

Clearlight®

Clearlight Infrared • info@infraredsauna.com • www.infraredsauna.com • 800-798-1779

Congratulations on the purchase of your Clearlight® Light Therapy Tower

Clearlight® Light Therapy combines powerful red light (650nm) and near infrared (850nm) wavelengths to offer you the best therapy available today. Clearlight® Light Therapy provides the most proven and effective therapeutic wavelengths to the entire body reducing oxidative stress and stimulating the production of ATP (Adenosine Triphosphate).

This process known as Photobiomodulation has been extensively researched for many years and adds measurable energy to the mitochondria of your cells. The Clearlight® Light Therapy Tower can be used during your sauna session or as a stand-alone therapy outside your sauna. Light therapy has been tested across hundreds of peer-reviewed clinical trials with positive results for:

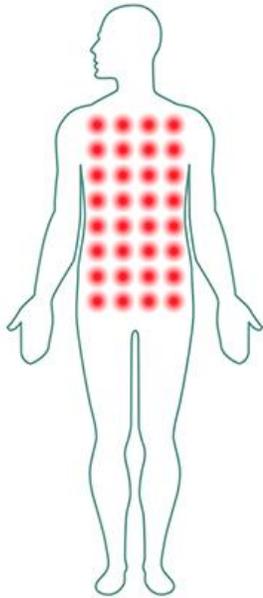
- Reduction of Chronic and Acute Pain
- Skin Rejuvenation (boost collagen & elastin production)
- Tissue Regeneration
- Wound Healing
- Muscle Recovery
- Muscle Conditioning
- Testosterone Boost
- Reduced Inflammation
- Improved Thyroid Health



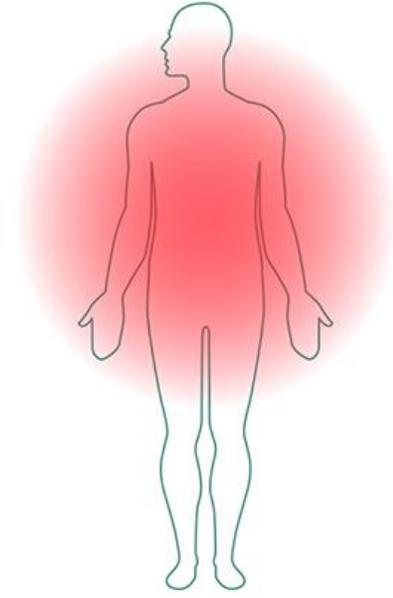
Clearlight® Light Therapy is the only light therapy unit available using Variable Optics™. Most other light therapy units have a single optical output at 30 degrees. This limits the amount of light absorbed by the human body. The light receptors in our skin absorb the Red and Near Infrared light. With a single optic there is a single acceptance angle.

With our Variable Optics™ technology we use a mix of 7 to 60 degree optics creating multiple cross acceptance angles of the light waves. This allows the light to travel better into our cells

and offer more benefit. Our Variable Optics™ technology allows you to maximize the benefits of light therapy in every session. This technology is only available with Clearlight® Light Therapy.



The Narrow Optics light ranges from 7-30 degrees offering targeted and deeper penetration with an irradiance of 75 – 110 mw/cm² at a range of 4"-12".



The Wide Optics light ranges from 40-60 degrees offering full body coverage for overall health & wellness. The irradiance is between 55-85 mw/cm² at 4"-12".

How the system works:

We have been researching, developing and offering light therapy in our saunas for well over a decade. Clearlight® Light Therapy uses powerful medical-grade LEDs to deliver the optimal wavelengths to the body without adding excess heat.

Our technically superior LED arrays are composed of 70 red light LEDs producing light at 650nm and 70 near infrared LEDs producing light at 850nm. The superior output of the Clearlight® Light Therapy Tower sets it apart producing up to 110 mw/cm². This unit is our most powerful and effective light therapy unit.

Clearlight® Light Therapy can be used while seated in the sauna or while standing in front of the tower which concentrates its healing power on targeted areas of the body.



Red Light Therapy, also known as photobiomodulation and low level light therapy, uses red low-level wavelengths of light for a variety of health and wellness benefits. Red light is

considered “low level” because it works at an energy density that’s low compared to other forms of laser therapies.

In the early 1990s, Red Light Therapy was used by scientists to help grow plants in space. They found that the intense light from red LEDs promoted the growth and photosynthesis of plant cells.

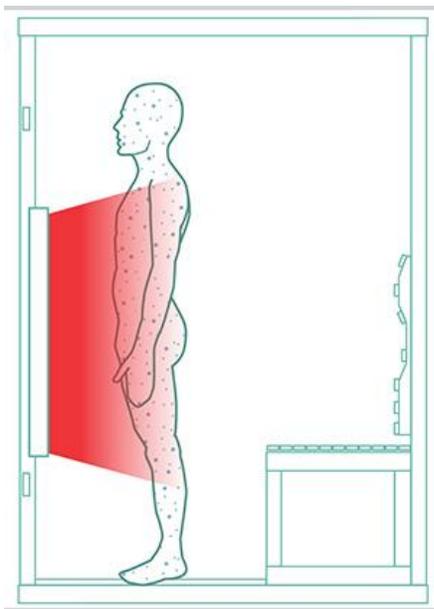
Red light was then studied for its ability to increase energy inside human cells. The human body needs to make ATP (Adenosine Triphosphate) cellular energy to function and survive. This occurs naturally when our bodies are exposed to natural sunlight. Red and near infrared wavelengths of natural light stimulate the mitochondria in our cells. The mitochondria turn the light into usable energy for our bodies through the process of cellular respiration.

The Clearlight® Light Therapy tower delivers invisible Near Infrared at 850nm. Near Infrared is absorbed deep below the surface of the skin penetrating deeper than mid infrared and far infrared.

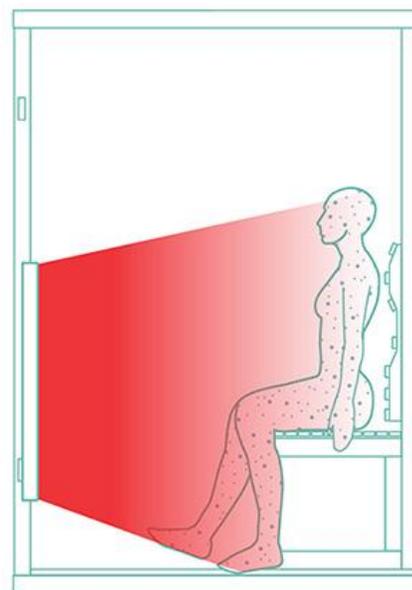
The light from Near Infrared LEDs has been shown to bring energy to cells, reduce pain, increase collagen and elastin production in skin cells, speed up the wound healing process, reduce inflammation and provide numerous anti-aging benefits.

Your Clearlight® Light Therapy tower can be attached to the door of your Clearlight® Infrared Sauna or used as a standalone light therapy system.

When using your Light Therapy tower inside your sauna, there are two options for proper use:



When standing approximately 6” from the Clearlight® Light Therapy Tower we recommend a 10-20 minute session.



When using the Clearlight Light Therapy Tower while sitting on the sauna bench we recommend a 20-30 minute session.

Photosensitivity: Prior to beginning your Light Therapy treatment, it is advised that you test for any photosensitivity. Turn on the Light Tower and expose a small portion of your skin, such as a forearm or back of a hand, for approximately 3 minutes while holding it 4 to 6 inches away from the unit. If there is any redness, discomfort or other adverse reaction, cease exposure.

- **Note:** You will notice that some of the LEDs don't light up. Some of the LED color outputs are not visible. These rays are invisible to the naked eye. Everything is functioning properly.

Treatment:

Spot treatment therapy: To focus on a particular body area such as back, arm or joints, it is recommended that you place the body part approximately 4 to 6 inches from the unit.

General Health, Wellness and Energy: While sitting in the sauna, you will be approximately 12 to 18 inches away from the unit. This distance allows a rejuvenation of your cells over a broader area which will help with an overall feeling of wellness.

In the beginning, it is important to maintain consistency in your light therapy treatments. Daily use is recommended, and as time goes on the time can be tapered to three or four times per week. For an area with specific, concentrated pain, exposure can be as often as 2 to 3 timer per day.

Installing the Clearlight® Light Therapy Tower In Your Sauna:

Mounting Kit Assemblies x 2:



The Clearlight® Light Therapy Tower will attach to the door of your sauna.

I. To install the door mounting kit, first remove the existing metal bolts that come pre-attached to the door of your sauna. Keep these in a safe place should you decide to add additional options to your sauna.



2. Insert the black plastic washer over the shaft of the exterior door mount. Make sure that the back side sits flat against the mount. Repeat this for the interior door mount.
3. Insert the male door mount through the top glass hole in the door from outside the sauna then align the female door mount against the male door mount.



4. Insert the screw into the inside door mount and tighten the screw ensuring that it is snug against the glass. **Do not tighten so much as to damage the glass, but it should also not be able to move or spin around. *Electric Screw Drills Are Not Recommended.***



5. Repeat these steps for the lower hole in the door glass.
6. Once completed, the name plate should be placed on the center of the outside door mount.

Attaching the light therapy unit to the door:

The multilevel back plate can be adjusted to different heights to target different parts of your body.

1. Open the sauna door and stabilize the door with your foot by flexing the foot upwards. When lining up the fixture to the mounting pins, look for the reflection in the glass door to help with proper alignment.
2. Once both pins are in position over the large opening, softly slide down the fixture making sure both pins have engaged in the back plate and are well seated.



There may be slight friction from the stand-off feet which is normal. This was intentionally done to provide a snug fit to avoid rattling or unintentional movement when opening the sauna door.

Removal and Height Adjustment of the Unit: With a firm grip, grab the center of the fixture between both pins and slowly move in an upward motion. Slide upward until there is no longer any friction between the door, the stand-off feet, and the fixture releases from the pins. Then pull straight out from the door. Move the unit to the desired fixture height, and repeat the process above, or completely remove the fixture from the door.

Plugging in the Unit: The plug is specially designed to be used in your Clearlight Sauna mode. There are adapter cords available to plug into all other household receptacles. Plug the unit into the available plug inside your sauna. It will either be located in the floor near the front of your sauna or on the inside front wall of the sauna.



For Commercial Applications: ****This operation only activates the outlet for one 30 min session and will need to be repeated each time you want to use the Red Light****

How to activate power for sauna: Please see the list below for your sauna model to activate the power outlet.

If your sauna keypad has an AUX button on it, please follow these steps:

1. Power on the sauna.
2. Change the temperature to Celsius
3. Set the temperature to 40C
4. Hold the AUX button for 10 seconds.

The floor plug is now activated and you can turn on the light therapy unit.

For Residential Applications:

How to activate power for sauna: Please see the list below for your sauna model to activate the power outlet.

If your sauna keypad has an AUX button on it, please follow these steps:

1. Use front outlet for Red Light Residential Mode
2. Power on the sauna
3. Change the temperature to 50C
4. Press the AUX button for 5 seconds

5. As a result, the outlet will remain on permanently

If your sauna keypad does not have an AUX button, please follow these these steps:

1. Power on the sauna
2. Press the Temp Up and Time Up buttons at the same time for 5 seconds.

The floor plug is now activated and you can turn on the light therapy unit.

Operating the fixture: Turn on the main power switch which is located on the top of the unit:



When power is on, the front control panel will illuminate a small red light.



Timer: When the red power light is on, simply push the number for the number of minutes that corresponds with your treatment time.

Pause Function: If you wish to pause treatment for any reason, simply press the Play-Pause button. There will be a flashing green light indicating that you are in Pause mode. When resuming treatment, press the Pause/Play button once again and the unit will resume for the remainder of treatment time, and light will be a constant green.

If you need to reset the timer, there are two ways to proceed:

1. Hold down the Play/Pause button for 2- 3 seconds and the unit will reset to a standby state.
2. If a specific time is desired, press the correct button and the until will be reset to that amount of time.

LED Countdown: The unit will count down and as time of the therapy decreases and the indicator lights will change in five (5) minute increments. At the last four minutes, the LED indicator will flash the number of the remaining minutes. For example, if there are four minutes remaining the light will flash four times and then pause. After a minute, it will flash three times and pause, and so on.

For the Visually Impaired Feature: This fixture is supplied with tactile switches on the control panel along with Braille assistance on the Pause/Play button and at the center of the timer controls for ease of use by a visually impaired individual.

Fan Operation: When turning off the unit, the fan may continue running for as much as five minutes to help cool down and maintain the life of the unit.

Troubleshooting: If the unit does not start follow the steps below:

- Check the red indicator light to see if the unit is receiving power.
- If the light is not on, check that the switch on the top of the unit is set to “on”.
- Check if the unit is plugged in or is making good contact with the receptacle.

- Make sure the sauna has the power turned on to the receptacle.
- Check that the breaker to the main power has not been tripped

If the red indicator light is on, press any number, and if the unit still doesn't respond, hold down the Play/Pause button for 3 seconds which will reset the unit. If the Light Tower does not start, please contact us at 800-798-1779 x Option 2.

To Integrate with an Automated Home System: Hold numbers 5 and 30 while pressing the Play/Pause button. This puts the unit in timer override.

FAQ's:

Eye Protection: Eye protection is not necessary. However, some individuals may find the lights uncomfortable, and eyewear may be used as an option. When initially turning on the unit, your eyes will need to adjust to the strong output so you may want to look away or close your eyes and then open them slowly so your eyes can adjust. It is not recommended to look directly into the LED's.

Clothing: You may wear clothes, if desired however, the areas being treated should be fully exposed to the light with no obstructions.

Creams or Lotions: It is best not to use creams or lotions right before a treatment as it forms a barrier and prevents you from getting the full effect of the therapy. It also might irritate the skin.

Medications: There are some medications which interact with Light Therapy. Some drugs cause photosensitivity, so it is always best to check with your physician before using the unit if you are taking medications.

Children and Elderly: Clinical studies are constantly showing how Light Therapy can be safe and beneficial for everyone. However, if you have any doubts or concerns, we recommend checking with your healthcare provider.

Be Cautious regarding the following when using Light Tower:

- Do not touch metal body part when running inside a hot sauna.
- Do not remove from sauna door until fixture is cooled down
- Do not use creams, essential oils, lotions or ointments while using the Light Tower

- Do not use near water or immerse the unit in water
- Do not use a damaged cord
- Do not touch the unit with wet hands
- Do not use near flammable or combustible products
- Do not use the unit while sleeping
- Do not modify or try to repair the unit
- Do not use outdoors
- Do not use this unit on infants
- Do not allow children to use this unsupervised
- Do not use unapproved power supply cords
- Do not wash the unit with heavy water – a light damp cloth / dust only
- Do not use the device if it has been damaged
- Do not continue use of the Light Tower if you have any adverse reaction
- Do not hesitate to call us with questions regarding the set-up, cleaning or maintenance of the unit

Technical Information:

Model Number: JRLT-36

Irradiance: Approximate 55-110 mw/cm² @ 4”

Rated Power: 100-240v AC, 2 Amp, 50-60hz

Wavelength: 650nm & 850nm

Limited Warranty:

To the original purchaser only, Sauna Works warrants the Clearlight Light Therapy Tower to be free of defects in materials, workmanship or design under normal use and service conditions for five years from the date of purchase.

If the product and/or equipment should become defective within the 5-year warranty period, Sauna Works will send replacement parts or replace it (at our discretion) free of charge, including return transportation to you. All labor is not included.

You MUST receive authorization before returning product to the factory, as Sauna Works will not accept collect shipments. Sauna Works reserves the right to repair or replace component parts without return of the entire unit.

This warranty does not include damage resulting from accident, abuse or misuse of the product and expressly excludes normal wearing of parts or defect caused by transportation, accident, fire, flood, improper assembly, alteration, or negligence. In addition, all representations and warranties made by any person or entity other than Sauna Works main office is excluded from this warranty.

IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO FIVE YEARS FROM PURCHASE AND ALL IMPLIED WARRANTIES ARE EXPRESSLY EXCLUDED TO THE EXTENT PERMITTED BY LAW AND ARE OTHERWISE LIMITED TO THE TERMS OF EXPRESS WARRANTIES AS SET FORTH ABOVE.

This is the exclusive remedy, and law for consequential or incidental damages under any and all warranties are excluded to the extent exclusion permits liability.

This warranty does not cover or compensate for any loss of use damages that may occur as a result of failure of equipment covered under this warranty.

Sauna Works reserves the right to alter or change equipment without prior notice, and to repair or replace warranted equipment with new parts or new products.

The Products should be installed only in applications where ambient temperatures do not exceed 145°F. Installation and use of the products in applications where ambient temperatures exceed 145°F will result in reduced life, lumen output. For the purposes of being entitled to make a claim under this warranty, a decrease in lumen output of less than 70% under the L70 Standard or LED failure of less than fifteen percent (15%), shall not be considered a defect.