



saunaspace®

Glow® Manual



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ABOUT SAUNA THERAPY

Throughout history, humans have used sauna therapy, also known as hyperthermic therapy, as a safe and powerful means of detoxification. Sauna therapy heats the body, dramatically increasing blood-flow to the vital organs and skin, unlocking even hard to reach toxins. Sweating during vigorous exercise can raise the body temperature, but the “fight or flight” (sympathetic) state decreases deep organ blood flow. When you work-out you sweat, but you don’t detox much at all. Only in a “rest & digest” (parasympathetic) nervous state will sweating result in detoxification. Like sweating in a sauna.

The near infrared advantage

Near infrared (NIR) light and heat therapy has the power to change your body and mind. The beneficial effects positively impact acute and chronic infections, skin rejuvenation, the immune system, aging and longevity, and more.

Deep tissue penetration

Higher energy NIR light (versus lower energy far infrared) can penetrate up to 9 inches into the body reaching even internal organs. NIR light therapy provides improved cellular healing and energy compared to far infrared emitters, an important difference. Toxin protection, anti-inflammation and pain relief are additional benefits.

Phototherapy

Specific wavelengths of near infrared light are absorbed by mitochondrial photoreceptor proteins, directly activating increased metabolism, healing and detoxification processes in the cells and tissues.

Safety & efficiency

Incandescent near infrared bulbs are both ultra-low EMF and energy-efficient. NIR bulbs provide the therapeutic effects inherent in the NIR band of natural sunlight, but without the harmful ionizing UV radiation.



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

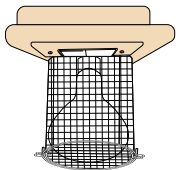
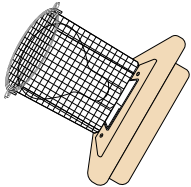
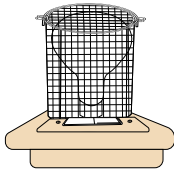
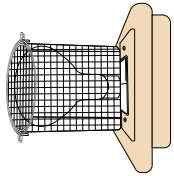
SAFETY PRECAUTIONS

Operation precautions

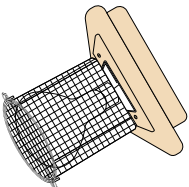
- Keep this user manual for future reference.
- Turn on Glow® only immediately prior to use.
- Turn off Glow® immediately after use.
- Glow® must be 12 - 40 in (30 - 102 cm) away from the targeting area of body.
- Remove bulb before assembling, disassembling or cleaning Glow®.
- Avoid direct contact with water, liquid, or metal with bulbs. May cause unexpected bulb rupture which could cause: injury, fire, or property damage.
- Glow® is built to withstand dry air temperatures up to 200 °F (93.3 °C). Do not use for long periods in environments over this temperature.
- Do not use Glow® in humid environments.
- Risk of Fire. Keep combustible materials away from bulbs.
- Risk of Burn. Do not touch operating bulbs or bulbs that were recently turned off.
- Bulb emits IR light wavelengths which are intended to be received for limited time durations, as described in this manual under OPERATIONS. Excessive exposure may cause injury, including to eyes. Do not stare directly at operating bulbs. Do not use on infant, disabled, sleeping, or unconscious person or any person unable to avoid potential injury.
- Do not use Glow® during or after any type of alcohol or illicit drug use.

Glow® orientation disclaimer

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



Fire hazard



Fire hazard

Electrical precautions

- Do not plug Glow® into an overloaded outlet.
- Do not touch Glow® or its power cord if you are wet.
- Always plug Glow® into a grounded outlet to ensure grounding and EMF protection. Use included GFCI Outlet Tester to confirm outlet is properly grounded.
- Keep power cords out of walk way to avoid stepping on or damaging them.

Power supply requirements

Glow® is intended only for use with a grounded three-conductor power socket and is rated for maximum 250 W. Glow® may only be operated on a minimum 13 A (maximum 20 A) grounded electrical supply circuit with 50-60 Hz 110-240 VAC voltage.

Power supply voltage

Use 120 V-rated bulbs only with 110-120 V power supply and use 240 V-rated bulbs only with 220-240 V power supply.

Inspect before each use

Always inspect Glow®, power cord, bulb socket, switch, and bulb guard for damage before operating. If any parts appear to be damaged, immediately turn off Glow® and unplug from power source. Contact SaunaSpace® Customer Care for repair and/or replacement.

Health precautions

- Consult your health care provider prior to using this product.
- Pregnancy. Consult your health care provider before use.
- Implants. Consult your health care provider regarding use if you have any type of implant.
- Prescription Medication. Consult your health care provider before use if you take prescription medication.
- Children. Children should not use nor operate this product without proper adult supervision and approval of their health care provider.
- Danger of Hyperthermia. Do not allow your body's core temperature to exceed 103 °F (39.4 °C).

Healing reactions

Some people may experience healing reactions during their first few weeks of sessions. They may occur as toxic substances are eliminated and chronic infections heal. Symptoms are temporary, but may vary. Most common symptoms include but are not limited to: mild odors, tastes, or rashes. Some customers may feel great fatigue after sessions. This is normal. Some may also experience bowel changes, aches, pains, or headaches.

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.

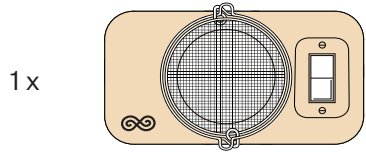
Risks include, but are not limited to, cardiac failure, stroke, fainting, headache, nausea, weakness, rashes, hot flashes, dehydration, exacerbation of neurological symptoms, and even death. Variables of sauna therapy such as health condition of user, duration of sauna therapy, proper hydration, electrolyte 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

Glow® Infrared Therapy Light



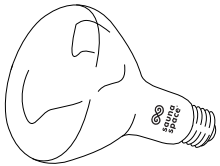
1 x

Glow®



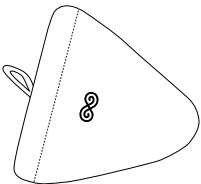
1 x

Glow® base



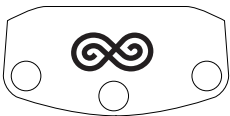
1 x

FireLight® Bulb
250 W (120 V or 240 V)



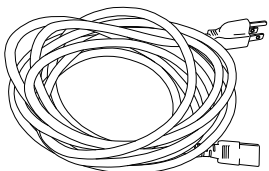
1 x

Bulb cover



1 x

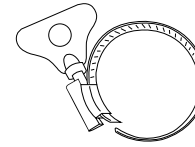
Power cord grounding sleeve



1 x

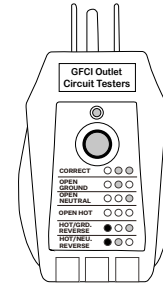
Shielded power cord
10 ft (3 m)

2 x



Turnkey mounting clamp

1 x



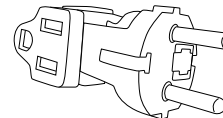
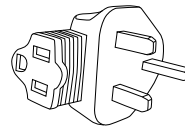
GFCI outlet tester
120 V or 240 V

1 x

**Plug adapter (included with
240 V model)**

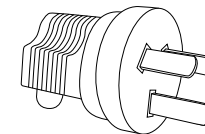
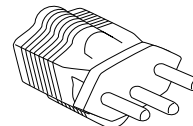
UK (Type G)

EURO (Type F)



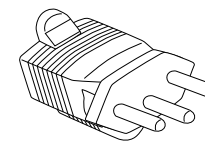
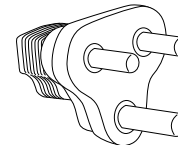
SWISS (Type J)

AU/NZ (Type I)

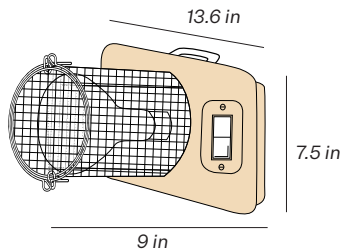


INDIA (Type D)

BRAZIL (Type N)



SPECIFICATIONS

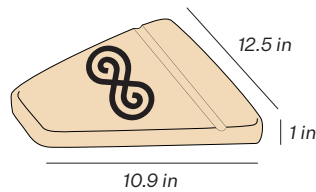


Glow®

Brand: SaunaSpace®
MPN: 56171001
Wood Species: Tilia americana
(Basswood)
Weight: 4.375 lb (1.98 kg)

Panel Dimensions

Width: 13.6 in (34.6 cm)
Height: 7.5 in (19.5 cm)
Depth: 9 in (22.9 cm)



Base Dimensions

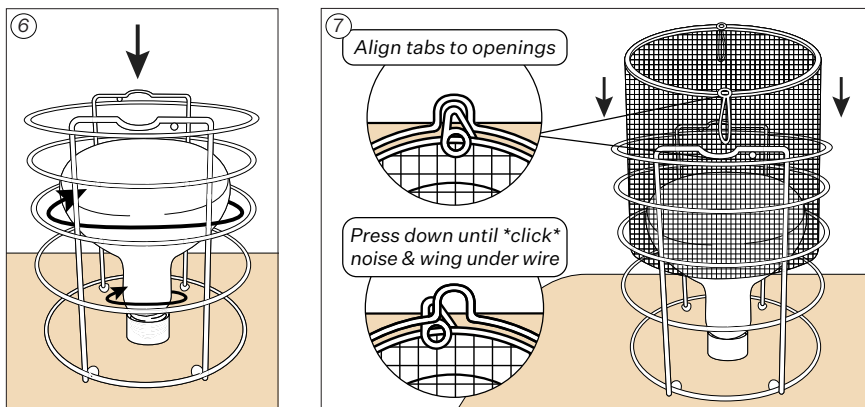
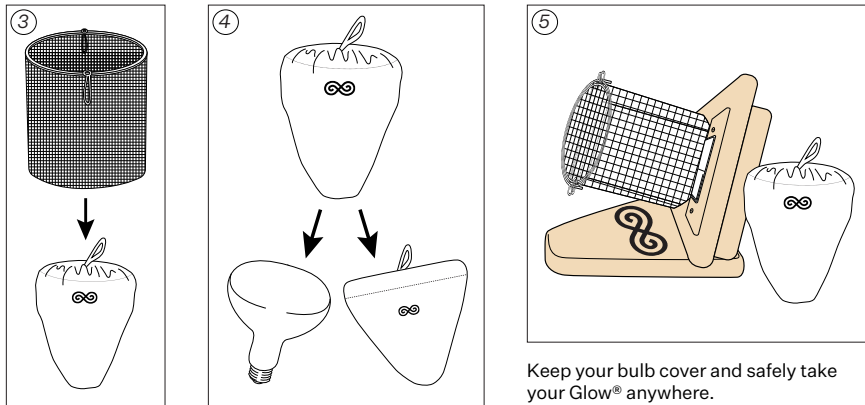
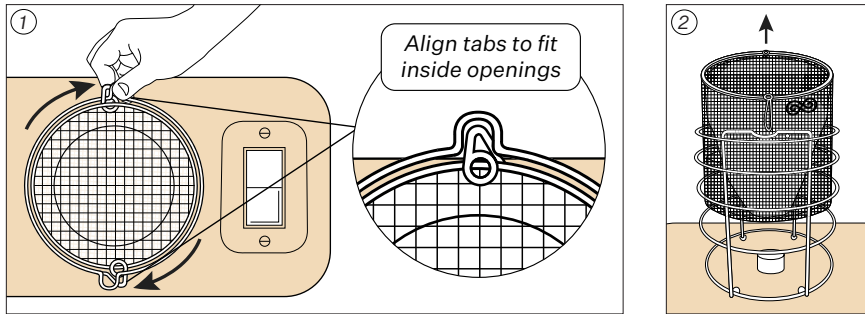
Width: 12.5 in (31.75 cm)
Height: 10.9 in (27.7 cm)
Depth: 1 in (2.6 cm)

Electrical Info

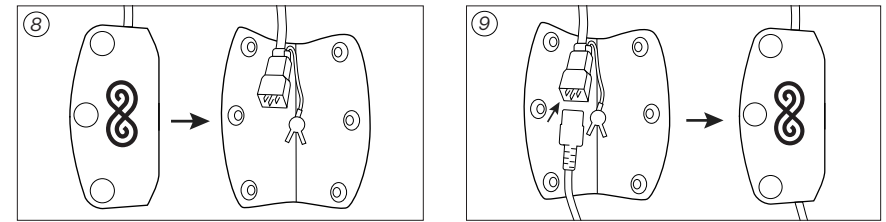
Wattage: 250 W
Voltage: 110-240 VAC
Amperage: 2.1 A
Frequency: 50-60 Hz
Shielded Removable Power Cord
Length: 10 ft (3 m)
Plug Type: US Plug Standard (Type B)
With Plug Adapter: United Kingdom
Plug Adapter (Type G), European
Plug Adapter (Type F), Swiss Plug
Adapter (Type J), Australia/New
Zealand Plug Adapter (Type I), India
Plug Adapter (Type D) or Brazil Plug
Adapter (Type N)
All electrical components UL-listed.
This product is CE-certified.

SETUP

Bulb installation



Cord management

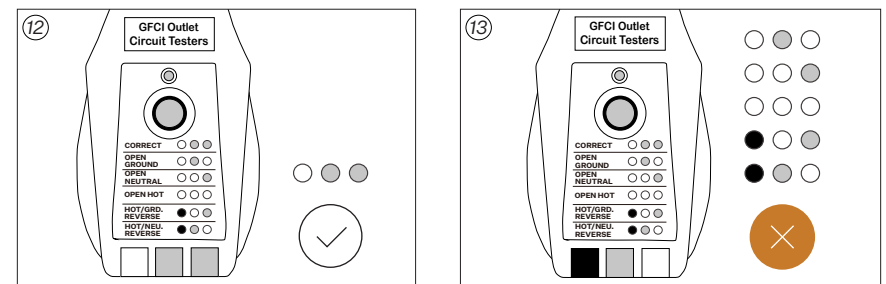
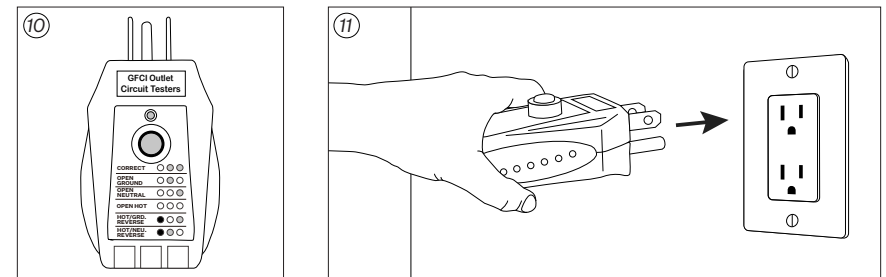


Note: For cord attachment to Glow® Desk Arm or other VESA-compatible arm, refer to desk arm setup instructions (not included in this manual).

Test outlet

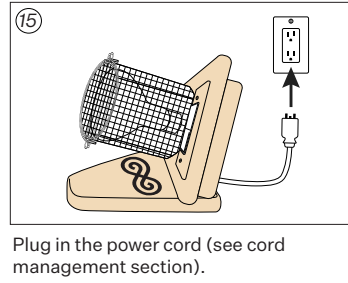
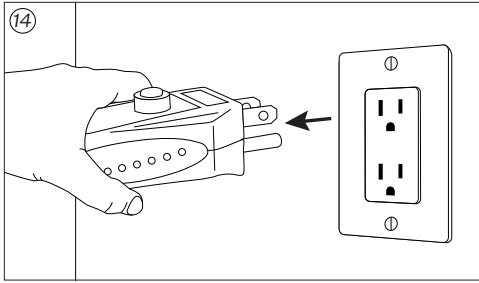
Note: Please read all instructions included with Outlet Tester before use.

Test outlet to ensure it is grounded to ensure the product emits zero EMFs. If the outlet is not grounded, Glow® can still be used, but will emit EMFs.



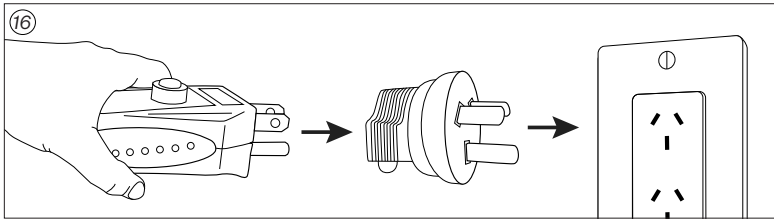
Outlet safe to use.

Possible electrical hazard! Call your electrician.

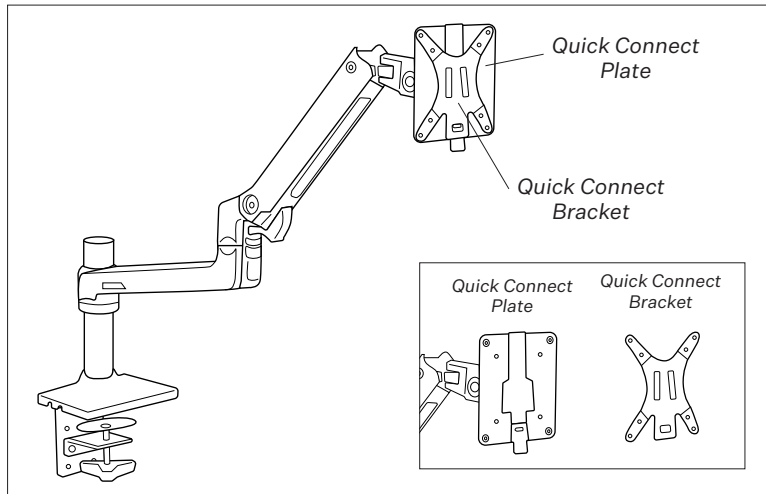


Plug in the power cord (see cord management section).

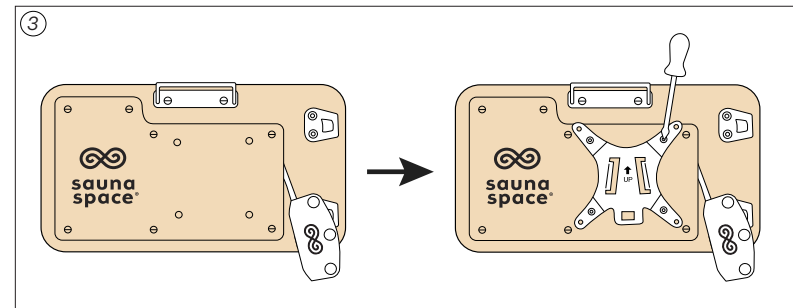
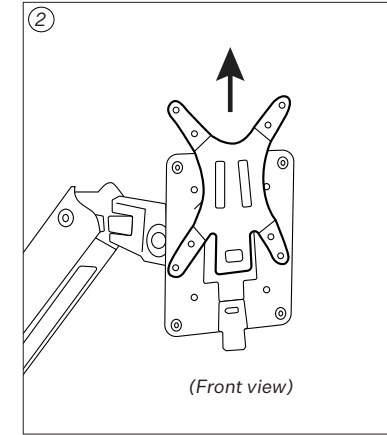
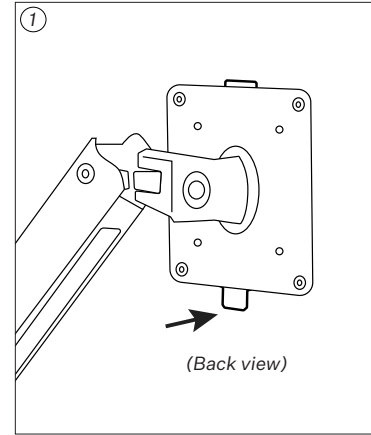
240 V model includes an international plug adapter. Insert outlet tester into plug adapter's female port and plug adapter's male end into wall outlet.



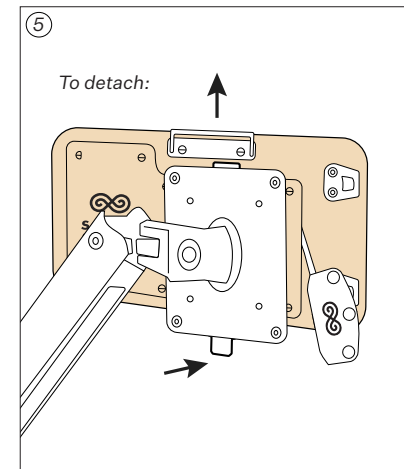
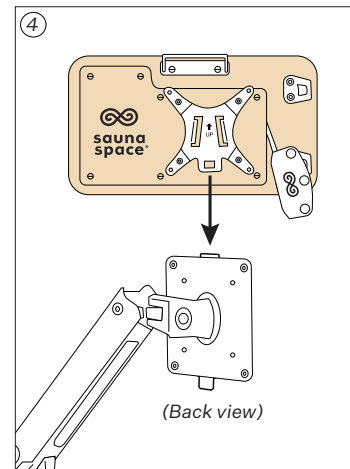
Glow® Desk Arm (optional)



Note: Attach arm to mounting surface following its separate setup instructions before attaching Glow®.



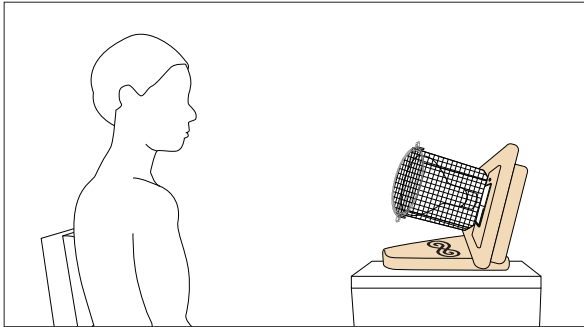
Tool required: Phillips #2 Screwdriver



OPERATIONS

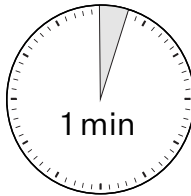
Duration

Head/Neck:

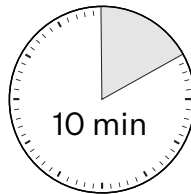


When pointing at head (ears, sinuses, etc.), use no more than 10 minutes per session, and maximum 5 minutes for children per session.

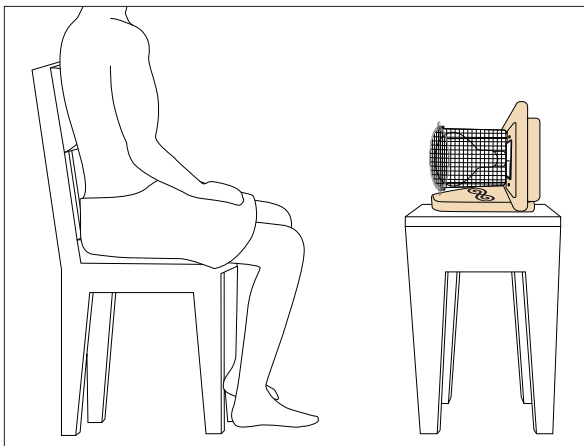
Minimum time for sessions is 1 min



10 min max when pointing at head

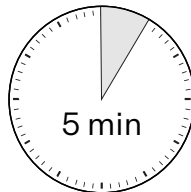


Rest of Body:

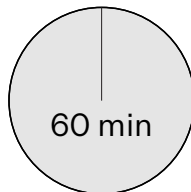


For rest of body, use 5 - 60 minutes per session.

Minimum time for sessions is 5 min



Sessions should not exceed 60 min



Frequency

Up to 10 times per day, with an hour break in between sessions.

Supervision

The presence of an attendant or friend close by is recommended if you have any type of health condition.

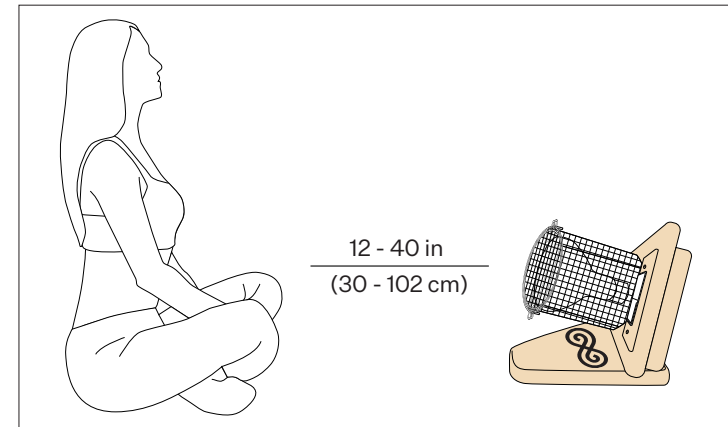
Targeted therapy

Purpose

Point Glow® directly at specific areas of the body to receive targeted, soothing heat and light therapy to get relief from: arthritis, sinus infections, joint and muscle pain, and skin rejuvenation.

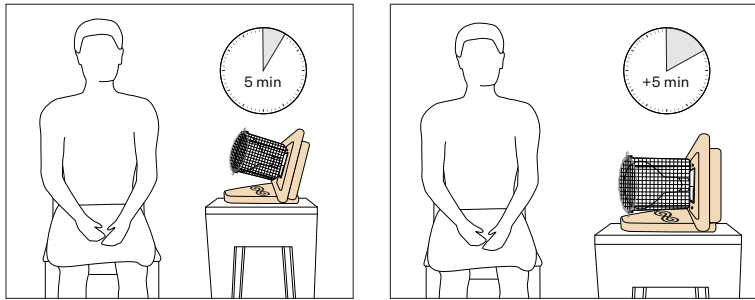
Clearance

Sit with desired area of body 12 - 40 in (30 - 102 cm) from bulb guard.

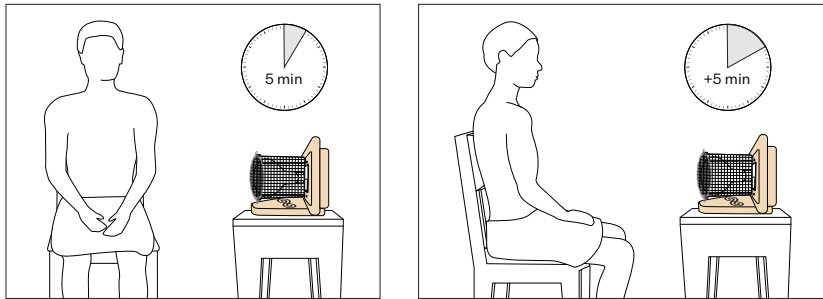


Movement

Move Glow® around the area during treatment.

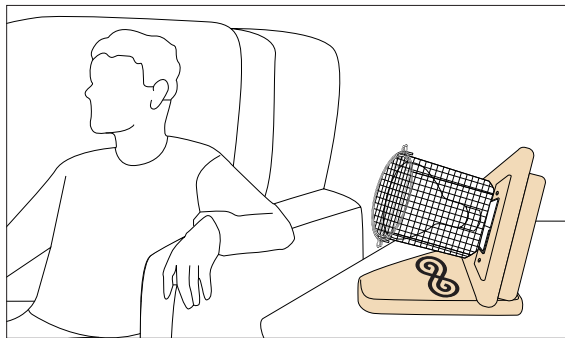


If Glow® is fixed, move body slightly.

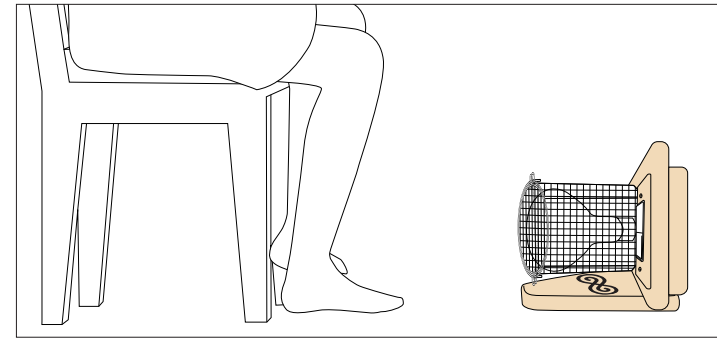


Allow the area to become as hot as one can comfortably tolerate.

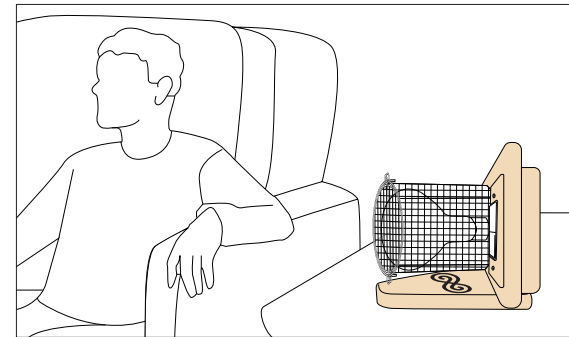
Suggested targeted therapy uses



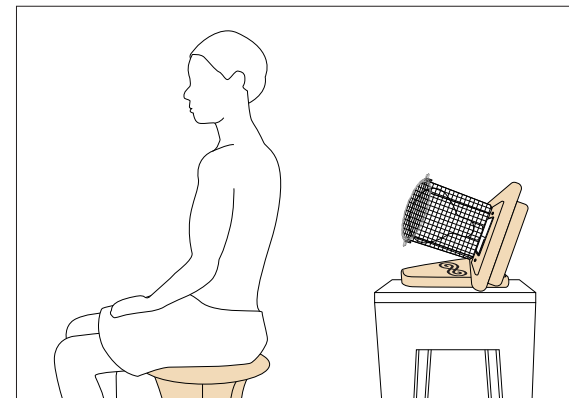
Glow® tilted positioning - Do not point directly at head and neck for longer than 10 minutes



Glow® straight positioning



Direct Glow® to hands and other joints to sooth arthritis or other joint aches and pains



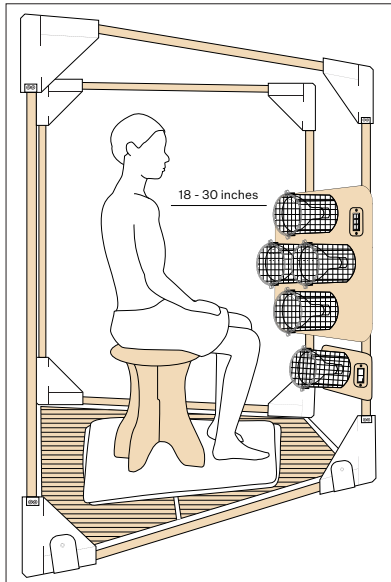
Direct Glow® towards back and shoulders to help ease back strains

Turn off

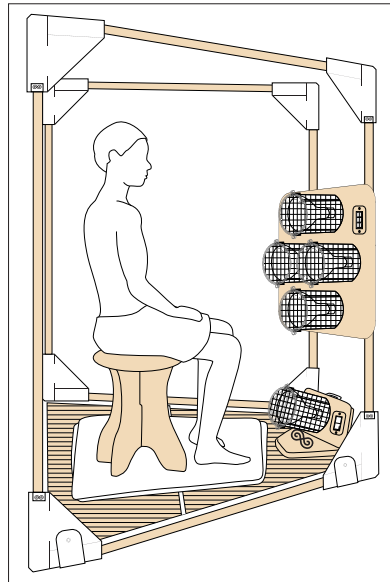
Remember to turn off Glow® after use.

Glow® in sauna

Amp up the intensity of your sauna sessions or give special attention to cold feet with a Glow® in your FireLight® Sauna.



Glow® attached under Hearth®



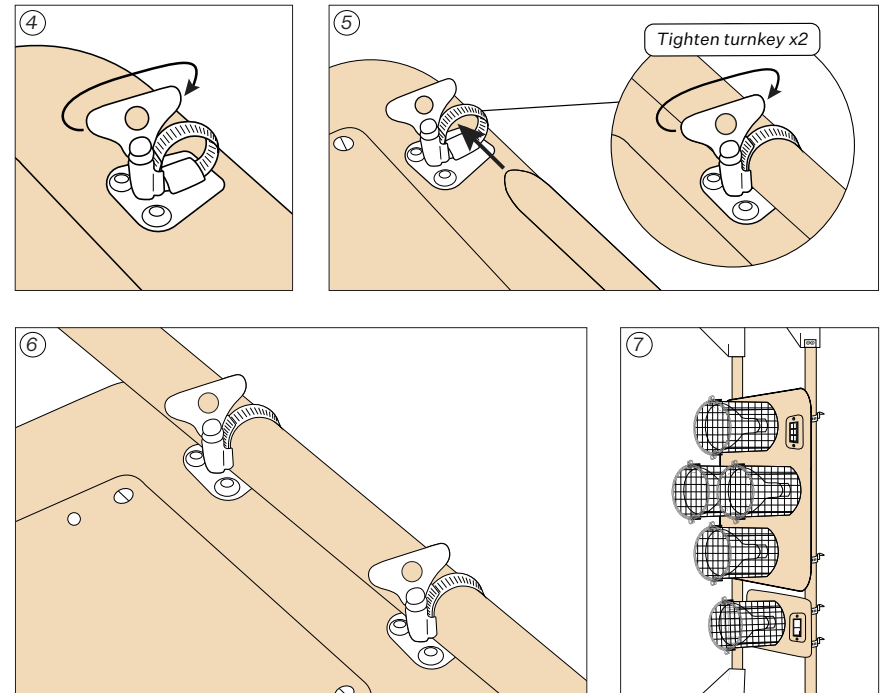
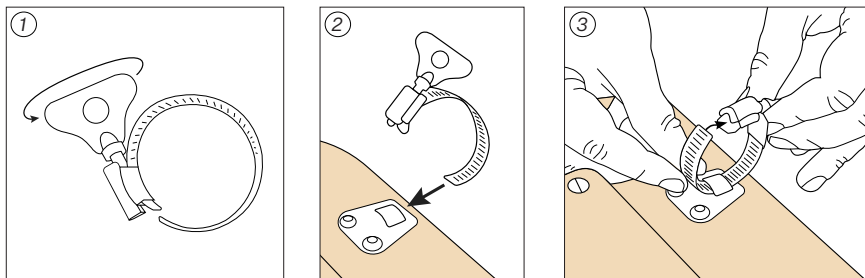
Glow® on base on mat

Operation

Refer to FireLight® Sauna Manual for sauna usage guidance.

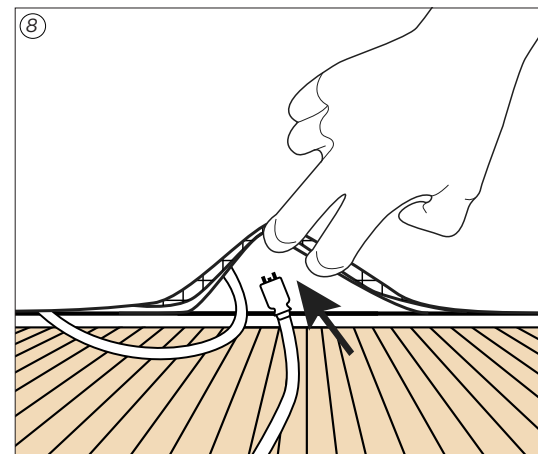
Installation on sauna frame

Clamp to one of the vertical frame poles under existing Hearth®, using provided clamps threaded into receiving brackets on rear Glow®.



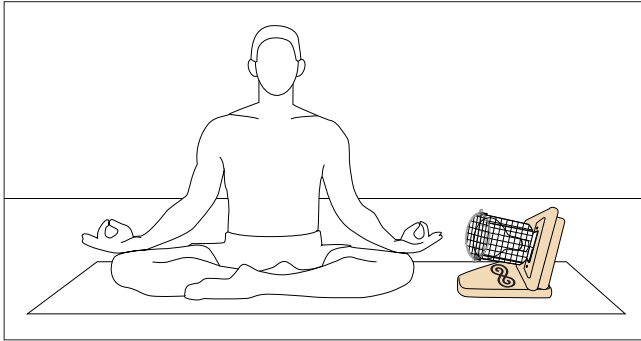
Cord management

Run Glow® power cord through same sauna cover cord opening along with Hearth® power cord and plug into a separate outlet.



Morning firelight wake up

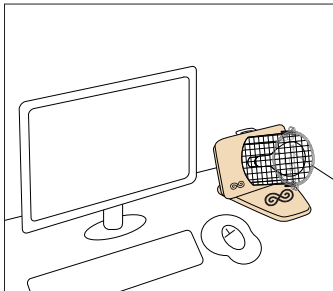
Use Glow® as part of your morning routine to help get energized for your day by using a light that evokes the rising sun, especially during winter months or cloudy days.



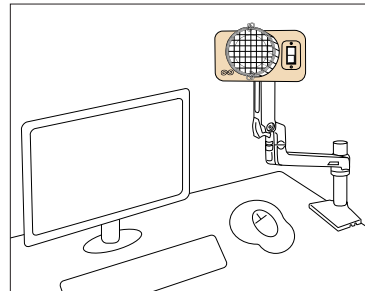
Use Glow® in your morning routine

Beat screen fatigue

Ease the exhaustion of long days at the computer by counteracting the flickering blue light of your screens. Our Glow® Desk Arm saves precious desk space and helps you find the perfect angle.



Use Glow® in your office

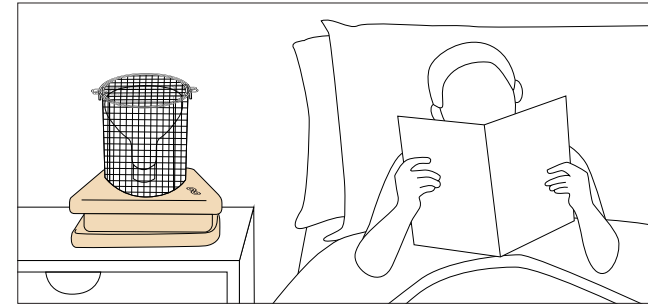


Do not point directly at head and neck for longer than 10 minutes

Warning: Never place any objects, other than the body, in front of Glow®

A better night light

Glow® evokes the warm tones of sunset, helping you escape the strain of harsh indoor lighting.



Use Glow® by your bedside while awake

General precautions

- Never use lying down without supervision; always use while seated and awake.
- Close the eyes when directing the bulb at the eyes, nose or sinuses.
- Do not use on an injury for the first 24 hours following the injury.
- Do not touch bulb guard nor bulb during operation.
- Wait 5 minutes after turning off before touching bulb guard and/or bulb.
- Always place Glow® on included base when setting it on a horizontal surface.
- Never place any objects, other than the body, in front of Glow®.
- Keeping bulb on one spot for more than a few minutes causes a slight reddening of the skin that will go away and is not harmful.
- Do not keep it on one spot if you feel a burning sensation.
- Always turn off immediately after use.

MAINTENANCE

Glow®

Unfinished wood must be protected from sources of water and conditions of high humidity.

Bulbs

Replacement FireLight® Bulbs may be purchased from SaunaSpace® on our website sauna.space.

120 V bulbs are for use in the US, Canada, Japan, or Taiwan.

240 V bulbs are for use in the UK, Europe, Australia, the Middle East and Asia.

If you are unsure which bulb is for you, contact hello@sauna.space.

RETURNS & REFUNDS

100-day home trial

We're so confident in our products that we offer a 100 day home trial with 100% money-back guarantee (see our trial guidelines below) on almost everything we make, down to the bulbs:

- FireLight® Sauna
- Shower Sauna Conversion Kit
- Hearth® Infrared Sauna Panel
- Glow® Infrared Therapy Light
- Hearth® Pedestal
- Sauna Stool
- Sauna Enclosure Kit
- Glow® Desk Arm
- Glow® Soft Case
- Sauna Cover Set
- Silvershield™
- FireLight® Bulb

All other products, like Merchandise and Products We Love, have 30-day return periods.

Home trial guidelines

- **Keep your SaunaSpace® original packaging for your trial period!**
 - All items must be returned in SaunaSpace® packaging.
 - We will not accept returns shipped in non-SaunaSpace® packaging.
 - New packaging can be purchased if the original is discarded, and it will be your responsibility to pay for shipment charges to get the new packaging to your place of residence.
- Your 100 day home trial starts on your product delivery date, so your return request must be submitted no later than 100 days after delivery.

(Home trial guidelines continued on page 28.)

- Items returned to us in “like-new” condition will be fully refunded. “Like-new” means:
 - Items still in the condition in which the items were shipped to you: free of pet hair, dirt, stains, fragrance contamination, etc.
 - Fabric products have not been washed; washed items are not eligible to be returned.
 - No sweat damage: failure to use towels to prevent sweat from reaching the product or failure to remove towels after each session may lead to damage that may result in prorated reduction of refund amount.
 - Identified damages due to user abuse or improper packing may result in prorated reduction of refund amount.
- Refurbished items are not eligible for return.
- Claims for missing or damaged in transit must be received within five (5) business days of receipt of product.
- We are not responsible for damaged packages. But, if the shipping carrier damages your packages, we will handle the claim process for you and arrange for replacement items to be sent to you.
- We are also not responsible for lost packages. That’s why we ship Signature-Required by default. If you elect to have your shipment delivered without a signature requirement, it is your responsibility once the shipment is marked delivered by the carrier.
- We are not responsible for personal data or items left in returned merchandise.
- We are not responsible for any consequential or incidental damage resulting from the sale or use of any product bought from us. We are responsible for the monetary value of the product only.
- You must complete your return drop-off within fourteen (14) days of receipt of your return ship labels. Otherwise your return request will be canceled.

Return shipping

Contiguous US and Canada

Orders over \$200 qualify for free return shipping.

Alaska, Hawaii, US Territories, and all other International Destinations

Orders do not qualify for free return shipping. The shipping fee to return your order will be deducted from your refund.

How to return

If you are not satisfied with your order during your 100 day home trial, follow these simple steps within the return period:

1. Email us at hello@sauna.space with your order number and the item(s) you are returning
2. Within two (2) business days, we will send you prepaid FedEx return shipping label(s) and instructions for repackaging your items.
3. You pack your items into their Original Packaging, according to the instructions given, label the packages using the provided shipping label(s) and drop the packages off at your local FedEx office.
4. If you have discarded the original packaging for the product(s), you will need to purchase replacement packaging and pay for the cost of shipping to your place of residence.
5. Once we receive your return shipment, we start our Refund Processing, see below.

Refund processing

- We will inspect your items within 1-5 business days of receiving your product, and will process your refund, minus any applicable deductions, in 1-5 business days after inspection.
- Items returned to us in “like-new” condition will be fully refunded. “Like-new” means:
 - Items still in the condition in which the items were shipped to you: free of pet hair, dirt, stains, fragrance contamination, etc.
 - Fabric products have not been washed; washed items are not eligible to be returned.
 - No sweat damage: failure to use towels to prevent sweat from reaching the product or failure to remove towels after each session may lead to damage that may result in prorated reduction of refund amount.
- Identified damages due to user abuse or improper packing may result in prorated reduction of refund amount.

- Refunds on returned products will only be issued to the original payment method.
- Any international sales taxes, customs duties and related handling fees will not be refunded. SaunaSpace automatically collects international sales taxes (e.g. HST/GST, VAT), customs duty, and related handling fees on your behalf during checkout for orders shipping internationally.
- For returns from Alaska, Hawaii, US Territories and all international destinations (excluding Canada), the shipping fee to return your order will be deducted from your refund.

Note: All information provided in this manual may be subject to change. For full details about our 100 day home trial and return shipping, visit our website Returns & Refunds page: sauna.space/policies/refund-policy

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. 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

- 10 years**
- FireLight® Infrared Sauna
 - Hearth® Infrared Sauna Panel
 - Glow® Infrared Therapy Light
 - Sauna Stool
 - Hearth® Pedestal
 - Shower Sauna Conversion Kit
 - Glow® Soft Case
 - Glow® Desk Arm
 - Sauna Enclosure Kit
 - Sauna Cover Set

5 years Silvershield™

2 years* FireLight® Bulb (120 V and 240 V)

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

In-warranty repairs

Our handmade products are built with strict quality controls and should last many years if cared for properly. But we also make it easy to get repairs when you need to exercise your warranty.

1. Contact hello@sauna.space to tell us about your needs.
2. Ship your repair item to us using SaunaSpace original packaging and FedEx label provided.
 - a. All items must be returned in SaunaSpace packaging.
 - b. For repair shipments from contiguous United States and/or Canada:
 - i. Free return-repair shipment.
 - ii. Free original SaunaSpace packaging will be sent to you if you don't still have it.
 - iii. We will provide you with a FedEx shipping label for your repair shipment.
 - c. For repair shipments from Alaska, Hawaii, US Territories or all other international locations (except Canada):
 - i. At cost return-repair shipment. You must pre-pay for your return-repair shipping fee.
 - ii. If you don't have your original SaunaSpace packaging, you must also pre-pay for the shipping fee to ship the original packaging to you to use for your return-repair shipment. We provide the original packaging itself at no additional cost.
 - iii. After you pay your return-repair shipping fee(s), we will provide you with a FedEx shipping label for your return-repair shipment.
3. We will repair or replace the necessary parts within 5–10 business days of receiving your shipment.
4. We will ship your repaired item to you at no additional cost and will email you a tracking number once we have shipped your items.

Please note that in certain cases we may ship replacement parts to you instead of performing repairs in our shop.

Out-of-warranty repairs

Even after the warranty expires, we want to help you get the most out of your products. Non-warranty repairs are simple:

1. Contact hello@sauna.space to tell us about your needs.
2. Customer is responsible for shipping costs both ways.
3. All items must be returned in SaunaSpace packaging.
4. We will provide you with a quote that includes shipping fees both ways (and another shipping fee to provide original SaunaSpace packaging, if required) and estimated repair cost.
5. After you pre-pay your repair quote, we will provide you with a FedEx shipping label for your return-repair shipment.
6. Ship your repair item to us using SaunaSpace original packaging and FedEx label provided.
7. We will repair or replace the necessary parts within 5–10 business days of receiving your shipment.
8. We will ship your repaired item to you and will email you a tracking number once we have shipped your items.

If we ship you replacement parts instead of performing repairs in our shop, the customer is responsible for the cost of parts and shipping.



We're here to help



sauna.space



hello@sauna.space



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9 a.m.–5 p.m. Central Standard Time
Monday–Friday, excluding holidays



Manufacturing: 1330 East Prathersville Rd
Columbia, Missouri 65202 USA



Retail Store: 905 Clinkscapes Rd Columbia,
Missouri 65203 USA