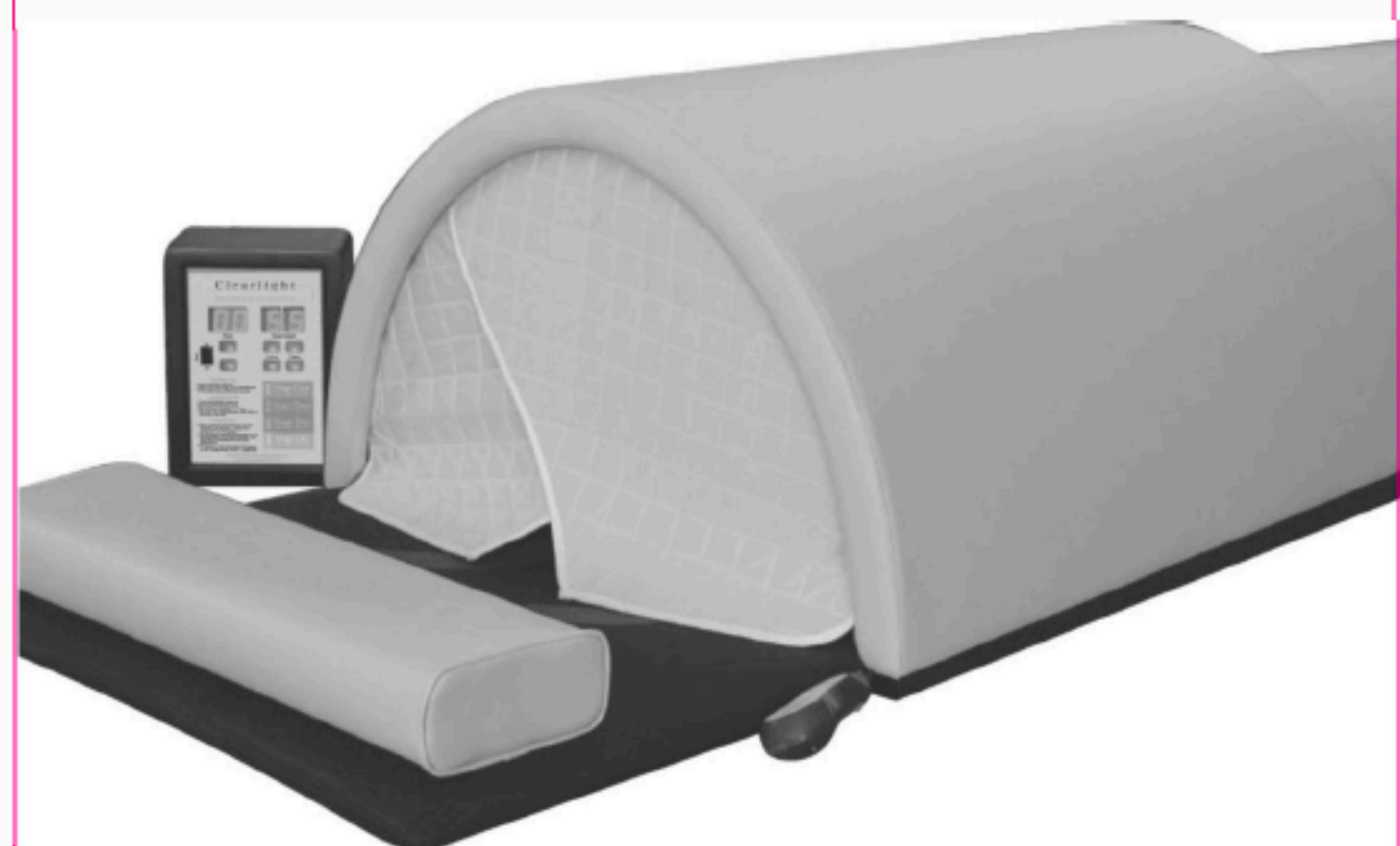


Clearlight®
Infrared Saunas and Wellness Solutions

800.798.1779

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Congratulations on your purchase of a Clearlight Wellness Far Infrared Sauna. We are confident that you and your entire family will enjoy the many benefits of using your sauna for years to come. Please read this manual before using your Sauna for the first time. We recommend keeping this manual for future reference.



Dear Customer,

Thank you for choosing Infrared Sauna by Clearlight Wellness. We realize that you have many choices. We attribute our continued growth and success to three important factors:

- 1) Exceptional Customer Service
- 2) Quality workmanship
- 3) Our saunas provide great results

At Clearlight we use only the finest materials, expert craftsmanship, state of the art technology, and the highest safety standards in the industry. This allows us to gladly extend to our customers a lifetime warranty on all Clearlight Wellness Infrared Saunas.

You will be surprised at the noticeable effects on pain relief, weight control, complexion, and stress reduction when using your Clearlight Wellness Sauna. Whatever your needs, we invite you to experience the Clearlight Wellness Infrared difference: Quality, Craftsmanship, Service, and Performance.

The entire Infrared Sauna by Clearlight Wellness team thanks you for your purchase and looks forward to serving your needs. Please use your new sauna and then tell your friends what you have experienced. We have found this simple way of communication from one person to another our most effective way of advertising, bar none.

Please feel free to contact me directly with any questions, comments or suggestions. I look forward to hearing from you.

Sincerely,

Dr. Raleigh Duncan
CEO
Clearlight Wellness
800.798.1779 x 804

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COMPONENT LIST

- | | |
|------------------------|--------------------------|
| (1) Upper Dome | (1) Lower Dome |
| (1) Curtain | (1) Infrared Pad |
| (1) Dome Control Panel | (1) Infrared Pad Control |
| (1) Headrest | |

Specifications

Dome

Dimensions: adjustable up to 69" (175 cm) x 28" (71 cm) x 18" (46 cm)

Weight: 67 lbs. (30.4 Kg)

Electrical: 110V/120V/220V/230V 50/60Hz Max Power: 960W

Pad

Dimensions: 71" (180 cm) x 27" (70 cm) x 1.4" (4 cm)

Weight: 9.9 lbs (4.5 Kg)

Electrical: 100-120V or 220-240V 50/60Hz Max Power: 380W

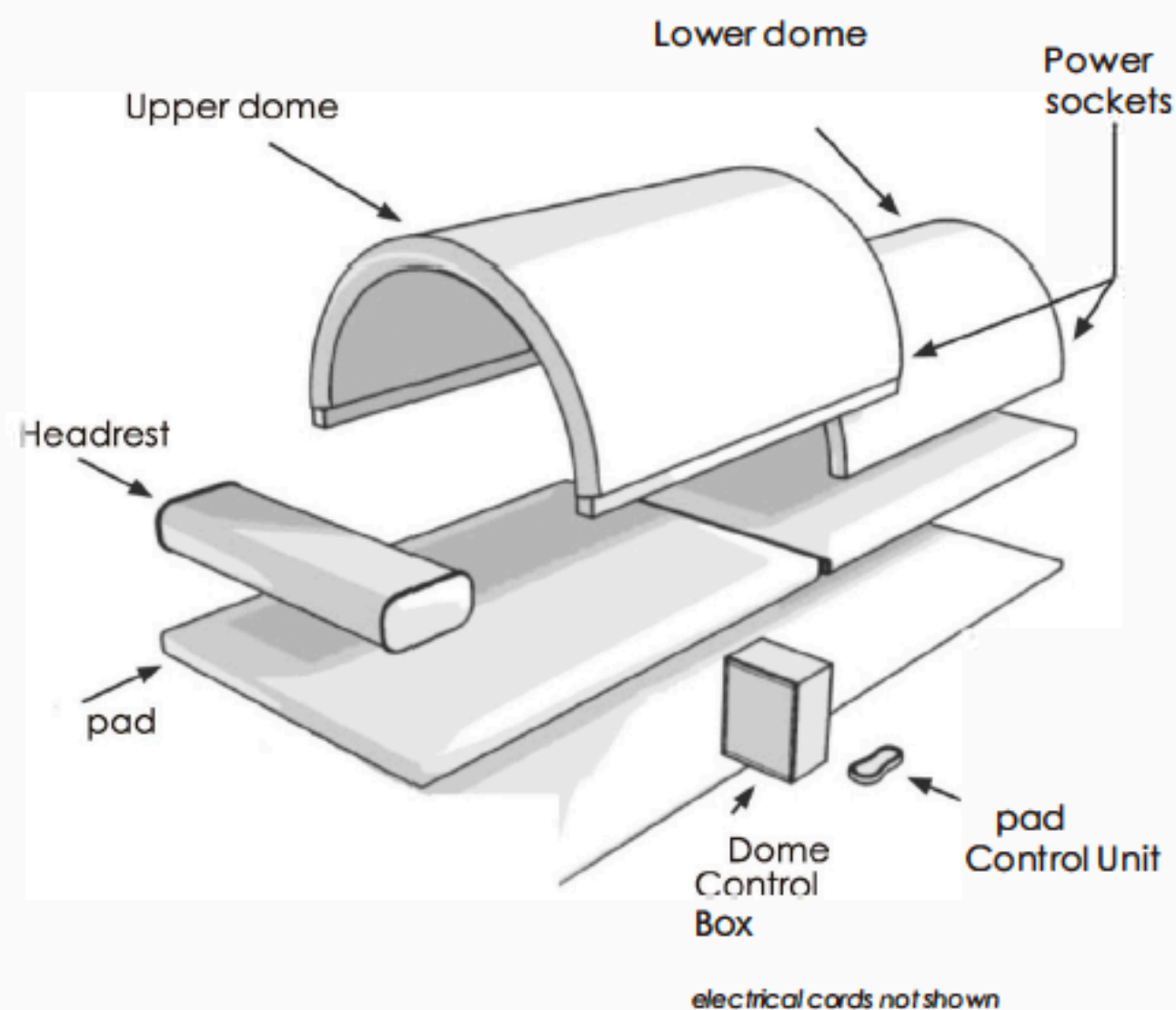
ASSEMBLY INSTRUCTIONS

The Clearlight Wellness Dome has been designed for easy assembly. It can be setup and ready to use in minutes. When your session in the dome is finished, it can be easily disassembled and placed in a storage area.

The Clearlight Wellness Dome can be used on an elevated table such as a massage or chiropractic table. Only use a table that can support your weight and the weight of the Dome (76.9lbs./34.9 kg).

- 1** Open the box and remove all of the contents. Identify each component.
- 2 Read the entire manual before assembly.** The system performs the same whether used in your home or in a professional medical facility. Please check with your physician before use if concerned about any health challenges.
- 3** Verify that an electrical outlet of proper voltage is available at the location to be used.
- 4** If you are using the infrared pad, position it in place.
- 5** Place a towel over the entire length of the pad. Smooth out the towel making sure that wrinkles are removed.
- 6** Place the headrest into position at the top of the pad. Place the two domes at the bottom of the pad positioned so that the open end faces the headrest.
- 7** Connect the cord labeled "Upper Dome" on the control box to the upper dome power socket.
- 8** Connect the cord labeled "Lower Dome" on the control box to the lower dome power socket.

- 9** Plug the unit into the electrical outlet (check for proper voltage and grounding).
- 10** Turn on and set the Dome Control Box to its lowest setting. This can be adjusted when you are ready to use the unit. **Note: The upper and lower dome can be adjusted separately.**
- 11** Verify that the red LED's on the front panel are lit.
- 12** Place the Dome Control Box in such a position as to be easily reached when using the unit.
- 13** Use the supplied End Curtain to enclose the dome and retain the heat.
- 14** Setup is complete. You are now ready to enjoy your Clearlight Infrared Sauna Dome.



INSTRUCTIONS

Read and fully understand the Disclaimers, Precautions and Cautions as listed within the instruction and reference manual. If, for any reason, you feel bad, nausea, dizziness or any discomfort, immediately turn off the sauna dome and exit the unit. Keep the control box within reach when using the unit. Do not use near water. Always use a grounded electrical receptacle.

PLACE THE CONTROL BOX IN A POSITION THAT ALLOWS THE ON/OFF SWITCH TO BE EASILY REACHED.

Far infrared waves are most effective when they can contact bare skin. Considering this, it is best to get undressed before using the system.

USAGE

We recommend working up to a 30 minute session once a day. If a longer session is desired, please contact your physician.

Place a towel next to the unit. This will be used when you are finished with your session.

Set the temperature setting on the Control Box. For your first session the unit should not be set higher than five (5). Warm-up time will range from five to ten minutes, depending on the temperature setting.

Setting	1	2	3	4	5	6	7	8	9
°F	110	115	120	125	130	135	140	145	150
°C	43	46	49	52	54	57	60	63	65

Set the timer on the Control Box. The maximum time that the unit can be set for is sixty (60) minutes.

It is now time to enter the sauna dome. Slide the Upper Dome back so that it is resting on top of the Lower Dome, covering the pad and gently pull the Upper Dome back and over your body by gripping the frontal trim as you lie down. Touching the heating surface will feel HOT to the touch but will NOT BURN the skin.

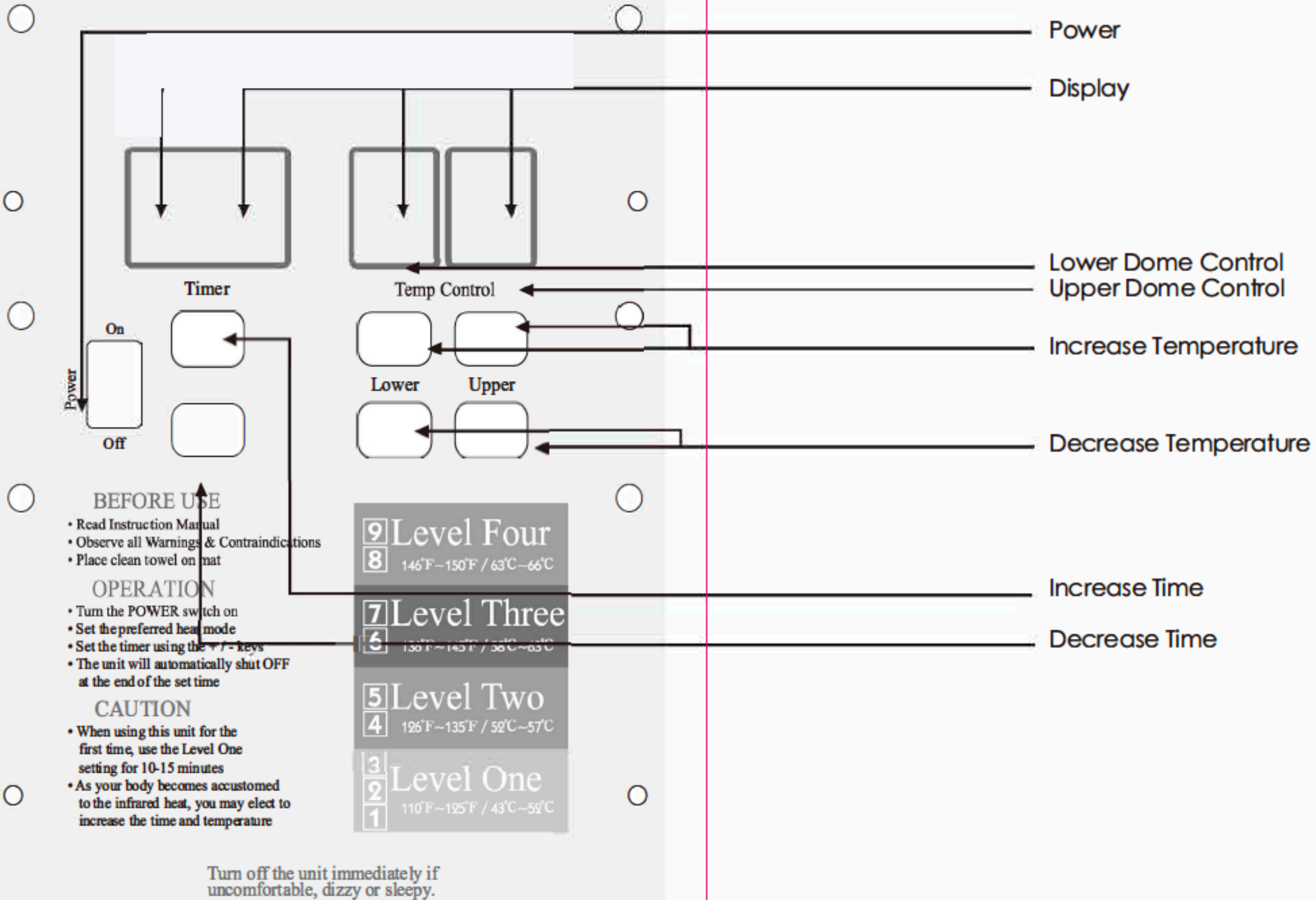
Position your head on the headrest so that you are comfortable. The headrest is positioned outside of the dome. Close the drop curtain to retain the heat within the dome. Relax and enjoy the relaxation and health benefits of your sauna dome. Do not have your head inside of the dome for prolonged periods. Exit the dome immediately if feeling faint or dizzy.

When your session is over, the timer will beep and the unit will automatically shut off. Push back the upper dome and exit the unit.

The Clearlight Sauna Dome will cause you to sweat profusely. Taking a shower after each session will remove perspiration from your skin and add to the cleansing feeling that is felt when using the unit.

At the end of each session, remove the towel that is over the pad. Fully extend the domes and let them cool down. Collapse the two domes only after they are completely cool.

After use, the pad and pillow should be wiped down using a mild anti-bacterial detergent. Use a clean towel to dry all surfaces.



PAD

- 1 Remove pad from box
- 2 Place where you can be sufficiently supported
- 3 Plug the cord into the receptacle on the control box
- 4 Plug the power cord from the control box into a power outlet (be sure that voltage of the power outlet matches the voltage printed on the back of the control box)
- 5 Press power on the control box
- 6 Set Temperature by pressing the temperature button until you reach the desired setting (high, medium, low)
- 7 Set Time by pressing the time increase or decrease button until you reach the desired setting (1-60 minutes or 1-12 hours)
- 8 Place a large towel over the entire length of the pad

CARE AND MAINTENANCE

Unplug the power cord after each use.

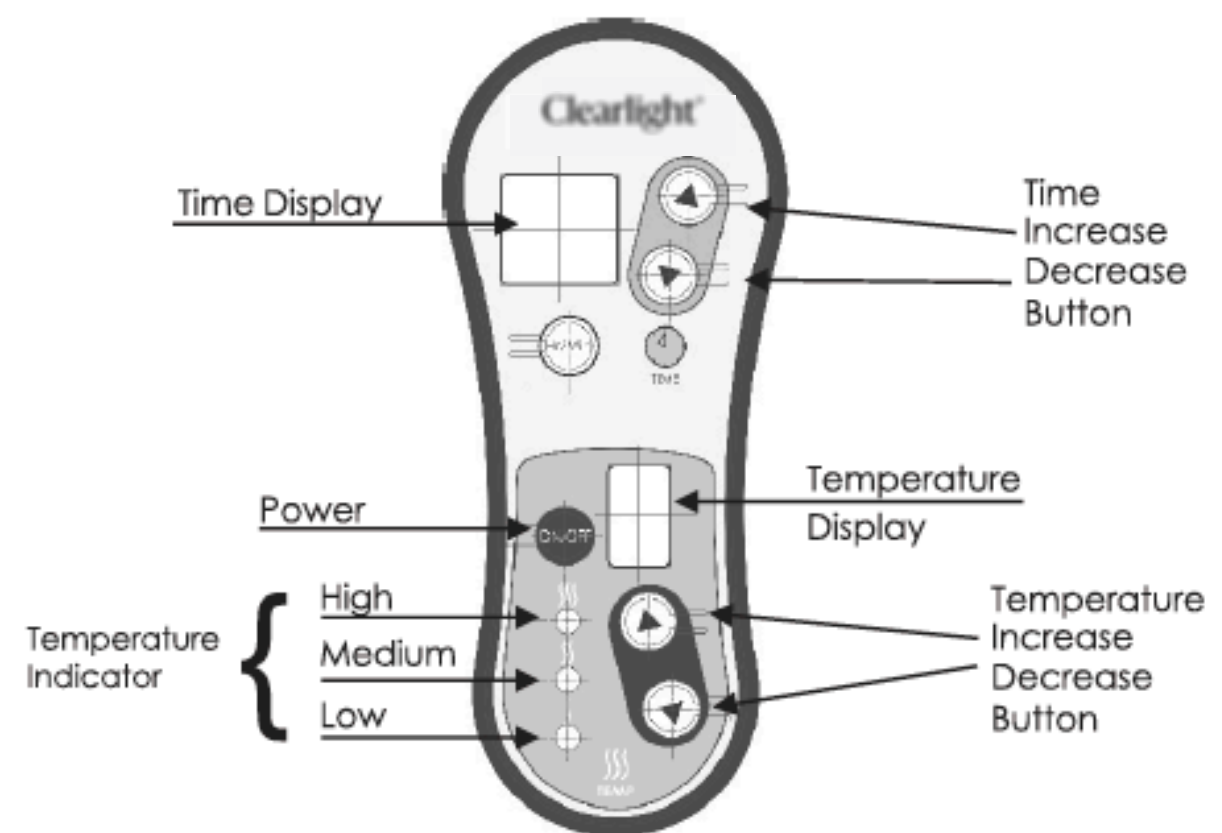
When unplugged, pad may be wiped down with a damp cloth or household disinfectant, being sure not to get the control box or power cords wet. Always keep the pad covered with a towel during use to keep it clean.

The control unit may be disconnected from the pad and both may be placed in the original packaging for storage in a cool place

The Outer material is made from water resistant, breathable polyester. This provides maximum comfort for the user, as the skin will not stick to the surface when wet. Water rolls right off the surface of the product, facilitating cleaning and disinfecting.

Time may be set for up to 12 hours at 1 hours intervals. It can also be set for up to 60 minutes at 5 minute intervals at the highest setting

Temperature range is from 45-65 degrees Celsius (113-149 degrees Fahrenheit) and may be set at 3 levels: High, Medium, and Low.



ON/OFF Pressing this turns the pad on or off

Hr/Min Pressing this changes the time [🕒] control from minute to hour and vice versa. Time may not be set to hour intervals when using the High temperature setting.

▲ Pressing this changes the temperature [🔥] from High, Medium, and Low. The temperature range is between 113-149°F (45-65°C)

Warranty, Your Sauna, and Contact Information

Limited Warranty

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

- 1) **Heaters:** 7 years for residential use
- 2) **Workmanship:** 7 years for residential use
- 3) **Electrical Components:** 7 years for residential use
- 4) **Audio Components:** 7 years for residential use

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.

Truly Heal shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall **Truly Heal** 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

For your record, please complete the following information. You will need to refer to this information when calling Sauna Works for customer service.

Date of Purchase	
Date of delivery	
Model Number	
Serial number	
Dealer Information (Name & Telephone)	

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 30 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 98.6F (37C). While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103F. 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.
10. Exercise care when entering or exiting the sauna.
11. Never sleep inside the sauna while the unit is in full operation.
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 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 Truly Heal Sauna is made of the finest Canadian Cedar. All natural wood products have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.
21. To safeguard against burns, do not touch heaters or lamps directly.

Clearlight®

Infrared Saunas and Wellness Solutions