

saunaspace®

FireLight® Infrared Sauna
Use Guide

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About SaunaSpace FireLight®

Welcome to the SaunaSpace FireLight® Sauna

Congratulations. You now own a SaunaSpace FireLight® Sauna, a new category of sauna designed to work with the body at a deeper biological level.

For thousands of years, humans have used heat to restore balance. Sweat lodges, Roman baths, Finnish saunas. Different cultures, same instinct. Warmth heals. Circulation improves. The nervous system resets.

The SaunaSpace FireLight® Sauna carries that lineage forward, then takes a decisive leap. We unite heat with light in a way no conventional sauna does, creating a modern hybrid of sweat lodge and solarium, designed for deep detoxification and daily use in your own home.

This is sauna therapy reimagined.

A sauna built around light

Most saunas stop at temperature. We don't.
The SaunaSpace FireLight® Sauna is built around a deeper principle: the body responds to light just as profoundly as it does to heat, and the quality of that light changes everything.

At the core of your sauna is the FireLight® Spectrum, a proprietary incandescent light technology developed by SaunaSpace over more than ten years of research and development. These bulbs were engineered to deliver a precise, sun-centric spectrum that peaks in visible red light and near-infrared wavelengths.

This spectrum is why the experience feels so different the moment you step inside. The FireLight® Spectrum heats you from the inside out, so it feels like sunbathing on a sunny beach.

Why FireLight® works

Light and heat are not separate here. They are engineered to work together, each in its optimal form.

Optimal light therapy
The FireLight® Spectrum **peaks in visible red light**, the most biologically active portion of the spectrum for photobiomodulation. Visible red light interacts directly with tissue, influencing cellular function and signaling at a fundamental level.

Unlike LED-based systems that emit narrow, fragmented wavelengths, FireLight® produces a continuous, warm, sun-like spectrum the body instantly recognizes. Your nervous system and cells respond not because they are forced to, but because the light feels natural and coherent.

Optimal heat therapy
The FireLight® Spectrum also **peaks in near-infrared wavelengths**, delivering heat where the body can actually use it. Rather than simply heating the surrounding air, near-infrared light penetrates deeply into muscles, joints, and connective tissue. As this heat builds, circulation increases dramatically. Blood flow rises. Oxygen and nutrients move more freely. Lymphatic and metabolic processes engage and sweat flows naturally. The body enters a state of **active rest**, allowing energy to shift away from effort and toward repair and recovery.

Deep, direct infrared delivery
Because FireLight® transfers energy directly into the body, the experience feels gentler, deeper, and more efficient. You do not need extreme air temperatures to achieve profound effects. Visible red and near-infrared wavelengths are absorbed by mitochondria, the energy centers of your cells. Through photobiomodulation, this interaction supports cellular energy production and long-term resilience.

You are not just getting warm. Your body is receiving signals that support how it restores itself.

A practice you'll return to

Your FireLight® Sauna is designed to become part of your rhythm. A place you return to for warmth, clarity, and recovery.
The pages that follow will show you how to use your sauna intuitively and sustainably. This is not about pushing limits. It is about creating a practice that supports your body for the long term.

You are not just stepping into a sauna.

You are stepping into the future of heat and light therapy.



For your safety and enjoyment, read this user manual carefully before using your SaunaSpace® product.

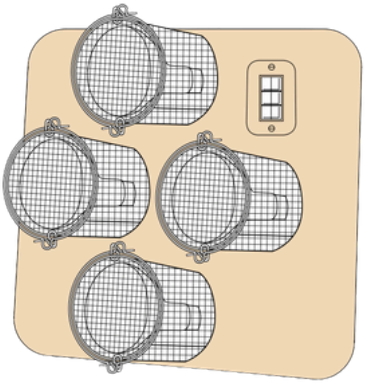
Safety Precautions

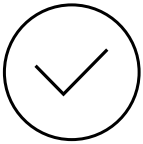
General use precautions

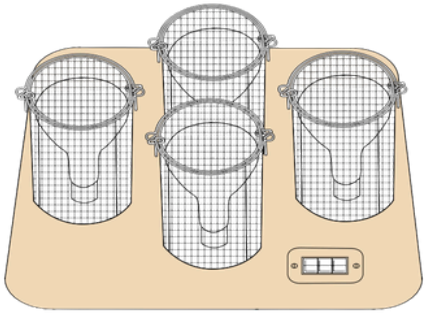
- Keep this user manual for future reference.
- Only turn on your Hearth sauna panel for preheating or during sessions.
- Turn off and unplug your Hearth sauna panel immediately after use.
- Limit use to one 20-minute session per day to start.
- Rotate your body 90 degrees every 2–10 minutes to avoid uneven results or overexposure.
- Remove bulbs from the sauna panel before moving, assembling, disassembling, or cleaning your sauna components.
- Keep water, liquid, or metal from directly touching bulbs to avoid a rupture that could cause injury, fire, or property damage.
- The Hearth panel is built to withstand withstand temperatures up to 175 °F (79.4 °C). Do not use for long periods in environments over this temperature.
- Do not store or use any SaunaSpace® product in a wet or humid environment, including outdoors.
- Risk of Fire. Keep combustible objects and materials, including the sauna cover, at least 36 inches from front of bulbs.
- Risk of Burn. Do not touch operating bulbs or bulbs that were recently turned off.
- Do not stare directly into bulbs during operation.
- Do not use this product while lying down without supervision. Make sure that you are awake at all times while using this product.
- Close your eyes when directing the Hearth panel towards your face.
- Only use the Hearth sauna panel with bulbs pointed in a horizontal or upward direction. Never orient the bulbs downward, as per the illustration on the next page.

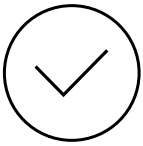
Hearth panel orientation disclaimer

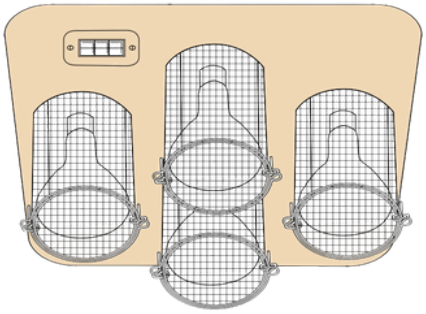
Only use Hearth with bulbs pointed in a horizontal or upward direction. Never orient the bulb downward.







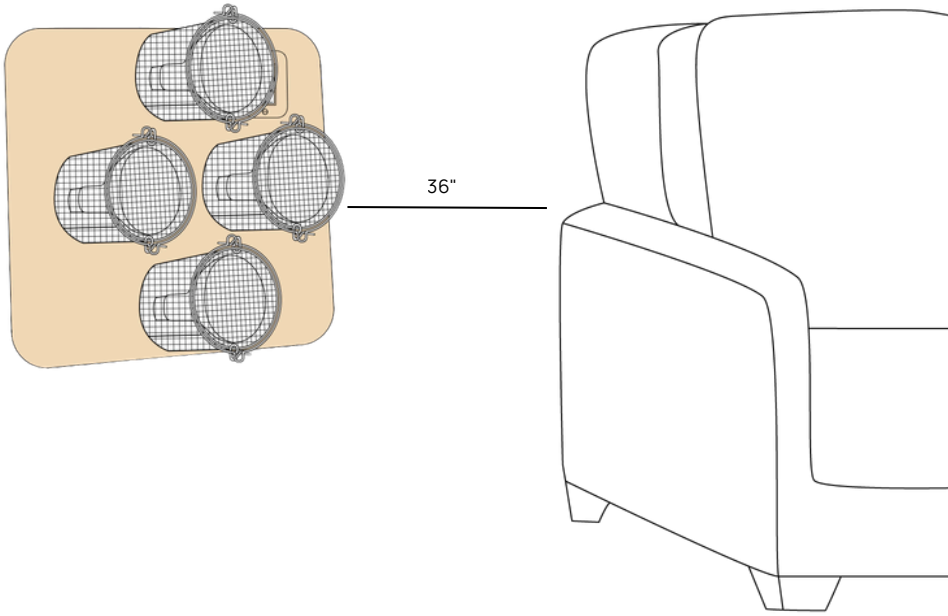






Fire hazard

Sauna panel clearance



Keep combustible objects and materials at least 36 inches from the front of your Hearth sauna panel while it is in use to minimize fire risk.

Electrical precautions

- Do not plug your sauna into an overloaded outlet.
- Do not touch the sauna panel or power cord if you are wet.
- Keep power cords out of the way to avoid walking on or damaging them.
- Always plug your sauna into a grounded outlet to ensure grounding and EMF protection. Use included GFCI Outlet Tester to confirm outlet is properly grounded.
- Always inspect power cord, sauna panel, and bulb sockets before use.
- Make sure power cord end is fully seated in panel's cord receiver inside the Grounding Sleeve. If not seated properly, this can cause damage the power connection, create a fire hazard, and void the product warranty if damaged.

Power supply requirements
Our Classic Sauna and SuperSauna are intended for use with a grounded three-conductor power socket, with a 15 A (maximum 20 A) 120 V 50 Hz supply or 8 A 240 V 60 Hz supply. The Classic Sauna (Hearth Quartet) requires 1000 W. The SuperSauna (Hearth Quartet + Hearth Trio) requires 1750 W.

If you have any questions about your electrical system, we suggest speaking to a certified electrician.

Power supply voltage
Use 120 V-rated FireLight® Bulbs only with 110–120 V power supply and use 240 V-rated FireLight® Bulbs only with 220–240 V power supply.

Inspect before each use
Always inspect Hearth(s), power cord, bulb sockets, switches, and bulb guards for damage before operating. If any parts appear to be damaged, immediately turn off Hearth(s) and unplug from power source. Contact our Customer Care for repair and/or replacement.

Heath precautions

- Consult your health care provider before use.
- Sauna use is not appropriate for infants or people with certain disabilities.

- Sauna use is not appropriate if you are invalid, pregnant, sleeping, unconscious, under the influence of alcohol or illicit drugs, or otherwise unable to avoid potential injury.
- If you have any type of implant or take prescription medication, consult your health care provider before use.
- Children should never operate the sauna, and should only use the sauna with adult supervision and approval from a health care provider.
- Hyperthermia risk: do not allow your body's core temperature to exceed 103 °F (39.4 °C).

Healing reactions

Sometimes people experience healing reactions during their first few weeks of sessions. It is a natural response to detoxification, and may include temporary moodiness, nausea, tastes, odors, or fatigue that typically goes away right after the session. You may also be dehydrated from fluid loss during your session. Drinking one or two glasses of water before and after may help. If symptoms persist, see your doctor.

Disclaimer

Always consult a health care provider who is knowledgeable in sauna use before using a sauna. Saunas are powerful devices and monitoring your progress by a professional trained in sauna use is always advisable.

Sauna therapy can be dangerous and even fatal for some people under some circumstances. If you are considering sauna therapy, you must first seek the advice of your health care provider about sauna therapy and should also become educated as to the proper use of sauna, preparations for doing sauna therapy, as well as fully understanding the risks involved in sauna therapy.

Risks include, but are not limited to, cardiac failure, stroke, fainting, headache, nausea, weakness, rashes, hot flashes, dehydration, exacerbation of neurological symptoms, and even death. Variables of sauna therapy such as health condition of user, duration of sauna therapy, proper hydration, electrolyte and mineral balance and restoration must be properly considered and heeded before proceeding with sauna therapy.

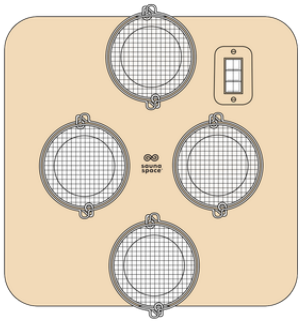
SaunaSpace LLC (hereafter "SaunaSpace") Products (hereafter "Products") are not registered with the United States Food and Drug Administration (FDA) as a Medical Devices. Consult your licensed health care provider to see if the SaunaSpace's Products are right for you. SaunaSpace and/or its partners, associates, etc. are not liable for the use of SaunaSpace Products nor any incidental or consequential damages. Under no circumstances shall SaunaSpace Products or any of its representatives be held liable for injury to any persons or damage to any property. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

The FDA requires us to inform you that this Product is not intended to diagnose or treat any disease or medical problem and is not a substitute for regular medical care from a licensed physician.

Parts List

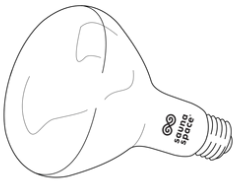
Hearth Quartet Infrared Sauna Panel

x1



Hearth Infrared Sauna Panel
23.75 x 23.5 x 9 in
(60.3 x 59.7 x 22.9 cm)

x4



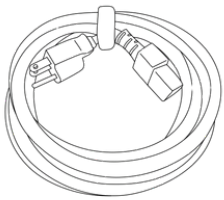
FireLight® Infrared Bulbs
120 V or 240 V

x1



Power cord grounding sleeve

x1



Shielded power cord
15 ft (4.6 m)

Sauna Enclosure Kit

x4 

Long pole halves - male thread
30.875 in (78 cm)

x4 

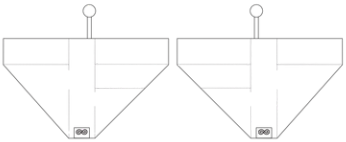
Long pole halves - female thread
30.875 in (78 cm)

x6 

Short pole halves - male thread
23.125 in (59 cm)

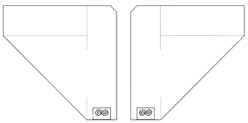
x6 

Short pole halves - female thread
23.125 in (59 cm)

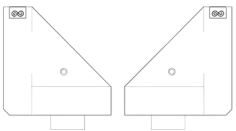
x2 

(left) (right)

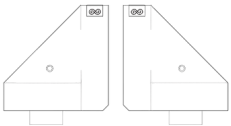
3-way frame connectors
17.25 x 9.5 in
(44 x 24 cm)

x2 

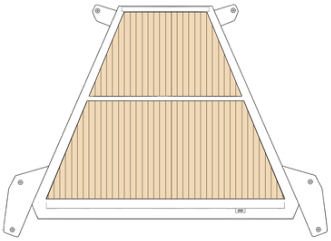
2-way frame connectors
9.625 x 9.625 in
(24 x 24 cm)

x2 

2-way frame connectors w/snap (rear)
9.625 x 9.625 in
(24 x 24 cm)

x2 

2-way frame connectors w/snap (front)
9.625 x 9.625 in
(24 x 24 cm)

x1 

Bamboo grounding mat
49.325 x 48.125 x 22.75 in
(125 x 122 x 58 cm)
front width x depth x rear width

Sauna Enclosure Kit (continued)

x2

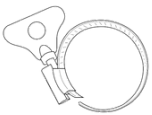
Long grounding mat sticks
24.75 in (63 cm)

x1

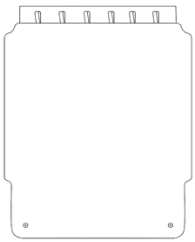
Short grounding mat stick
22.75 in (58 cm)

x1 

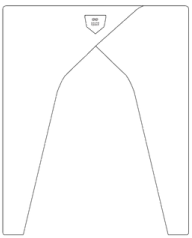
Grounding cable
3.3 ft (1 m)

x4 

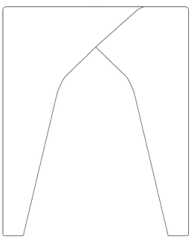
Turnkey mounting clamp

x1 

Regular sauna curtain

x1 

Sauna outer cover
w/ embroidered pocket

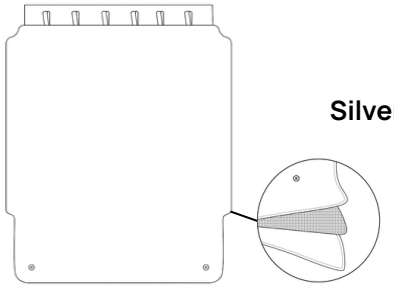
x1 

Sauna inner cover
w/o embroidered pocket

FireLight® Sauna with SilverLining® extra items

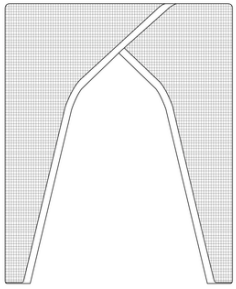
If you purchased a FireLight® Sauna - Classic, these items will not be in your shipment, but they can be purchased as an upgrade later.

x1



SilverLining® curtain

x1



SilverLining® cover

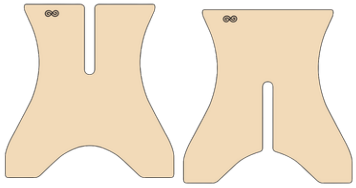
Sauna Stool

x1



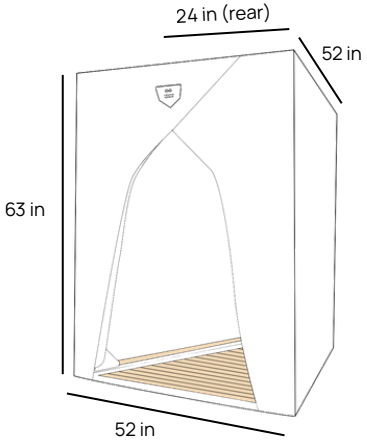
Seat plate

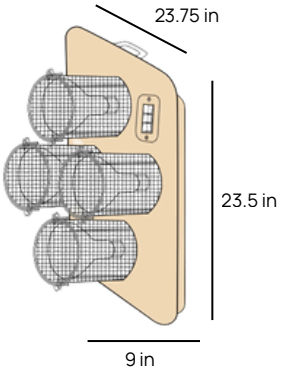
x2

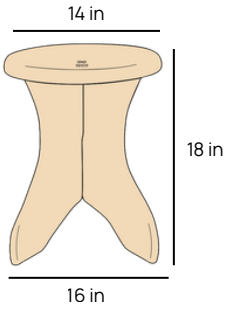


Leg panels

Specifications







Weight
Total: 52.7 lb (23.9 kg)
Hearth Quartet: 11.4 lb (5.2 kg)
Frame Poles: 6.6 lb (3 kg)
Grounding Mat: 3.4 lb (1.5 kg)
Sauna Stool: 8.5 lb (3.9 kg)
Cover Set: 21 lb (9.5 kg)
EMF Shield Cover: 1.8 lb (0.8 kg)

Assembled dimensions
Entrance width: 52 in (132 cm)
Rear width: 24 in (61 cm)
Depth: 52 in (132 cm)
Height: 63 in (160 cm)

Hearth Quartet dimensions
Width: 23.75 in (60.3 cm)
Height: 23.5 in (59.7 cm)
Depth: 9 in (22.9 cm)

Hearth Quartet electrical info
Wattage: 1000 W
Input voltage and frequency:
120 V at 50–60 Hz, 240 V at 50–60 Hz
Amperage: 8.3 A @ 120 V, 4.2 A @ 240 V
Shielded removable power cord length:
15 ft (4.6 m)

Sauna Stool dimensions
Height: 18 in (46 cm)
Seat width: 14 in (36 cm)
Leg width: 16 in (41 cm)

Approvals
All electrical parts UL-listed
CE-certified

Assembly - Classic & SuperSauna

Classic Sauna
(4 Bulbs)

Assembly Video

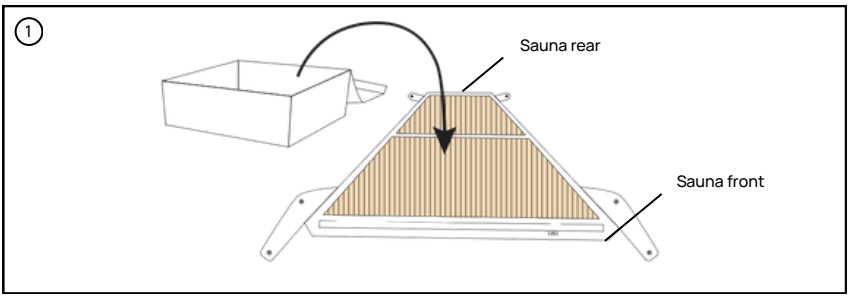
https://go.sauna.space/
sauna-setup

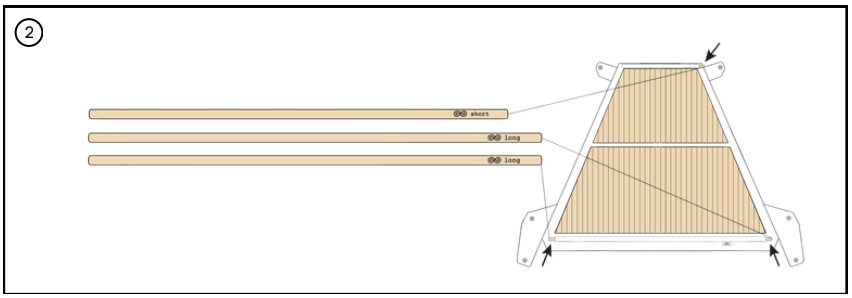
SuperSauna
(7-8 Bulbs)

Assembly Video

https://go.sauna.space/
supersauna-setup

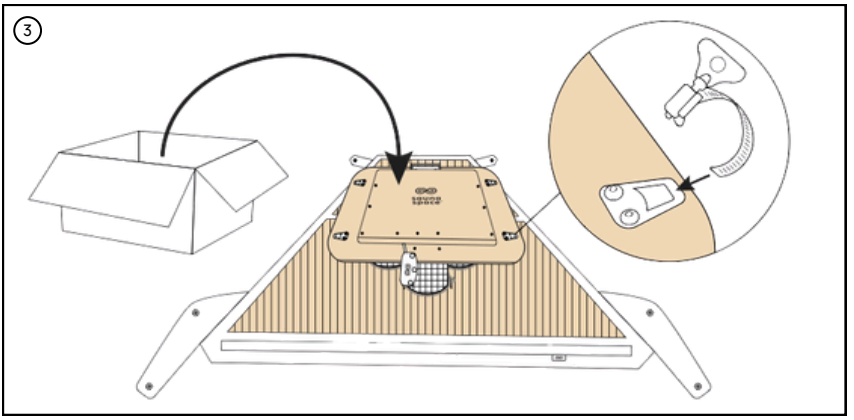
Part 1: Use your bamboo grounding mat to find a place for your sauna





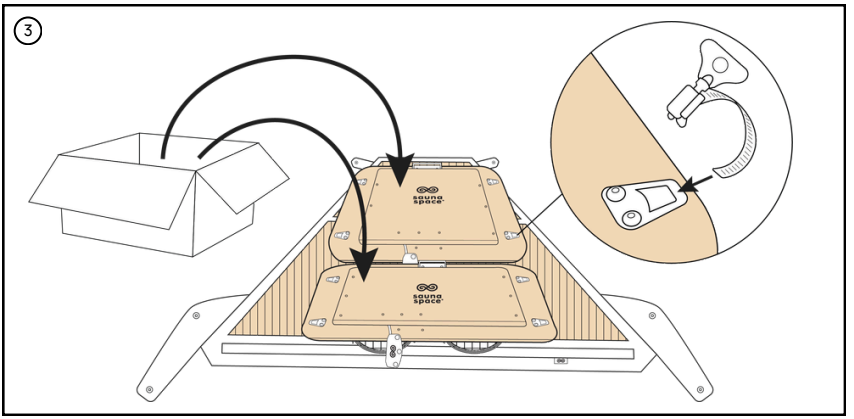
Part 2: Classic Sauna: Hearth Quartet

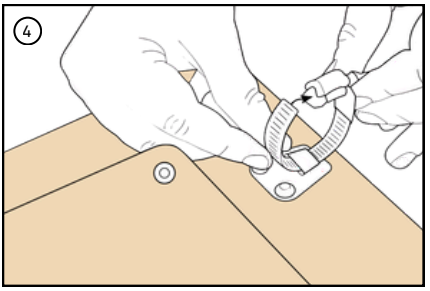
Repeat following steps with all 4 turnkey clamps.

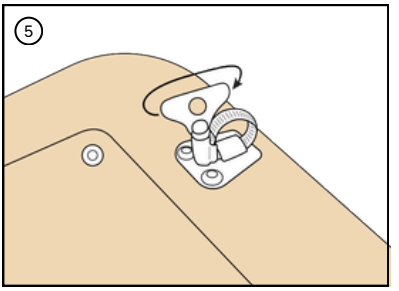


Part 2.1 (optional): SuperSauna: Hearth Quartet + Trio

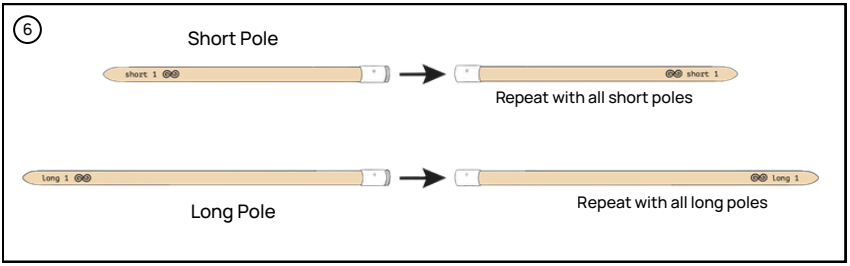
Repeat following steps with all 8 turnkey clamps.



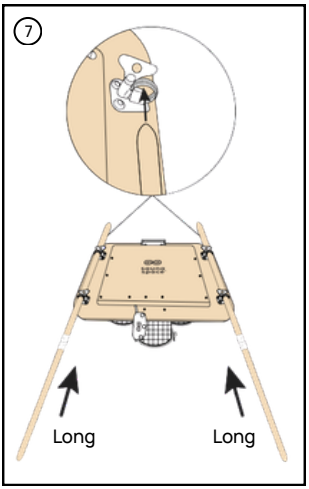


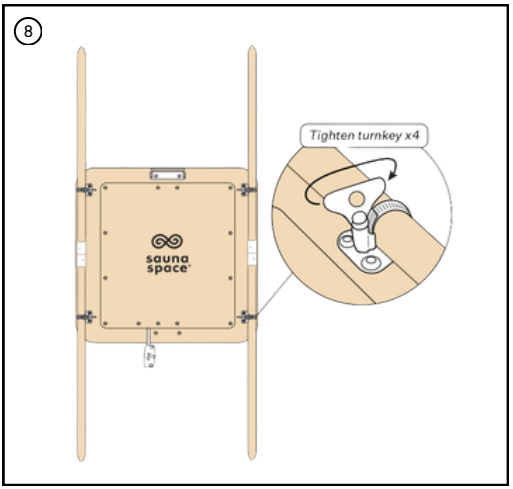


Part 3: Enclosure Setup



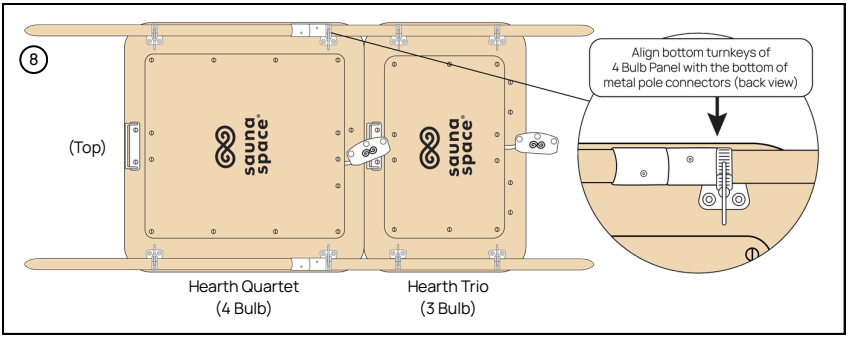
Part 3.1: Classic Sauna (4 Bulb)



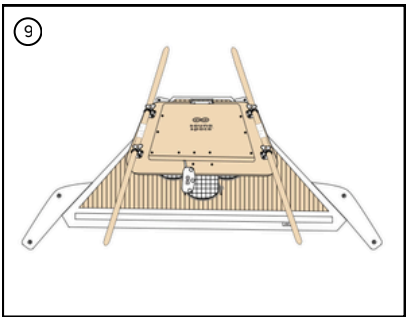


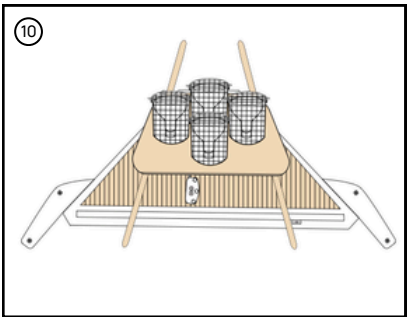
Part 3.2: SuperSauna (7 Bulb), Trio on Bottom

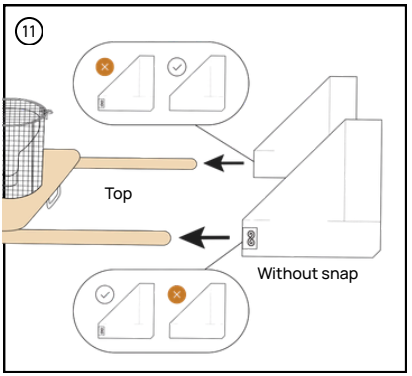
Slide a long pole through 4 turnkey clamps on each side and align as shown below, then tighten Quartet clamps. Then push Trio panel flush to Quartet and tighten its clamps.

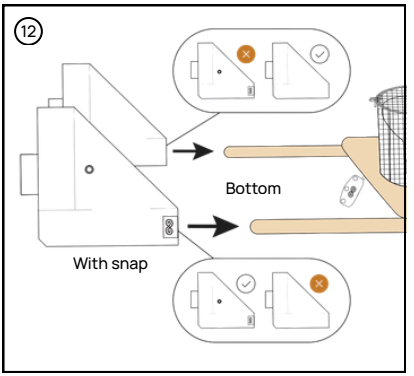


All remaining steps are the same for Classic Sauna and SuperSauna.

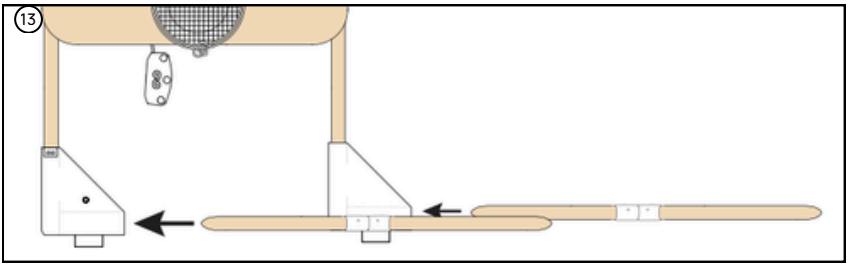


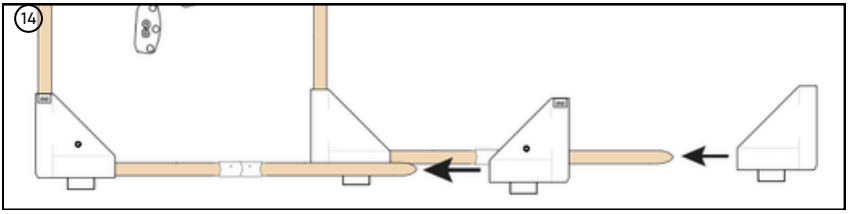


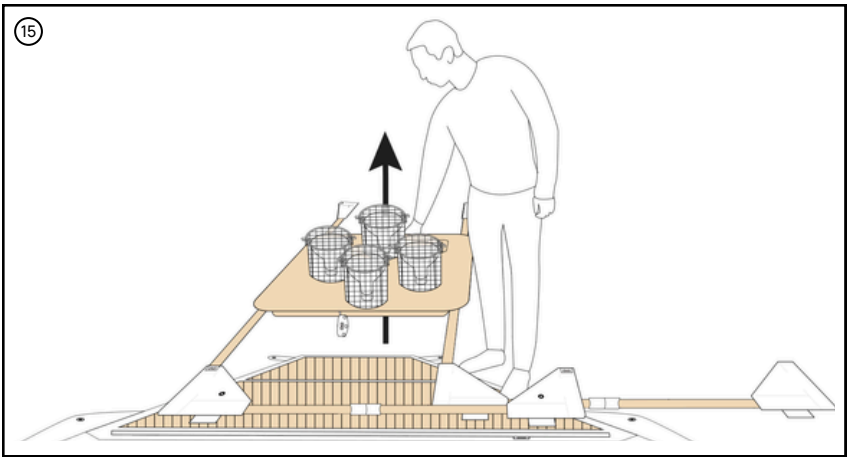


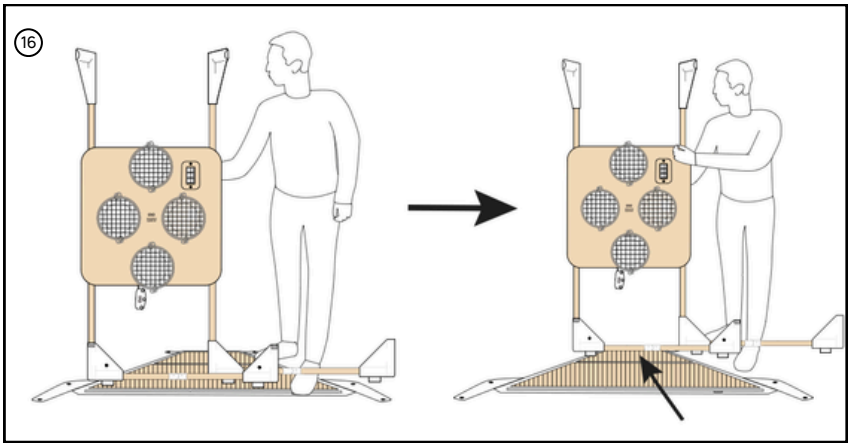


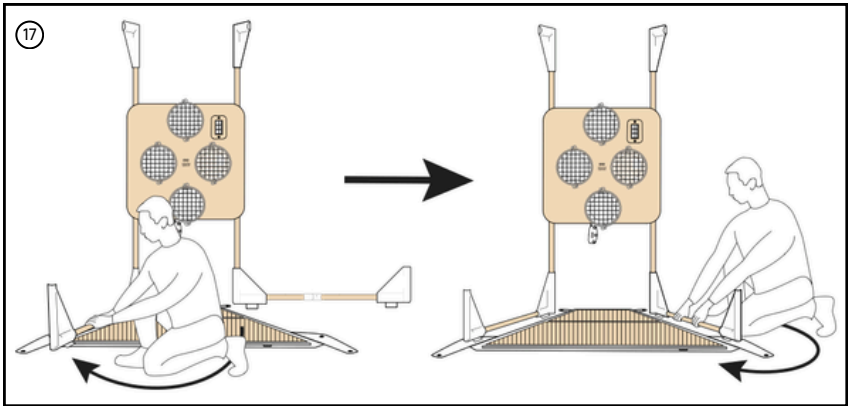
Note: For all frame connectors, insert a long stick into the long pockets, a short stick into the short pockets.

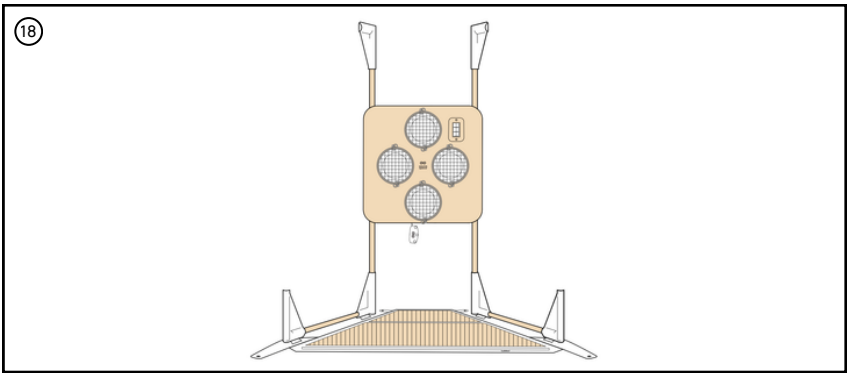


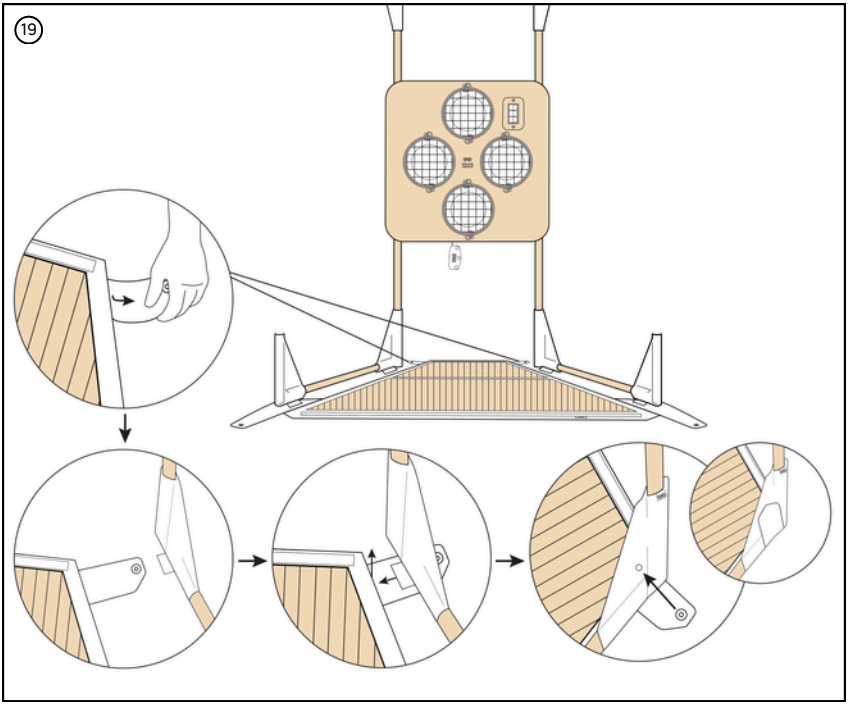


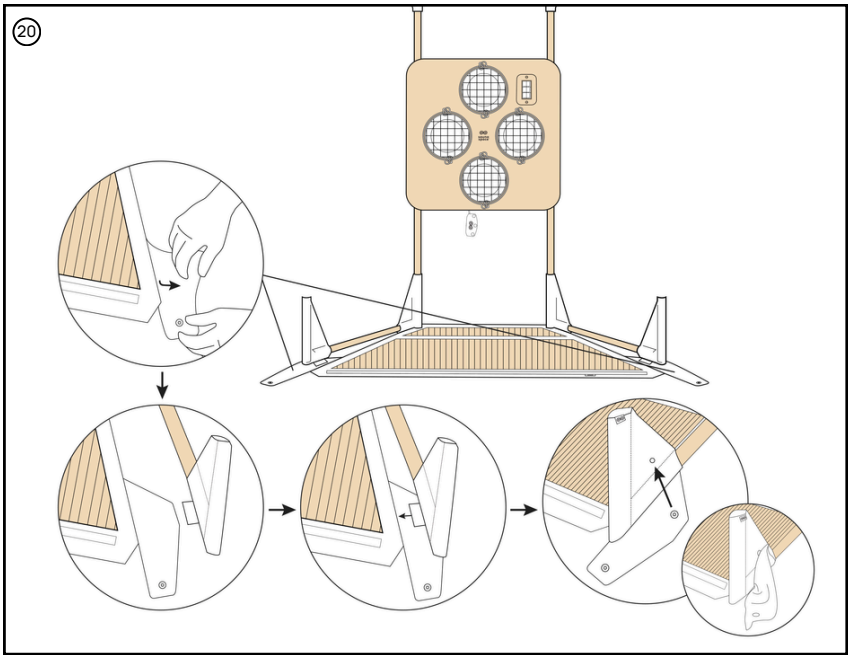

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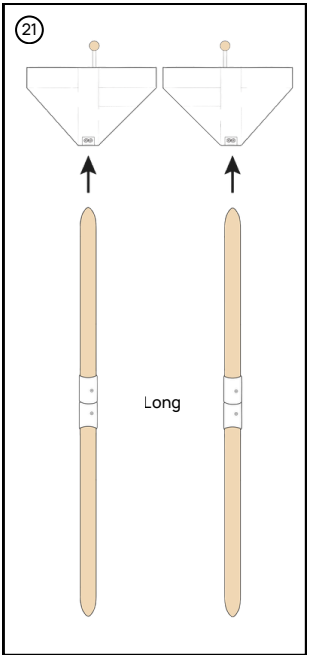

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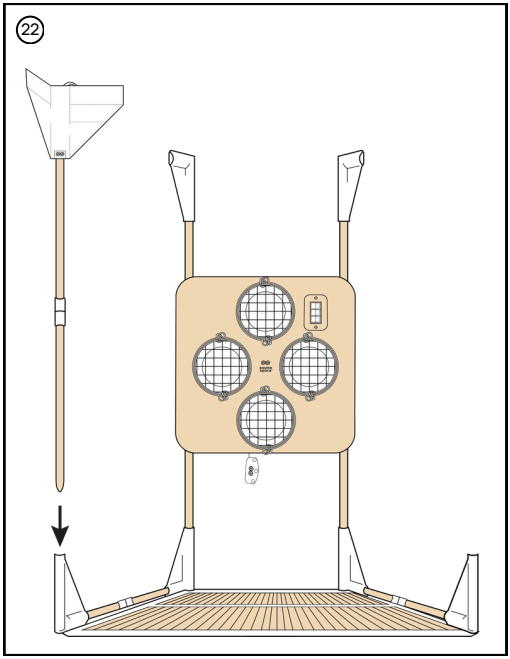

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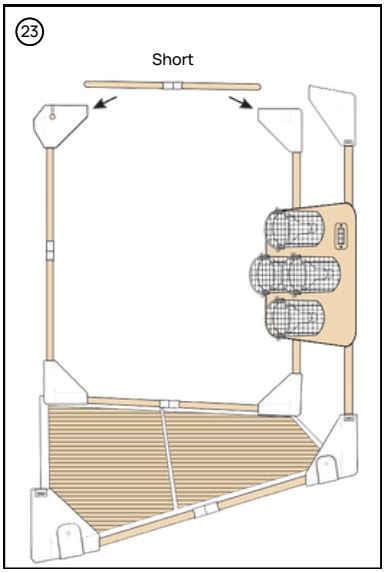

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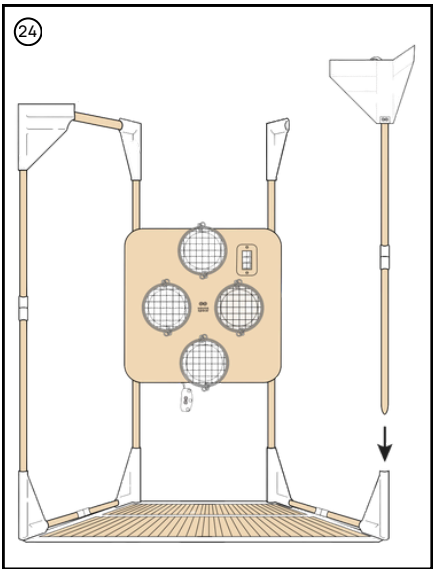

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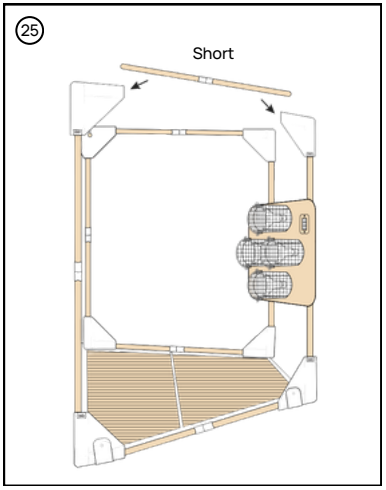

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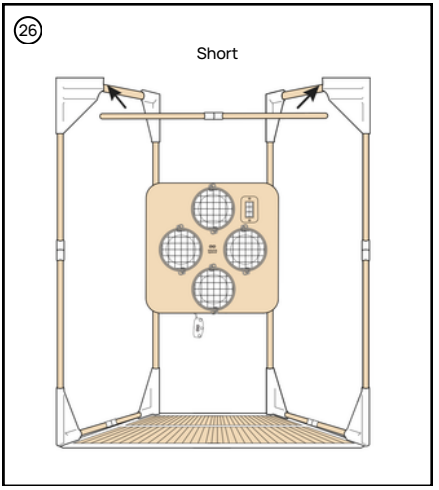

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Long

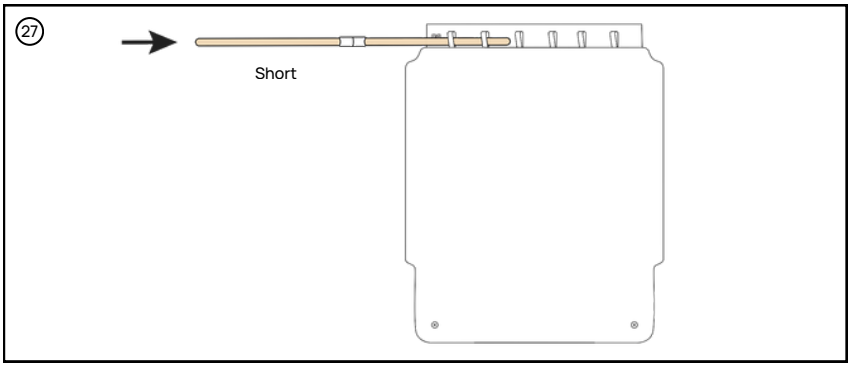

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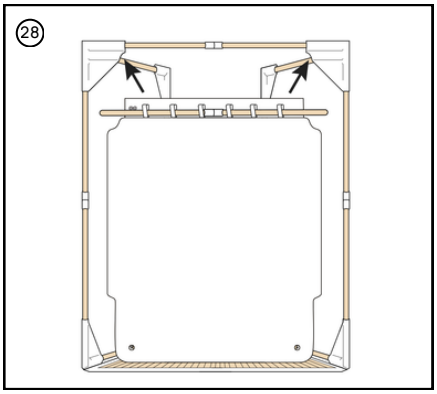

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Short

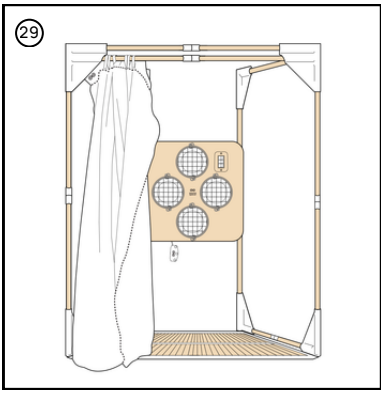

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25
Short

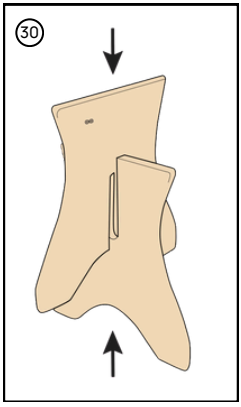

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Short

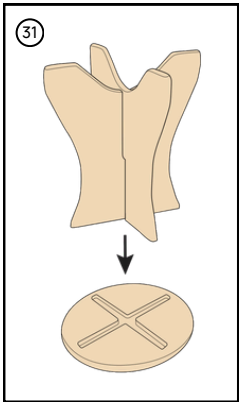


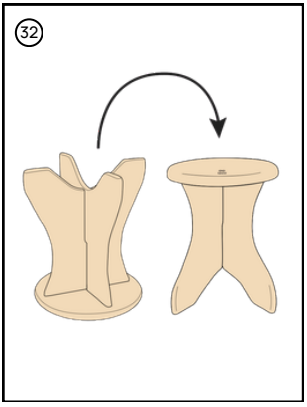




Part 4: Stool

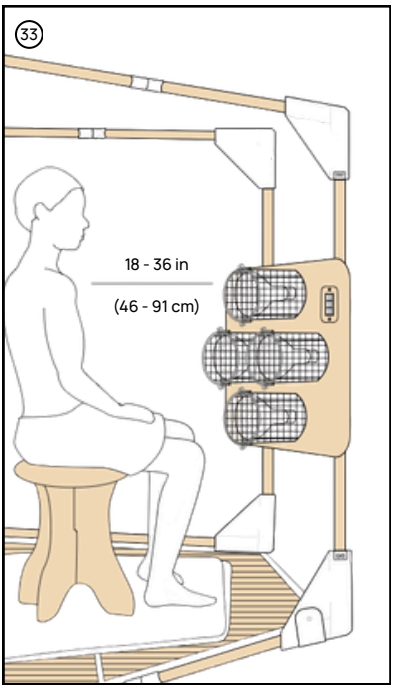


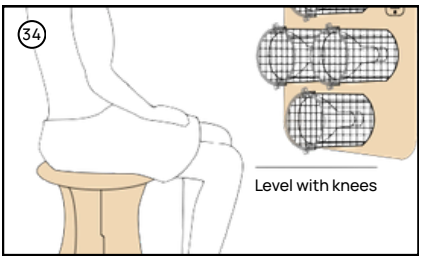




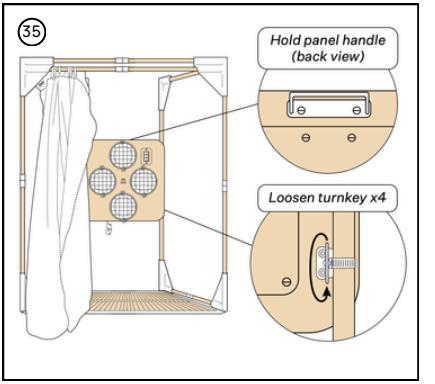
Note: If the stool wobbles, the leg panels may not be fully inserted. Turn the stool upright and tap it firmly on the ground to attach the seat plate fully.

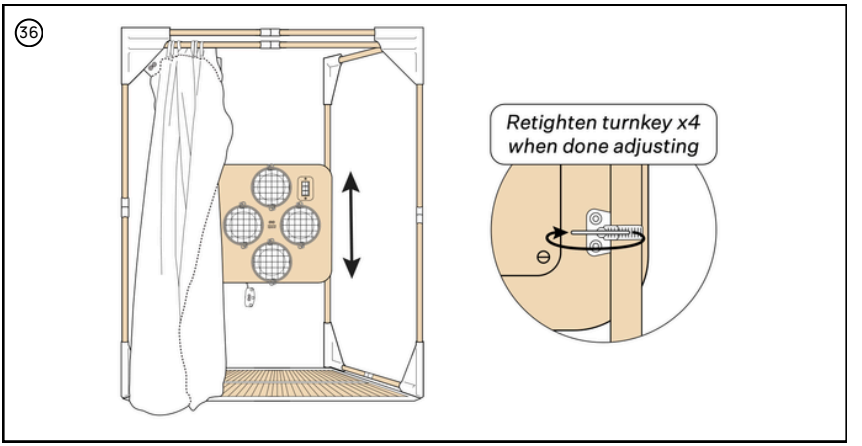
Part 5: Height adjustments



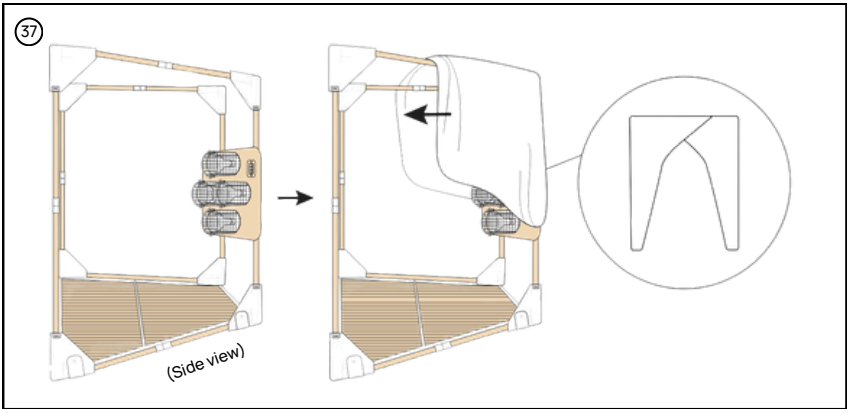


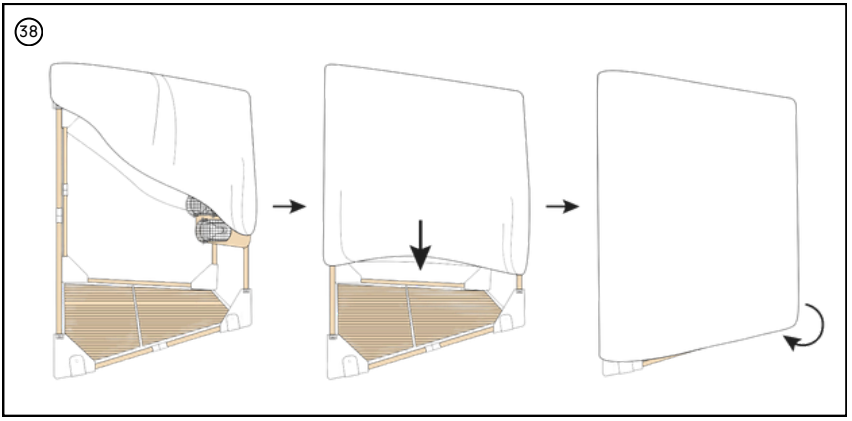
To adjust panel height, if needed:

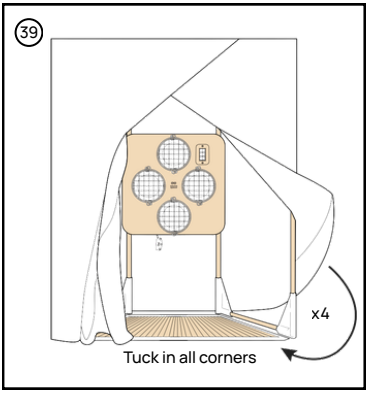


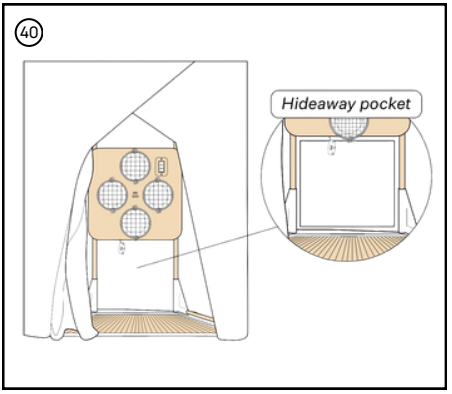


Part 6: Cover

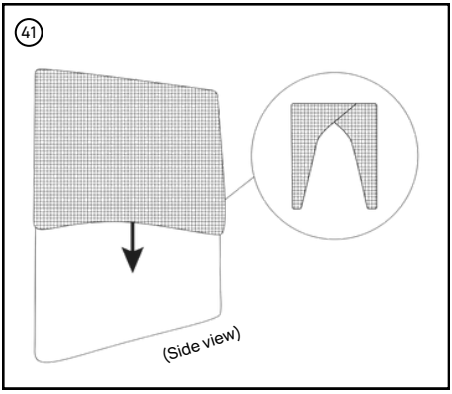


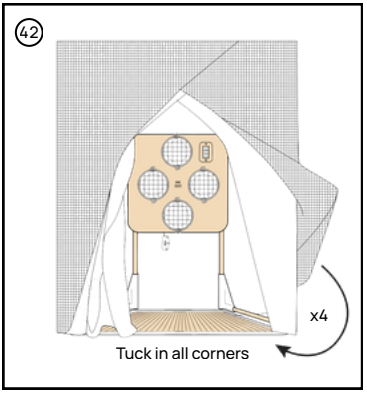


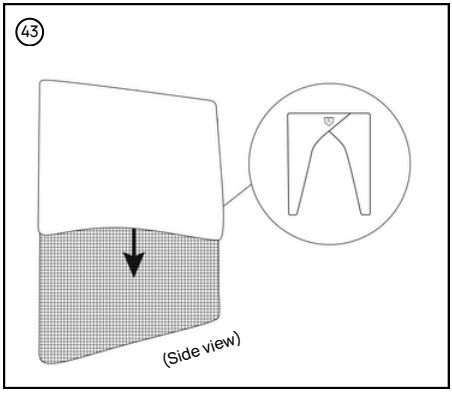


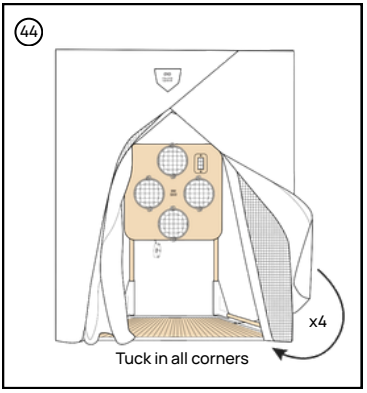


If you purchased a FireLight® Sauna with SilverLining® or SilverLining® upgrade, install now over inner cover, then install outer cover.

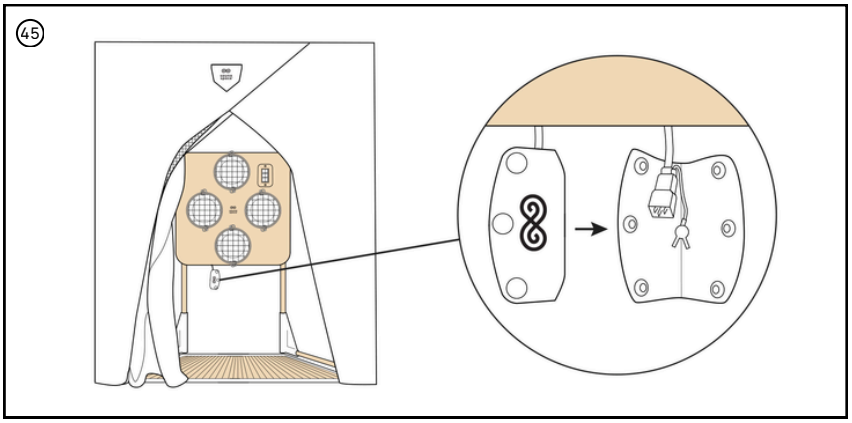


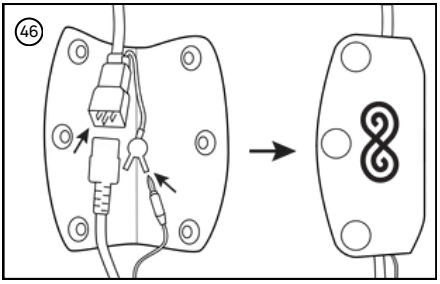


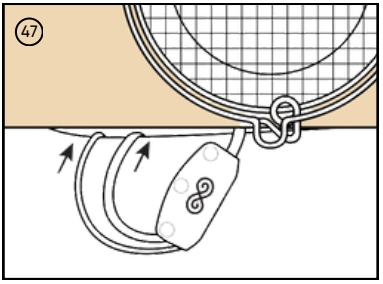


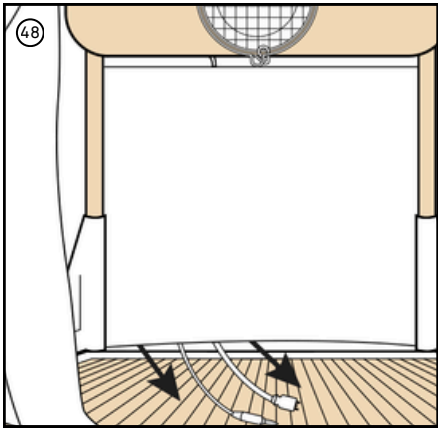


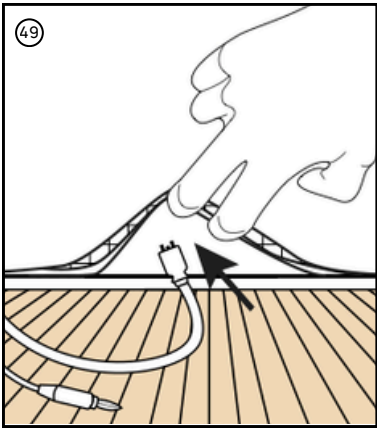
Part 7: Cord management









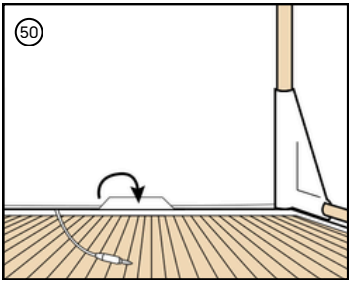


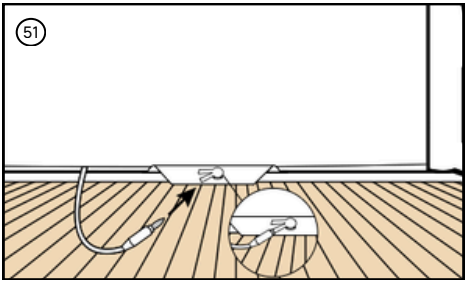
Part 8: Grounding cable

Only 1 grounding cable is used for both Classic and SuperSauna.

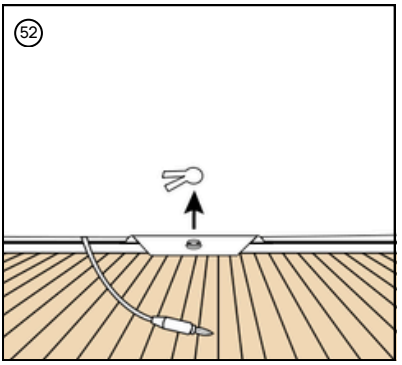
- Classic Sauna: grounding cable connects to Hearth Quartet.
- SuperSauna:
  - grounding cable connects to bottom Hearth (we recommend Hearth Trio on bottom, see Assembly p. 17)
  - Extra grounding cable included with the Hearth Trio is not used in the SuperSauna.

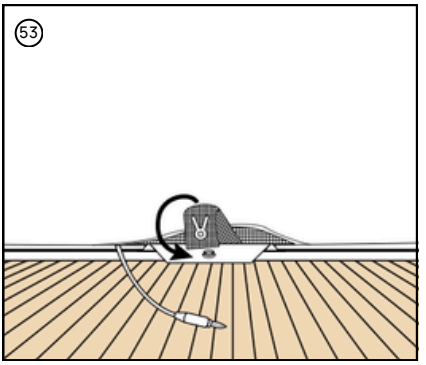
For FireLight® Sauna WITHOUT SilverLining®:

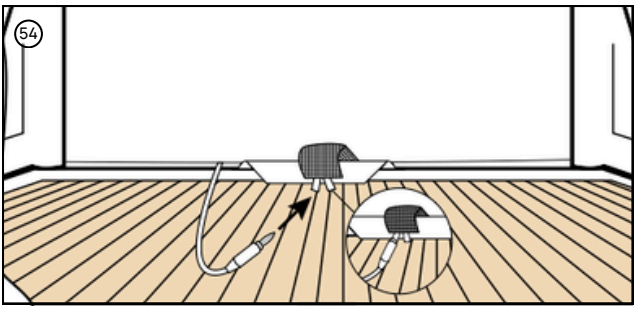




For FireLight® Sauna WITH SilverLining®, follow these steps instead:

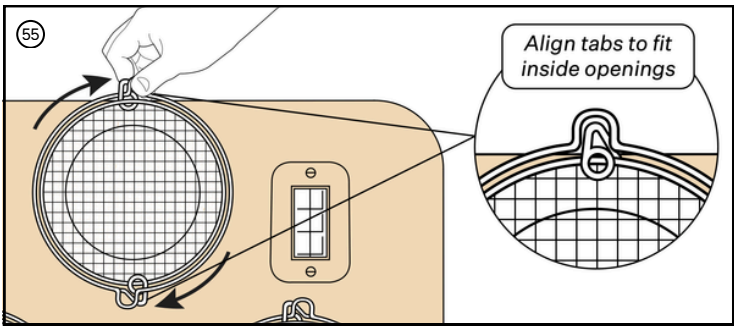


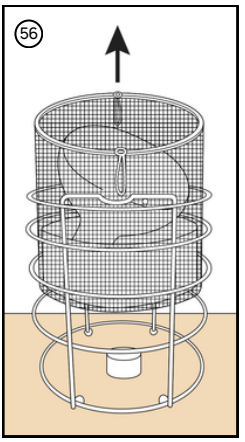


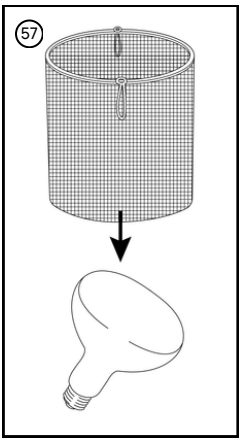


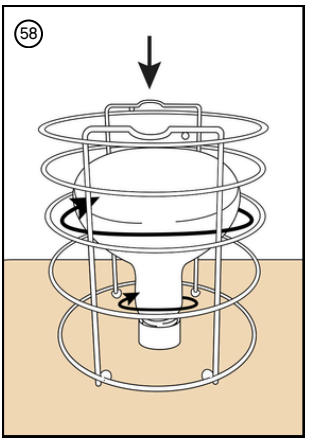
Part 9: Bulb installation

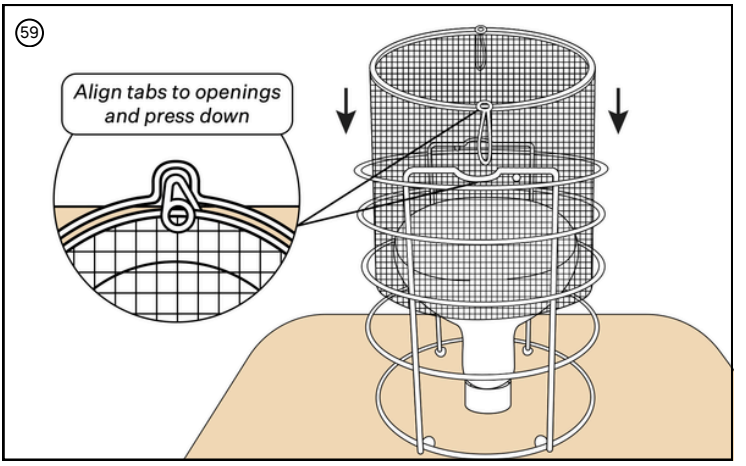
Repeat following steps with all 4 bulbs.











Part 10: Test outlet

Note: Please read all instructions included with Outlet Tester before use.

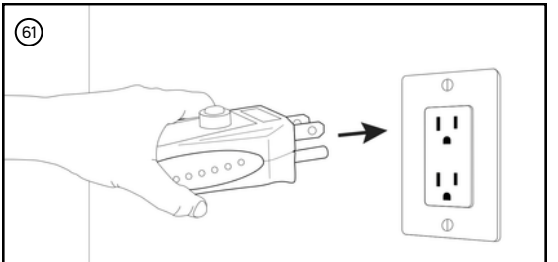
Test outlet to ensure it is grounded, which is needed for the grounding mat and the SilverLining® to work properly, and to ensure all products emit zero-EMFs. The product can still be used if the outlet is not grounded, but it will emit EMFs.

If outlet is not grounded, contact an electrician to correctly ground the circuit.

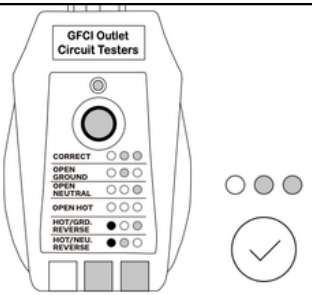
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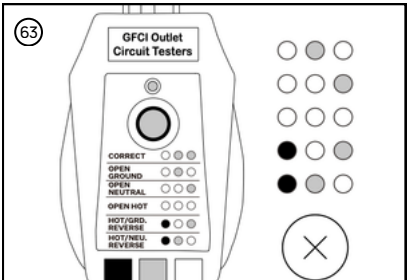
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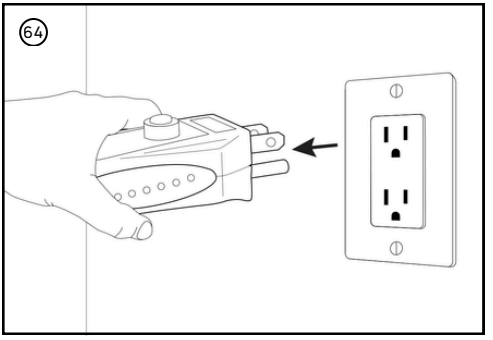
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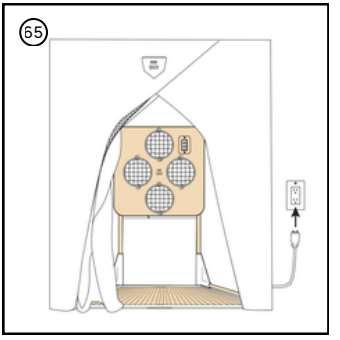
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64



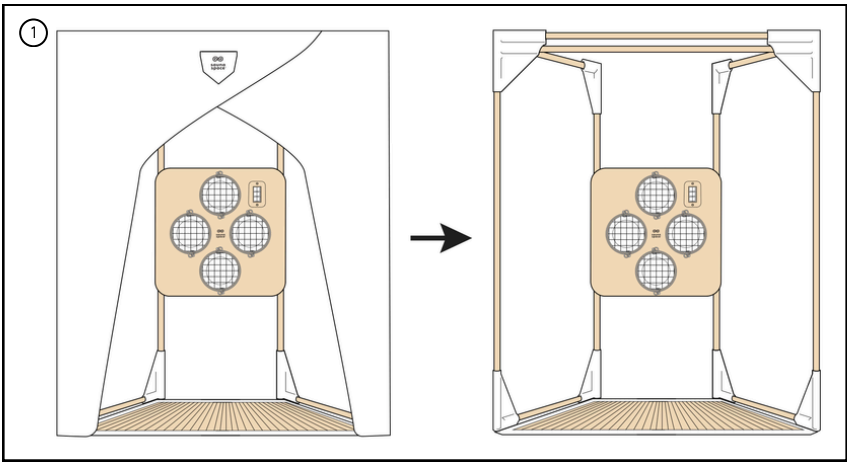
65

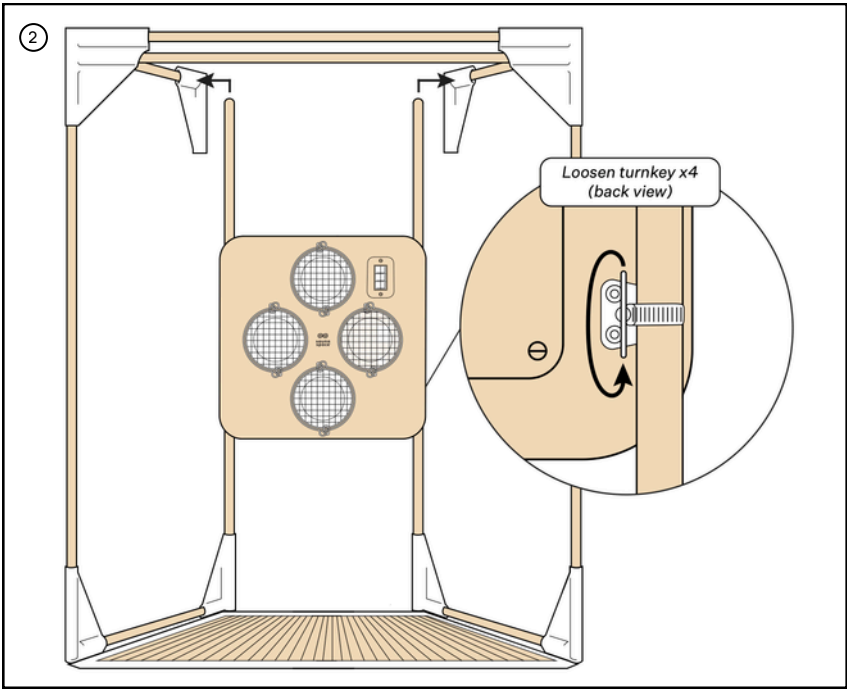


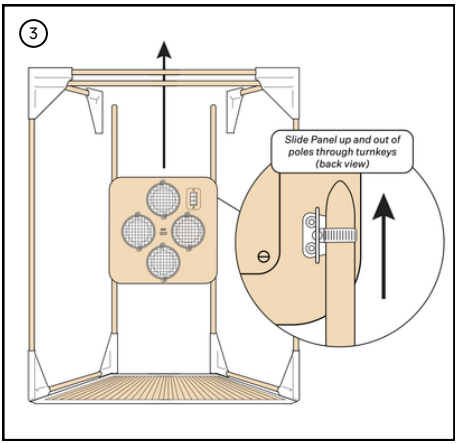
SuperSauna Retrofit

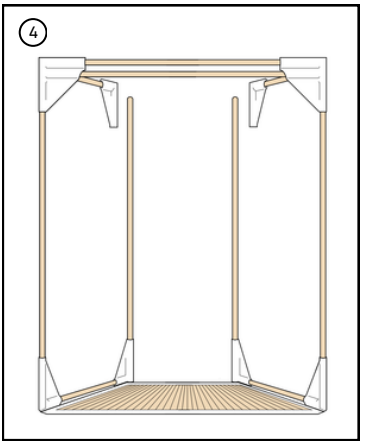
How to add Trio panel to pre-assembled sauna

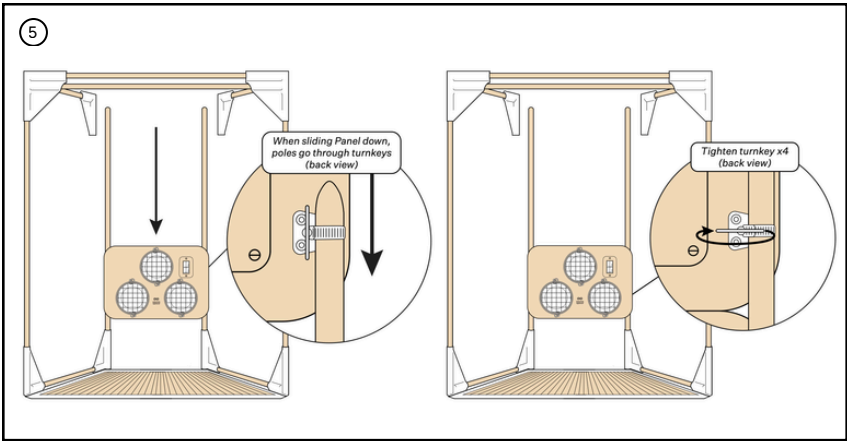
Note: Unplug power cord of Hearth Quartet and grounding cable in order to facilitate cover removal.

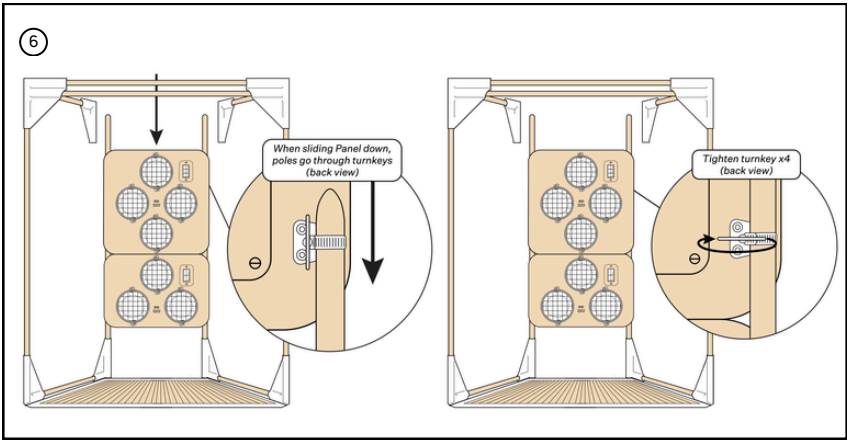


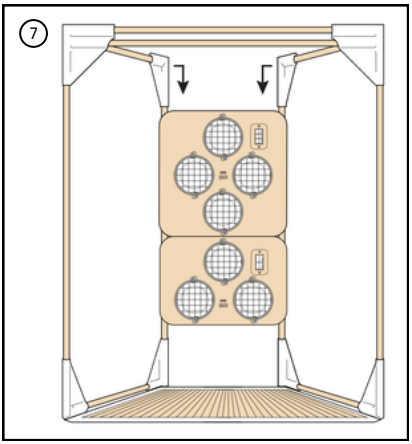


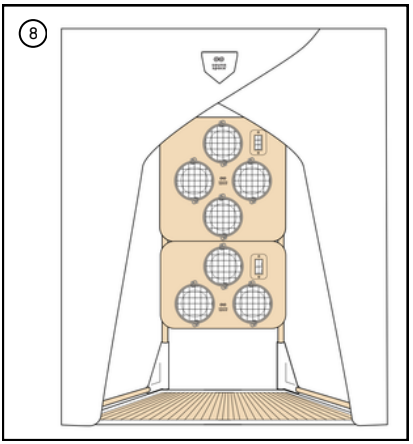

3
Slide Panel up and out of poles through turnkeys (back view)


4


5
When sliding Panel down, poles go through turnkeys (back view)
Tighten turnkey x4 (back view)


6
When sliding Panel down, poles go through turnkeys (back view)
Tighten turnkey x4 (back view)





Note: Only 1 grounding cable is used (refer to Assembly - Grounding cable p. 28) and is connected to the bottom Hearth in the SuperSauna setup. The extra grounding cable included with the Hearth Trio is not used in the SuperSauna.

Welcome to Your Sauna Practice

Congratulations. You're set up.

Your sauna is assembled, your space is ready, and the technology is in place. What comes next isn't technical. It's human.

This section isn't about switches, diagrams, or measurements. You'll find all of that clearly illustrated in the pages that follow. What we want to offer here is something different: how to approach your sauna, how to settle into it, and how to work with heat in a way that feels intuitive, restorative, and sustainable.

Think of this as your orientation. An invitation into the rhythm of the practice before you step inside.

Take a few minutes to read. There's no rush.

How to approach your sauna practice

Your sauna is more than a piece of equipment. It's a space to slow down, warm up, and reconnect with your body. Each session is an invitation to step out of stimulation and into sensation.

There's no single "right" way to sauna. What matters most is presence, patience, and listening.

Arrive gently
Before entering, take a moment to shift gears. This is not something to rush into between tasks. Set an intention to unplug and let your nervous system settle.

Hydration matters, but temperature matters too. Warm or room-temperature water supports your body's natural warming response. Cold water can interrupt it. Many people add a pinch of salt or electrolytes to support circulation and sweating.

Gentle movement, such as stretching, walking, or light yoga, can help your body receive heat more easily. If you've done intense exercise, sauna afterward often feels best.

Prepare your body
Dry brushing before your session can enhance circulation and lymphatic flow. On dry skin, use long strokes toward the heart. This is a simple ritual, not a performance. Steady and intuitive is perfect.

Remove jewelry and skincare products before entering. Heat amplifies whatever is on your skin.

If privacy is a concern, light, loose clothing is fine. For full sensory and detox benefits, most prefer to sauna nude. Let comfort, not rules, guide you.

Create a distraction-free space
Your sauna is a rare opportunity to be unreachable. Put your phone in airplane mode or leave it outside altogether. No EMFs, no notifications. Just warmth and stillness.

Some people enjoy reading or listening to audio during a session. If you do, keep devices in airplane mode and allow yourself to stay connected to your body rather than pulled out of it.

Morning sessions can feel energizing and help set your circadian rhythm. Evening sessions often support unwinding and deeper sleep. Trust your own rhythm.

Entering the heat
Heat builds quickly and deeply. Begin with curiosity rather than ambition. Early sessions are about learning how your body responds, not pushing limits.

As your session unfolds, you may notice different sensations: heat intensity, changes in breath, relaxation, or emotional release. These shifts are normal. Allow yourself to move, adjust, or pause as needed.

If at any point you feel unwell, lightheaded, or uncomfortable, stop the session. Turn off the lights, sip water, and rest. Especially in early sessions, it's wise to let someone nearby know you're saunaing.

After your session
When you're done, give your body time to transition. Rehydrate with warm or room-temperature water. A shower can feel refreshing and help rinse away sweat.

Many people find it helpful to rest quietly afterward. Even a few minutes allows the nervous system to integrate the session. You may notice a sense of calm, clarity, or subtle energy that lingers. This is part of the practice. Let it carry into the rest of your day.

A final note
Consistency matters more than intensity. Over time, your tolerance and awareness will grow naturally.
Your sauna is not about optimization alone. It's about rhythm, warmth, and returning to yourself.

Enjoy the glow. ✨

When you're ready to begin
Now that you have a feel for the rhythm and intention of your sauna practice, the pages that follow will walk you through the practical details.

The illustrated guide covers session length, positioning, frequency, and safety. Everything you need to use your sauna confidently and correctly. You don't need to memorize it. Just reference it as needed, especially during your first few sessions.
Together, these two parts, the experience and the use guide, are designed to support both your body and your understanding.
Let presence guide you.

Let the diagrams handle the rest.

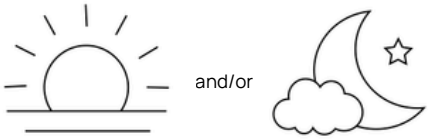
How to Use Your Sauna

Please read the full use guide before getting started.

The goal of sauna therapy is to raise your core body temperature by 2–3 degrees and encourage a full-body sweat response, ideally resulting in about 1 lb of sweat loss. The session length and frequency needed to reach this can vary from person to person. Some people adjust to sauna sessions within a few days, while for others it may take a bit longer.

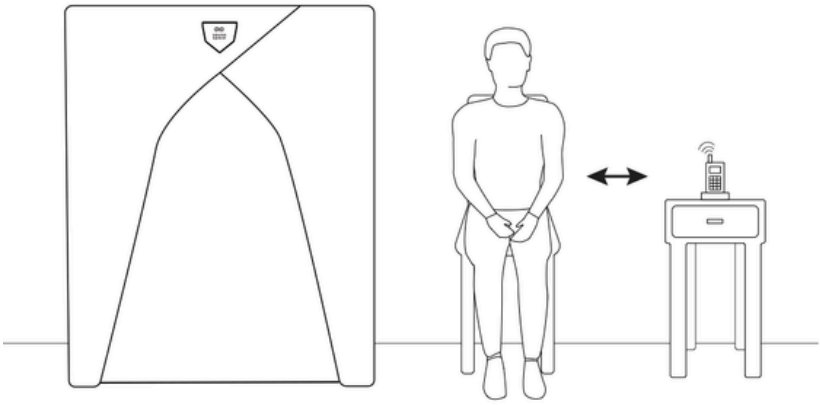
Time of day

For best results:



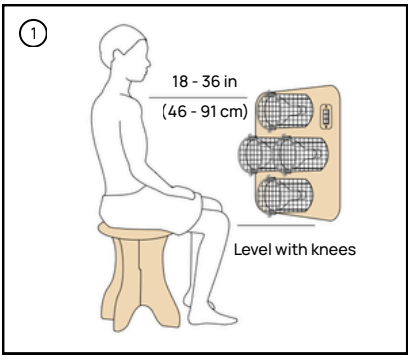
Because your body is more relaxed during these times, you will sweat and detoxify more efficiently.

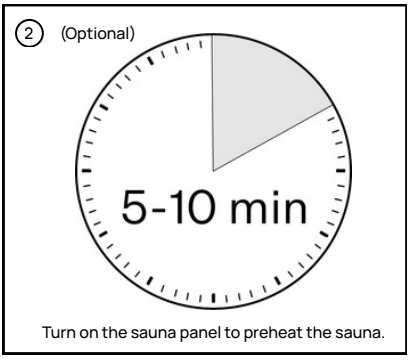
Supervision

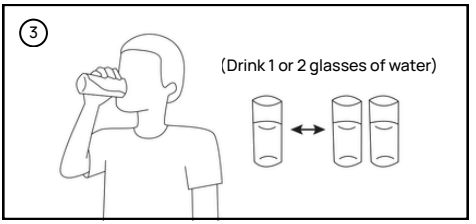


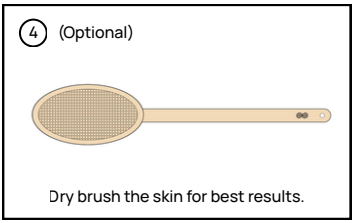
If you have any type of health condition or risk, it can be helpful to have a friend or attendant nearby. If no one is available, schedule a time for someone to check in over the phone.

Before your session

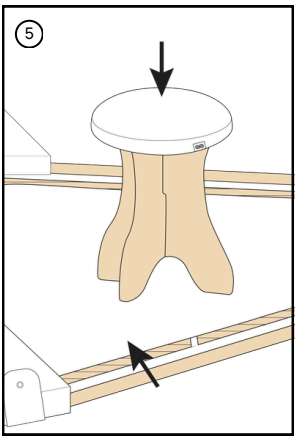








Full-body exposure is ideal, but you may choose to wear underwear, swimsuit bottoms, or cover implants with clothing or a towel.



Cover the stool and grounding mat with a towel during use. Sweat directly on these components may cause damage and void the warranty.

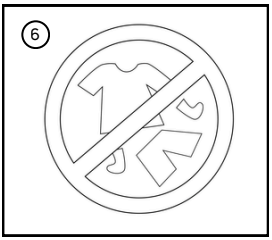
Consider upgrading to our PureLayer covers that are made from plush organic bamboo, absorb sweat, stay cool under heat, and fit like a tailored sheet.

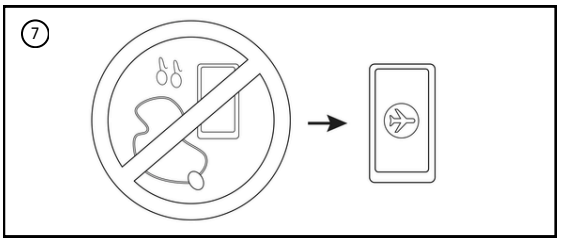
View our PureLayer products here:
https://go.sauna.space/pure-layer

During your session

We do not recommend diffusing essential oils or devices like phones or smartwatches in the sauna.

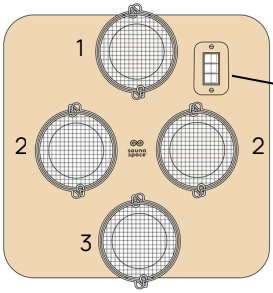
If you choose to bring a device into the sauna, put it in full airplane mode and ensure Wi-Fi & Bluetooth are turned off (crossed out icon). If you purchased a SilverLining®, no smart device or a smart device on airplane mode will ensure the EMF-Shield provides maximum protection.

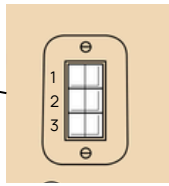




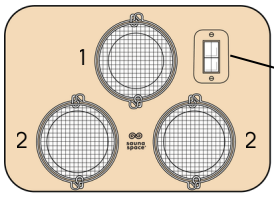
During your session

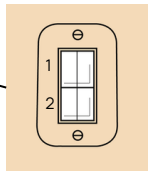
1. Customize the intensity of your session. Each switch controls different bulbs.





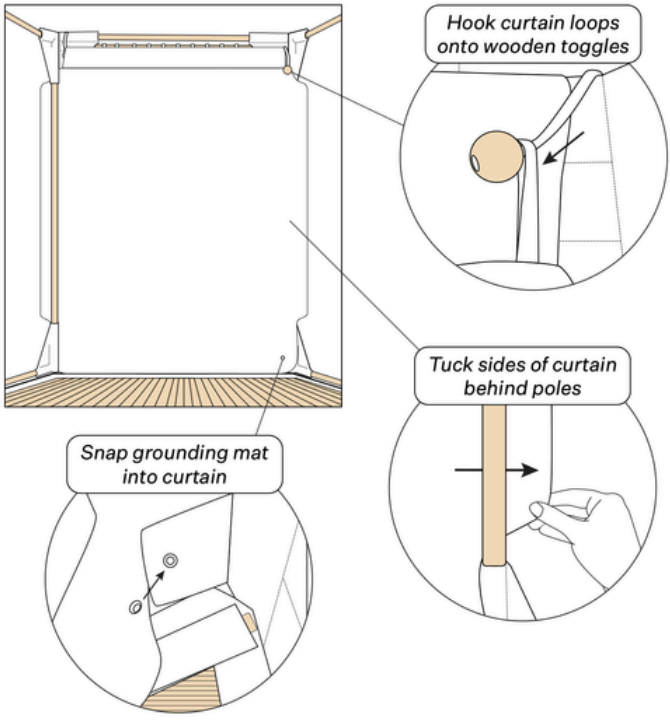
Hearth Quartet



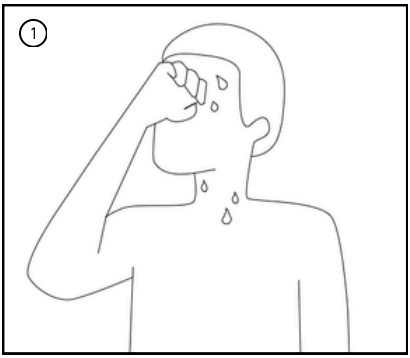


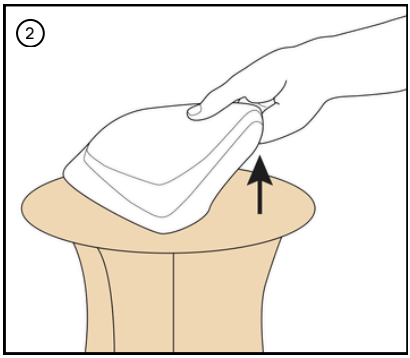
Hearth Trio

2. Seal the curtain from the inside.

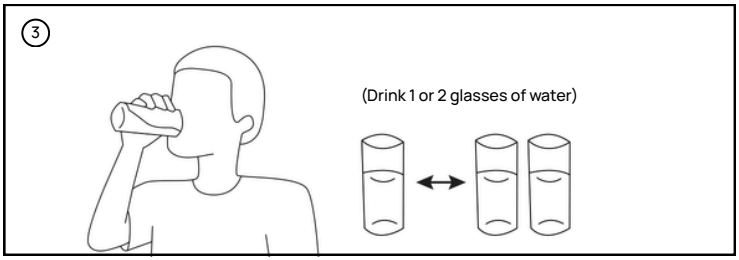


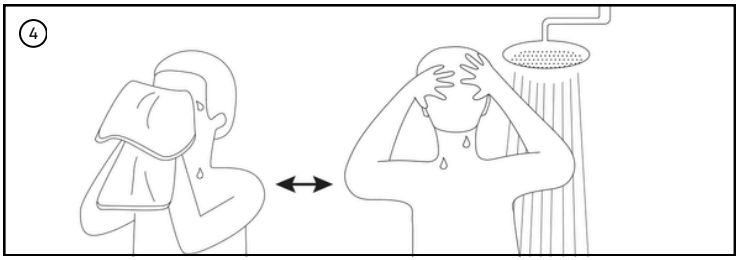
After your session

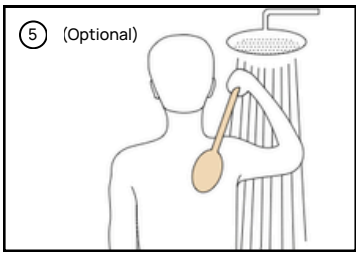


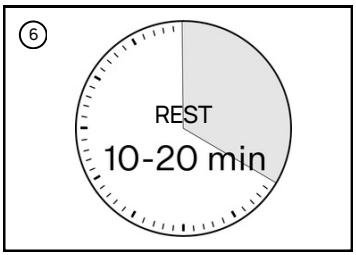


Note: After your session, remove any towels from the stool and mat so everything can air dry. This helps protect the mat and stool and ensures your sauna is fresh and ready for the next session.









Frequency of Sessions

Start gently and try increasing the frequency. If you have a health condition, consult your health care provider before use to understand your best approach.

Do NOT exceed two sessions per day.

Session frequency if you have no health conditions
Figure out what length feels best for you over time.

	Sessions per day	Sessions per week
Month 1	1	1-3
Month 2	1	1-4
Month 3	1	1-5

Session frequeny if you HAVE a health condition
There is no rush! Start slow and build to more frequent sessions. Depending on your tolerance, you may need less or more than what is recommended here. Figure out what length feels best for you over time.

	Sessions per day	Sessions per week
Month 1	1	1-2
Month 2	1	1-3
Month 3	1	1-4

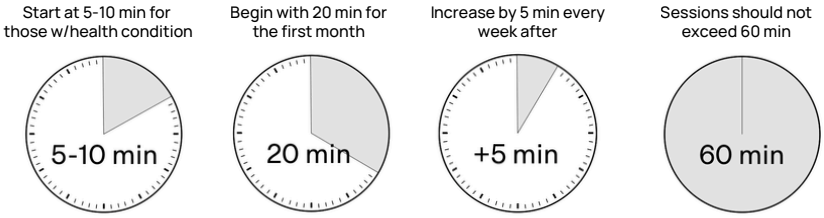
Classic Sauna (4 Bulb) Session Timing

Classic sessions are usually 20-40 minutes.

Try to sweat for at least 5 minutes before ending your session. If you feel unwell for any reason, end your session immediately.

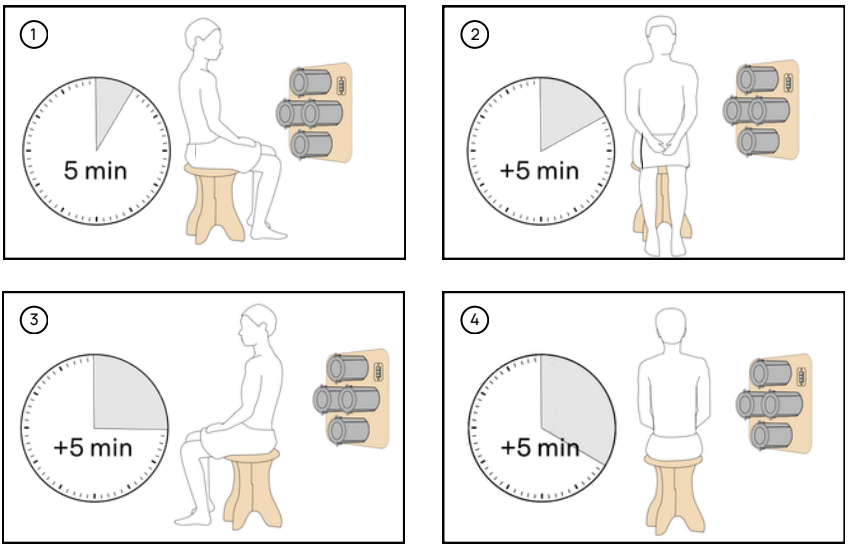
Session length

Give yourself time to discover what session length feels most supportive for your body. You can adjust as you go and settle into a duration that feels just right for you. For use by minors, the general rule for session length is 1 minute per year of age with adult supervision.



Positioning

As you sit on the stool, gently rotate your body to evenly warm different areas and get the most out of your light session. These are simply starting suggestions - over time, you'll find a rhythm and rotation style that feels most natural and effective for you.



SuperSauna (7 Bulb) Session Timing

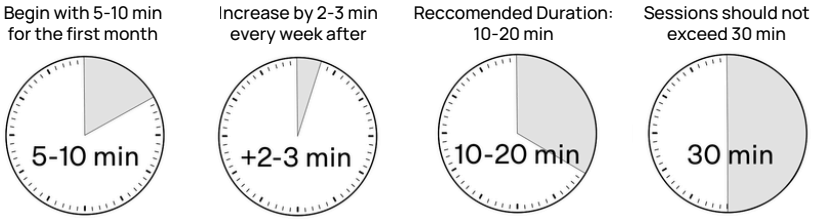
The SuperSauna is only recommended for individuals who are completely healthy (no underlying health conditions) and acclimated to heat.

SuperSauna sessions are usually 10-20 minutes.

Try to sweat for at least 5 minutes before ending your session. If you feel unwell for any reason, end your session immediately.

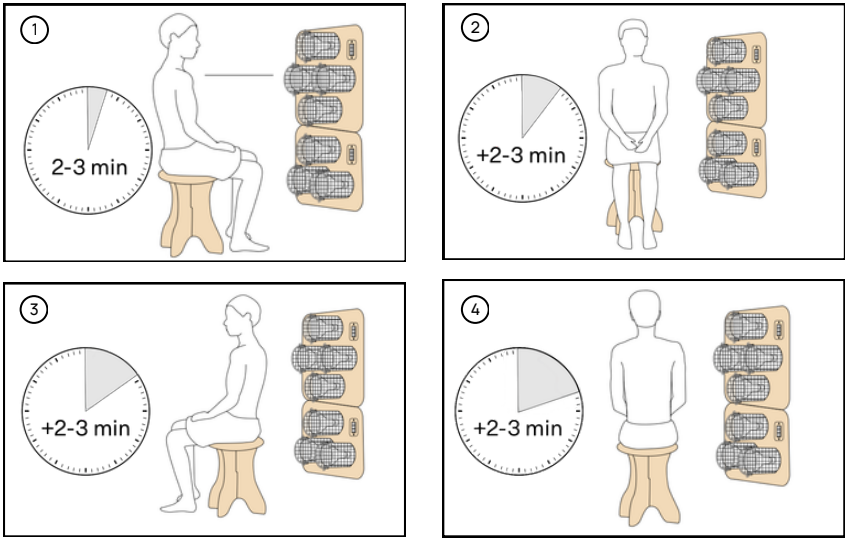
Session length

Give yourself time to discover what session length feels most supportive for your body. You can adjust as you go and settle into a duration that feels just right for you.



Positioning

As you sit on the stool, gently rotate your body to evenly warm different areas and get the most out of your light session. These are simply starting suggestions - over time, you'll find a rhythm and rotation style that feels most natural and effective for you.



Maintenance

Hearth Infrared Sauna Panels
Protect unfinished wood from water and humidity. Dry with a cloth immediately if exposed to moisture.*

Sauna Frame
Protect canvas and unfinished wood from water and humidity. Dry with a cloth immediately if exposed to moisture.*

Inner & Outer Sauna Cover, Shower Curtain
Machine washable. Use the delicate cycle and a gentle hypoallergenic detergent. Hang dry or use the air dry setting on your dryer. Steam covers to reduce wrinkling. Pay attention to your steamer's settings to avoid discoloring or damaging the material.

SilverLining® Cover
Hand wash with a gentle pH-neutral soap in cold water. Hang to dry. Do not soak, machine-dry, steam, or dry clean.

Stool
Protect unfinished wood from water and high humidity. Dry with a cloth immediately if exposed to moisture. Place a towel on your stool during sauna sessions to protect it from sweat.*

Grounding Mat
Protect unfinished bamboo and canvas from water and humidity. Spot clean with a 1:1 solution of distilled white vinegar and water. Place a towel on the bamboo floor during sauna sessions to protect it from sweat.*

FireLight® Bulbs
The FireLight® Bulb is rated for 5,000 hours and typically lasts many years, depending on use. When it eventually burns out, replacing it is simple. It screws in just like a standard bulb, no tools needed.

If it burns out within five years, we'll replace it for free under our warranty. After that, you'll still get a special replacement price by contacting us. Long-lasting, easy to replace, and always backed by us.

***Sweat and moisture from use, as well as storage or use in a wet, humid, or outdoor environment, may lead to damage that voids your warranty**

Warranty

SaunaSpace® recognizes that certain naturally varying materials such as wood, cotton, bamboo, and glass used in its Products have naturally occurring blemishes, minor imperfections, and weave asymmetry. These naturally occurring irregularities are not considered defects in materials for the purpose of this warranty, provided they do not adversely affect the functionality of the Product.

SaunaSpace® warrants to the original customer purchaser that its Products will be free from defects in materials and workmanship appearing under normal individual consumer use for the time period(s) listed below in the Warranty coverages table. This warranty does not cover damage to Products caused by abuse, acts of God, theft, loss, mishandling, unauthorized modification or repair, or failure to consult a licensed health care provider regarding proper use of this product.

This warranty is in lieu of all other express warranties and any implied warranties, including but not limited to any implied warranty of merchantability or fitness for particular purpose, are limited to the duration of this warranty. In no event will SaunaSpace® be liable for any incidental or consequential damages.

Some states do not allow limitations on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, so the above limitation and/or the above exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. As its sole responsibility and your sole remedy for any warranted defect, SaunaSpace® will repair or replace any defective part of its Products, containing a warranted defect, free of charge, and with notification within six months following the discovery of such defect.

Warranty coverages

Period	Coverage
5 years	FireLight® Infrared Sauna SilverLining® Upgrade Hearth Infrared Sauna Panels Glow Infrared Therapy Light Glow Desk Arm Glow Soft Case Sauna Enclosure Kit Sauna Cover Set Shower Sauna Conversion Kit Hearth Pedestal Sauna Stool FireLight® bulbs* (120 V and 240 V)

*If your FireLight® bulbs are used in any non-SaunaSpace® Product, the warranty is limited to 1 year.

Questions about warranty & returns?

Our up-to-date policies on our 100 Day Home Trial, Shipping, Returns, Exchanges and Refunds are available on our website sauna.space.

Please reach out to us using any of the methods on the next page: website chat, email, phone, social dm!

saunaspace®

We're here to help

sauna.space

hello@sauna.space

+1-573-66SAUNA (+1-573-667-2862)

9 a.m. – 5 p.m. CST Monday–Friday, excluding holidays

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Store: 905 Clinkscales Rd
Columbia, Missouri 65203 USA

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Tag us in your sauna moments!

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Printed in USA, Rev. 3.10.2026