ÉLECTROCUTION
Débrancher toutes les connexions avant d'effectuer le service et/ou la réparation.

CAUTION

Excess Exposure Can Be Harmful For Health. Persons With Poor Health Should Consult Their Physicians Before Using Sauna.
Une exposition excessive peut être nuisible à la santé. Les personnes qui ne jouissent pas d'une bonne santé devraient consulter leur médecin avant d'utiliser ce sauna.

CAUTION

CAUTION : THE MANUAL RESET LIMIT SHALL BE WIRED IN THE CIRCUIT
ATTENTION : INTERCALER LE LIMITEUR À RÉARMEMENT MANUEL DANS LE CIRCUIT

WARNING
DANGER GÉNÉRAL

REDUCE THE RISK OF FIRE
Do Not Install Closer Than 12.7mm (0.5 inches) To A (vertical / horizontal) Surface

RÉDUIRE LES RISQUES DE FEU
Ne jamais installer plus près que 12,7 mm (0,5 po) d'une surface (verticale / horizontale).

WARNING
DANGER GÉNÉRAL

REDUCE THE RISK OF ELECTROCUTION AND BURNS
Do Not Operate Unless Guard Is In Place.
Interdiction d'apporter de l'eau et/ou une serviette mouillée

CAUTION

CAUTION : DO NOT INSTALL SHOWER HEADS OR WATER SPRAY DEVICES ABOVE THE SAUNA HEATER
ATTENTION : NE PAS INSTALLER DE POMMES DE DOUCHE NI D'AUTRES DISPOSITIFS D'ARROSAGE AU-DESSUS DU CHAUFFE-SAUNA.

CAUTION

CAUTION : USE ONLY TIME DELAY FUSES OR LOW-MELTING POINT FUSES MARKED "D" OR "P", OR HRC FROM 1 FUSES;
ATTENTION : UTILISER UNIQUEMENT DES FUSIBLES À ACTION DIFFÉRÉE OU DES FUSIBLES À POINT DE FUSION PEU ÉLEVÉ DE TYPES "D", "P", OU HRC FORMAT 1

WARNING
DANGER GÉNÉRAL

REDUCE THE RISK OF FIRE
Do Not Place Combustible Material On Heater At Any Time.
RÉDUIRE LES RISQUES DE FEU

CAUTION

CAUTION : DO NOT INSULATE THE CEILING, WALLS OR FLOOR MORE THAN R-12.
ATTENTION : NE PAS UTILISER UN ISOLANT D'UNE VALEUR SUPÉRIEURE À R-12 POUR LE PLAFOND, LES MURS OU LE PLANCHER

FCC WARNING

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

To satisfy FCC RF exposure requirements, a separation distance of 20 cm or more should be maintained between the antenna of this device and persons during device operation.

To ensure compliance, operations at closer than this distance is not recommended

Limited by local law regulations, version for North America does not have region selection option.



AMPLIFY OWNER'S MANUAL

US / CAN 7373 W. 107th St. | Overland Park, KS 66212
913.754.0831 | sunlighten.com
Toll Free: 877.292.0020

International sunlighten.com
or contact your local Sunlighten representative