

Clearlight®

Infrared Saunas and Wellness Solutions

THE CURVE SAUNA DOME

USER MANUAL

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1. Welcome to THE CURVE SAUNA DOME

Congratulations on your purchase of **THE CURVE SAUNA DOME** We are thrilled to introduce you to the wellness powers of far infrared heat. **THE CURVE SAUNA DOME** brings the luxury of a portable sauna right to your home, day spa, wellness facility, gym, and beyond. Surround yourself with the soothing warmth of far infrared therapy, and experience the exceptional benefits it has to offer.

Before immersing yourself in the relaxing and rejuvenating experience of **THE CURVE SAUNA DOME**, we strongly recommend reading this entire manual thoroughly. It contains essential information to optimize your sauna sessions and ensure safe usage. Additionally, we advise keeping this manual for future reference.

2. Specifications

Dimensions: Adjustable up to 73" L x 35 ½" W x 20" H
(180 x 87 x 50cm)

Weight: 53 lbs

Power: 120V/1000W/8.3A

Lower Dome:

Outer Dimensions: 35 ½" L x 29 ½" W x 16 ½" H

Inner Dimensions: 25 ½" W x 14 ½" H

Upper Dome:

Outer Dimensions: 35 ½" L x 35 ½" W x 20" H

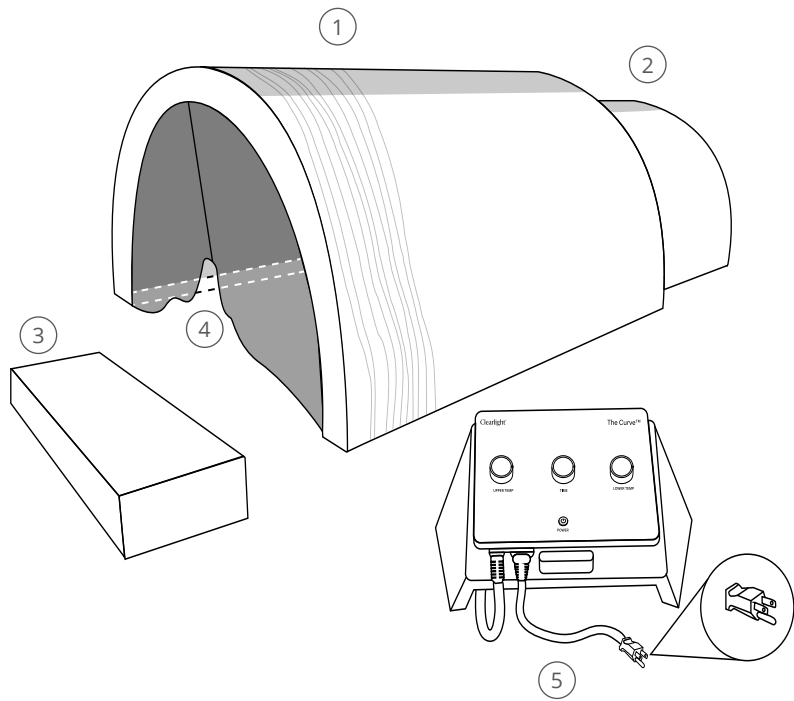
Inner Dimensions: 30 ½" W x 17 ½" H

3. Components

- ① Upper Dome
- ③ Memory Foam Headrest
- ⑤ Electronic Control (with wood stand)

- ② Lower Dome
- ④ Two Curtains

NOTE: Mat and mat cover will be packaged separately and comes with their own manual



4. Safety Precautions

Please read the following thoroughly before using **THE CURVE SAUNA DOME**:

- Read and follow all instructions carefully.
- When installing and using this electrical equipment, basic safety precautions should always be followed.
- To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
- Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
- 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 before using the sauna.
- Hyperthermia Danger: Prolonged exposure to hot air will induce hypothermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6° (37°). While hypothermia has many health benefits, it is important not to allow your body's core temperatures to rise above 103° (39.°C). 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 hazards, fetal damage in pregnant women, physical inability to exit the sauna and unconsciousness.
- The use of alcohol, drugs, or medications before or during the sauna session may lead to unconsciousness.
- Persons considered obese or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before using the sauna.
- 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.
- Exercise care when entering or exiting the sauna.
- Never sleep inside the sauna while the unit is in full operation.
- Do not use any type of cleaning agent on the interior of the sauna.
- Do not stack or store any objects on top of or inside the sauna.

4. Safety Precautions - Continued

- 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.
- Do not use the unit during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply will void the manufacturer's warranty.
- 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.
- Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
- We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI) device in any potentially wet locations.
- All natural wood products have variations in color, grain, and irregularities such as knots, and fine cracks. These characteristics are part of the natural beauty of the wood and in no way should be considered defective.
- To safeguard against burns, do not touch heaters or lamps directly.

5. Assembly Instructions

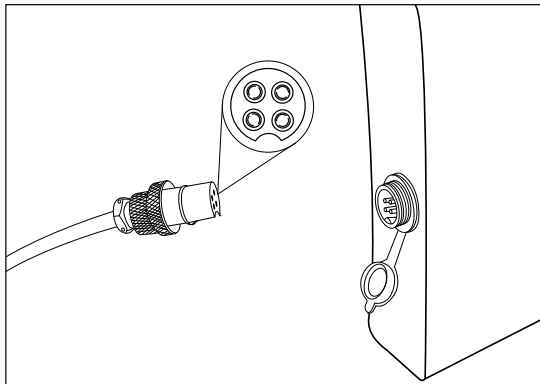
Please read the following thoroughly before using **THE CURVE SAUNA DOME**:

1. Open the box and carefully remove all of the contents. Take a moment to identify each component to familiarize yourself with the parts.
2. Read the entire manual before proceeding with the assembly process. This sauna system is designed for both home use and professional medical facilities. If you have any health challenges, it's essential to consult your physician before using the sauna.
3. Make sure there is an electrical outlet with the proper voltage available at the location where you plan to use the sauna.
4. If you have one of our Mats, position it in place on an elevated table, such as a massage or chiropractic table, capable of supporting your weight and the weight of the Dome (53 lbs + the weight of the mat) or on the floor.
5. Place a water-resistant cover over the entire length of the mat and secure it into place, ensuring that wrinkles are removed for a smooth surface.
6. Position the memory foam headrest at the top of the mat for added comfort during your sauna sessions.
7. Place the two domes at the bottom of the mat, ensuring that the open ends of the domes face the headrest.

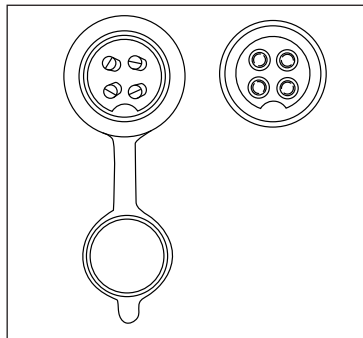
5. Assembly Instructions - Continued

8. Connect the cord labeled “Upper Dome” from the control box to the upper dome power socket. You will need to screw on the Copper colored connector securely. The connectors are color-coded. Be sure to match the color of the male/female connectors.

9. Similarly, connect the cord labeled “Lower Dome” from the control box to the lower dome power socket. Again, ensure the stainless steel colored connector is securely attached. The connectors are color-coded. Be sure to match the color of the male/female connectors.



Male Connector Female Connector



Make sure to align connectors

5. Assembly Instructions - Continued

10. Before plugging in the unit, check the voltage requirements based on your region of purchase. The Sauna dome requires a 120V / 15 amp AC outlet for purchases in the US market. For purchases in other markets outside of the US, the dome requires a 240V power source. Determining the correct electrical requirements for your location is crucial, as plugging the dome into the wrong voltage could cause damage to the unit and affect its performance.

11. Turn on the power and set the dome control box to its lowest setting. You can adjust the settings later when you are ready to use the sauna. Note: The upper and lower dome can be adjusted separately for personalized comfort.

12. Verify that the LEDs on the front panel of the control box are lit, indicating the sauna is ready for use.

13. Place the control panel on the included wood stand in a convenient position where it can be easily reached during your sauna session.

14. Use the supplied curtain to enclose the dome and retain the heat effectively, enhancing the sauna experience. With the above steps completed, your Clearlight Infrared Sauna Dome setup is now complete. You are ready to start enjoying the many benefits of your new portable sauna.

6. General Instructions

Read and fully understand the Disclaimers, Precautions, and Cautions listed within the instruction and reference manual. If you experience any discomfort such as nausea, dizziness, or other adverse effects, immediately turn off the sauna dome and exit the unit. Keep the control box within reach during use and ensure that the unit is not used near water. Always use a grounded electrical receptacle for safety.

Position the control box in a way that allows easy access to the on/off switch.

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

7. Usage

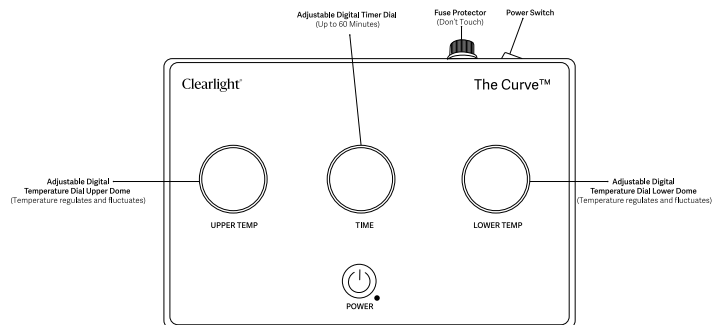
We recommend starting with a 20-30 minute session once a day. If you desire a longer session, please consult your physician.

Place a towel next to the unit, which you can use when you finish your session.

Set the temperature on the Control Box.

For your first session, do not set the unit higher than five. The warm-up time will be around 15 to 30 minutes, depending on the temperature setting. This setting can be modified at any time during your session. As the unit heats up, you may notice slight fluctuations in the digital numbers, which is the normal regulation process for maintaining the set temperature.

Set the timer on the Control Box. The maximum time that the unit can be set for is sixty (60) minutes. The upper and lower dome can be adjusted separately for personalized comfort.



Level	Temp. in °F	Temp. in °C
1	110	43
2	115	46
3	121	49
4	125	52
5	131	55
6	137	58
7	142	61
8	147	64
9	153	67

7. Usage - Continued

Now, step into **THE CURVE SAUNA DOME**.

The upper dome is equipped with wheels for easy sliding. Glide the Upper Dome back to rest on top of the Lower Dome, effectively covering the mat.

As you lie down, gently move the Upper Dome over your body using the frontal trim for support and ease of movement. The heating surface will feel hot to the touch but will not burn the skin.

Position your head comfortably on the headrest, which is positioned outside of the dome. Close the curtain to retain the heat within the dome.

Enjoy the relaxation and health benefits of your sauna dome. Avoid having your head inside the dome for prolonged periods, and exit 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. Our controller's memory function retains your chosen temperature and timer settings for your next session.

THE CURVE SAUNA DOME will cause you to sweat profusely. Take a shower after each session to remove perspiration from your skin and enhance the cleansing feeling.

At the end of each session, remove the water-resistant cover from the mat and wash it according to the provided cleaning instructions to maintain hygiene.

Curve Dome Sauna Curtains - Care instructions : Machine wash cold, Tumble dry low.

Collapse the two domes only after they are completely cool.

After use, wipe down the pillow with a mild anti-bacterial detergent, and use a clean towel to dry all surfaces.

8. Storage When Not In Use

To ensure the longevity and performance of your **CURVE SAUNA DOME**, it's essential to store it properly when not in use. Keep the unit in a dry and secure location.

Make sure the control box is safely stored alongside the dome to prevent any damage.

9. Warranty

Your **CURVE SAUNA DOME** is warranted to be free of defects in material and workmanship for:

Heaters: 7 years for residential use

Workmanship: 7 years for residential use

Electrical Components: 7 years for residential use

This warranty extends only to the original retail purchases 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 the 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 the operation or maintenance of the sauna in deviation from the published instructions. The warranty extends only to manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner.

Clearlight shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Clearlight or any of its representatives be held liable for injury to any persons or damages to any properties. Some states do not allow the 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 have 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

10. Contact Information

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

Date of Purchase:

Date of Delivery:

Model Number:

Serial Number:

Dealer information (Name and Telephone number):

Clearlight®

Infrared Saunas and Wellness Solutions

THE CURVE SAUNA DOME

USER MANUAL

Clearlight®

Infrared Saunas and Wellness Solutions

AMETHYST INFRARED PEMF MAT

USER MANUAL

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1. Welcome to AMETHYST INFRARED PEMF MAT

Congratulations on your purchase of the Clearlight® **AMETHYST INFRARED PEMF MAT**!

Experience the ultimate in relaxation and wellness with this portable wonder that combines the beneficial effects of infrared heat, Pulsed Electromagnetic Field (PEMF) therapy, and over 25 lbs of pure amethyst crystals. Feel the comforting warmth as the heated amethyst crystals work to soothe your body and promote healing.

Enhance your body's natural recovery process, reduce pain, improve energy levels, and enjoy a restful sleep. The combination of infrared heat and PEMF therapy offers remarkable benefits, promoting relaxation and overall well-being.

Before diving into the blissful experience of your new mat, be sure to read this manual thoroughly and keep it for future reference. Embrace relaxation and rejuvenation with the Clearlight® Amethyst Infrared PEMF Mat, and elevate your wellness journey to new heights!

2. Specifications

Dimensions: 73" L x 29 ½" W x 2" H

Weight: 40 lbs

Power: 120V/250W/ 2.7A

Far Infrared Heaters: Low EMF far infrared heat is generated with infrared wavelengths between 6-14 microns.

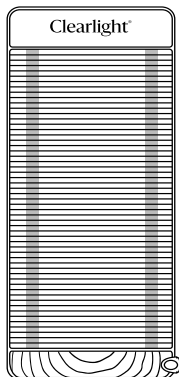
PEMF: 10 strategically placed PEMF Cores Inside the Mat.

Frequency Range: 3Hz – 23Hz

FDA Registered

3. Components

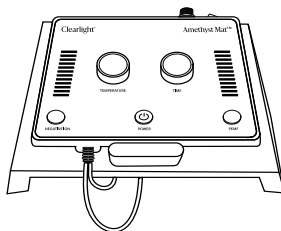
- ① Amethyst Mat
- ② Water-Resistant Washable Mat Cover
- ③ Electronic Control Panel (with wood stand)
- ④ Carrying Case



①



②



③



④

4. Safety Precautions



NOTE: PLEASE READ BEFORE USING YOUR CLEARLIGHT INFRARED PEMF AMETHYST MAT

- Do not use on areas of sensitive skin or with any topical treatments that contain heat-producing ingredients to avoid burning the skin.
- Do not pull the mat by the electrical power cord, controller or connectors.
- Do not immerse the mat or controller in water. Clean with a clean damp cloth.
- Do not use any detergents, solvents or flammable materials to clean the mat or controller.
- Do not Dry Clean.
- Keep small children and pets away from the mat unless under adult supervision.

Important Safeguards

- **READ INSTRUCTIONS** - All safety and operating instructions should be read before the Mat is installed & operated.
- **RETAIN INSTRUCTIONS** - The safety and operating instructions should be retained for future reference.
- **HEED WARNINGS** - All warnings should be adhered to.
- **FOLLOW INSTRUCTIONS** - All operating and usage instructions should be followed at all times.
- **CLEANING** - Unplug the Mat from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleaners. Use a damp cloth for cleaning.
- **ATTACHMENTS** - Do not use attachments that are not recommended by the manufacturer as they may cause hazards.
- **WATER OR MOISTURE** - Do not use this product near water. For example near a bathtub, in a wet basement, near a swimming pool or similar area.

4. Safety Precautions - Continued

- **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.
- **POWER-CORD PROTECTION** - Power supply cords should be routed so they are not likely to be walked on or pinched.
- **LIGHTNING** - For added protection for this product during a lightning storm, or when it is left unattended and unused for long periods, unplug it from the wall outlet.
- **OVERLOADING** - Do not overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.
- **SERVICING** - Always unplug this product from the wall outlet before servicing the product.
- **POWER SUPPLY** - Do not remove power supply covers. No user-serviceable parts are located inside the power supply.
- **REPLACEMENT PARTS** - When replacement parts are required, be sure to use replacement parts specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards.
- **SAFETY CHECK** - Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.
- All natural wood products have variations in color, grain and irregularities such as knots, and fine cracks. These characteristics are part of the natural beauty of the wood and in no way should be considered defective.

5. Assembly Instructions

Assembly Instructions: Assembly should be completed by an adult. Please read the instructions thoroughly before and during assembly to ensure the proper installation of your **AMETHYST INFRARED PEMF MAT**.

Location of Mat & Installation:

- Your **AMETHYST INFRARED PEMF MAT** can be placed on any dry, level, and flat surface. For a comfortable experience, choose a space where you can use the mat for your desired time frame.
- Ensure the main power cord on the mat is easily accessible.
- Before installation, remove the mat from the included carrying case.
- To protect your mat from sweat, we have included a washable water-resistant mat cover. Place the mat cover over the entire length of the mat and secure it into place, ensuring that wrinkles are removed for a smooth surface.

Connect Control panel to Mat:

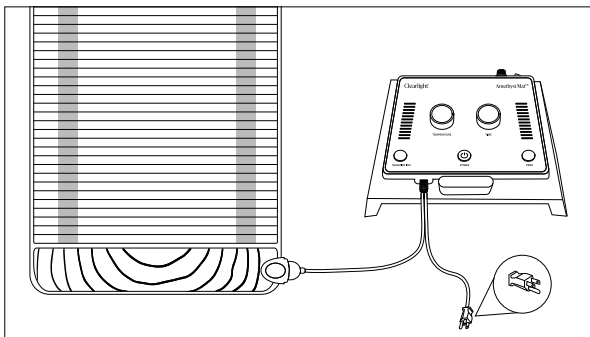
YOUR MAT IS SINGLE VOLTAGE AND MUST BE PLUGGED INTO AN ELECTRICAL OUTLET APPROPRIATE FOR THE MAT YOU PURCHASED.

- Your **AMETHYST INFRARED PEMF MAT** requires a 120V / 2.27 amp AC outlet for purchases in the US market. For purchases in other markets outside of the US, the mat requires a 240V power source.
- Determining the correct electrical requirements for your location is crucial, as plugging the mat into the wrong voltage could cause damage to the unit and affect its performance
- The mat has a polarized plug for safety. It will fit in a polarized outlet only one way. If the plug does not fit fully, do not force it, and seek assistance from a qualified electrician.
- Locate the mat control panel and attach the connector to the mat.
- Place the control panel on the included wood stand for added convenience and accessibility during your sessions.

5. Assembly Instructions - Continued

Connect Mat to electrical source: Plug the mat into the appropriate electrical source.

Installation Complete: Congratulations! The installation of your **AMETHYST INFRARED PEMF MAT** is now complete.



6. Usage

Before beginning your session, it is essential to review all health and safety instructions. If you have any doubts about using your **AMETHYST INFRARED PEMF MAT**, consult with your physician.

Should you experience any adverse effects during use, please stop using the mat immediately.

1. Select the desired session temperature and time using the control panel.
2. Allow approximately 15-30 minutes for the unit to warm up before starting your session.
3. As a starting point, we recommend that your session does not exceed 30 minutes.
4. Always stay hydrated by drinking plenty of water before, during, and after your session.

7. Using Your Amethyst Mat Control Panel

How to operate the controller:

(1) Main Power Switch

(2) Adjustable digital temperature dial:

(Temperature regulates and fluctuates)

(3) Adjustable digital timer: up to 8 hours

(4) PEMF

Enhances cellular function for improved physical and mental health. Experience whole-body wellness safely and naturally. Function auto-stops after 30 minutes. Press PEMF' button again to stop/reactivate.

Four different PEMF Frequencies:

Press 1 / 3Hz: Relaxation and better sleep.

Press 2 / 7.8Hz: Grounding and calming. Recharge and reconnect after day-to-day stress.

Press 3 / 10Hz: Stress reduction and mindfulness. Helps improve focus and memory.

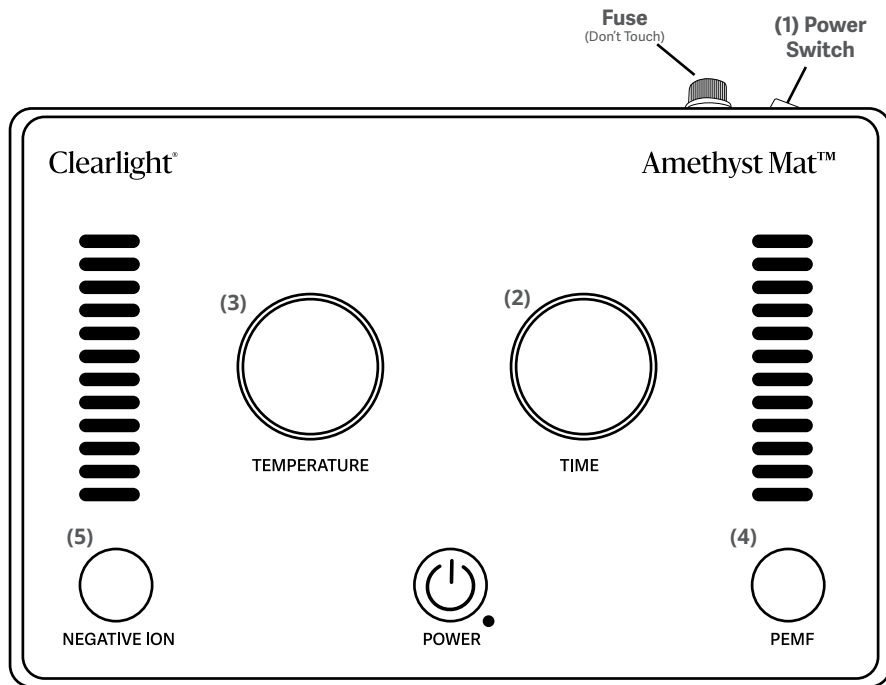
Press 4 / 23Hz: Enhances mental function, concentration, and memory.

(5) Negative Ion - Boosts Cell Activity & Detox:

Press once for activation. Negative ions enhance cell function, aiding waste removal & cell rejuvenation. Alkalizes cells, detoxifies the body, and shifts cells to 'Happy' mode, inducing deep relaxation. Function auto-stops after 1 hour. Press 'ION' button again to stop/reactivate.

Level	Temp. in °F	Temp. in °C
1	94	34
2	96	36
3	100	38
4	104	40
5	108	42
6	112	44
7	118	48
8	120	49
9	123	51
10	126	53

7. Using Your Amethyst Mat Control Panel - Continued



7. Using Your Amethyst Mat Control Panel - Continued

System On/Off

1. Turn on the power to the unit, simply locate the main power switch located at the back of the unit and switch it on.
2. Press the “POWER” button on the front of the controller to turn the mat on.

Controlling the Set Temperature and Time:

To adjust the temperature, utilize the control panel to select your preferred temperature level from 1 to 10. This setting can be modified at any time during your session. As the unit heats up, you may notice slight fluctuations in the digital numbers, which is the normal regulation process for maintaining the set temperature. Additionally, the timer can be set for sessions lasting up to 8 hours.

Negative Ion Activation:

Activate the Negative Ion feature by pressing the “Ion” button. When activated, Negative Ions stimulate cell membranes, promoting cell activity and waste removal. This process helps alkalize cells and detoxifies the body by eliminating waste and toxins. Negative Ions also shift cells from “Stress” mode to “Happy” mode, inducing deep relaxation in both mind and body. Similar to how negative ions purify the air, they also cleanse our cells.

The function automatically stops after 1 hour.

Press the “ION” button again to halt or reactivate the function.

This function does not affect the temperature of the mat.

PEMF Activation:

To activate PEMF, press the dedicated button on the controller. PEMF uses low-level frequencies to promote recovery, recharge cells, and relax the central nervous system. It effectively improves chronic pain, reduces inflammation, and boosts the immune system.

Each PEMF session lasts for 30 minutes, providing an ideal starting point. For optimal usage, we recommend starting with a 10-minute session and gradually increasing the duration as desired, up to a maximum of 30 minutes per session. *This function does not affect the temperature of the mat.

Dr. Designed PEMF Placement for Maximum Healing: The PEMF frequencies are carefully designed to provide whole-body healing, with specific benefits for each waveform.

8. Storage When Not In Use

At the end of each session, remove the water-resistant cover from the mat and wash it according to the provided cleaning instructions to maintain hygiene.

Water-resistant mat cover - care instructions: Machine wash cold, Tumble dry low.

Turn the mat off when not in use and unplug it if it will not be used for an extended period.

The mat can be stored in the included carrying case for convenience and safekeeping.

9. Warranty

Your **AMETHYST INFRARED PEMF MAT** is warranted to be free of defects in material and workmanship for: **Workmanship:** 7 years for residential use

Electrical Components: 7 years for residential use

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

The Amethyst Mat must be purchased and installed in the United States and Canada within one year of the 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 Mat.

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

Clearlight shall not be liable for the loss of use of the Amethyst Mat or other incidental or consequential damages. Under no circumstances shall Clearlight or any of its representatives be held liable for injury to any persons or damages to any properties. Some states do not allow the 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 your rights may vary from state to state. Specifications are subject to change without notice.

The warranty for commercial or institutional use is Workmanship: 5 years,

Electrical components: 5 years

10. Contact Information

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

Date of Purchase:

Date of Delivery:

Model Number:

Serial Number:

Dealer information (Name and Telephone number):

Clearlight®

Infrared Saunas and Wellness Solutions

AMETHYST INFRARED PEMF MAT

USER MANUAL