



**sauna
space®**

Glow Use Guide



Table of contents

About SaunaSpace FireLight®	3
Safety Precautions	7
Disclaimer	11
Parts List	12
Specifications	14
Setup	15
Use & Safety Guide	23
Maintenance	31
Warranty	32

About SaunaSpace FireLight®

Welcome to the Glow Infrared Therapy Light

You now own a SaunaSpace Glow Infrared Therapy Light, a powerful and versatile way to bring FireLight® technology into everyday life. Glow delivers the same sun-centric spectrum used in our saunas, distilled into a single incandescent bulb that supports the body through light, warmth, and rhythm.

For thousands of years, humans have relied on sunlight to regulate energy, mood, sleep, and healing. Morning light to wake the body. Warm light to restore balance. Evening light to signal rest. Glow carries that ancient relationship forward using modern engineering, allowing you to work with therapeutic light anywhere you need it.

This is infrared therapy made personal, portable, and profoundly usable.

A light built around biology

Most modern lighting ignores the body entirely. Glow does the opposite.

At the heart of the Glow is the FireLight® Spectrum, a proprietary incandescent light technology developed by SaunaSpace over more than ten years of research and development. This bulb was engineered to deliver a precise, sun-centric spectrum that peaks in visible red light and near-infrared wavelengths.

The result is light that feels warm, calming, and deeply familiar. Whether used nearby for targeted warmth or at a distance to bathe a room in gentle illumination, Glow supports the body without overstimulation.

Why FireLight® works in Glow

Light is biological information. Even at low intensity, the body reads it instantly.

Optimal light therapy

Glow peaks in **visible red light**, the most biologically active portion of the spectrum for photobiomodulation. Red light interacts directly with tissue, supporting cellular signaling, skin health, collagen production, and overall resilience.

Unlike LED lighting, which emits narrow, flickering bands of artificial light, FireLight® produces a continuous, warm spectrum the nervous system finds grounding rather than taxing. Many people use Glow at their desk to counteract blue light exposure, visual fatigue, and screen-induced stress.

Gentle, targeted heat

Glow also peaks in **near-infrared wavelengths**, delivering warmth directly into tissue. Used close to the body, it provides deep, comforting heat exactly where you need it, making it ideal for cramps, sore muscles, joint discomfort, and localized pain.

Unlike heating pads or hot water bottles, which warm superficially and rely on plastic or water-filled enclosures, Glow delivers heat through light. The warmth feels clean, penetrating, and naturally soothing, reaching deeper into the body without bulk, pressure, or mess. You warm precisely where it matters, in a way that feels intuitive and effortless.

Deep, direct infrared support

Visible red and near-infrared light are absorbed by mitochondria, the energy centers of your cells. Through photobiomodulation, this interaction supports cellular energy production, recovery, and mood.

Glow is especially loved for boosting energy and focus during the day, supporting circadian rhythms in the morning, and creating calm, sleep-friendly lighting after dark. Many users find that once Glow is on, other lights feel harsh by comparison.

You are not just turning on a lamp. You are supporting how your body regulates, repairs, and resets.

A light you'll use constantly

Glow is designed to move with you. On your desk. Beside your bed. In the kitchen. Wherever your body needs support.

Use it close for warmth and relief. Use it at a distance for ambient light that feels natural and grounding. Use it as your first light in the morning, or the only light you want after sunset.

The pages that follow will show you how to use Glow intuitively and safely. This is not about intensity. It is about alignment.

You are not just adding light to a room. You are bringing FireLight® into daily life.



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

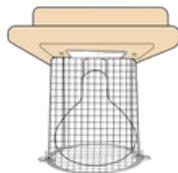
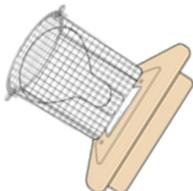
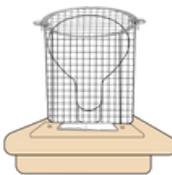
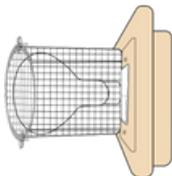
Safety Precautions

General use precautions

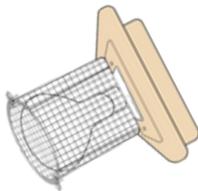
- Keep this user manual for future reference.
- Turn on Glow only immediately prior to use.
- Turn off Glow immediately after use.
- Glow must be 12 - 40 in (30 - 102 cm) away from the targeting area of body.
- Remove bulb before assembling, disassembling or cleaning Glow.
- Keep water, liquid, or metal from directly touching bulbs to avoid a rupture that could cause injury, fire, or property damage.
- Glow is built to withstand dry air temperatures up to 175 °F (79.4 °C). Do not use for long periods in environments over this temperature.
- Do not store or use Glow in a wet or humid environment, including outdoors.
- 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 use guide under Use & Safety Guide. 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 bulb pointed in a horizontal or upward direction.
Never orient the bulb 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.
- Keep power cords out of walk way to avoid stepping on or damaging them.
- Always plug Glow 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 to the Glow cord 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.
- If any parts of the Glow appear damaged, immediately turn off the panel, unplug it from the power source, and contact SaunaSpace® customer service for repair and/or replacement.

Power supply requirements

Glow is intended 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.

Healing precautions

- Consult your health care provider before use.
- 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.

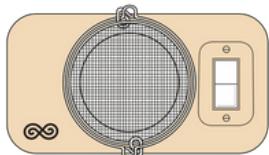
SaunaSpace LLC (hereafter "SaunaSpace") Products (hereafter "Products") are not registered with the United States Food and Drug Administration (FDA) as a Medical Devices. Consult your licensed health care provider to see if the SaunaSpace's Products are right for you. SaunaSpace and/or its partners, 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

x1



Glow

x1



Glow Base

x1



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

x1



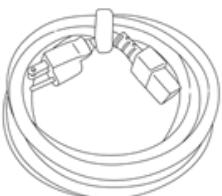
Bulb Cover

x1



Power cord grounding sleeve

x1



Shielded power cord
10 ft (3 m)

x2



Turnkey mounting clamp

x1



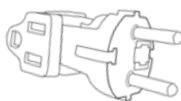
GFCI outlet tester
120 V or 240 V

x1

UK (Type G)



EURO (Type F)

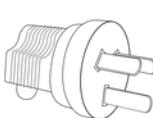


Plug adapter (included with 240 V model)

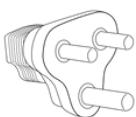
SWISS (Type J)



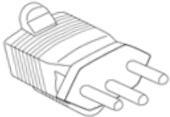
AU/NZ (Type I)



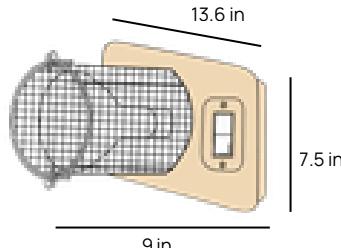
INDIA (Type D)



BRAZIL (Type N)

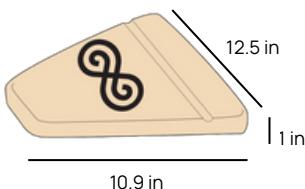


Specifications



Glow

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



Base dimensions

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

Electrical info

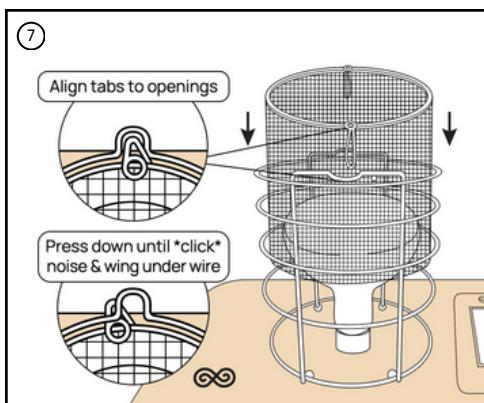
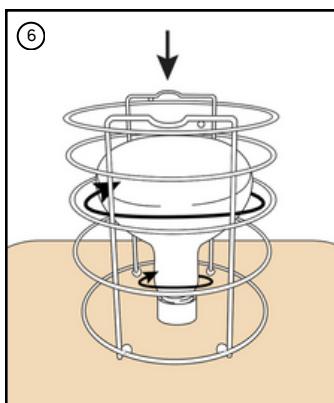
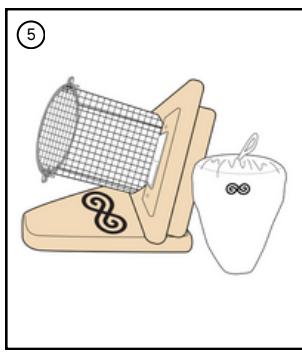
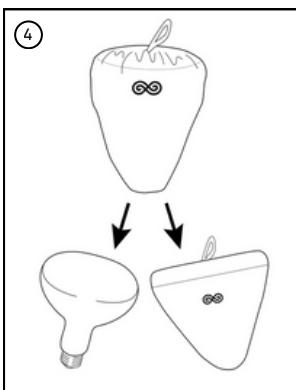
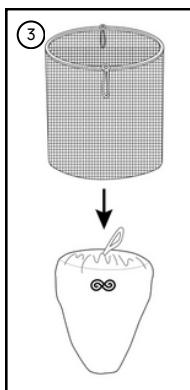
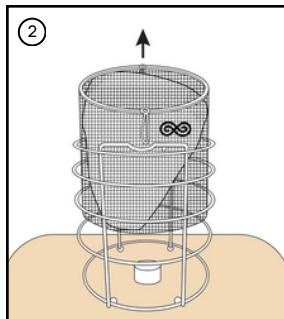
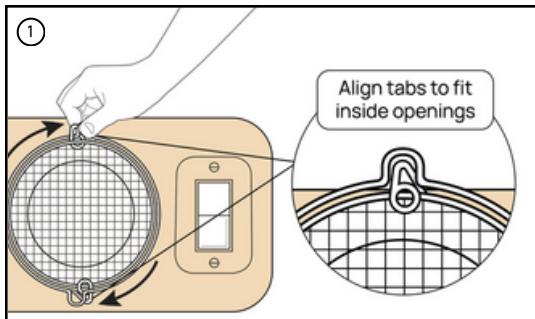
Wattage: 250 W
Input voltage and frequency:
120 V at 50–60 Hz, 240 V at 50–60 Hz
Amperage: 2.1 A @ 120 V, 1.1 A @ 240 V
Shielded removable power cord length:
10 ft (3 m)
Plug Type: US Plug Standard (Type B)
With Plug Adapter: United Kingdom Plug
Adapter (Type G), European Plug
Adapter (Type F), Swiss Plug Adapter
(Type J), Australia/New Zealand Plug
Adapter (Type I), India Plug Adapter
(Type D) or Brazil Plug Adapter (Type N)

Approvals

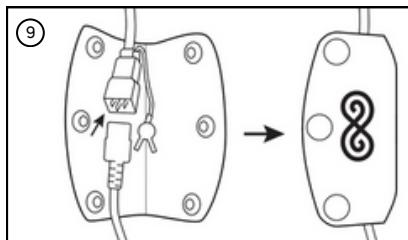
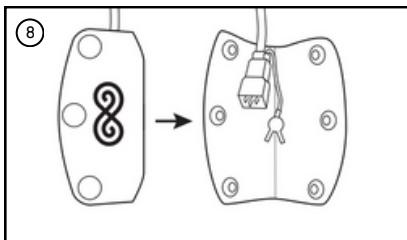
All electrical parts UL-listed
CE-certified

Setup

Bulb Installation



Cord management

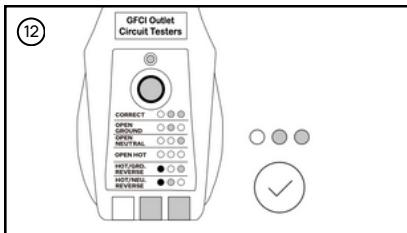
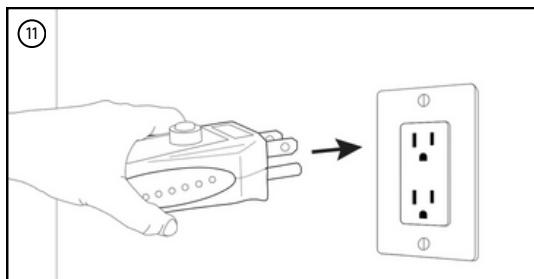
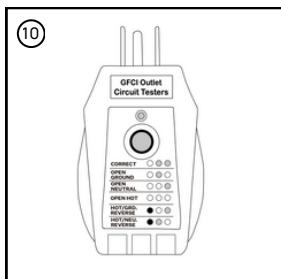


Note: For cord attachment to Glow Desk Arm or other VESA-compatible arm, refer to desk arm setup instructions (not included in this manual).

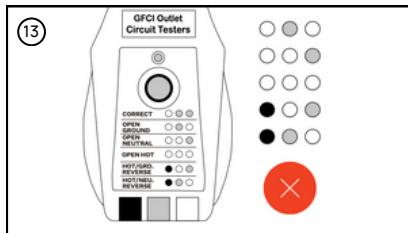
Test Outlet

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

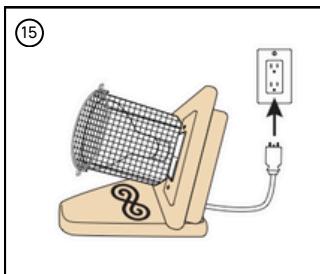
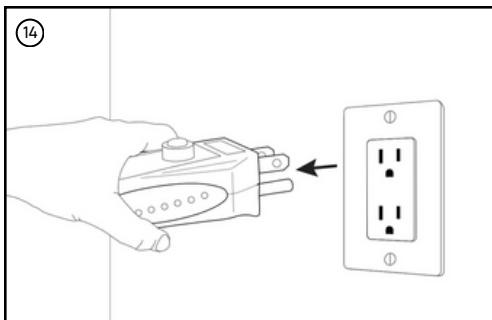
Test outlet to confirm it is correctly wired including being grounded. If outlet is not correctly wired, call an electrician to correct. If outlet is not grounded, Glow can still be used, but will emit EMFS.



Outlet safe to use.

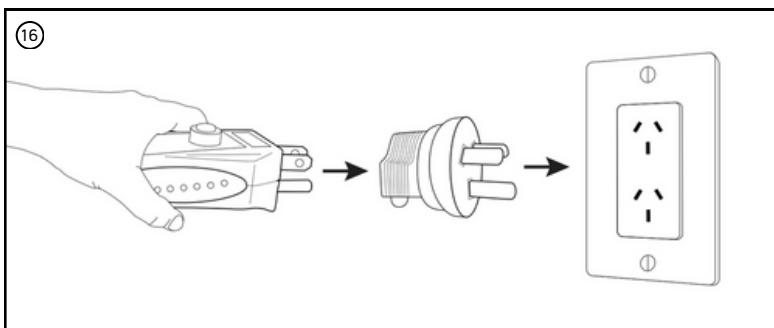


Possible electrical hazard! Call your electrician.



Plug in the power cord.

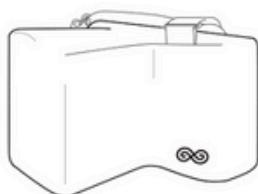
240 V model includes an international plug adapter. Insert outlet tester into plug adapter's female port and plug adapter's male end into the wall outlet.



Glow Soft Case (optional)

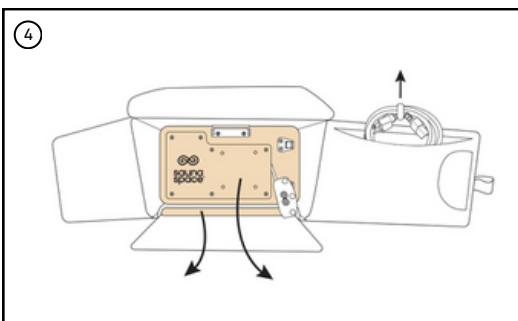
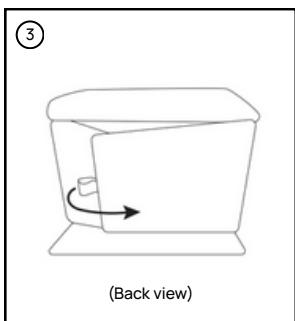
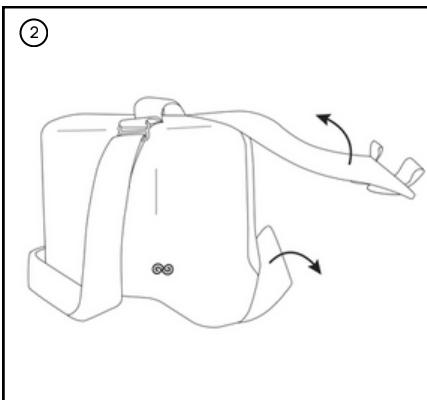
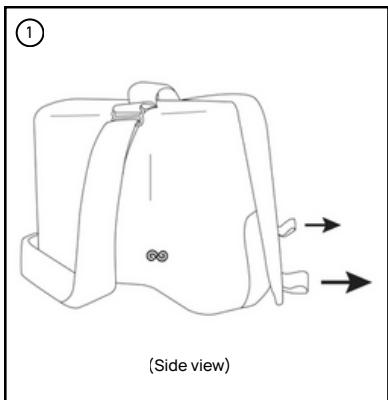
Keep your Glow protected on the road with Glow Soft Case.

x1

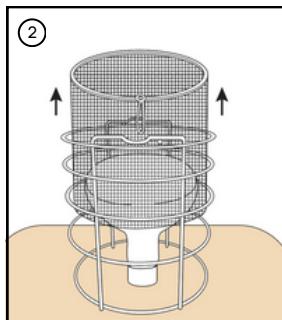
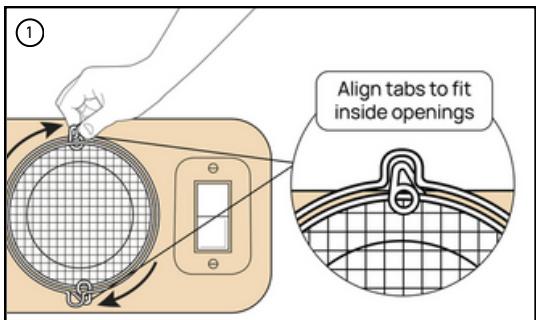


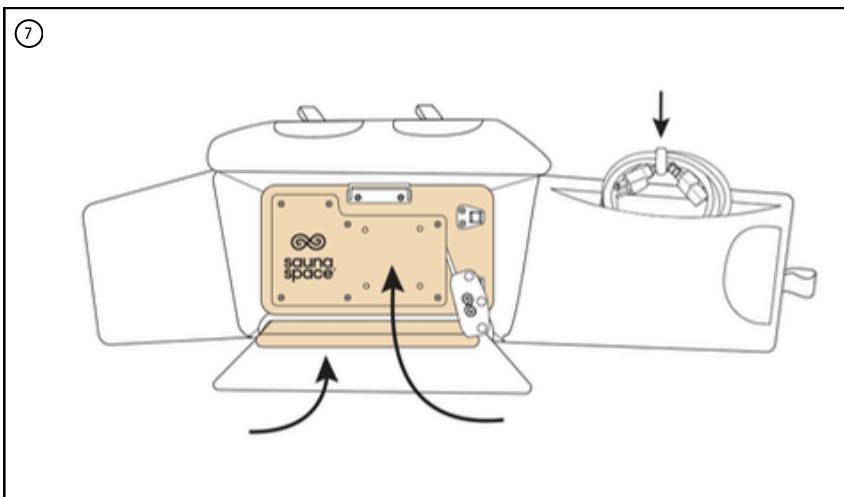
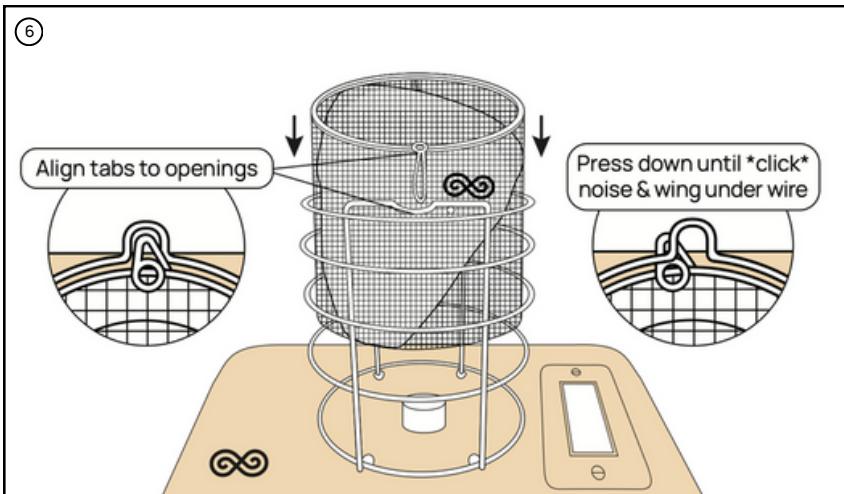
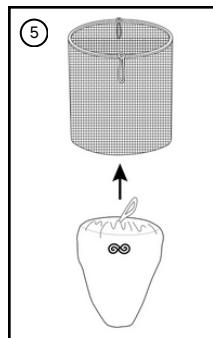
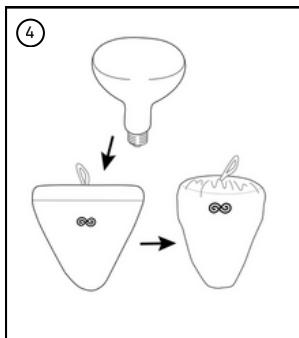
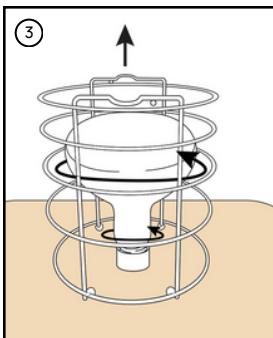
Glow Soft Case

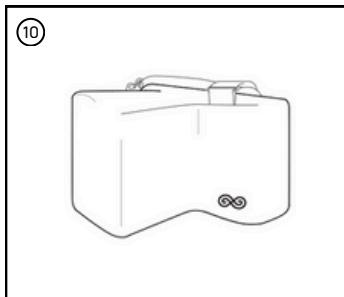
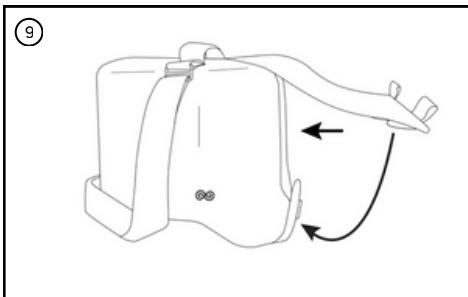
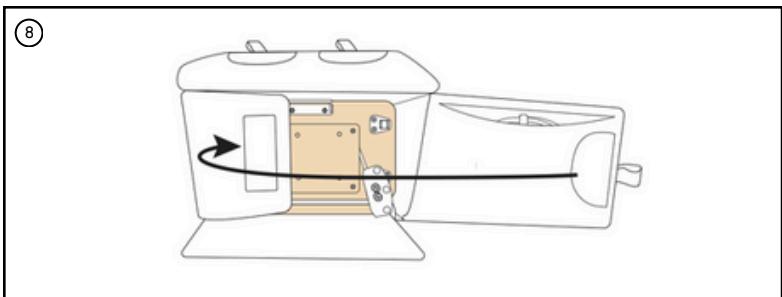
Unpacking



Packing



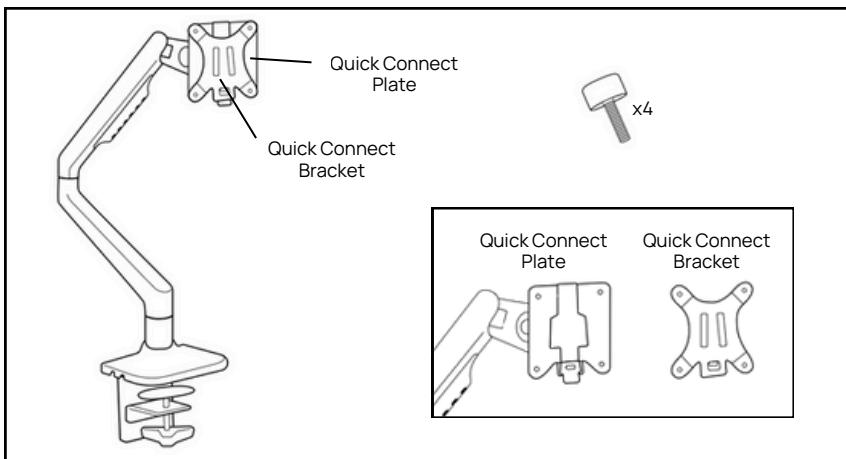


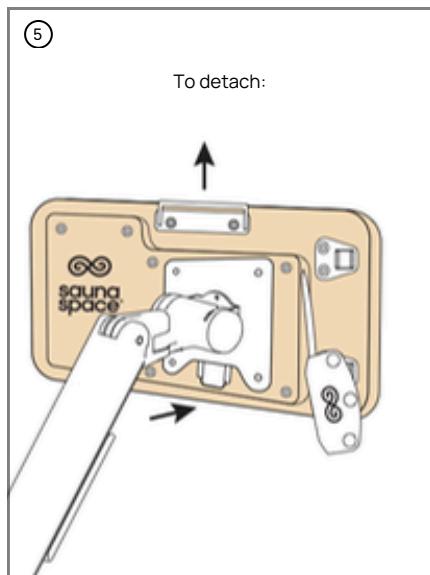
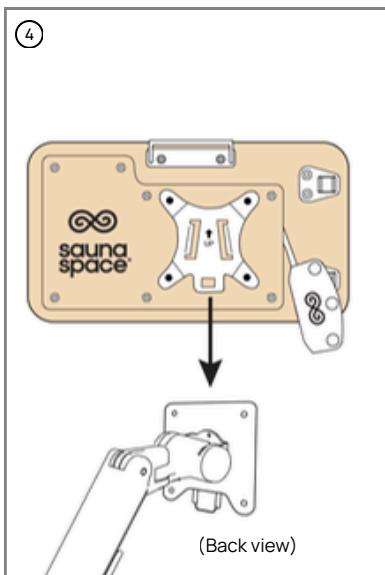
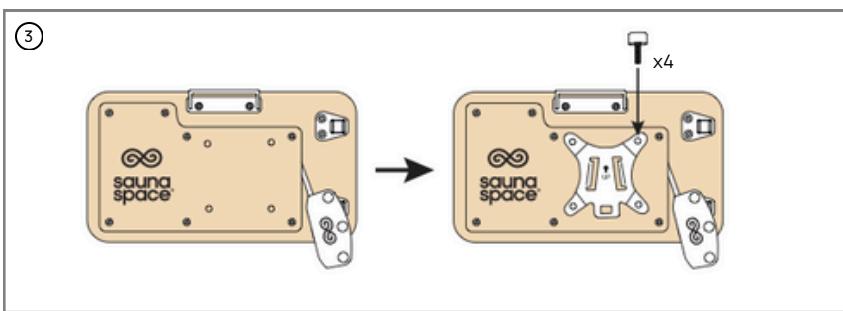
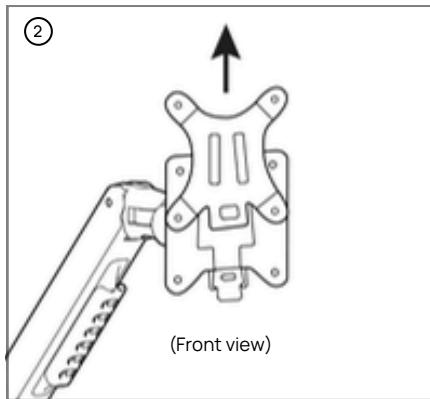
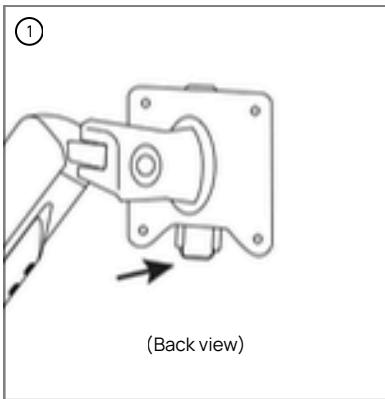


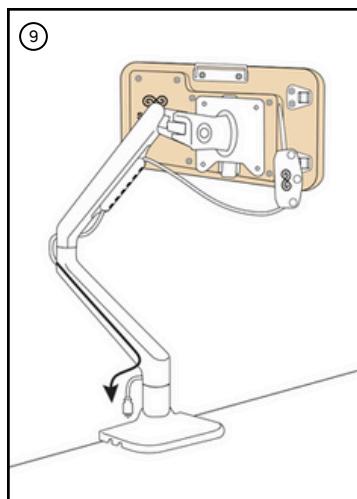
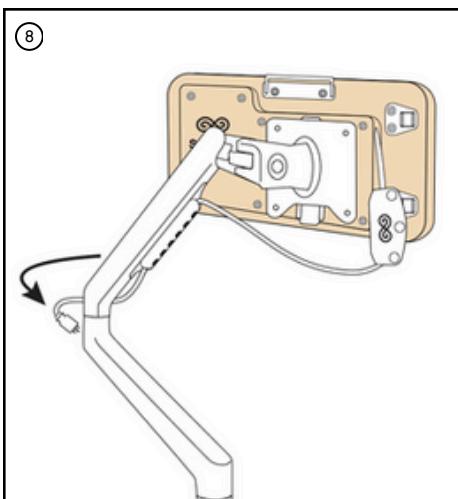
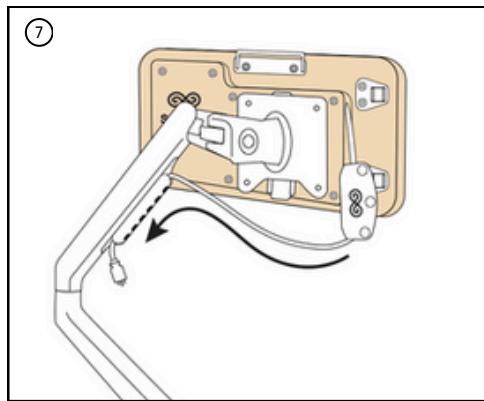
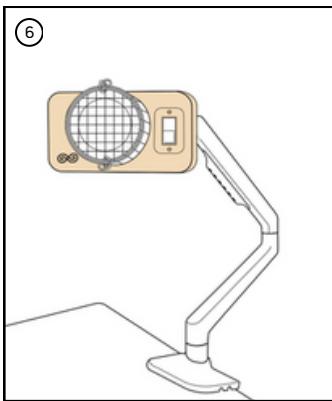
Glow Desk Arm (optional)

Glow Desk Arm offers the most convenient set up for beating the technology fatigue of toxic blue and flickering light in your work space.

Note: Refer to Desk Arm manual for detailed installation guidance.



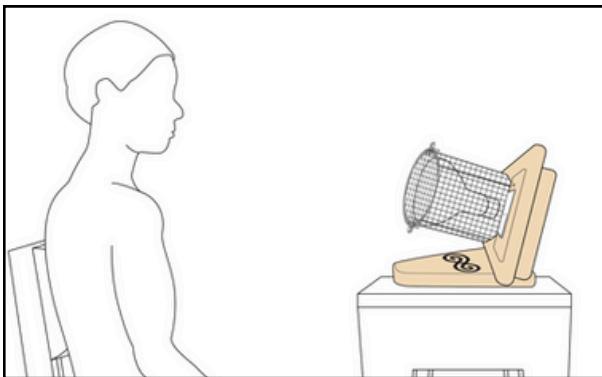




Use & Safety Guide

Duration

Head/Neck:



Minimum time for sessions is 1 min

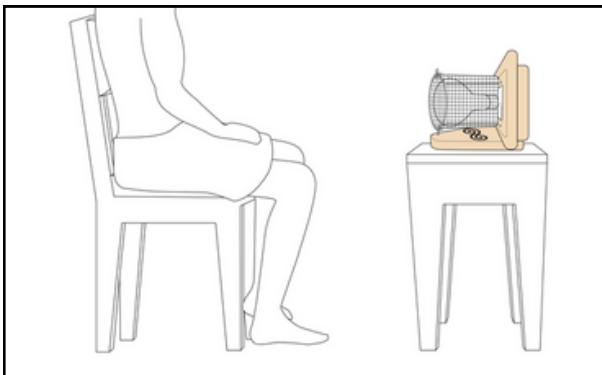


10 min max when pointing at head



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

Rest of body:



Minimum time for sessions is 5 min



Sessions should not exceed 60 min



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

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.

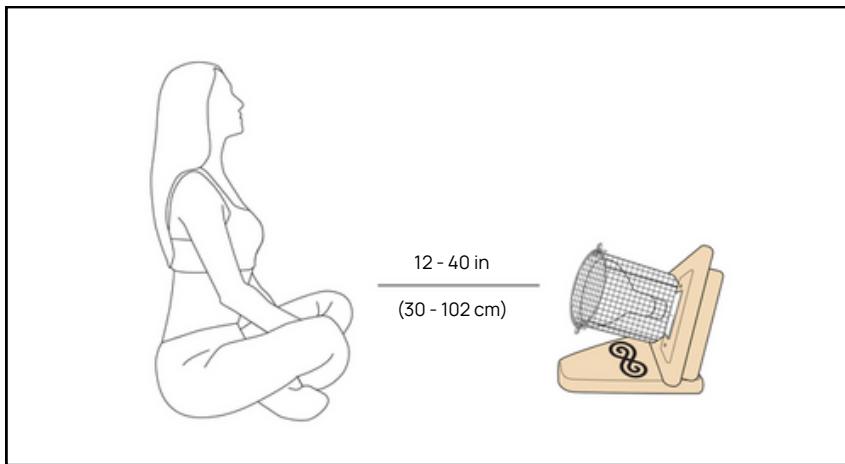
Targeted therapy

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.

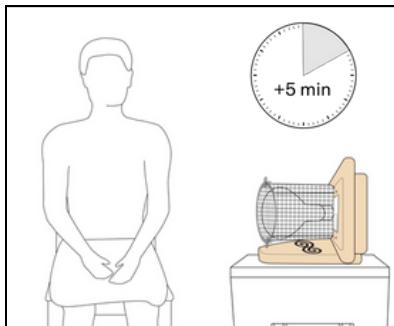
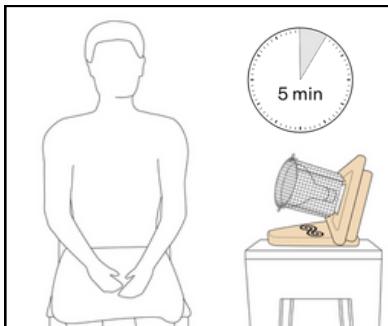
Clearance

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

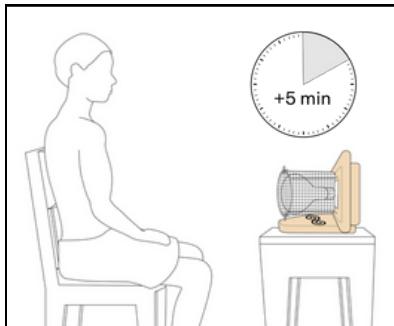
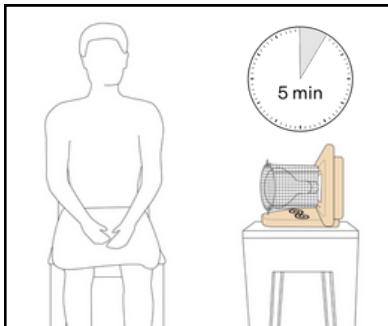


Movement

Move Glow around the area during treatment.

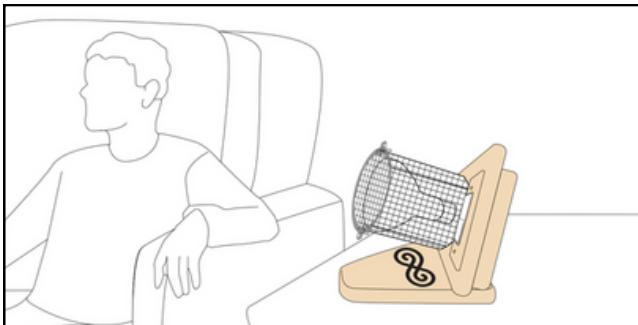


If Glow is fixed, move body slightly.

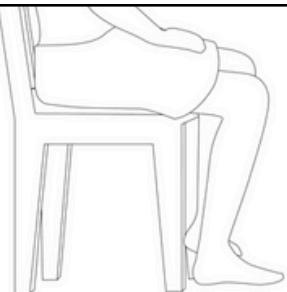


Allow the area to become as hot as one can comfortably tolerate.

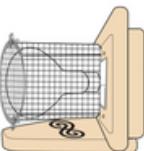
Suggested targeted therapy uses



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 joint aches and pains



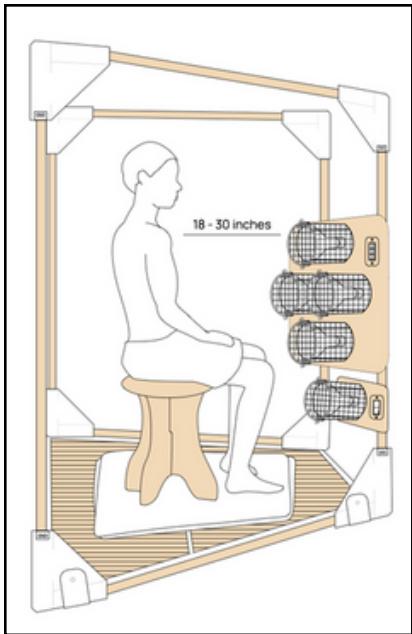
Direct Glow towards back and shoulders to help ease back strains

Turn off

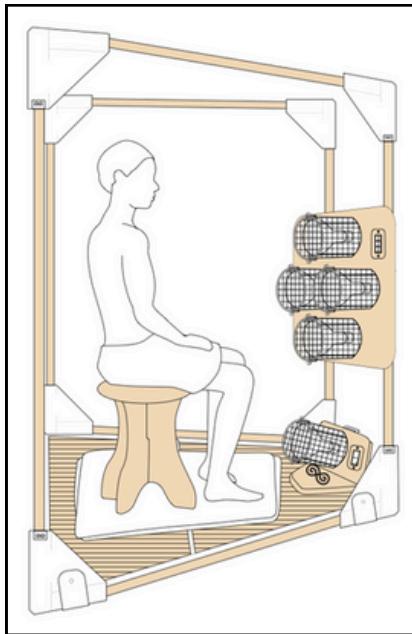
Remember to turn off Glow after use.

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®



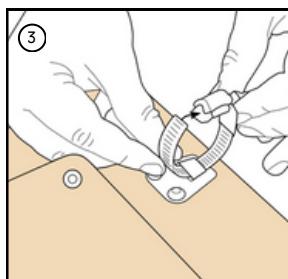
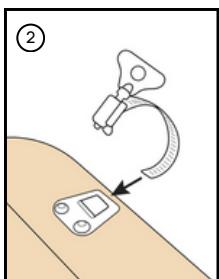
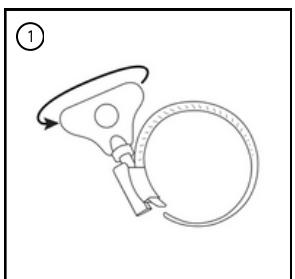
Glow on base on mat

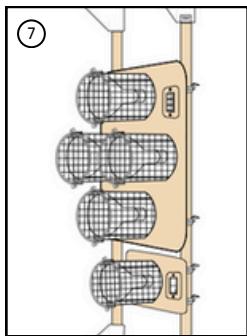
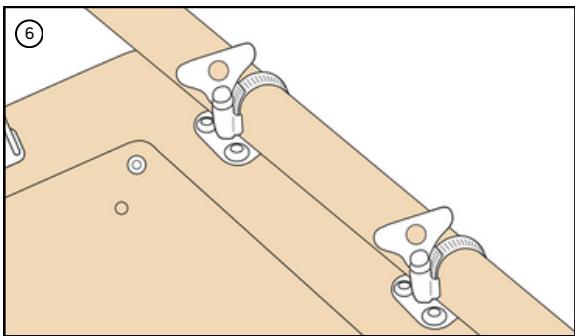
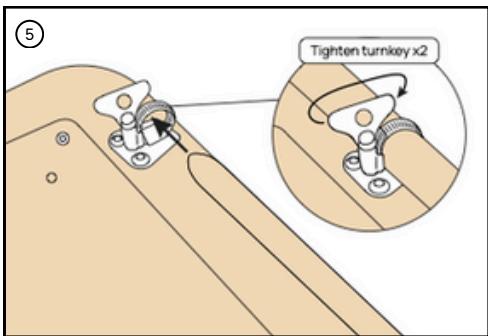
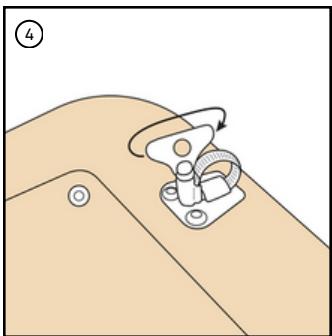
Operation

Refer to FireLight® Sauna Manual for sauna usage guidance.

Installation on sauna frame

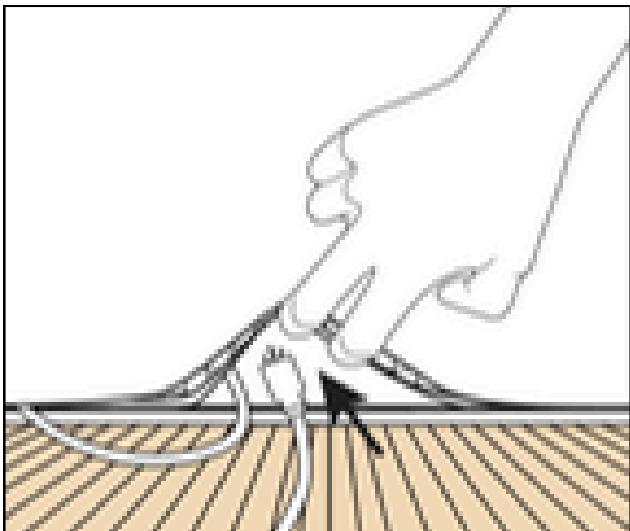
Clamp to one of the vertical frame poles under existing Hearth, using provided clamps threaded into receiving brackets on rear Glow.





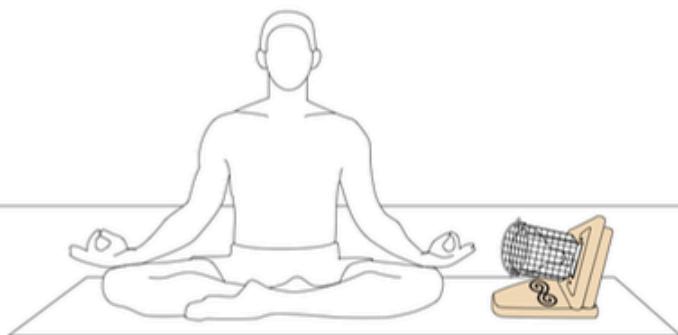
Cord management

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

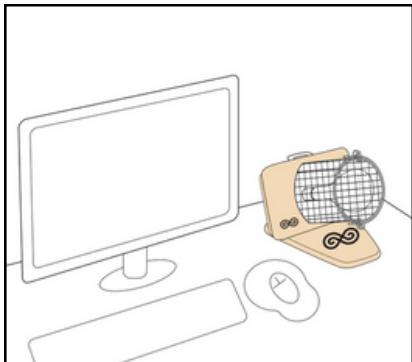
Use Glow as part of your morning routine to help get energized for your day by using a light that evokes the rising sun, especially during winter months or cloudy days.



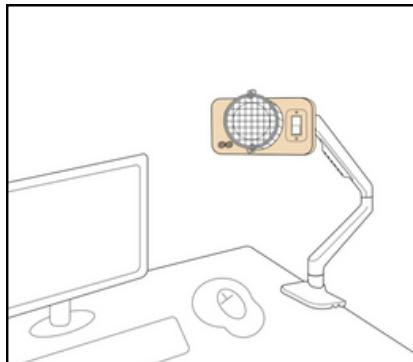
Use Glow in your morning routine

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

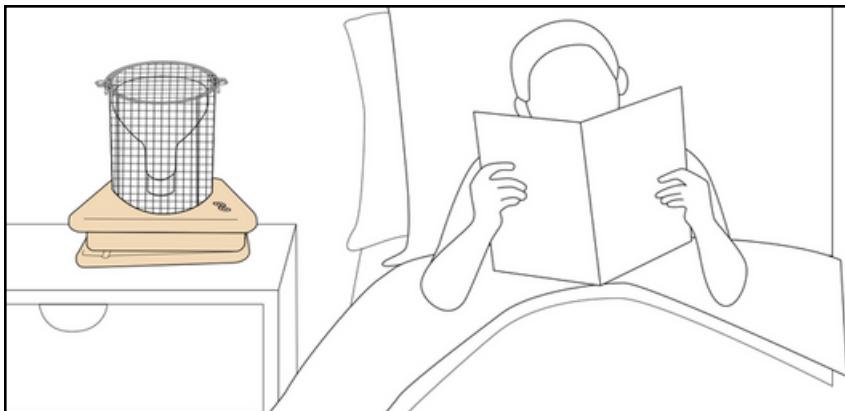


Do not point directly at head and neck for longer than 10 minutes

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.



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.

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

Period	Coverage
5 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 SilverLining® Upgrade
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.

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!



We're here to help

-  sauna.space
-  hello@sauna.space
-  +1-573-66SAUNA (+1-573-667-2862)
-  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 Clinkscales Rd Columbia, Missouri
65203 USA