



# SOLO SYSTEM

## **Solo<sup>®</sup>** Personal Sauna

An effective, immersive  
infrared experience.





# FEEL BETTER

## Solo Personal Sauna



For a healthier, happier you, surround your body with the proven effects of SoloCarbon far infrared heat to aid in detoxification, increase core body temperature and temporarily lower blood pressure. Relax and enjoy and the most immersive experience of highly effective far infrared so you can feel better, do more and live fully.

- Highest quality and quantity far infrared available
- 9 Sunlighten patented SoloCarbon® far infrared heaters, proven 99% effective
- Clinically-verified to raise core body temperature 3°
- Precise 9.4 microns wavelength for optimal body absorption
- Low EMF technology







"I feel a big difference in my body after I spend time in the Solo. My skin literally pulses. Every time I crawl into that hot little dome, I am so grateful. It's had such a positive impact on my mental and physical health."

—Julie P., Solo sauna user

Give yourself the gift of renewed energy, relaxation and cellular level cleansing.







# HEALTH

## HEALTH BENEFITS

Far infrared wavelengths penetrate your body at the cellular level to help you feel amazing after a massage or facial, workout or even as a stand-alone treatment. The health benefits increase with regular use over time.

### Detoxification

The Solo surrounds you with far infrared waves that penetrate deep to eliminate toxic heavy metals, drug residues and hormone disruptors. It also helps with lymphatic drainage and supports the body's detox systems.

### Weight Loss

Increasing core body temperature can increase circulation similar to cardio exercise, stimulate metabolism and help eliminate toxins that cause fat storage, making your session a great support to weight management.

### Heart Health

Sunlighten's far infrared technology has been clinically proven to temporarily reduce both systolic and diastolic blood pressure.

### Anti-aging

The skin's appearance improves with regular use of a Solo sauna as pores open from the deeper sweat induced by our far infrared light therapy.

### Relaxation

You'll experience a pure form of relaxation and stress-reduction in your Solo sauna session's insulating design and enveloping warmth while you gently sweat to balance cortisol, relax muscles and relieve tension.

### Sleep

Improve your sleep. The time you spend in your sauna can help you get better rest by creating a routine that supports relaxation and a healthy circadian rhythm you want to enjoy.

### Immunity

Stay healthy. The natural preventive properties of Sunlighten's patented heating technology helps your cell health and overall immunity.

# BENEFITS





feel better. do more. live fully.

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