



OWNER'S MANUAL  
VERSION 06262026

  
sunlighten<sup>®</sup>  
mPulse





## Congratulations!

You are now the owner of an mPulse® Intelligent Sauna that makes managing your health, home, and lifestyle easier. Its technology manages the sauna and helps you incorporate it into your schedule and your self-care to achieve your wellness goals. The enjoyable Sunlighten mPulse Intelligent Sauna experience is enhanced with red light and near infrared LEDs for better skin and cell health, less pain and inflammation, and improved muscle recovery, in addition to all the other benefits you'll experience with regular use. You are ready to begin your wellness journey with the very best in infrared therapy.

### Infrared Heaters and LED Panels

Infrared is an invisible wavelength. To know your mid and far heaters are on and working, you will feel heat coming from the black panels in your walls and floor heater. Near infrared and red light will always work in tandem. You will know they are on and running because you will visibly see red light through the heater covers. There is also a blue indicator light at the top of the LED panels that will be on when red light and near infrared are emitting.

### **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.*



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## TABLE OF CONTENTS

|                                 |    |
|---------------------------------|----|
| Specifications .....            | 4  |
| Pre-Installation/Warnings ..... | 5  |
| mPulse Technology Guide .....   | 6  |
| Chromotherapy .....             | 7  |
| Warm-Up Time/Usage .....        | 9  |
| Sauna Protocol .....            | 10 |
| Health & Safety .....           | 11 |
| FAQ.....                        | 12 |
| Troubleshooting.....            | 15 |
| Error Codes/Diagnostics.....    | 16 |
| Warranty.....                   | 17 |

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

# mPulse SERIES SPECIFICATIONS

| ASPIRE                 |                                                         |
|------------------------|---------------------------------------------------------|
| Dimensions (W x L x H) | 43.6" x 41.6" x 78.5"<br>110.7 cm x 105.6 cm x 199.4 cm |
| BELIEVE                |                                                         |
| Dimensions (W x L x H) | 51.7" x 47.6" x 78.5"<br>131.3 cm x 120.9 cm x 199.4 cm |
| CONQUER                |                                                         |
| Dimensions (W x L x H) | 70.6" x 47.6" x 78.5"<br>179.3 cm x 120.9 cm x 199.4 cm |
| DISCOVER               |                                                         |
| Dimensions (W x L x H) | 70.6" x 70.6" x 78.5"<br>179.3 cm x 179.3 cm x 199.4 cm |
| EMPOWER                |                                                         |
| Dimensions (W x L x H) | 85.6" x 70.6" x 78.5"<br>217.4 cm x 179.3 cm x 199.4 cm |

U.S. recommendation: A GFCI (Ground Fault Circuit Interrupter) or Dual Function (DF) breaker is recommended for enhanced safety. Please verify whether your local electrical code requires the use of a GFCI or DF breaker.

International recommendation: A Ground Fault Circuit Interrupter or Combination Arc and Ground Fault Circuit Interrupter is recommended for enhanced safety. Please verify whether your local electrical code requires the use of a GFCI or combination arc and ground fault breaker.

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

| REGION                                   | TYPE     | VOLTS | AMPS  | WATTAGE | PLUG TYPE                       |
|------------------------------------------|----------|-------|-------|---------|---------------------------------|
| US                                       | Aspire   | 120   | 18.00 | 2160    | NEMA 5-20                       |
|                                          | Believe  | 120   | 20.00 | 2400    | NEMA 5-20                       |
|                                          | Conquer  | 240   | 15.00 | 3600    | NEMA 6-20                       |
|                                          | Discover | 240   | 18.75 | 4500    | NEMA 6-20                       |
|                                          | Empower  | 240   | 23.25 | 5580    | NEMA 6-30                       |
| United Kingdom,<br>Singapore,<br>Ireland | Aspire   | 230   | 8.89  | 2045    | Type-G (BS 1363)                |
|                                          | Believe  | 230   | 10.40 | 2392    | Type-G (BS 1363)                |
|                                          | Conquer  | 230   | 14.00 | 3220    | HARD WIRE TO DEDICATED ISOLATOR |
|                                          | Discover | 230   | 19.19 | 4414    | HARD WIRE TO DEDICATED ISOLATOR |
|                                          | Empower  | 230   | 22.54 | 5184    | HARD WIRE TO DEDICATED ISOLATOR |
| Australia,<br>New Zealand                | Aspire   | 230   | 8.89  | 2045    | TYPE-I, 10A (AS/NZS 3112)       |
|                                          | Believe  | 230   | 10.40 | 2392    | TYPE-I, 15A (AS/NZS 3112)       |
|                                          | Conquer  | 230   | 14.00 | 3220    | TYPE-I, 15A (AS/NZS 3112)       |
|                                          | Discover | 230   | 19.19 | 4414    | HARD WIRE TO DEDICATED ISOLATOR |
|                                          | Empower  | 230   | 22.54 | 5184    | HARD WIRE TO DEDICATED ISOLATOR |
| China                                    | Aspire   | 220   | 8.52  | 1874    | Type-I, 10A (GB 2099)           |
|                                          | Believe  | 220   | 9.97  | 2193    | Type-I, 10A (GB 2099)           |
|                                          | Conquer  | 220   | 13.41 | 2950    | Type-I, 16A (GB 2099)           |
|                                          | Discover | 220   | 18.38 | 4044    | HARD WIRE TO DEDICATED ISOLATOR |
|                                          | Empower  | 220   | 21.59 | 4750    | HARD WIRE TO DEDICATED ISOLATOR |
| Malaysia,<br>Kuwait                      | Aspire   | 240   | 9.25  | 2220    | TYPE-G (BS 1363)                |
|                                          | Believe  | 240   | 10.83 | 2599    | TYPE-G (BS 1363)                |
|                                          | Conquer  | 240   | 15.00 | 3600    | TYPE-M, 16A                     |
|                                          | Discover | 240   | 18.75 | 4500    | HARD WIRE TO DEDICATED ISOLATOR |
|                                          | Empower  | 240   | 23.25 | 5580    | HARD WIRE TO DEDICATED ISOLATOR |



## PRE-INSTALLATION

- If your sauna requires a dedicated outlet according to the table on page 4, please have a certified electrician install the dedicated outlet. Failure to do so will void all warranty.
- Recommend 4"/11cm between the sauna and the walls and 6"/16cm 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.
- 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 risk associated with hazardous voltage & fire:

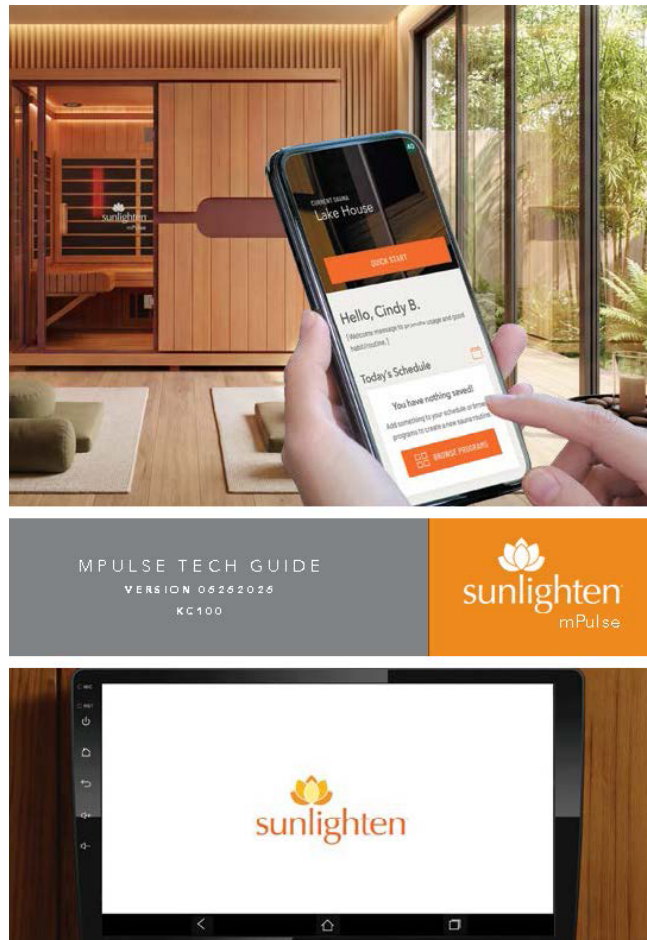
- Unplug the sauna from electrical outlet before storage or when not in use for extended periods of time.
- Do not operate the sauna if it's not on a dedicated electrical circuit, or has a damaged power cord/plug.
- If the sauna is not working properly or an odor persists, immediately unplug the sauna.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

# MPULSE TOUCHSCREEN AND MOBILE APP

**PLEASE DOWNLOAD MPULSE TECHNOLOGY GUIDE HERE:**  
[sunlighten.com/customer-service/guides-and-specs](https://sunlighten.com/customer-service/guides-and-specs)

## mPulse Technology Guide

This guide will take you through setup of your sauna account and the most common and useful functions of your touchscreen and mobile app in operating your mPulse Intelligent Sauna.



# MPULSE CHROMOTHERAPY

Your mPulse 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. Based on ancient principles, light absorbed through the skin and eyes activates proteins that trigger healing processes.

| 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

**Step 1:** If the lights inside your sauna are off, tap the light bulb icon on the home screen to turn them on.

**Step 2:** Point the remote directly at the lights to turn on/off, change colors, or switch modes.

**Step 3:** Match the color dot on your remote to your desired color and mode.

# 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

## WARM-UP TIME & USAGE GUIDELINES

Our saunas are based on the infrared wavelength and not cabin temperature. Set to the desired temperature and allow the sauna to warm-up for at least 45-60 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 circuit installed by your electrician.

**Step 2:** Set to the desired temperature and set time to 60 minutes.

**Step 3:** When turning sauna on for the first time, ensure each heater is active after a couple of minutes. If they are not, make sure connections are securely paired from their initial wire feed coming from the power box under the bench.

**Step 4:** Never fully cover the floor grate and heater with any obstruction that will not allow the heater to dissipate its heat.

NOTE: If your sauna is outside in an unheated garage, sun room, basement or patio, you may require additional time to warm the sauna up depending upon the temperature of the surrounding surface & room. REMEMBER, 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.

### TIPS FOR OPTIMAL USE

- Sauna requires a dedicated circuit and outlet for optimal performance. This should be installed by a certified electrician before assembling.
- Use Sunlighten All Natural Cleaning Kit for periodic cleaning.
- If you have a floor heater, clean every 2 weeks for residential use, and every week for commercial use. To clean, remove floor grate and vacuum out heater area.

# 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 45 minutes or more. Depending on room temperature, your sauna will heat up a degree per minute, before reaching 120°F (49°C) . Heat time increases at temperatures above 120°F (49°C).
- 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 and to open the vent in the ceiling 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.*

# HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

## IMPORTANT SAFEGUARDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not use during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty
- Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty

## PRECAUTIONS

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

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

For more information on [saunas](https://sunlighten.com/saunas), visit [sunlighten.com/saunas](https://sunlighten.com/saunas), and [contraindications](https://sunlighten.com/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 canvas, sauna cover. **If you place your sauna outdoors without a Sunlighten cover, your warranty will be void.** The sauna covers are custom made and may not arrive until after you receive your sauna. Do not install your sauna outdoors prior to receiving your cover. Doing so will void the warranty! Check the sauna cover annually for normal wear and replace as needed. Sauna 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 & maintenance?***

We recommend 8-12" (20-30 cm) of clearance around the back, sides, and 12 inches at the top of the sauna to access plugs and for general maintenance. Leave at least 8" (20 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 can be impacted.

### ***How do I disassemble if I need to move the sauna?***

Refer to assembly sheet and follow the steps in reverse.

## USAGE

### ***How long does it take for my sauna to warm up?***

The controls are preset at 167°F (75°C). However, the inside cabin temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not cabin temperature. Allow the sauna to warm-up for 45-60 minutes. The sauna heats up at an average of 1 degree per minute. If located outside or in unheated garage, additional warm-up time may be required. If you prefer the sauna hotter, let it warm-up longer.

### ***Can I use my sauna every day?***

For most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

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

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

### ***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.

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

First, it is important to understand that health benefits are a result of efficient infrared emissivity, not air temperature. Sunlighten saunas are 95-99% emissive to deliver the highest concentration of infrared. Infrared benefits begin immediately after turning your sauna on. With that, the optimal sauna experience occurs between 100.4-129°F (38-54°C). During your first few sessions, start at a lower temperature of 100.4°F (38°C) and gradually increase in later sessions. Everyone has different preferences and tolerances for heat. The most important thing is to listen to your body. Keep in mind, if you're sweating at 115°F (46°C) you're getting the same benefits as if sweating at 151°F (66°C).

### ***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. Sunlighten's 3 in 1 heater delivers mid infrared at the peak wavelengths of 6.7 microns and our mPulse sauna is the world's only sauna with LED near infrared/red light. They are delivered at 880/650nm.

### ***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 4.

### ***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](https://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 this sauna. In most cases these blemishes on the exterior of the room can be concealed by using a small amount of furniture polish, oil, or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded, or combination of gluing (using a low VOC wood glue) and sanding. Please avoid any treatment containing, benzene, or a high concentration of alcohol. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to the Customer Care team at [sunlighten.com/customer-service](https://sunlighten.com/customer-service).

***For more FAQ's please visit*** [sunlighten.com/customer-service/frequently-asked-questions](https://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 does not power ON                                 | First, be sure to hold the Power button for 10 seconds to turn on .Confirm that the voltage & amperage coming from the outlet is correct for your model (see pg. 4). Check that the outlet is on a dedicated circuit. Once voltage is verified at the outlet, check the voltage at power box's receptacle. If voltage is going to the receptacle, the issue is most likely a faulty PCB. Contact Customer Care to further troubleshoot the issue.                                                                                                                                       |
| Slow warmup time                                        | Ensure each wall panel is heating and that you have the CORRECT electrical specs on a DEDICATED CIRCUIT - see pg 4. Check that the temperature and time is turned all the way up. If those are correct:<br><br>1. Check if the breaker switch is tripped on the back right corner of the PCB. If the breaker is tripped, simply press the breaker switch button back in to fix this issue. If the breaker switch keeps tripping, then replace the breaker switch for the PCB.<br><br>2. Check for heat output from all heaters in the unit.<br><br>3. Verify wall & heater connections. |
| Heat is not coming from all walls                       | Check that all connections are made at the base and corresponding panel.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

For other troubleshooting questions, please visit [sunlighten.com](https://sunlighten.com).

# 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.



**RoHS**







MPULSE OWNER'S MANUAL  
VERSION 06262026

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