



sunlighten®

USER MANUAL

solopad



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introduction

Congratulations! You are on your way to healthier living with the most effective far infrared therapy. Enjoy far infrared therapy anywhere with Solocarbon: the most effective far infrared technology available. Place on the floor, bed, sofa or chair for soothing far infrared therapy, or combine with the Solo® sauna for total body surround far infrared heat and the most effective portable sauna experience.

about unit

SOLOPAD® FEATURES

- Solocarbon® heaters provide the most effective far infrared heat available
- Plush 4" memory foam conforms to your body for ultra comfort
- New ergonomic design relieves stress on the lower back
- Three fold points for multiple methods of use and easy storage
- Perfect fit for Solo® domes & intensifies sauna experience
- Waterproof material is non-toxic and easy to clean
- Digital control has 12 hour timer and 9 heat settings

SOLOPAD® COMPONENTS

- Solopad®
- Solopad® Control
- Solopad® Pillow

SPECIFICATIONS

- Dimensions: 74" (188 cm) x 23.6" (60 cm) x 4" (10 cm)
- Weight: 12 lbs (5.5 Kg)
- Electrical: 120V / 300W / 2.5A

usage instructions

1. Remove Solopad® from box
2. Place where you can be sufficiently supported
3. *Plug the Solopad® cord into the receptacle on the control*
4. Plug the power cord from the remote or control box* into a power outlet (Be sure that voltage of the power outlet matches the voltage printed on the back of the control) *
*** will vary if Solopad is purchased separately from complete Solo System**
5. Press ON/OFF on the control
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 for level 5 or above or 1-12 hours for level 5 or less)
8. Place a Solopad® Bamboo Carbon Cover (sold separately), or a towel, over the entire length of the Solopad
9. Lay back and enjoy the relief of far infrared radiant heat



SOLOPAD REMOTE CONTROLS	
A	Time Display
B	Time Increase/Decrease
C	Power
D	Intensity Display
E1	Temperature Indicator (HIGH)
E2	Temperature Indicator (MEDIUM)
E3	Temperature Indicator (LOW)
F	Temperature Increase/Decrease

HR/MIN

Pressing this changes the time from minutes to hours & vice versa. Time may not be set to hour intervals when the intensity level is 6 or above.

Pressing Up & Down (F) changes the temperature from low, medium & high. The temperature range is between 110° - 149° F.

care and maintenance

Cover (not included). Bamboo Carbon is recommended because the material emits infrared for full exposure.

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.

Unplug the power cord from the wall after each use.

When unplugged, Solopad® may be wiped down with a damp cloth or an all natural disinfectant, being sure not to get the power cords wet. Sunlighten Natural Cleaner is an effective, natural and non-toxic cleaner that can be used on the SoloPad.

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

health and safety

Our infrared therapy products operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use it. Infrared therapy use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking water or a sports drink is strongly recommended before and after use.

IMPORTANT SAFEGUARDS

- Do not use harsh cleaning agents on pad
- Do not stack or store objects on top of the pad
- Do not use during an electrical storm, as there is a remote risk of shock
- Do not sleep on the pad when heat is set above level 1
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty
- Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty

PRECAUTIONS

If any of the below apply to you, consult your physician prior to sauna use:

MEDICATIONS: Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates & beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke.

CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH REDUCED ABILITY TO SWEAT OR PERSPIRE : Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a physician.

CARDIOVASCULAR ISSUES, OBESITY OR DIABETES: Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems or diabetes should consult a physician prior to use.

ALCOHOL & DRUG ABUSE: Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

ELDERLY: The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If elderly, operate at a lower temperature and for no more than 15 minutes at a time.

CHILDREN: The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

HEMOPHILIACS / INDIVIDUALS PRONE TO BLEEDING: The use of infrared therapy should be avoided by anyone who is predisposed to bleeding.

FEVER & INSENSITIVITY TO HEAT: Individuals with insensitivity to heat or who have a fever should not use until the fever subsides.

PREGNANCY: Pregnant women should consult a physician before using an infrared sauna.

MENSTRUATION: Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow. This should not preclude infrared pad use.

JOINT INJURY: Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.

IMPLANTS: Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.

COMMUNICABLE SKIN DISEASES: warts, scabies ext. Any potential participants who have any communicable skin diseases, refrain from using the pad.

UNSTABLE ANGINA, RECENT MYOCARDIAL INFARCTION (30 DAYS) AND SEVERE AORTIC STENOSIS.

IN THE RARE EVENT THAT YOU EXPERIENCE PAIN OR DISCOMFORT, IMMEDIATELY DISCONTINUE SAUNA USE.

The Solopad® is manufactured and assembled by an advanced technology corporation that has met the requirements for certification as set forth by the International Organization for Standardization or ISO. ISO is a worldwide federation of national standards bodies with representatives from over 130 countries. The primary mission of ISO is to promote the development of standardization throughout the world as related to the exchange of goods and services and to develop a cooperative intellectual, scientific, technological and economic environment that establishes a verifiable high level of quality. The Solopad® is ETL-C, CE and C-Tick certified, and meets or exceeds electrical safety standards of the U.S., Canada, Australia, New Zealand, and the EU.

warranty - US & Canada

RESIDENTIAL

3 years and controls and Solopad cover; 1 year on Solopad memory foam.*

COMMERCIAL

1 year on controls, Solopad cover and memory foam. *

*Limited Lifetime Warranty covers normal use for the lifetime of the product which is defined as 7 years. Warranty is limited to replacement parts only and does not include costs for crating of glass door or freight for parts shipped past 90 days from the date of receipt of goods. **The cost of labor and/or service technicians is not included.** This warranty is limited to customers in the United States and Canada. International customers should check with local Sunlighten representative.

Sunlighten warrants the Solopad to be free of defects in material and workmanship.

This warranty extends only to: (1) a retail purchaser of a Solopad directly from Sunlighten™; (2) the authorized wholesale purchaser of a Solopad directly from Sunlighten™; or (3) a retail purchaser of a Solopad from a Sunlighten™ authorized wholesaler. However, in the event of a sale, transfer or conveyance of any Sunlighten infrared product from any of the three proceeding persons or entities, any rights, duties and obligations associated with this warranty shall be null and void and of no further force and effect. Freight charges to and from the customer are the responsibility of the customer.

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

Sunlighten Corp. shall not be liable for the loss of use of the Solopad or other incidental or consequential damages. Under no circumstances shall Sunlighten Corp. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

ATTENTION

Shipping damage must be notated on the Bill of Lading (BOL). Sunlighten™ must be notified of any shipping damage within two (2) business days of signing the BOL. Failure to notify Sunlighten® within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.

RETURN POLICY

Buyer may cancel and return the Goods to Seller, subject to the terms and conditions of this document, if Buyer provides written notice to Seller within thirty (30) days of Buyer's receipt of the Goods that Buyer does not accept the Goods. View our return policy online for customers who purchase directly from Sunlighten.

SHIPPING & HANDLING FEE

All cancelled or returned Goods shall be subject to shipping costs (to and from) in the event Buyer cancels Buyer's order after five (5) days of such order being placed with Seller.

SERIAL NUMBER : _____

DATE OF PURCHASE : _____



sunlighten®

empowering wellness®

VERSION 01234

USA / CANADA

7373 W. 107th St. | Overland Park, KS 66212

phone 913.754.0831 | fax 775.514.4314 | toll-free 877.292.0020

INTERNATIONAL: cs@sunlighten.com or contact your local Sunlighten representative

sunlighten.com