

Clearlight[®]



Infrared Sauna Maintenance and Care Guide

CLEARLIGHT SAUNAS AUSTRALIA PTY LTD

Welcome

We at Clearlight Saunas International are proud to bring to you this short guide on cleaning and maintaining your infrared sauna. We hope that you find this informational useful and practical.



CLEARLIGHT SAUNAS INTERNATIONAL
FOUNDERS JOHANNES KETTELHODT
& SEBASTIAN MIERAU

Investing in an infrared sauna is the ultimate step toward investing in your health.

Just like you need to take care of your body to keep it running smoothly, you need to take care of your infrared sauna.

Making sure you take proper care of your infrared sauna ensures you'll be able to enjoy its benefits for years to come.

This guide will bring you tips that cover maintenance, cleaning, and care tips to keep your infrared sauna performing optimally.

Table of Contents

01 Care	02
02 Cleaning 101	05
03 Maintenance Tips	08
04 Hygiene Guidance	10
05 FAQ	12
06 Resources	18
07 Contact Us	19

01

Care

How to get the most out of your sauna.

With the proper care and attention, your Clearlight® Infrared Sauna will provide years of excellent performance. Make your sauna cleaning easier by taking the small steps along the way to prevent any issues from forming. Learning how to clean a sauna takes no time at all, and has long-lasting results.

Clean Yourself

Your body is the only way moisture, dirt, and dust can enter your infrared sauna. Because of this, you can minimise the chances of dirtying your sauna by taking a quick rinse and dry before heading into your sauna session. If you cannot rinse off before entering, take extra care to clean away any moisture, dirt, and dust that has been brought in.

Use A Towel

When using your infrared sauna, use a towel on the bench and under your feet. This will provide another layer of comfort, whilst also preventing stains forming in the wood from sweat, body oil, dirt, and dead skin cells. While the stains don't affect the performance of the sauna, they can affect the appearance.

Timber Finish

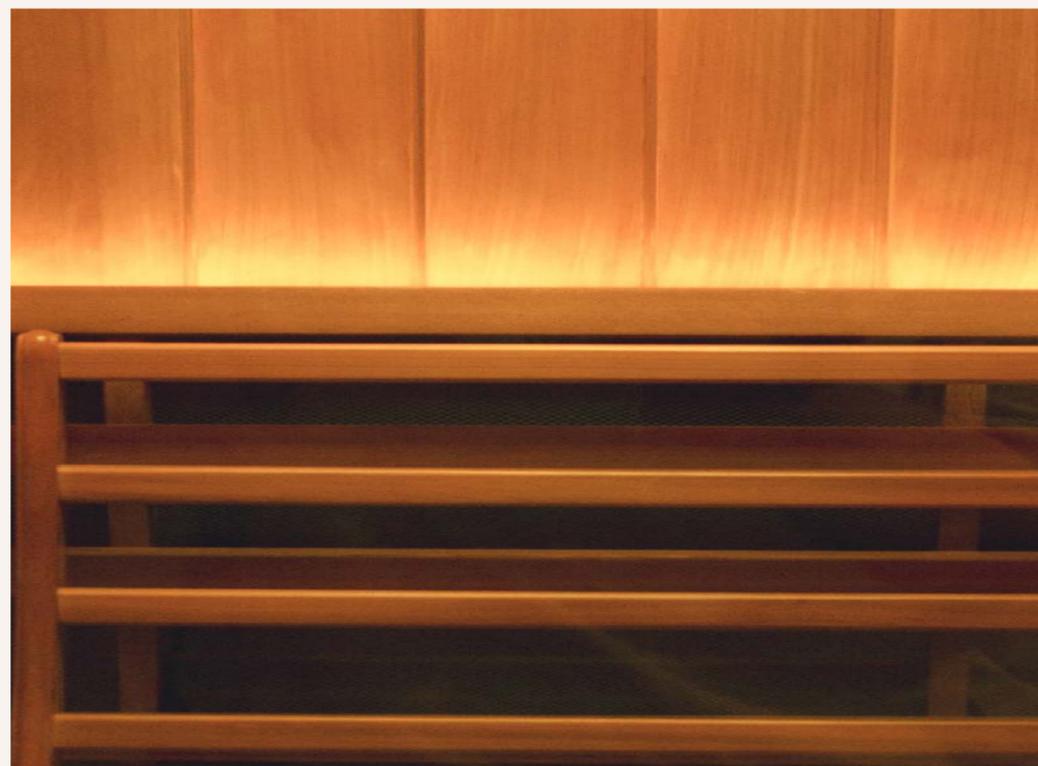
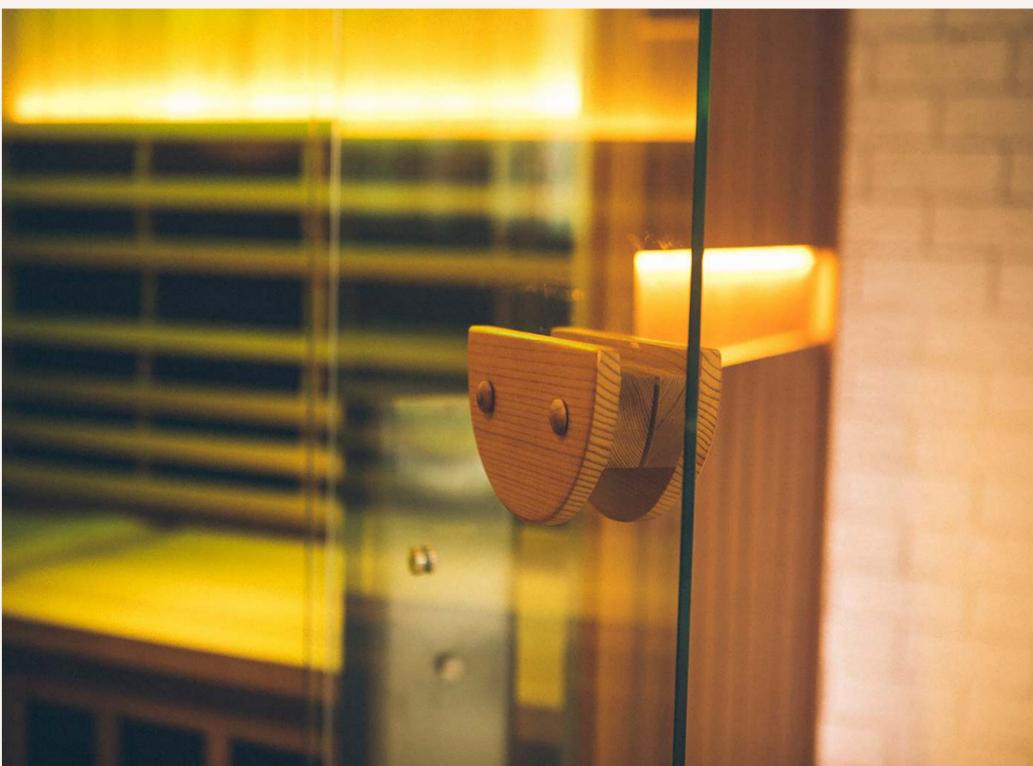
While you may want to match the wood to your decor, paints and stains prevent the natural wood from breathing. Breathing allows the wood to stay clean and feel “soft” with the heat. Additionally, you risk lowering the comfort levels of your infrared sauna, as paints and varnishes can cause the wood to get too hot to the touch. You may, however, use furniture polish on the exterior if desired.

Stay Dry

Enter the sauna as dry as possible and avoid entering if saturated from a shower or plunge. If you notice excess moisture after a session, wipe it off with a hand towel. You can also edge the door or roof vent open (vent only in indoor saunas) and keep the sauna running for a few minutes once your session is over to evaporate any remaining moisture. This helps air out the sauna to keep it fresh.

Don't Over Do It

Infrared sauna maintenance is quick and easy, so don't worry about spending large amounts of time to clean. Observing these measures after each use will minimise your work even more, so make the above sauna cleaning tips a habit. All it takes is a moment of your time, a hand brush, dry cloth, and the occasional sauna cleaning solution.



Temperature And Usage

Our infrared heaters are designed to create the perfect infrared therapy wavelengths from 42°C to 55°C for a total usage time of 20-45 minutes. This is the ultimate goal to work towards so you get the maximum benefits from each session, ideally three times per week.

However, the perfect session times and frequency is very much up to the individual and their specific health needs and preferences. If you are working with health professionals always follow their advice and listen to your body.

Our saunas have a very different temperature range to the old-fashioned ceramic infrared saunas or steam saunas and they are not designed to be used at the maximum temperature. However, for the infrared to work therapeutically the heaters need to be set to the maximum temperature. This way the sauna will always work towards the maximum temperature and will constantly run. If set at a lower temperature the heater panels will cut out when it reaches that temperature.

The sauna will take between 20-30 minutes to heat to an ambient temperature of around 42°-55° degrees depending on the size and model of the sauna, the environment you have the sauna set up in and the time of year. Colder weather will affect the warming-up time. However, you can use the sauna 10 minutes after turning it on if you like as the infrared heaters will be emitting the desired infrared waves for therapeutic benefits.

Keep in mind that the ambient temperature is not an effective measure of the effectiveness of an infrared sauna, unlike steam saunas. The benefits come from being in direct alignment with the infrared heaters and from being exposed to infrared wavelength for extended periods of time, so it is better to use the sauna for longer sessions at a lower temperature rather than having shorter and hotter sessions. If you do like the sauna hotter you can increase the preheating times, however, it is not necessary per se as the infrared is the main driver for perspiration. In other words, with infrared you will still sweat even if the cabin temperature is lower, because the infrared warms the body up from within.

You might like to take a lukewarm shower after your sauna session and be sure to drink lots of water.

You can read more about infrared heat on our website [here](#).

02

Cleaning 101

Investing in an infrared sauna is the ultimate step toward investing in your health. Just like you need to take care of your body to keep it running smoothly, you need to take care of your infrared sauna. Making sure you take proper care of your infrared sauna ensures you'll be able to enjoy its benefits for years to come. Read below to find tips that cover maintenance, cleaning, and care tips to keep your infrared sauna performing optimally.

Because Clearlight® Infrared Saunas provide dry heat, they require very little cleaning. To maintain optimal cleanliness, wipe the interior down with a damp cloth after every use, and aim to lightly scrub with a hand brush every 3-5 uses.

For a more thorough clean you can use a non chemical sauna cleaning solution. Be mindful to avoid abrasive cleaners even if they are natural like citrus. You can make your own cleaning solution by adding a few drops of high quality essential oil in some water and using this to wipe down the interior or you can make a solution of 1 tablespoon of baking soda in 3,5 litre of water to lightly scrub the wood and rinse for a deeper clean.

Using unfiltered water is fine for cleaning, however can cause minerals to build up in the sauna so filtered water will save you time and effort in the long run.



Sauna Bench

The sauna bench is the area that gets the most use during a sauna session and will need extra cleaning attention. You can wipe down the bench with a damp cloth after each use and scrub lightly with a hand brush after every 3-5 uses.

You may find that perspiration stains appear over time, which is natural as this is the body's response to being in the sauna. If stains appear, they can be removed by lightly sanding down the area.

Placing a clean towel on the bench before a sauna session is another step towards avoiding perspiration dripping onto the untreated wood and keeping it in pristine condition

Sauna Floor

Aside from the bench, the sauna floor is the most trafficked area of your sauna and can easily trap dirt, dust, and bacteria.

Use a vacuum hand attachment every few weeks to clean dust or dirt from your sauna that may have collected over the course of use.

It is beneficial to wipe your sauna floor from time to time with a sauna cleaning solution for a more thorough clean.

Sauna Walls

The interior walls of your infrared sauna can be cleaned with the sauna cleaners mentioned above. For exterior walls, treat the wood like you would any piece of fine wooden furniture.

If using a polish (not paint or varnish) on the exterior wood, reapply using a dry cloth when needed to maintain a shine. Outdoor infrared saunas will require more exterior maintenance. A general wipe down with a damp cloth will help keep the outside looking pristine.



Sauna Heaters

Our Clearlight® Infrared Saunas naturally produce negative ions that help purify the air through the ceramic compound in True Wave™ heaters. Even so, your sauna heater may need an occasional wipe down. Simply use your sauna cleaner and a sponge to wipe off any dirt, dust, fingerprints, or other buildup that may have collected over time. Please be sure to do this only when the heater has cooled down and the sauna is off.

Sauna Glass

To clean the glass panels and doors of your sauna feel free to use any natural and non-abrasive glass cleaner of your preference with a clean dry soft cloth like microfibre. If you use our halotherapy / salt therapy in your sauna, please make sure to wipe the surfaces of your cabin with a damp cloth after each use.

03

Maintenance Tips

The best way to look after your sauna is ensure you clean it and maintain it regularly as you would a car, as it will ensure that your sauna will run well and look beautiful for many years to come. See page 5 - 7 in this document for more information on best cleaning practices.



How do you maintain a sauna?

Leigh from our Clearlight team runs you through some key maintenance tips.

 [WATCH VIDEO NOW](#)

Sanding Your Sauna

To clean up the presentation of your sauna and refreshen the beautiful cedar aroma you can periodically give your sauna a gentle sand on the inside using a 150 grit sandpaper.

If you are interested in putting a protective coating on the inside of your sauna please read the section on page 11 about varnish.

Hinge Maintenance (For Sanctuary models only.)

Your hinges may require maintenance, depending on frequency of use, to ensure they continue to grip the glass door tightly.

If the hinges are not checked, your door may begin to drop, leading to misalignment, scuffing and damage to the door and hinges.

Upon installation of your sauna, we suggest you check your hinges one week after your first sauna session to ensure that the initial temperature change has not loosened your hinges.

Thereafter, we recommend checking your hinges every 6-8 weeks depending on frequency of usage.

How To Tighten Hinges

Depending on the model and age of your sauna all you will need is a 4mm and a 2.5mm allen-key.

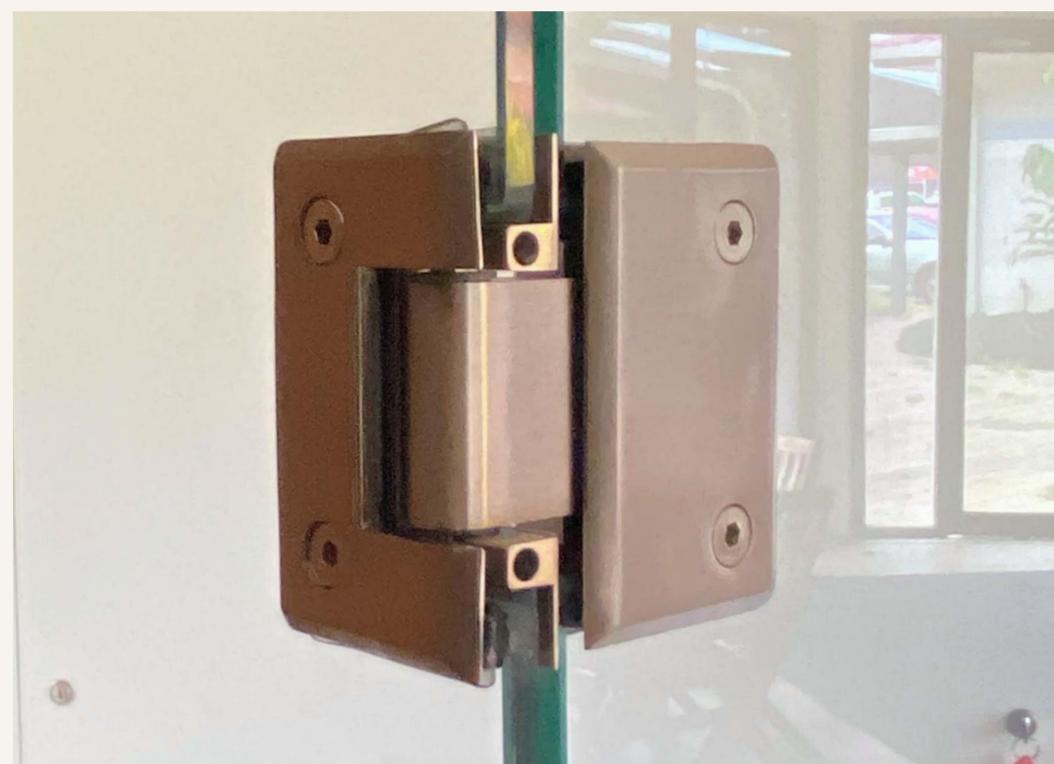
Your hinge should be positioned precisely, so that the C-shaped component runs flush and true to the glass pane edge.

Each hinge has 4-6 hex-screws that need to be checked and re-tightened. The first four are located on the inside of your sauna. Using a 4mm allen-key tighten these four screws until they are tight.

Alternatively, using a torque-wrench set to 7.5 Nm, tighten these four screws until the torque wrench clicks.

The remaining two hex-screws are located on the spine of your hinge - visible only by opening the door. These screws can be tightened using a 2.5mm allen key.

If you are hearing a cracking sound as the door opens it is usually caused by the pin within the hinge axis catching. Tightening these two hex-screws will remedy this sound.



04 Hygiene Guidance

Concerns about bacteria or viruses

As a health and wellness company we care about you and the sauna use. Below are some details and recommendations that aim to address concerns around sauna use and bacteria or viruses.

One Person At A Time

To reduce the spread of viruses we recommend individual use of the cabin at any time. This will reduce the risk of spreading bacteria or viruses between friends or relatives.

Post Sauna Heat Blast

After sauna use, we recommend turning the sauna to its maximum temperature for at least 15 mins.

This follows the advice provided by The World Health Organisation (WHO):

“Heat at 56°C kills the SARS Coronavirus at around 10000 units per 15 min (quick reduction).”

Our saunas run between 45° and 60°C on average. With the information provided by the WHO it is evident that the SARS Coronavirus cannot survive under normal conditions at the heat of a Clearlight Infrared® Saunas.

Eco Varnish And Disinfectant

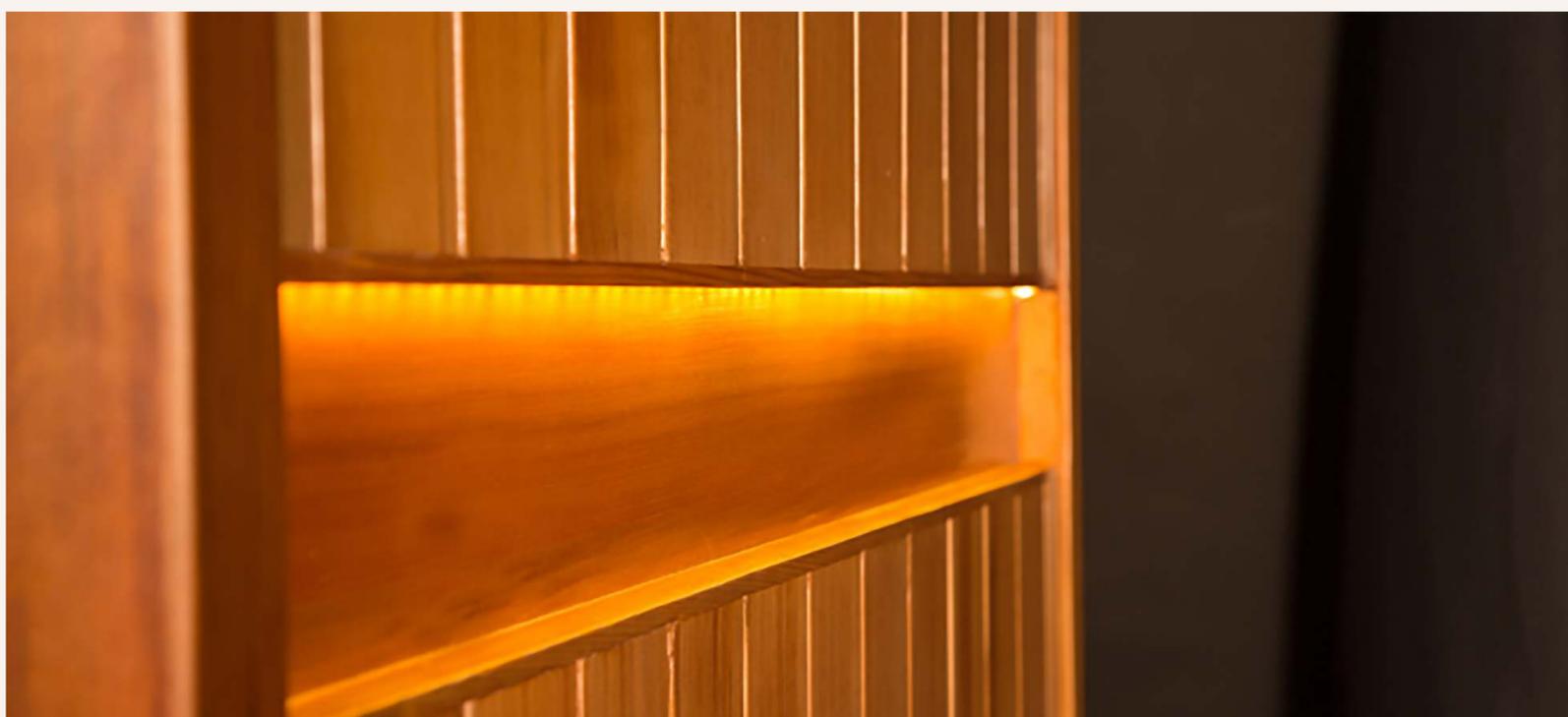
Whilst we encourage you not to paint the inside of the sauna with any varnish or oils, we have explored the option of a non-toxic eco-varnish that is ideal for sauna use.

Most varnishes contain chemicals and VOCs which off gas as temperatures rise. This would be harmful given the toxins being released into the environment and ultimately into the sauna.

The Clearlight® non-toxic eco-varnish provided allows you to paint the inside of the sauna - partly or completely - with a non-toxic varnish making it safer for yourself and your friends and family.

Once the varnish has been applied and dried in the sauna it is a lot easier to clean as the wood is sealed.

You can use disinfectant to completely clean the sauna from the inside. Please contact us to find out more about the eco varnish option in your country.



1/ What Does My Warranty Cover?

Your Clearlight® Infrared Sauna comes with another exclusive – the Clearlight® Lifetime Warranty for residential use.

Few other companies can offer this type of warranty because no one builds saunas like Clearlight Infrared.

Our True Wave™ infrared emitters have an estimated operational life of 30,000 hours.

Using your sauna 5 times per week your True Wave™ heaters can last up to 125 years.

All of our sauna cabins are both kiln dried and air dried to 7% moisture content then each panel is pressed to ensure a lifetime free from warping or cracking.

All electrical components in your Clearlight® Infrared Sauna are manufactured to our exacting standards and once your sauna comes out of production at our factory, it is set up and tested and ran to ensure that it is in top working condition.

It's worth noting that the following items are not included in your lifetime warranty; the loosening of hinges and/or door alignment, timber slats falling off, small hairline cracks that are featured in the wood, and general wear and tear.

In the rare event that you might have an issue with your sauna, please contact our dedicated customer care staff to amend any items under your warranty coverage.

2/ What Add-ons Are Available?

You can learn more about the options displayed by contacting your infrared sauna specialist at Clearlight Saunas.

Ergonomic Backrest

Movable backrest adds extra back support for added comfort and support.



Medical-grade Chromotherapy

Coloured light wavelengths that therapeutically benefit mood, energy and cellular activity.



HALOONE™

Micronised salt particle inhalation for respiratory health. [Learn more here.](#)



VRT

Combination of sound and vibration for deeper relaxation. *VRT is not suitable for: Outdoor 5, Sanctuary Yoga / Retreat, Premier 5 and all Essential models.

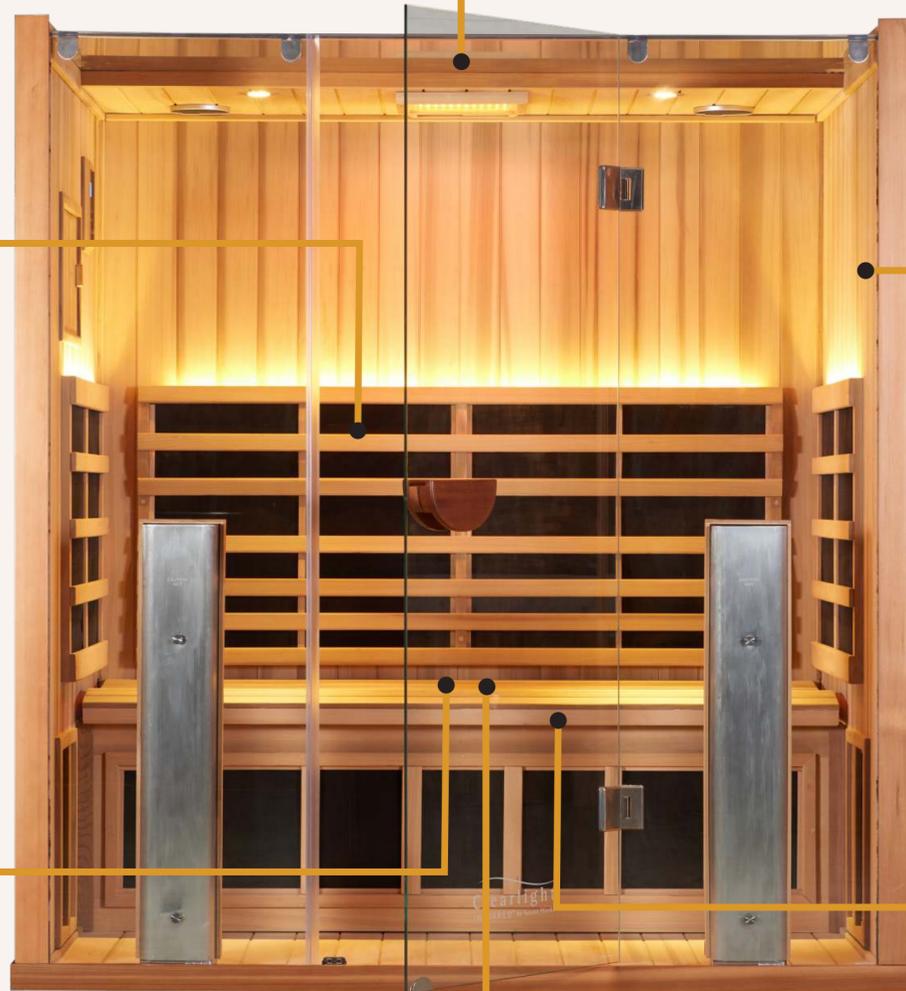
FS Mini Heaters

Give your sauna session an extra boost by adding a 300W Full Spectrum Infrared Heater for a truly superior sauna experience.



RLT Tower

Enhance your sauna experience by adding red light therapy and the effects of photobiomodulation to your sauna experience. [Learn more here.](#)



3/ Can The Add-ons Be Used Simultaneously?

No, not all of the add-ons can be used simultaneously, or at the same time.

The HALOONE™ cannot be used in conjunction with the Clearlight® RLT Tower due to the microsalt particles inhibiting the fans of the RLT Tower.

As the HALOONE™ disperses salt particles, we advise that you proactively clean any exposed metal surfaces inside the sauna after each use where salt particles may have been deposited, such as hinges, screws and magnets, to avoid corrosion. Saline can have a corrosive effect on various materials such as metal, concrete and electronic devices. We suggest wiping any exposed metal surfaces with a clean, wet cloth, then dry thoroughly."

The Clearlight® RLT Tower cannot be used simultaneously with the Clearlight® FS Mini Heater because there is only one placement and input available for these products - the glass door and power inlet. They are interchangeable, allowing for your sauna sessions to use either the Clearlight® RLT Tower or the Clearlight® FS Mini Heater.

4/ Which Add-ons are compatible for simultaneous use?

Combination 1

Medical-grade Chromotherapy

Ergonomic Backrest,

Aromatherapy,

FS Mini Heater

VRT

HALOONE™

Combination 2

Medical-grade Chromotherapy

Ergonomic Backrest,

Aromatherapy,

RLT Tower

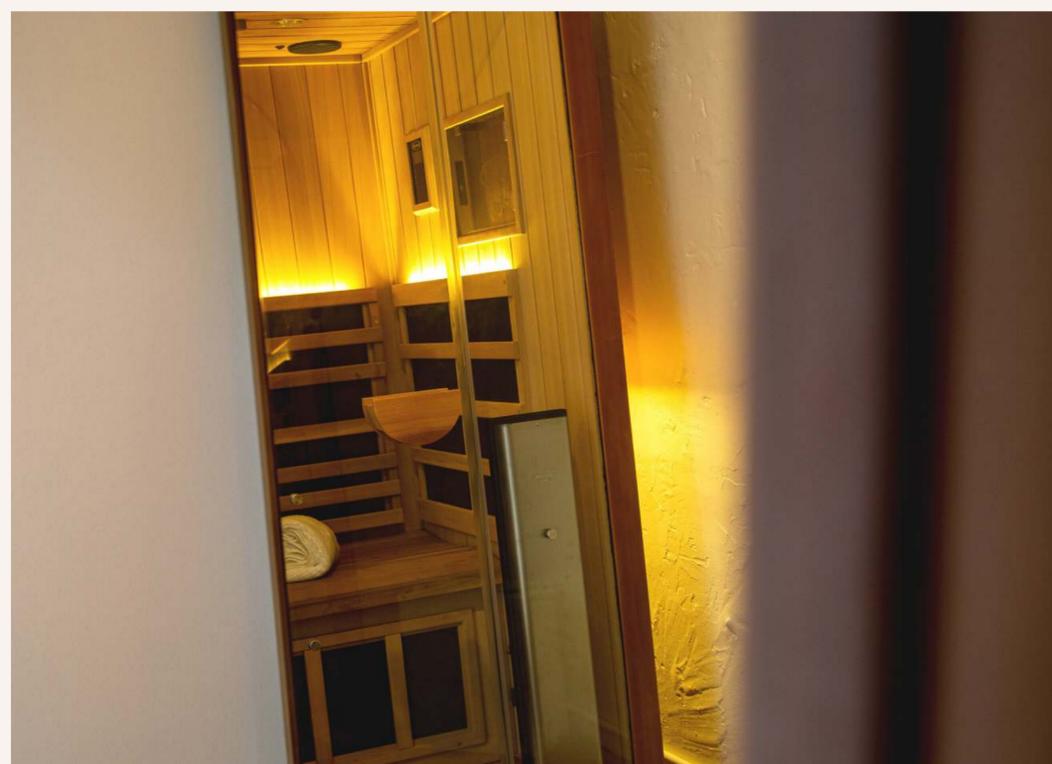
VRT

5/ How Can I Pre Set My Sauna?

You can pre-set the time in advance that your sauna will turn on up to 36 hours from the current time.

1. Press the POWER button to turn on your sauna.
2. Press the "Reserve" button to activate reservation mode.
3. The time and temperature will begin to flash.
4. Press the TIME UP button to set the number of hours ahead you would like your sauna to turn on.
5. The range is 1-36h.
6. Set the maximum set temperature by pressing the TEMP UP / TEMP DOWN button.
7. The keypad will flash and the time will count down in one hour increments until the sauna turns on.
8. To cancel the reservation, press the "POWER" button once to turn off the sauna.

These details are also included in your manual under Reserve Mode.



6/ My additional Full-Spectrum Heater on the door has suddenly stopped working. What can I do?

Could it be that you have removed the main plug of your sauna or that there was a short power failure in your home? Both options cause the sauna to restart. In this case, the socket for the full-spectrum heater would have to be deactivated and needs to be reactivated

Activation for all Sanctuary and Premier models:

Turn on the sauna by pressing the power button on your keypad.

Press the temperature button so that your sauna is set to Celsius.

Use the TEMP buttons to set the sauna to 60° Celsius.

Press and hold the Aux button for 5 seconds.

7/ Can Children Use The Sauna?

Infrared is safe for children to use, however children are more sensitive and thus need less time in the sauna and at a lower temperature.

Of course you'll need to monitor children and never leave them unsupervised.

Make sure they are hydrated and start with shorter time frames like 5-10 minutes at around 40°C-45°C or less.

We generally recommend that children below the age of 6 should not go into the sauna.

If children feel uncomfortable have them leave the sauna straight away. Always consult with a health professional for long term use.

If medical conditions pre exist always consult with your health professional first.

Whilst running the sauna the front heaters in the Sanctuary and Outdoor saunas do get hot.

Ensure that children do not touch the front glass or the heaters to prevent burnt skin (the same applies for the Full Spectrum Heater Upgrade in the Essential and Premier Saunas).

In our Sanctuary, Outdoor and Premier models the entire keypad can be locked so that children cannot modify the settings.

Instructions for locking the entire keypad:

Press the INSIDE button for 5 seconds and it will lock the entire keypad.

Press the INSIDE button again for 5 seconds to unlock the keypad.

06 Resources

The Sauna Show Podcast

The Sauna Show is our Podcast which brings you the latest on detox, health and happiness.

Medical Studies

There are numerous links to great case studies on infrared health benefits on our website.



07

Contact Us

Clearlight Saunas Australia Pty Ltd
2/78 Rajah Road
Ocean Shores
NSW 2483 Australia

+1800 957 150

info@infrared-sauna.com.au

www.infrared-sauna.com.au

Follow or tag us at [@Clearlight_Life](https://www.instagram.com/Clearlight_Life)