

Clearlight®

Infrared Saunas and Wellness Solutions

OWNER'S MANUAL



CLEARLIGHT® ESSENTIAL FAR INFRARED SAUNAS

Superior Quality and Service

Congratulations on your purchase of a Clearlight Infrared Sauna.
We are confident that you will enjoy the many benefits of your sauna for years to come.

Please read this manual before using your Sauna for the first time.
Please keep this manual for future reference.

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* The information contained in this manual is subject to change without notice.

Installation

Choosing a location

Place your sauna on a dry and level surface for best results. Garage, basement, attic, playroom, bedroom, or garden house are just a few of the possible locations for your sauna.

Your sauna's natural cedar or basswood exterior will beautifully compliment any location.

Outside, place the sauna on a deck or concrete pavers, available at your local building supply store, to protect it from moisture in the ground which can wick up through the wooden feet. Outside installation also requires our optional canvas cover.

Installation requirements for your sauna are as follows:

1. Your Clearlight® sauna is a self-contained and freestanding unit. It should not be built into any structure without prior authorization.
2. Please maintain a minimum of 4-inch clearance on all sides of the unit to allow air to circulate while giving access for the power cord..

Cleaning and maintenance

1. Before using your sauna for the first time, clean the inside of the sauna with a damp cloth. Use your favorite furniture polish on the exterior.
2. Place a towel on the floor and bench to absorb any perspiration. Wash these often to maintain a clean and pleasant environment inside your sauna.
3. Perspiration may darken the wood over time. This can be removed by a light sanding with fine grit sandpaper.



Please be careful when carrying and installing the glass pieces to avoid breakage. Make certain the glass is securely fastened during installation before letting go of any individual piece that could break.

01

ESSENTIAL -1, -2, -3

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Packaging

CONTENTS OF BOXES

Box 1 of 3

1. Floor Panel
2. Ceiling Panel
3. Accessories
4. Installation Manual

Box 2 of 3

1. Left Side Wall
2. Right Side Wall

Box 3 of 3

1. Front Wall
2. Back Wall
3. Bench & Bench Support



Assembly Instructions

Assembly of the sauna requires two adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service department in Germany at +49(0)40 4011 0162 or EU: +44 118 324 1242.

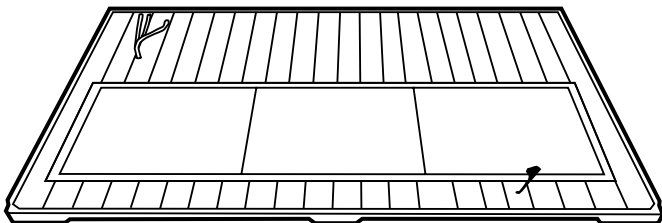
1 - LOCATION OF SAUNA & INSTALLATION ORDER

When determining a location for your sauna, please keep in mind the following:

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and level.
3. Panels should be installed in the following order:
 - 1) Floor
 - 2) Back Wall
 - 3) Left Side Wall
 - 4) Right Side Wall
 - 5) Under Bench Supports
 - 6) Bench
 - 7) Front Wall
 - 8) Roof

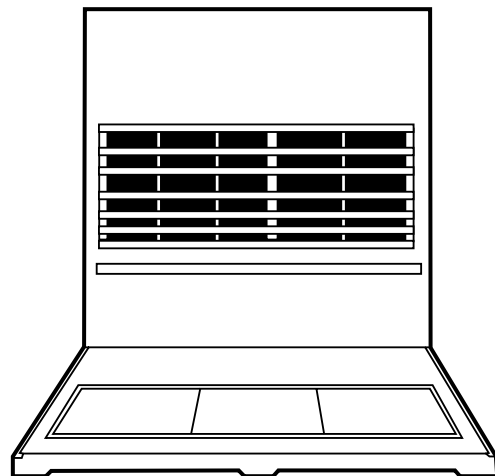
2 - PLACING FLOOR PANEL

1. Place the bottom floor panel on the ground near the location you will be using the sauna. Make sure the front of the floor is in the desired location of the door. The ceramic floor tile heater indicates the front of the sauna.



3 - CONNECTING THE LEFT BACK WALL TO THE FLOOR

1. Connect the left back panel to the floor panel by lining up the back panel on the groove of the bottom panel.

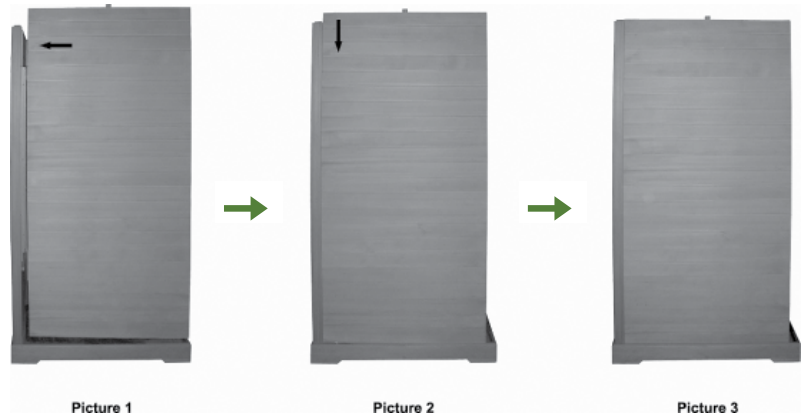


Assembly Instructions Cont'd

4 - CONNECT SIDE WALLS

The side wall panels connect to the back wall with the installed locking brackets. There are mating brackets on the side of each panel.

1. Place the right back wall in the slot in the floor. Lift the right back wall up about 4" (10cm) higher than the left back wall panel (See Picture 1).
2. Place the right back wall panel against the left back wall (See Picture 2), then slide down the right back wall panel until the two panels are equal height. (See Picture 3).
3. If the panels are not equal height or there is an obvious gap between the two panels, this means they are not properly attached and you should try again.

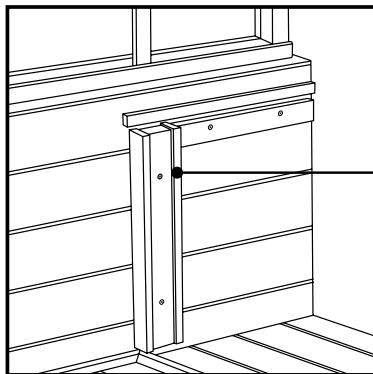


Assembly Instructions Cont'd

5 - INSTALLING UNDER BENCH SUPPORTS

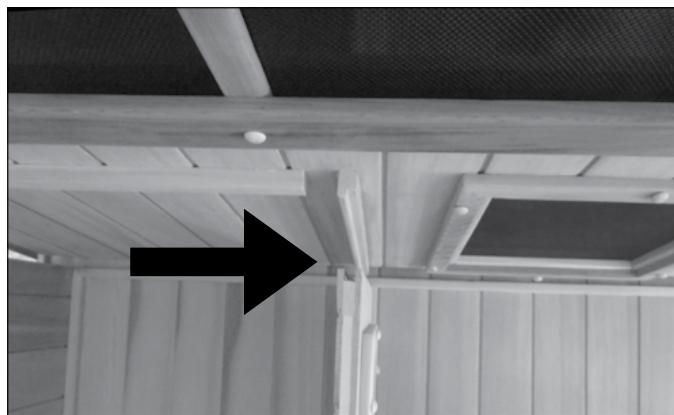
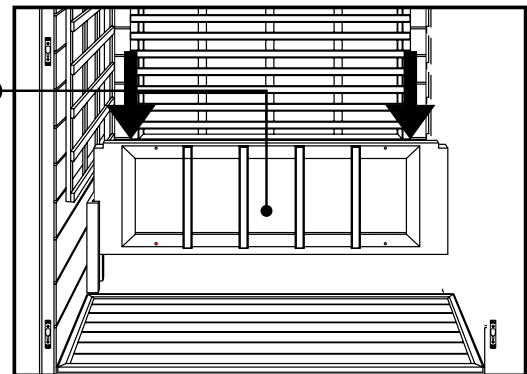
Slide down the left side long bench heater panel by lining up its sides with the vertical guides on the left side wall and right back wall.

1. Be careful not to scratch the side panels when positioning the heater panel.
2. Push the left bench heater panel all the way down until it is touching the floor panel and securely in place.



Vertical bench heater panel guides are found on the side panels.

Heater must be facing outward



Assembly Instructions Cont'd

6 - CONNECT HEATER CONNECTION UNDER BENCH

Follow the connections as in the photo below.

1. Connect the under bench support heater connection to the connector coming out of the wall.
2. Connect the cable coming out of the floor to the other connector coming out of the wall.
3. Connect the green ELF grounding wires together.
4. Keep in mind, there is no incorrect way to connect these connectors as long as you connect the male two wire connectors to the female two wire connectors and the male single green wire connectors to the female green single wire connectors.

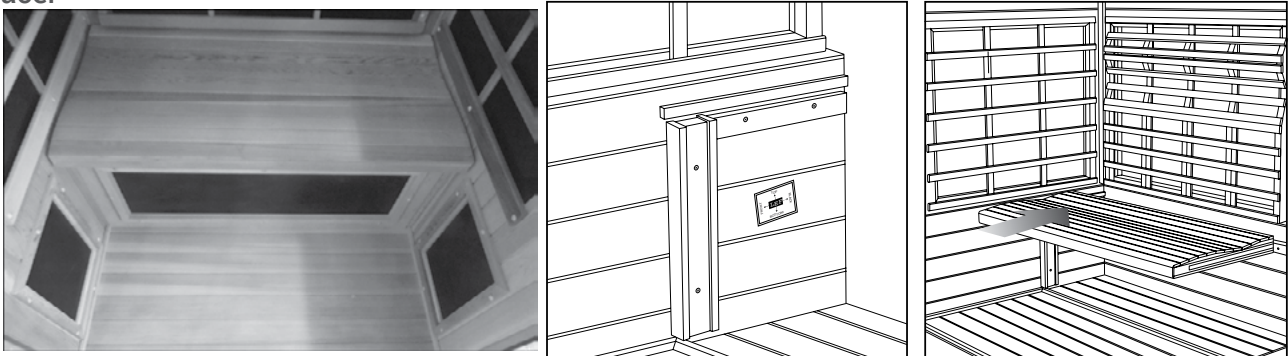


7 - INSTALLING BENCH

Install the bench panel by sliding it over the horizontal bench guides on the side panels. Be careful not to scratch the adjacent panels when sliding in the bench.

Push the bench all the way in until it touches the back panel and is securely in place.

Be sure that the bench is pushed all the way back until it slides under the heater guard to secure the bench in place.



Assembly Instructions Cont'd

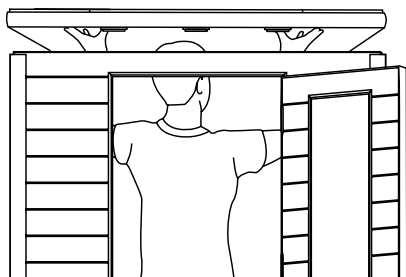
8 - INSTALLING THE FRONT WALL

1. Place the front wall in the slot in the floor.
2. Align the brackets in the front wall, slide the front wall down and make sure they are locked in place.



9 - INSTALLING THE ROOF PANEL

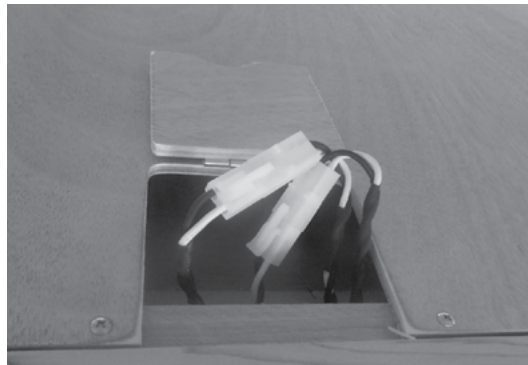
1. Lower the roof panel on to the assembled panels.
2. Position the top panel so that the exterior lights are at the front of the sauna.
3. Make sure that the cables from the top panel do not get pinched when placing the panel.
4. Gently place the top panel onto the rest of the assembled panels. When all four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of the panels.



Assembly Instructions Cont'd

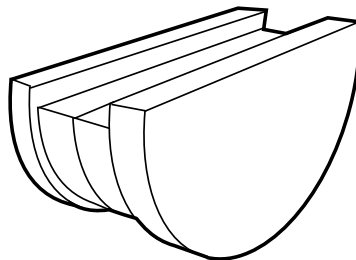
10 - CONNECT HEATERS IN ROOF

1. Open the hatches located on the roof.
2. You will find cables located under the hatch: Please connect all of them together. No cable should remain unconnected.
3. Once all wires are connected, push the wires back under the hatches and close them.



11 - INSTALLING DOOR HANDLE

1. Locate the door handle.
2. Attach the door handle using the enclosed screws. The piece that is finished should be placed on the outside.



Note: If you are using a tablet or smartphone in your sauna, the door handle will act as both the door handle and tablet/smartphone holder when the door is closed.

Assembly Instructions Cont'd

12- INSTALLATION IS COMPLETE

Installation of your sauna is now complete. Using a damp cloth, wipe out the sauna to remove any excess saw dust that may have settled on the wall & floor panels and the heater panels.

Please refer to usage instructions located later on in this manual.



02

ESSENTIAL - C

Packaging - - - - - 06

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Packaging

CONTENTS OF BOXES

Box 1 of 3

1. Floor Panel
2. Ceiling Panel
3. Accessories
4. Installation Manual

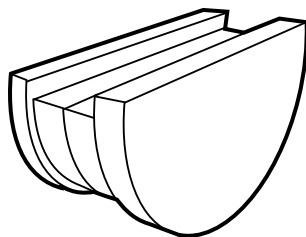
Box 2 of 3

1. Left Side Wall
2. Right Side Wall

Box 3 of 3

1. Front Wall
2. Back Wall
3. Small Bench Square
4. 2x Long Benchs
5. 2x Bench Supports

ACCESSORY BOX CONTENTS



Door Handle

Assembly Instructions

Assembly of the sauna requires two adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service department in Germany at +49(0)40 4011 0162 or EU: +44 118 324 1242.

1 - LOCATION OF SAUNA & INSTALLATION ORDER

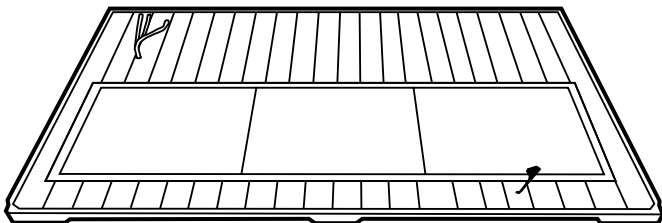
When determining a location for your sauna, please keep in mind the following:

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and level.
3. Panels should be installed in the following order:

1) Floor	4) Left Side Wall	7) Bench
2) Left Back Wall	5) Right Side Wall	8) Front Wall
3) Right Back Wall	6) Under Bench Supports	9) Roof

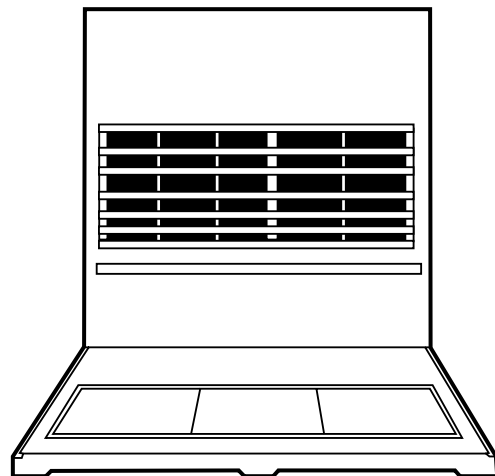
2 - PLACING FLOOR PANEL

1. Place the bottom floor panel on the ground near the location you will be using the sauna. Make sure the front of the floor is in the desired location of the door. The ceramic floor tile heater indicates the front of the sauna.



3 - CONNECTING THE LEFT BACK WALL TO THE FLOOR

1. Connect the left back panel to the floor panel by lining up the back panel on the groove of the bottom panel.

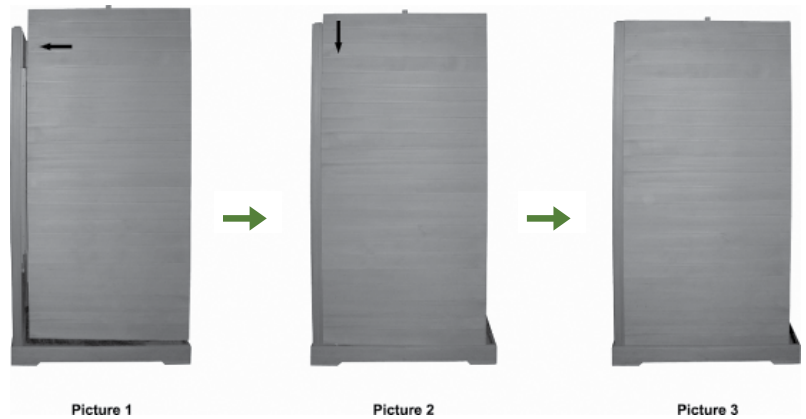


Assembly Instructions Cont'd

4 - CONNECT THE RIGHT BACK WALL

The side wall panels connect to the back wall with the installed locking brackets. There are mating brackets on the side of each panel.

1. Place the right back wall in the slot in the floor. Lift the right back wall up about 4" (10cm) higher than the left back wall panel (See Picture 1).
2. Place the right back wall panel against the left back wall (See Picture 2), then slide down the right back wall panel until the two panels are equal height. (See Picture 3).
3. If the panels are not equal height or there is an obvious gap between the two panels, this means they are not properly attached and you should try again.



Assembly Instructions Cont'd

4 - CONNECT SIDE WALLS

The right side wall will be connected to the right back wall by connecting together the installed brackets.

There are “+” brackets and “-” brackets on the side of each panel. The right side wall will be installed as follows:

1. Place the right side wall in the slot in the floor.
Lift the right side wall up about 4” (10cm) higher than the right back wall panel
(See Picture 1).
2. Place the right side wall panel against the right back wall (See Picture 2), then slide down the right side wall panel until the two panels are equal height. (See Picture 3).
3. If the panels are not equal height or there is an obvious gap between the two panels, this means they are not properly attached and you should try again.
4. Repeat these steps for the left side wall.

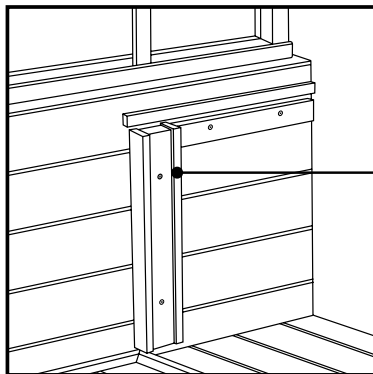


Assembly Instructions Cont'd

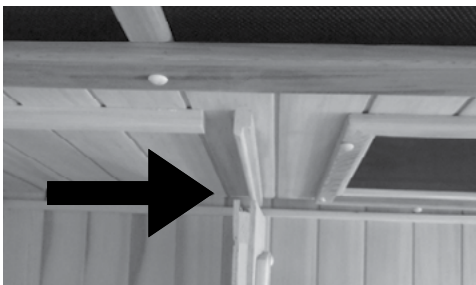
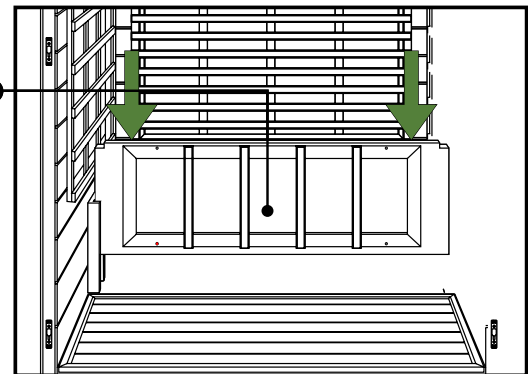
5 - INSTALLING UNDER BENCH SUPPORTS

Slide down the left side long bench heater panel by lining up its sides with the vertical guides on the left side wall and right back wall.

1. Be careful not to scratch the side panels when positioning the heater panel.
2. Push the left bench heater panel all the way down until it is touching the floor panel and securely in place.
3. Next, install the shorter right bench heater panel by lining its sides up with the vertical guide of the left bench support and the right side wall.
4. Push the right bench heater panel all the way down until it is touching the floor panel and securely in place.



Heater must be facing outward



Left Bench Support Installed



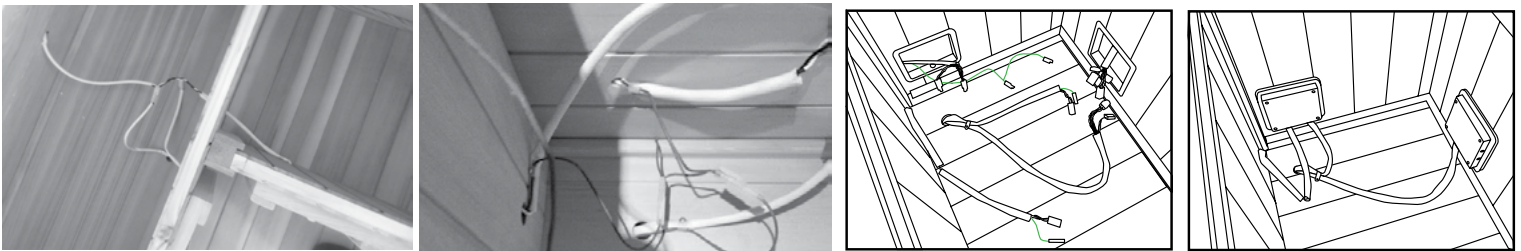
Right Bench Support Installed

Assembly Instructions Cont'd

7 - CONNECT HEATER CONNECTION UNDER BENCH

Follow the connections as in the photo below.

1. Pass the cable from the right bench support through the hole in the left bench support.
2. Connect the cable from the right bench support to one of the connectors from the left bench support.
3. Connect the cable from the left bench support and coming out of the floor to the connector coming out of the back wall.
4. Keep in mind, there is no incorrect way to connect these connectors as long as you connect the male two wire connectors to the female two wire connectors and the male single green wire connectors to the female single green single connectors.



8 - INSTALLING BENCH

Install the three bench pieces in the following order:

1. Install the long bench against the left side back wall by placing the bench on the Bench Support Panel and slide it flush to the back wall.
2. Install the short bench against the right side back wall by placing the bench on the Bench Support Panel and slide it flush to the back wall.



Left Bench Installed



Right Bench Installed

Assembly Instructions Cont'd

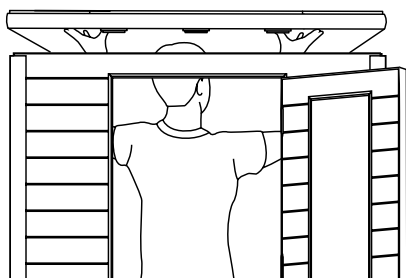
9 - INSTALLING THE FRONT WALL

1. Place the front wall in the slot in the floor.
2. Align the brackets in the front wall, slide the front wall down and make sure they are locked in place.



10 - INSTALLING THE ROOF PANEL

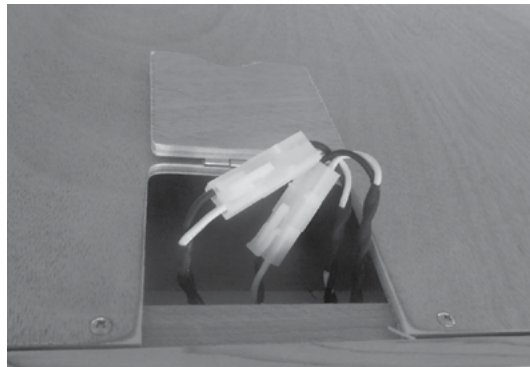
1. Lower the roof panel on to the assembled panels.
2. Position the top panel so that the exterior lights are at the front of the sauna.
3. Make sure that the cables from the top panel do not get pinched when placing the panel.
4. Gently place the top panel onto the rest of the assembled panels. When all four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of the panels.



Assembly Instructions Cont'd

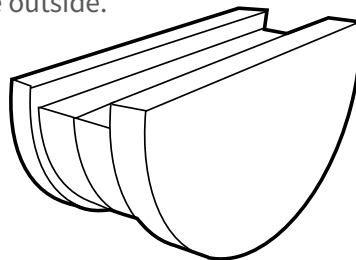
10 - CONNECT HEATERS IN ROOF

1. Open the hatches located on the roof.
2. You will find cables located under the hatch: Please connect all of them together. No cable should remain unconnected.
3. Once all wires are connected, push the wires back under the hatches and close them.



11 - INSTALLING DOOR HANDLE

1. Locate the door handle.
 2. Attach the door handle using the enclosed screws.
- The piece that is finished should be placed on the outside.



Note: If you are using a tablet or smartphone in your sauna, the door handle will act as both the door handle and tablet/smartphone holder when the door is closed.

Assembly Instructions Cont'd

13 - INSTALLATION IS COMPLETE

Installation of your sauna is now complete. Using a damp cloth, wipe out the sauna to remove any excess saw dust that may have settled on the wall & floor panels and the heater panels.

Please refer to usage instructions located later on in this manual.



Enjoying Your Sauna

ENJOY YOUR SAUNA!

Your sauna is now ready for use and you are about to enjoy the finest infrared sauna experience available. Make sure you have a plenty of water to drink and enough towels. Sit back and relax as you are now on your way to better health.

Infrared heat works by warming your body directly without having to heat the air inside the sauna. Breathing is easier and healthier because the air temperature is not heated to the same degree as other types of saunas. The infrared heat penetrates deeply into your body to relax sore muscles and help alleviate pain. The bench, walls and fixtures are not hot to the touch. This allow for a more enjoyable sauna session.

Instructions for use

Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

1. Select the desired session temperature and time using the control panel.
2. Allow approximately 10-15 minutes for the sauna to warm up before beginning a session.
3. Starting out, we recommend that your sauna session does not exceed 30 minutes.
4. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside the sauna. **Keeping the thermostat set at its maximum will ensure the heaters stay on continuously.**
5. The ceiling vent(s) in the ceiling panel can be opened at any time to allow fresh air into the sauna.
6. Infrared's unique property of direct penetration into the body without heating the intervening space in-between allows the users to enjoy all of its benefits while the door is open for ventilation.
7. Always drink plenty of water before, during, and after a session. Doing so will replenish fluids lost from the body through perspiration.
8. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive perspiration from your body.
10. Your Clearlight Infrared Sauna is made of the finest Western Red Canadian Cedar or Basswood. If the light fragrance of the fresh wood is too strong during the first few months of usage, wipe the wood with a damp cloth to minimize the aroma.

Using Your Sauna Control Panel

USING YOUR INFRARED SAUNA

Unlike a traditional sauna, infrared heats the body directly. Air temperature in the sauna is not as important as the type and quality of the infrared being received. We recommend the following protocol:

- a. Turn the sauna on for 10 minutes to allow the heaters to come up to optimal temperature and for the cabin to warm to a comfortable temperature.
- b. When you enter the sauna, set the time to the desired session time and turn the thermostat up to 65C. This will keep the heaters on the entire time to ensure that you are receiving constant infrared heat. **During a 30 minute sauna session, the air temperature will reach between 46-51C depending on the starting ambient air temperature.**
- c. Sit back and relax. Enjoy your sauna session.

When connected to the properly grounded power source, your Clearlight® sauna will turn ON to the set temperature and count-down with a few pushes of the Power button.



Keypad Operating Buttons



System On/Off

- 1) Press the “POWER” button once to turn on the sauna.
- 2) Your session will automatically end after the programmed timer expires.
- 3) Press the “POWER” button at any time to turn off the sauna.



Sauna Session Time

You can set the duration of your sauna session for a maximum of 60 minutes. Press the TIME UP or TIME DOWN buttons to increase or decrease your desired sauna session time in 5 minute increments.

When you have reached your desired time, release the button.

Controlling the Set Temperature

You can program your sauna for a maximum temperature of 60°C. Press the TEMP UP/DOWN (+/-) buttons to set the desired temperature. When the display shows your desired temperature, release the buttons. Press either the TEMP UP or TEMP DOWN buttons during your sauna session to manually control the desired cabin temperature.

*See “Instructions For Use” on next page for recommendations.

Using Your Sauna Control Panel

USING YOUR INFRARED SAUNA

Fahrenheit & Celsius

You can alternate between Fahrenheit and Celsius by pressing the CELCIUS/FAHRENHEIT button on the keypad.

Inside / Outside Light

1. Press the button labeled “INSIDE” to turn on or off the Interior light.
2. Press the button labeled “OUTSIDE” to turn on or off the exterior light.

Reservation

You can preset the time in advance that your sauna will turn on up to 48 hours from the current time.

1. Press the POWER button to turn on your sauna.
2. Press and hold the TIME UP / TIME DOWN buttons for 3 seconds then release the buttons.
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- 48.
6. Set the maximum 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.

Audio System

Your Clearlight Sauna is equipped with stereo speakers that can be accessed by either Bluetooth or through the Aux 3.5 mm connection located in the keypad .

1. Your Clearlight sauna is Bluetooth ready. To connect audio via Bluetooth:
 - A) Open your Bluetooth enabled phone, tablet or computer and search for surrounding Bluetooth devices to find a device called **BM84-NEW**. The pairing code for this device is **0000**.
2. There is a 3.5mm Infrared jack in the lower portion of the sauna keypad.
You can connect any audio device using this connection.

Using Your Sauna Control Panel

USING YOUR INFRARED SAUNA

Chromotherapy

The chromotherapy light is controlled by pressing the COLOR THERAPY button on the keypad.

Pressing the button once will activate auto mode automatically cycling between colors changing every 8 seconds.

You can also manually change the colors:

1. Press the "Color Therapy" button 2 times to change to **GREEN**
2. Press the "Color Therapy" button 3 times to change to **RED**
3. Press the "Color Therapy" button 4 times to change to **BLUE**
4. Press the "Color Therapy" button 5 times to change to **YELLOW**
5. Press the "Color Therapy" button 6 times to change to **TURQUOISE**
6. Press the "Color Therapy" button 7 times to change to **VIOLET**
7. Press the "Color Therapy" button 8 times to turn off the **Color Light Therapy**



BE SURE TO MATCH THE COLORS IN THE CONNECTORS.
THE BLACK WIRE SHOULD MATCH UP WITH THE BLACK WIRE, ETC.

Tips for Use

1. Opening the roof vent and/or door allows fresh air to enter the sauna.
2. Drink liquids prior to and after your session.
3. Towel off during your session. This will help the body perspire more freely.
4. To relieve sore and tight muscles massage these areas for faster healing and effectiveness
5. Oil and lotions tend to decrease perspiration by blocking pores. Apply these after your session for best results.
6. Some minerals can be lost in perspiration. Eating a sensible diet including fruits and green leafy vegetables will replace these. Supplements can also be taken to replenish minerals.
7. Limit food intake an hour before your sauna session. Your body will be able to detox more effectively because it will not be using that energy for digestion.
8. Taking a shower or bath before a sauna session tends to increase perspiration as bathing opens the pores.
9. Use at least 2-3 towels for maximum comfort.
 - a. Sit on one towel folded over several times for added cushioning.
 - b. Use another towel on the floor to absorb extra perspiration.
10. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment for this, or any other condition.
11. As you become more heat conditioned, you may wish to increase the length of your Clearlight® sauna session to 40 minutes. This is especially useful for soft tissue therapy. (Make sure to drink fluids throughout your sauna session.)

Tips for Use

12. If you notice any drying of your skin with ongoing use of your Clearlight® sauna or wish to maximize the detoxification benefits from your Sauna, it is suggested that you obtain the best quality oil available (i.e. expeller pressed oil such as Organic Canola Oil or Organic Coconut Oil are very good). Add 2-4 tablespoons a day to your diet. The essential oils in these products are needed for skin health and allow the body to let go of stored toxins, fat and cholesterol.
13. Unlike a traditional sauna, infrared heats the body directly. Air temperature in the sauna is not as important as the type and quality of the infrared being received. We recommend the following protocol:
 - a. Turn the sauna on for 10-15 minutes to allow the heaters to come up to optimal temperature and for the cabin to warm to a comfortable temperature.
 - b. When you enter the sauna, set the time to the desired session time and turn the thermostat up to 85C. This will keep the heaters on the entire time to ensure that you are receiving constant infrared heat. **During a 30 minute sauna session, the air temperature will reach between 41-56C.**
 - c. Sit back and relax. Enjoy your sauna session.

Safety Instructions

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 15 minutes to allow the body to cool down completely.
5. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. **Hyperthermia Danger:** Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37C. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 39.5C. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
9. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.

Safety Instructions

12. Do not use any type of cleaning agents on the interior of the sauna.
13. Do not stack or store any objects on top of or inside the sauna.
14. If the power supply cord becomes damaged, it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid a hazard.
15. Do not use the unit during an electrical storm, as there is a remote risk of shock.
16. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
17. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
18. Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
19. We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI) device in any potentially wet locations.
20. Your Clearlight® sauna is made of the finest Canadian Cedar or Basswood. All wood products have variations in the color, grain, and may have irregularities such as knots, and fine cracks. These reflect the natural beauty of the wood and should not be considered defects.
21. To safeguard against burns, do not touch heaters or lamps directly.

Important Safeguards

IMPORTANT SAFEGUARDS

1. **READ INSTRUCTIONS** - All safety and operating instructions should be read before the sauna is installed & operated.
2. **RETAIN INSTRUCTIONS** - The safety and operating instructions should be retained for future reference.
3. **HEED WARNINGS** - All warnings on the sauna should be adhered to.
4. **FOLLOW INSTRUCTIONS** - All operating and usage instructions should be followed at all times.
5. **CLEANING** - Unplug the sauna from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
6. **ATTACHMENTS** - Do not use attachments that are not recommended by the manufacturer as they may cause hazard.
7. **WATER OR MOISTURE** - Do not use this product near water-for example near a bathtub, in a wet basement, or near a swimming pool or similar area.
8. **GROUNDING OR POLARIZATION** - This sauna is intended for use with a 3-wire properly grounded power socket Do not defeat the safety purpose of the supplied line cord and plug.
9. **POWER SOURCES** - This product should be operated only from the required type of power source indicated on the marking label. If you are not sure of the type of power supplied to your home, consult your local power company.
10. **POWER-CORD PROTECTION** - Power supply cords should be routed so they are not likely to be walked on or pinched.
11. **LIGHTNING** - For added protection for this product during a lightning storm, or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.
12. **OVERLOADING** - Do not overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.

Important Safeguards

IMPORTANT SAFEGUARDS

13. **SERVICING** - Always unplug this product from the wall outlet before servicing the product.
14. **POWER SUPPLY** - Do not remove power supply covers. No user-serviceable parts are located inside the power supply.
15. **REPLACEMENT PARTS** - When replacement parts are required, only use parts specified by the manufacturer. Unauthorized substitutes could result in fire, electrical shock or other hazards.
16. **SAFETY CHECK** - Upon completion of any service or repairs to this product by a service technician, ask the technician to perform safety checks make certain that the product is in proper operating condition.

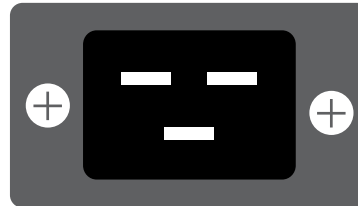
PRECAUTIONS FOR POWER SUPPLY



This FEMALE INLET takes the MALE POWER CORD from the back panel.

Make sure that the cord is plugged securely into this inlet at all times.

Rear Heater Inlet



This MALE INLET takes the FEMALE PLUG on the main power cord.

Make sure that the cord is plugged securely into this inlet at all times.

B Main Power Cord Inlet

Warranty

SAUNA WORKS LIMITED LIFETIME WARRANTY

Your Clearlight Infrared Sauna by Saunas Works is warranted to be free of defects in material and workmanship for:

- 1) Heaters: Lifetime
- 2) Workmanship: Lifetime
- 3) Electrical Components: Lifetime
- 4) Audio Components: Lifetime

This warranty extends only to the original retail purchaser of the sauna and terminates upon transfer of ownership. It does not extend to commercial or institutional use or installation.

The sauna must be purchased and installed in the United States and Canada within one year of manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.

This warranty is void if the sauna has been altered, misused, or abused. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner.

Sauna works shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Sauna works or any of its representatives be held liable for injury to any persons or damages to any properties. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Specifications are subject to change without notice.

The warranty for commercial or institutional use is: Heaters: 5 years, Workmanship: 5 years, Electrical Components: 5 years Audio Components: 1 year

Warranty

LIMITED WARRANTY

The warranty for commercial or institutional use is:

Heaters: 5 years, Workmanship: 5 years, Electrical Components: 5 years, Audio Components: 1 year

Why Detoxify

Why Is Detoxification Important

Excerpted from: Literature Review & Comparison Studies of Sauna/Hyperthermia in Detoxification Townsend Letter for Doctors, June 1992 Zane R. Gard, M.D. & Erma J. Brown, BSN, PhN

The past 150 years have been a time of incredible progress for medicine, science and industry. Because of these advancements we now enjoy longer, more productive lives. However, there are many who pay a tremendously high price for our modern lifestyle. The by-products of our chemical technology have resulted in ubiquitous contamination of our atmosphere, lakes, oceans and soil. Our natural environment is now permeated by a barrage of “unnatural” substances.

Unquestionably, many of the chemical sources have been in existence for centuries. However, today we are exposed to chemical concentrations far greater than were our ancestors. Although the human mechanism is known to be accommodating, ecological alterations are now occurring at a faster rate than our bodies are able to adapt. We are now faced with a situation where inadequacies or uncertainties centering around the manufacturing, use, storage, and disposal of toxic chemicals, have resulted in an overwhelming number of environmentally-induced illnesses.

Since 1965, over 4 million distinct chemical compounds have been reported in scientific literature. Over 6000 new chemicals were added to this list between 1965 and 1978. As of 1981, of over 70,000 chemicals in commercial production, 3,000 have been identified as intentionally added to our food supplies and over 700 in drinking water. During food processing and storage 10,000 other compounds can become an integral part of many commonly used foods. Added to this list of potential body toxins, petrochemicals, industrial waste, medical and street drugs, radiation (X-rays, nuclear fallout etc.) and tons of pesticides, herbicides, and insecticides, the result is an incredible chemicalavalanche to have befallen the human race in a relatively short period of evolutionary history.

There is currently a wealth of scientific evidence showing that thousands of drugs, preservatives, pesticides, and other pollutants remain stored in the body long after exposure. We know for example that an organochlorinated pesticide such as the metabolites of DDT have a half life of between 20 and 50 years in the fat deposits of humans. According to the U.S. Environmental Protection Agency over 400 chemicals have been detected in human tissue; 48 were found in adipose tissue, 40 in breastmilk, 73 in the liver and over 250 in the blood.

Why Detoxify

The process of bodily accumulation and storage of toxins is known as “toxic bio-accumulation”. Though the predominate storage site in the body is the fatty tissue, toxins may re-enter the bloodstream during times of physical stress (i.e.. illness, fasting, excessive heat, exercise) or emotional stress. Every organ that is accessible to these chemicals, which have been mobilized or released from the fat, is being continually exposed at low levels. As stated by Dr. William L. Marcus, Senior Advisor and Chief Toxicologist for the U.S. Environmental Protection Agency, “It’s a chronic exposure. That’s why chemicals like dioxin, even in small amounts, are extremely dangerous. Unfortunately the human body has no previous experience with these chemicals and there is no natural machinery in the body to break them down, much less eliminate them.

Human accumulation of such compounds as DDT, PCP, PCB, and dioxin, reflect biologically persistent chemicals which are partitioned in the body from water into lipids. Eventually the metabolizing of xenobiotics (chemicals foreign to the biological system) leads to the accumulation of the chemicals and/or their products in lipid deposits throughout the body, particularly in adipose tissue. The simple chemistry involved in this process can be illustrated by the fact that some chemicals readily dissolve in water, while others dissolve only in oil bases. Oil soluble chemicals therefore have a tendency to accumulate in body fatty tissue or lipids, which are also insoluble in water. There is no such thing as a fat “cell”...[rather] almost every cell has a fat component. The brain has a high fat content as does virtually every organ.

Directly or indirectly, toxic residues find their way into our air, food and water supplies. The net effect of this ecological overload is to alter the body’s balance or “homeostasis”. This interference with our natural biological tendencies to restore internal balance, results in “disease” in one form or another. According to Professor Edward J. Calabrese of the University of Massachusetts, and author of *Pollutants and High Risk Groups*, “It is this homeostatic process which neutralizes the pollutant’s effect and returns the system to equilibrium.”

Marshall Mandell, MD, nationally renowned in the field of bio-ecologic medicine, wrote in a recent publication that the influx of chemicals in our society today “has resulted in a lowered threshold of resistance and subsequent inability to cope with the natural and unnatural environment due to altered body metabolism, enzyme dysfunction, nutritional deficiencies, and hormonal imbalances.” Health depends on the balance of both external and internal environmental forces.

In response to the above facts, many health care practitioners have been recommending a vast array of detoxification programs. Circulating toxins and toxic bowels need proper cleansing. The removal of these toxins is relatively well known. When toxins are deposited in fat storage sites this becomes much more complicated. The only way to remove toxins from the fat storage sites is to mobilize the toxic fat. Heat-stress [of a sauna] is an effective method of removing fat-stored toxins from the body.

Clearlight®

Infrared Saunas and Wellness Solutions

Contact Information for Sauna Customer Service

EU

Clearlight Saunas Europe GmbH
Lehmweg 10b
20251 Hamburg
Germany

+49 (0) 4040 110 162
+353 (1) 5719279 (Ireland)

info@clearlightsaunas.eu
www.clearlightsaunas.eu

UK

Clearlight Saunas UK Ltd
Unit 1, West Links
Tollgate Business Park
Chandlers Ford
Hampshire SO53 3TG
United Kingdom

+44 (0) 238 202 6522

info@infraredsauna.co.uk
www.infraredsauna.co.uk