



## What is Infrared?

Infrared light (experienced as heat) is the invisible part of the sun's spectrum with the ability to penetrate human tissue, providing a soothing, natural warmth. It is naturally occurring from the sun and is the basis for Sunlighten sauna therapy.

Sunlighten's SoloCarbon® infrared technology is therapeutic because it is 99% efficient at heating the body directly rather than simply heating the air. It works to raise the core body temperature to produce a deep, detoxifying sweat at the cellular level where the majority of toxins reside.

## How Safe is Infrared?

Infrared heat is completely safe and healthy for all living things. You can be exposed to infrared light for hours without the risk of burning. Infrared is a naturally-occurring output of the sun that does not contain the harmful UV rays associated with unprotected sunlight. In fact, infrared heat is so safe, it is used in hospitals to warm newborn infants.

## Infrared Saunas vs. Traditional

Sunlighten saunas use infrared heat instead of hot rocks or steam used in traditional saunas. Traditional saunas heat the air at extremely high temperatures which can make the experience unbearably hot and difficult to breathe. Because infrared heats the body directly instead of simply heating the air, infrared saunas are seven times more effective for detoxification. In a Sunlighten sauna, you will experience the deepest, most detoxifying sweat of your life.

### ELECTRICAL CERTIFICATIONS

MPULSE    

SIGNATURE & AMPLIFY   

SOLO SYSTEM      



**Call or Scan to Schedule  
267-406-0782**

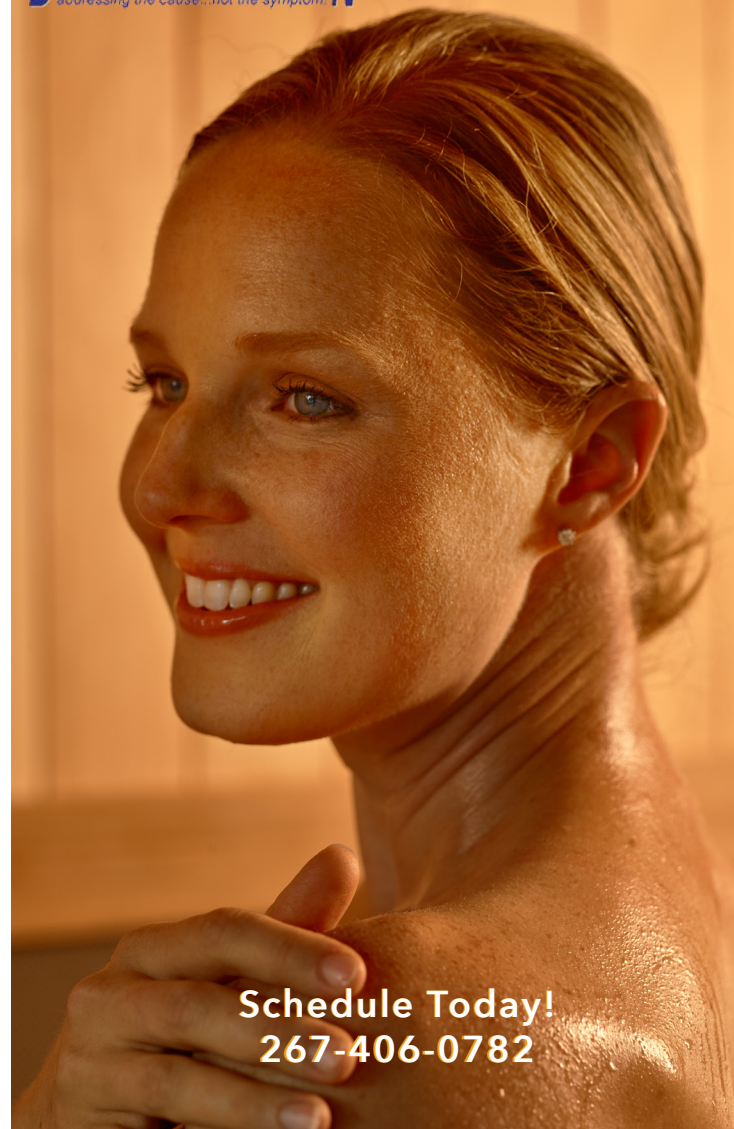
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**DR. JULIE LACHMAN<sup>ND</sup>**  
*addressing the cause...not the symptom!*



**Schedule Today!  
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## Health Benefits



### Detoxification

A Sunlighten sauna generates a sweat 7x more detoxifying than a traditional sauna.

### Relaxation

Designed to encourage the purest form of relaxation and stress-reduction.

### Weight Loss

An infrared sauna session can burn up to 600 calories. Sunlighten saunas showed a reduction in belly fat in just 3 months.

### Heart Health

Our SoloCarbon heaters have been clinically shown to reduce both systolic and diastolic blood pressure.

### Pain Relief

Therapeutic benefits to back, neck, and arthritis pain from continuous use of infrared therapy.

### Anti-Aging

The skin's appearance improves as pores open from the deeper sweat induced by our infrared therapy.

### Muscle Recovery

Naturally increases circulation, helping your muscles get the oxygen and nutrients they need.

### Cell Health/Immunity

Stay healthy with the natural, preventative properties of our exclusive LED near infrared heating technology, which aids in cell health and overall immunity defense.

### Wound Healing

Our advanced LED near infrared technology has the unique ability to heal wounds faster and minimize scarring.

### SoloCarbon - The most effective far infrared technology

SoloCarbon is Sunlighten's proprietary far infrared technology that is 99% effective and the only heater on the market clinically shown to raise core temperature, lower blood pressure, and aid in weight loss.

### SoloCarbon 3 in 1® infrared - Advanced blend of near, mid and far infrared heat

Sunlighten's patented SoloCarbon 3 in 1 infrared is unique in its ability provide near, mid, and far infrared at optimal wavelengths based on 56 clinical studies. With high power infrared, proven 99% effective, and advanced LED technology delivering true near infrared heat, SoloCarbon 3 in 1 infrared can evolve with changing health needs over time.