

CONTRAINDICATIONS

Infrared saunas are reported to offer a relaxing and therapeutic experience with a range of physical and health benefits.

However, please consult with your doctor or specialist before use if you are:

- Pregnant
- Experiencing any of the following:
 - Heart conditions or have a pacemaker/defibrillator
 - Diabetes
 - A chronic health condition
 - High or low blood pressure
 - Obesity
 - Haemophilia
 - Recent joint injury
 - Fever or insensitivity to heat
 - Surgical implants
 - Taking any medications and have not consulted your doctor
 - Under the influence of drugs or alcohol

Please note: Children under the age of 16 are not allowed in the sauna.

For more information visit sunlighten.com/saunas or scan the QR code for saunas and contraindications



HOW TO USE

1. Pre sauna session

- Hydrate with water to prepare your body for an increase in your core temperature.
- Wear swimwear in the sauna.

2. During your sauna session

- To get your body accustomed to infrared therapy, follow these usage times:
 - Beginners:** 15-minutes.
 - Intermediate users:** 30 minutes per session. Gradually increase towards 45-minute sessions.
- Stay within your limits. If you feel lightheaded, dizzy, or uncomfortable at any point, exit the sauna immediately.
- Use a towel to sit on within the sauna during sessions for hygiene purposes.
- 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 symptoms continue, consult your doctor.
- Never sleep in the sauna while it's on.
- Don't touch the heaters. When sitting upright, lean against the wood trim or slats to prevent contact with hot surface.
- Don't take your mobile into the sauna.

3. Post sauna session

- Allow your body to cool down gradually, then shower.
- Avoid strenuous activity immediately after using the sauna.
- Take time to relax and allow your body to return to its natural state. Listen to your body.
- Drink plenty of water.

source spa



Sunlighten® mPulse Smart Sauna

You're invited to optimise your wellbeing in the wellness ecosystem of our infrared sauna. This type of sauna is the world's first – and only – dynamic sauna which offers pre-set programmes to target the specific health benefits.

Book your session at the Spa Reception



The **Sunlighten® mPulse Smart Sauna** is enhanced with red light and near infrared LEDs for better skin and cell health, reduced pain and inflammation, and improved muscle recovery.



WELLNESS PROGRAMMES

Choose your preferred programme.

Detoxification

Starts at high intensity to increase the body's core temperature, then reduces to lower intensity. Mid and far infrared combination improves vascular access flow to reach toxicants at the cellular level.

Weight Loss

Starts at high intensity to stimulate the cardiovascular system, then reduces to medium level. As the body works to cool itself, heart rate increases cardiac output and metabolic rate, as in aerobic exercise.

Relaxation

Far, mid and near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

Pain Relief

A far and mid blend provides natural pain relief by reducing inflammation and swelling. Near infrared penetrates the tissue, promoting cellular repair at a medium, constant intensity.

Anti-Aging

A low, constant intensity level penetrates the body, and cells absorb the light energy to help skin health. Near infrared improves overall skin tone, elasticity and firmness, promoting anti-aging benefits.

Cardio

Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart-rate level. Circulation increases to promote healthy blood pressure.

CHROMOTHERAPY

The Sunlighten® mPulse Smart Sauna incorporates chromotherapy. Users can access the following chromotherapy settings in their session by choosing the appropriate colour. Here's what Sunlighten® say about chromotherapy.

'Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes one 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 fields/visible light to stimulate the brain/ nervous system, cellular tissues and 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.'

VIOLET

(380–420 NM) – CROWN CHAKRA / TOP OF HEAD

Balances 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

Helps improve focus, reduce brain fog, stimulate intuition through the pineal gland. Clears sinus cavities, and improves ability to understand wisdom and truth.

BLUE

(450–495 NM) – THROAT CHAKRA / NECK

Balances 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 chakra located at the heart centre. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. This 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. Centre of personal power, will and self-esteem. Produces a detoxifying 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 pelvic area. Regulates creativity via reproductive organs, creative thought, pleasure and sexuality. In the digestive organs, orange chromatic energy can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.

RED

(620–750 NM) – ROOT CHAKRA / END OF SPINE

Balances chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension and stress, and encourages energy efficiency and cellular metabolism. Helps regulate fear regarding family, financial survival and core relationships. Red chromatic energy can return the mind and body to states of joy and happiness.