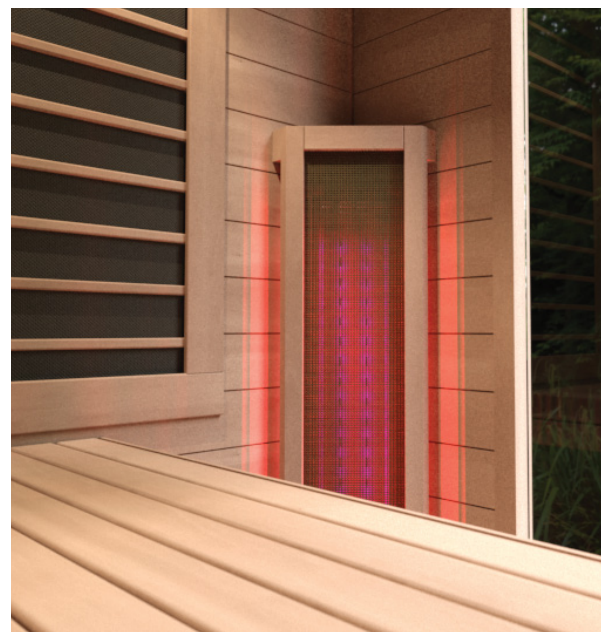




OWNER'S MANUAL  
VERSION 10212025





## Congratulations!

You are now the owner of an Amplify sauna. With Sunlighten infrared light, you are empowered to improve your quality of life. Read through this manual to learn more about your Sunlighten Amplify sauna and 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.*

# INTRODUCTION TO YOUR SUNLIGHTEN AMPLIFY SAUNA

Welcome to your Sunlighten Amplify sauna, designed to deliver a powerful, transformative experience through both heat and light. Here's everything you need to know to make the most of your journey:

- **Heat and Light in Harmony:** Your sauna works by combining infrared light energy with heat to provide two powerful benefits at once. Infrared light deeply penetrates your tissues, while heat offers the therapeutic hormesis effect – a good stress that triggers many positive biological responses.
- **Far Infrared Heaters Deliver Both Heat and Light Energy:** Far infrared is absorbed by your body's tissues, enhancing circulation, promoting cellular repair, and revitalizing your body. The infrared light provides your cells with energy, while the heat generates a detoxifying sweat and activates heat shock proteins. These two work together to give you the intense, high-heat experience you're seeking, with the added benefits of infrared light therapy.
- **Full Spectrum Heaters Intensify the Experience:** The full spectrum heaters use a combination of the hotter mid and near infrared wavelengths, which can provide a more intense heat experience that increases your thermoregulatory response depending on your body's heat acclimation. Whether you prefer an intense heat experience or a gentler session, you control how much infrared light and heat you receive.
- **Maximize the Impact of Infrared Light Energy:** Light is dependent on your distance from the panel and your body's unique characteristics (e.g., hydration, skin tone, body composition). The further you are from the panel, the less intense the effect. Positioning yourself closer to the far infrared panels provides a therapeutic infrared light energy transfer.
- **Your Personalized Journey:** Start with shorter, consistent sessions (5-10 minutes, 2-3 times per week). As you begin to feel the positive effects, you can gradually increase your session duration, intensity and frequency. Listen to your body and adjust based on how you feel and your individual preferences.
- **Science-Backed Wellness:** While every person's experience will be unique, studies show that infrared sauna is a lifestyle choice that provides many benefits. The combination of infrared light and heat in your sauna can help improve circulation, relieve pain, support detoxification, reduce stress, strengthen your immune system, speed up muscle recovery, improve sleep, increase energy and more.

This is your personal wellness journey with infrared light and heat – now you're empowered to create the sauna experience that works best for your body.



**OWNER'S MANUAL**  
VERSION 10212025

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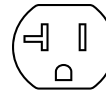
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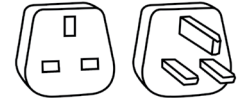
Additional guides, including assembly, can be found at [sunlighten.com/customer-service/guides-and-specs](https://sunlighten.com/customer-service/guides-and-specs).

# Amplify SERIES SPECIFICATIONS

AMPLIFY II	
Dimensions (W x L x H)	50.9" x 45.9" x 77.7" 1,293 mm x 1,167 mm x 1,973 mm
AMPLIFY III	
Dimensions (W x L x H)	62.3" x 45.9" x 77.7" 1,583 mm x 1,167 mm 1,973 mm



US: NEMA 5-20



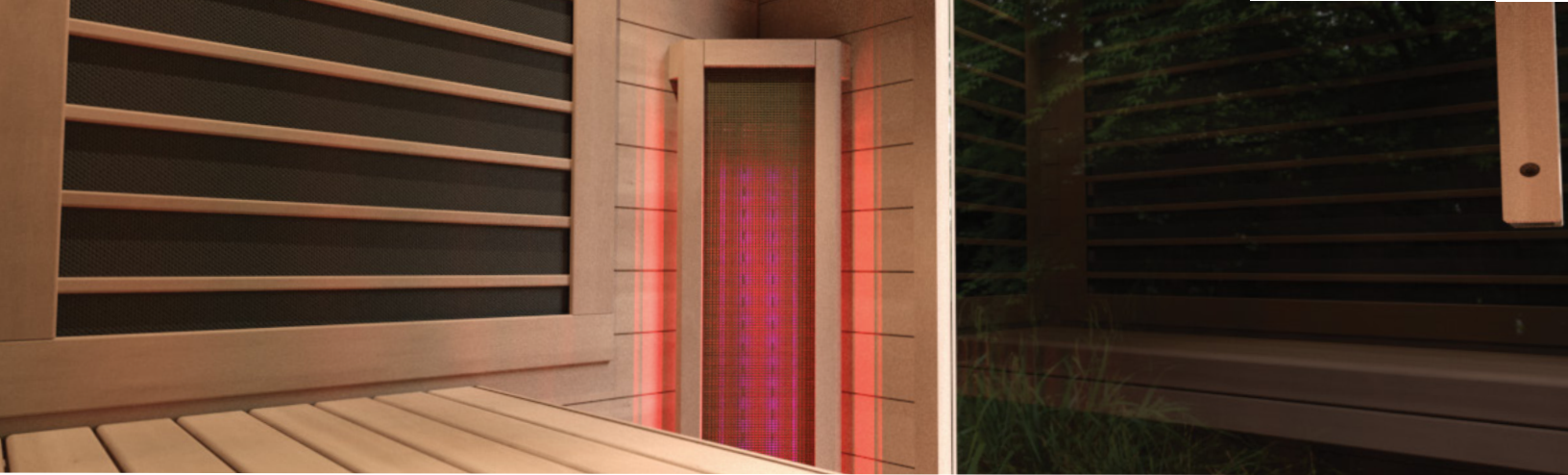
UK: NS-17

It is important when installing the dedicated circuit for your unit that you include a circuit breaker in the breaker panel with integrated ground fault interruption or combination ground fault interruption and arc fault interruption.

For US: Install GFCI (Ground Fault Circuit Interrupter) or a DF (Dual Function) breaker in breaker panel. Please note if your codes require a DF or GFCI.

Make sure to plug sauna directly into wall outlet; not a power strip, extension cord or converter, etc.

REGION	VOLTAGE/AMPS	EXTERIOR POWER CORD
US: United States	AMPLIFY II: 120V,1880W,15.67A AMPLIFY III: 120V,2020W,16.83A	AMPLIFY II: H07RN-F, 120V-20A, Plug Type: NEMA 5-20P AMPLIFY III: H07RN-F, 120V-20A, Plug Type: NEMA 5-20P
UK: United Kingdom IE: Ireland SG: Singapore KW: Kuwait	AMPLIFY II: 230V-8.78A AMPLIFY III: 230V-9.38A	H07RN-F,250V-13A,Plug type:NS-17
AU: Australia NZ: New Zealand	AMPLIFY II: 240V-9.17A AMPLIFY III: 240V-9.79A	H07RN-F,250V-15A,Plug type:HWRP15CL
BE: Belgium FR: France VN: Vietnam TH: Thailand IN: India	AMPLIFY II: 230V-8.78A AMPLIFY III: 230V-9.38A	H07RN-F,250V-16A,Plug type:MT-32 or NS-13
MY:Malaysia	AMPLIFY II: 240V-9.17A AMPLIFY III: 240V-9.79A	H07RN-F,250V-13A,Plug type:NS-17
CN:China	AMPLIFY II: 220V-9.17A AMPLIFY III: 220V-9.79A	H07RN-F,250V-16A,Plug type:HC-316



## PRE-INSTALLATION

- Please have a certified electrician install a dedicated outlet. Failure to do so will void all warranty.
- Recommend 4"/11cm between the sauna and the walls and 12"/31cm gap from the top of the sauna to the ceiling to allow for optimal air circulation and temperature performance and also to allow access for troubleshooting:
  - Spacing above for assembly connections recommended and potential troubleshooting.
  - Plan for outlet access in the event you need to reset outlet breaker.
- Remember your sauna should be assembled by two or more people.
- Do not place plumbing or plumbing fixtures in or around the sauna.
- Keep all liquids away from the heating panels, electronics, and interior wood.
- Install sauna on a level surface.
- Install sauna in an area that is dry and protected from the weather. If you choose to place your sauna outside, you will need to use a Sunlighten sauna cover to avoid voiding the warranty.
- Keep flammable objects and corrosive chemical substances away from the sauna.
- Installation of the sauna in an area below standard room temperature can increase warm-up time.

## WARNING

### READ BEFORE OPERATING

To reduce electrical-related risks:

- Unplug the sauna from electrical outlet when not in use for extended periods of time.
- Do not operate the sauna if it's 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

As soon as you power on your sauna, the far infrared heaters begin working, delivering energy to your body while heating up the space. You can enjoy the benefits right from the start, even as the temperature continues to rise.

## KEY FACTS TO KNOW

- **Infrared is the energy you want:** Infrared energy is absorbed by your body, enhancing detoxification and promoting a deep sense of relaxation and rejuvenation.
- **Heat = Hormesis:** The heat you feel during your session is part of the hormesis effect – a positive stressor that triggers your body’s adaptive responses, promoting health benefits like improved circulation and detoxification.
- **You control your experience:** Whether you want a mild heat experience or a more intense session, you have the power to customize the sauna’s temperature, session length, and heat intensity.
- **Listen to your body:** Every person has a different response to heat (“heat acclimation”), and it constantly changes. Your body absorbs infrared light and heat through your skin and circulates it through your systems, helping to increase circulation, promote healing, and improve overall wellness. Pay attention to how your body feels throughout the session. Adjust your settings (time, temperature, intensity) based on your needs.
- **Temperature controls are pre-set for ease of use:** From this default, you can easily adjust the time and temperature up or down to suit your preferences.

## WARM-UP INSTRUCTIONS

Allow the sauna to warm-up for 30-45 minutes. The sauna heats up at an average of one degree per minute. 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, sunroom, 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.

# OPERATING INSTRUCTIONS

## For Optimal Infrared Energy Delivery:

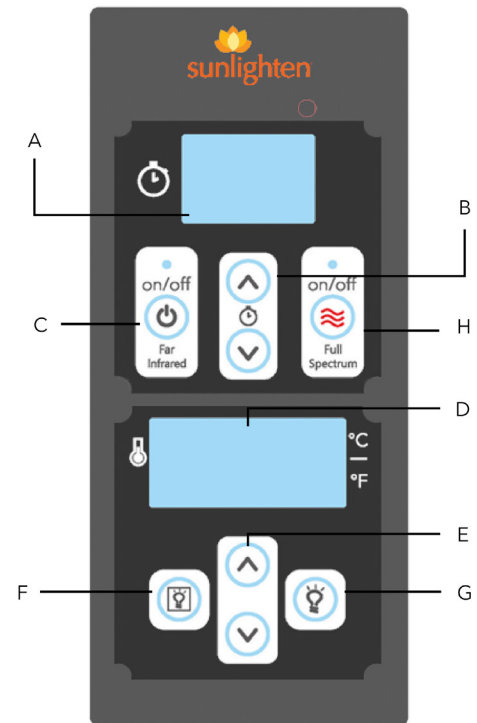
**Activate Far Infrared Light Heaters:** Press the Far Infrared On/Off button (C) to turn on the infrared heaters. These heaters will emit the infrared light energy that is absorbed by your body. Cells and tissues absorb this energy, helping with circulation, rejuvenation, detoxification and more.

The pre-set temperature 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 infrared saunas are based on the infrared wavelength and not cabin temperature.

**Full Spectrum Heat for Enhanced Intensity:** The Full Spectrum heaters provide additional heat, enhancing the intensity of the sauna session. Press the Full Spectrum On/Off button to select your desired heat level. You have 4 intensity options:

- **Red** = Intense Heat (for a maximum heat experience)
- **Blue** = High Heat
- **Green** = Moderate Heat
- **Black** = No Heat (infrared only)

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



## **SESSION TIME**

**To Set Your Session Time:** Use the Up/Down arrow buttons on the top display to select how long you want your session to last. The sauna will automatically turn off when the timer reaches 0. Know your individual heat acclimation levels. Start low and slow and gradually increase temperature and time accordingly.

## **LIGHTING CONTROL**

- Exterior Lights: Press the Exterior Lights button (G) to turn the outside lights on or off.
- Interior Lights: Press the Interior Lights button (F) to turn the inside lights on or off.

## **4-HOUR TIMER MODE**

- Turn off the sauna.
- Press and hold the power button until the timer display reads "4h" (~15 seconds or so).
- The unit will now be in "4-Hour Timer" mode and will stay in that mode until it is either canceled (instructions below) or the unit is unplugged.

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 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 at its default setting.

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 30-45 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.
- After every use, dry off your units' interior surfaces. Every 2-3 uses, use our Natural Sauna Cleaner ([shop-us.sunlighten.com/collections/maintenance](http://shop-us.sunlighten.com/collections/maintenance)).
- Recommended best practice to leave sauna door open post sauna session to allow for proper ventilation.

*\*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.*

# CONNECTING TO AUDIO BLUETOOTH RECEIVER

To connect your chosen Bluetooth device to your new Bluetooth Receiver, just follow the steps below.

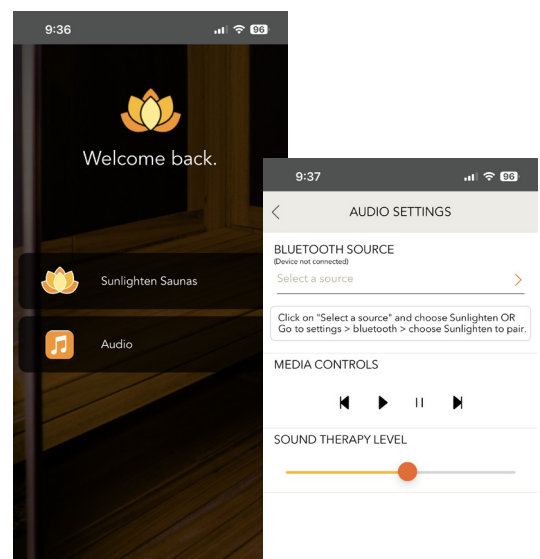
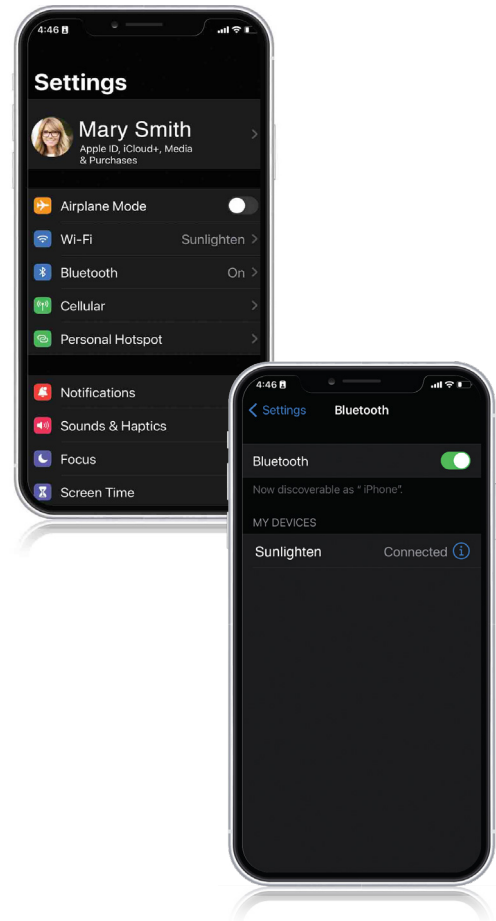
1. Ensure your unit is plugged in and receiving power.
2. Open the Bluetooth menu in your device.
3. Connect to your unique sauna ID - "SUN FS3E12406-V" (for example).
4. You will now be connected to the Bluetooth Receiver in your new Sunlighten Sauna.

You will control your selection and volume through the connected device instead of through the Receiver in your unit.

To ensure the integrity of your Sunlighten sauna and Bluetooth device, we advise that you do not bring your device inside of the unit; instead, select your playlist or tracks and adjust volume prior to entering your unit.

It is not advised to place any device or object on top of the Full Spectrum heaters in the front corners of your unit.

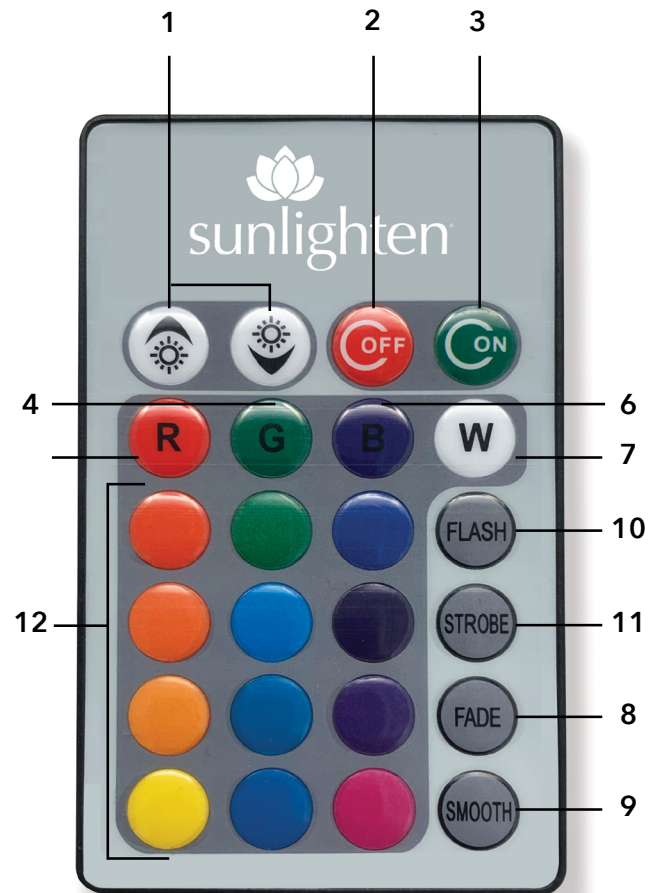
Another option is to download the Sunlighten mobile app on your phone via the App Store (for iPhone 12 or later) or Google Play store (for Android 8 or later). Search for Sunlighten. Once downloaded, you will see a Welcome screen. Click on Audio. Connect to Bluetooth per the instructions.



# AMPLIFY CHROMOTHERAPY

Your Amplify comes equipped with chromotherapy lighting. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help your body re-establish its natural balance.

Chromo Remote	
1	Adjusts intensity of lights
2	Turns off lights
3	Turns on lights
4	Green light
5	Red light
6	Blue light
7	White light
8	Lights transition slowly
9	Lights transition smoothly
10	Lights flash
11	Lights strobe
12	Color selection



## Chromotherapy Remote

Make sure your chromotherapy remote has a battery in it. **You will need to point the remote directly at the lights to operate the chromotherapy lights.**

# 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

# 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 water or an electrolyte-replacing water or 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.



**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.**

## PRECAUTIONS

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

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

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

# FREQUENTLY ASKED QUESTIONS

## ASSEMBLY

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

Yes, if you protect it with a Sunlighten 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 cover manufacturer warranty is one year. Visit [sunlighten.com/customer-service/guides-and-specs](https://sunlighten.com/customer-service/guides-and-specs) for sauna cover instructions.

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

We recommend 4" (11cm) of clearance around the back and sides, and 12 inches (31cm) at the top of the sauna to access plugs and for general maintenance. Leave at least 8" (21 cm) 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 time can be impacted.

### ***How do I install Sound Therapy?***

Sauna accessories have separate owner's manuals. Refer to the appropriate manual at [sunlighten.com/customer-service/guides-and-specs](https://sunlighten.com/customer-service/guides-and-specs).

### ***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?***

Your Amplify sauna will deliver far infrared energy immediately, starting from the moment you power it on. So, it is beneficial to step inside at any time. If you desire to start at a hotter temperature, it will take about 45-60 minutes to fully reach your desired cabin temperature, as the sauna heats up at an average rate of one degree per minute.

Since infrared heat works by penetrating deeply into your tissues and doesn't rely on air temperature, the benefits begin as soon as you enter the sauna – even before the air reaches the set temperature.

If your sauna is located outside or in a colder environment (e.g., an unheated garage, patio, or basement), additional time may be required to warm it up. The heat in the sauna also provides a hormetic effect, gradually stressing your body in a beneficial way as it adapts to the warming environment.

### ***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.

### ***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.

### ***How long can I use it each day?***

40 minutes is the recommended session length. See the sauna protocol on pg. 10.

### ***What is the best temperature to use my sauna?***

The optimal temperature for your sauna depends on your personal preferences and how your body responds to infrared therapy. While heat is part of the hormesis process – a beneficial mild stress – infrared light is what delivers much of the therapeutic benefits, such as increased energy and relaxation.

- Infrared light is what's driving the therapeutic benefits, so even if the air temperature is lower, you're still absorbing the light energy.
- We recommend starting low and slow, depending on your heat acclimation, comfort and goals. Infrared sauna feels different than traditional saunas so you can start at lower temperatures to find your desired experience. Start with 110.4°F (38°C) during your first few sessions and gradually increase the temperature over time as your body gets used to the infrared therapy. Keep in mind that you don't need to reach high temperatures (e.g., 150°F or 160°F) for effective infrared results – the key is how much infrared energy your body absorbs.

Listening to your body is key. Everyone's tolerance to heat varies, so adjust the temperature based on how comfortable you feel. Sweating at 115°F (46°C), for example, provides similar benefits to sweating at higher temperatures like 151°F (66°C), due to the power of infrared.

### ***What is the micron range of the heaters?***

The design of a SoloCarbon® heater allows for most of the far infrared wavelength to be 9.4 microns, which is the level at which the human body absorbs infrared energy.

### ***Can I touch the heaters?***

No. The heaters will be hot, especially the middle, so it is not safe to touch heaters while on or an hour after use. We don't recommend leaning anything against the CELLIANT heater fabric. You can lean against the wood trim or slats if sitting upright to prevent burning yourself or the fabrics. If you find this uncomfortable, a sauna backrest is a great option.

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

The sauna runs on the same wattage as a blow dryer and will cost little to run monthly: typically \$.20-.50 (15 to 35 pence) per hour. This varies with the model and 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 5.

### ***Can I smoke or use vaporizers in my sauna?***

Sunlighten advises against smoking or using vaporizers inside of a sauna.

## **MAINTENANCE**

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

Sunlighten's Natural Sauna Cleaner is made specifically for use with your sauna. Every 2-3 uses, 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 [shop-us.sunlighten.com/collections/maintenance](http://shop-us.sunlighten.com/collections/maintenance).

### ***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, using only clear water. 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 the 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 (using a low VOC wood glue) and sanding. Please avoid any treatment containing benzene or high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to the Customer Care team at [sunlighten.com/customer-service](http://sunlighten.com/customer-service).

***For more FAQ's please visit [sunlighten.com/customer-service/frequently-asked-questions](http://sunlighten.com/customer-service/frequently-asked-questions).***

# 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 warm-up 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 our Customer Care team at [sunlighten.com/customer-service](https://sunlighten.com/customer-service).*

# WARRANTY

Please refer to your country's specific warranty information, if outside the United States and Canada.

## Residential:

- 7 years on cabinetry and heaters\*;
- 3 years on controls\*\*;
- 1 year on glass doors and audio\*\*\*

## Commercial:

- 5 years on cabinetry and heaters\*;
- 1 year on controls\*\*
- 1 year on glass doors and audio\*\*\*

## Chromotherapy

- 1 year manufacturer's warranty

## Water-Resistant Cover

- 1 year warranty covers the fabric becoming unserviceable due to normal usage and exposure conditions (including sunlight, mildew and atmospheric chemicals). Consumer is responsible for normal care and cleaning of the fabric.

## Optimal Wood Care

Sunlighten uses the highest quality wood. Minor dents, scratches, and scuffing are normal and do not affect the sauna's integrity or operation.

Variations in the color or grain, and irregularities such as fine cracks, are not considered defects. During normal operation, wood may crack due to climate changes, which will not affect structural integrity.

Prior to shipping, all wood material is inspected for consistency, color and quality. Slight blemishes, scratches, or scuffs can happen in transit. Exterior blemishes can be concealed by using a small amount of furniture polish, oil, or other furniture treatment. Interior blemishes, scratches, or scuffs can be either left alone or sanded. Avoid treatments with benzene or high alcohol concentration.

## Outdoor Use

If the sauna is placed outdoors, you must use your (sold separately) sauna cover's plastic sheet for additional water protection or the warranty will be void. The waterproof cover's roof fabric resists water penetration, but the sides are sewn to acrylic canvas. Place the plastic sheet directly over the sauna roof before installing the cover. Elevate the cover with an object to ensure water runoff. The cover must always remain on the sauna, including when in use, to prevent water damage. Failure to do so will automatically void the warranty.

## Warranty Disclaimers

\*Cabinetry includes benches, floor grates, and heater cover frames.

\*\*Controls include in-sauna tablet, sauna control pad, and power box.

\*\*\*Audio includes stereos and Bluetooth amplifiers.

## **WARRANTY CONTINUED**

Warranty covers normal use for the product's lifetime, defined as seven years. This includes replacement parts only and excludes costs or freight for parts shipped beyond 90 days from delivery. Labor and technician costs are not covered.

Sunlighten warrants the sauna to be free of material and workmanship defects. This warranty applies only to the original purchaser and ends if ownership is transferred. The sauna must be purchased and used within one year of its manufacture date. The customer is responsible for all freight charges, including parts shipped for servicing the sauna.

This warranty is void if the sauna is altered, misused, abused, exposed to water, insect/rodent infestation, or if it is not plugged directly into the required dedicated electrical wall outlet (using a power strip, extension cord, or converter is prohibited). Deviating from published instructions or using a non-dedicated circuit voids the warranty. This covers manufacturing defects only and does not include damage from mishandling.

Sunlighten is not liable for loss of use or other incidental or consequential damages. Sunlighten and its representatives are not liable for injury or property damage. Specifications may change without notice.

This warranty is for customers in the United States and Canada. International customers should check with their local Sunlighten representative.

## **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.**





AMPLIFY OWNER'S MANUAL  
VERSION 10212025

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International [sunlighten.com](https://sunlighten.com)  
or contact your local Sunlighten representative