
sauna
space®

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About 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.

How 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 use guide carefully before using your SaunaSpace® product, and keep it for the future.

GLOW USE GUIDE PDF

Scan here + bookmark the digital version

https://go.sauna.space/glow-use-guide

Safety Precautions

Read this use guide before using your product, and keep it for future reference.

Where to use Glow

- For indoor, dry-environment use only. Do not use or store outdoors or in a wet or humid environment.
- Built to withstand dry air temperatures up to 150°F (65.6°C). Do not use for extended periods above this temperature.

Setup & positioning

- Turn Glow on when you're ready to use it. Turn it off when you finish, leave the area, or go to sleep.
- Always place Glow on the included base when setting it on a horizontal surface.
- For spot therapy, aim Glow at the area you want to warm. Keep the bulb 12–40 in (30–102 cm) from that area. Follow the session lengths and daily limits for adults and children on page 18.
- For ambient lighting and screen fatigue at your desk or in the evening, angle Glow upward or away from you so the bulb does not shine directly on your face or body.
- Stay awake during use. If you're on your own, remain seated. Use Glow while lying down only when another adult is present and supervising you.
- Excessive infrared exposure may cause injury, including to the eyes. Do not stare directly at the bulb while it is on.
- Disconnect the power cord and remove the bulb before assembling, disassembling, or cleaning Glow.

Who can use Glow

- Do not use Glow on infants, on anyone who is asleep or unconscious, or on anyone unable to recognize and respond to excessive heat or avoid injury.
- Do not use Glow while under the influence of alcohol or illicit drugs.
- Do not apply heat to a recent sprain, strain, or bruising injury during the first 48–72 hours. Consult your health care provider before using Glow while recovering from an injury.
- Children must never operate Glow. Children may use it only with adult supervision and approval from their health care provider.

During use

- Do not touch the bulb or bulb guard during operation. Allow them to cool before handling.
- Do not stare directly into operating bulb.
- Never place any objects, other than the body, in front of Glow.
- Prolonged exposure to the bulb in one area may result in temporary skin reddening that will subside naturally and is not harmful.
- Keep water, other liquids, and metal objects from touching the bulbs. Contact may cause a bulb to rupture, resulting in injury, fire, or property damage.
- Mild, temporary redness can occur where the skin is warmed. Stop the session if you feel excessive heat, burning, dizziness, nausea, weakness, or any other discomfort.

Health precautions

- Consult your health care provider before use in all instances and especially if you are pregnant, have implants, and/or use prescription medication.
- Drink water before and after your session. If you have been advised to restrict fluids, ask your health care provider how to hydrate appropriately.
- Excessive heat exposure can cause hyperthermia. Do not wait for a particular temperature reading before stopping if you feel unwell.

Healing reactions

- Some people may experience healing reactions during their first few weeks of sessions. These may occur as toxic substances are eliminated and chronic infections heal. Symptoms are temporary but may vary — most commonly mild odors, tastes, or rashes. Some may feel greater fatigue after sessions; this is normal. Some may also experience bowel changes, aches, pains, or headaches.

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.
- Connect Glow into a properly grounded, three-conductor outlet to ensure grounding and EMF protection. Use SaunaSpace GFCI Outlet Tester or other outlet tester according to its instructions to check outlet wiring.
- Make sure power cord end is fully inserted into Glow's power inlet inside Grounding Sleeve. If not seated properly, this can cause damage to 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 Glow, unplug it from the power source, and contact SaunaSpace customer care for repair and/or replacement.

Power requirements
Glow is rated for maximum 250 W FireLight® Infrared Therapy Bulb (R-40). If you are unsure whether your electrical supply is suitable, consult a qualified electrician before use.

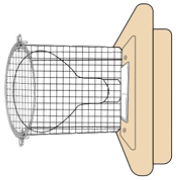
Voltage requirements
Glow is rated for use in standard voltage supply worldwide, 110 - 240 V, but the correct voltage of FireLight® Infrared Therapy Bulb must be used.
- Use 120 V-rated FireLight® Bulb only with 110–120 V power supply
- Use 240 V-rated FireLight® Bulb only with 220–240 V power supply.

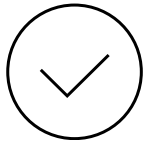
Plug option & adapter
Glow is intended for use on a grounded three-conductor outlet. A plug adapter is included with all international (non-USA) plug types.
- Glow purchased as USA plug will include 120 V-rated FireLight® Bulb.
- Glow purchased as international plug will include 240 V-rated FireLight® Bulb and selected international plug adapter.

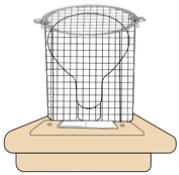
Inspect before each use
Always inspect Glow, power cord, bulb socket, switch, and bulb guard for damage before operating. If any parts appear to be damaged, immediately turn off Glow and unplug from power source. Contact SaunaSpace Customer Care for repair and/or replacement.

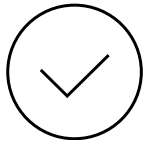
Glow positioning precautions

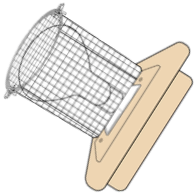
Only use Glow with bulb pointed in a horizontal or upward direction. Never orient the bulb downward.

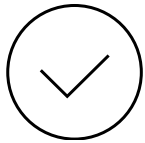


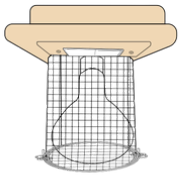






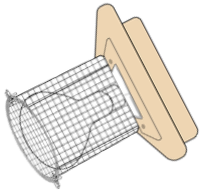








Fire hazard





Fire hazard

Disclaimer

Always consult a health care provider who is knowledgeable in localized hyperthermic therapy use before using the Product. Hyperthermic therapy is a powerful therapeutic and monitoring your progress by a professional trained in hyperthermic therapy is always advisable.

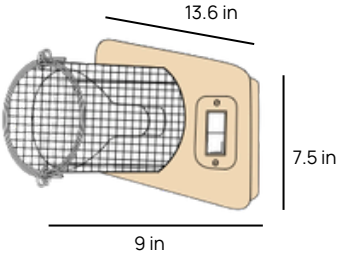
Hyperthermic therapy can be dangerous and even fatal for some people under some circumstances. If you are considering hyperthermic therapy, you must first seek the advice of your health care provider about hyperthermic therapy and should also become educated as to the proper use of hyperthermic therapy,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

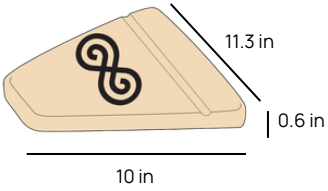
Risks include, but are not limited to, cardiac failure, stroke, fainting, headache, nausea, weakness, rashes, hot flashes, dehydration, exacerbation of neurological symptoms, and even death. Variables of hyperthermic therapy such as health condition of user, duration of hyperthermic therapy, proper hydration,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

SaunaSpace LLC (hereafter "SaunaSpace") Products (hereafter "Products") are not registered with the United States Food and Drug Administration (FDA) as a Medical Device. 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.

Specifications





Wood type: Tilia americana (Basswood)
Weight: 4.375 lb (1.98 kg)

Panel dimensions
Width: 13.6 in (34.5 cm)
Height: 7.5 in (19.1 cm)
Depth: 9 in (22.9 cm)

Base dimensions
Width: 11.3 in (28.7 cm)
Thickness: 0.6 in (1.5 cm)
Depth: 10 in (25.4 cm)

Electrical info
Wattage: 250 W
Amperage, input voltage and frequency:
2.1 A @ 120 V, 60 Hz
1.0 A @ 240 V, 50 Hz
Power cord: 10 ft (3 m), shielded, removable, C13 to NEMA-15P (USA Plug type B)
Plug Adapter (included with 240 V model only):

- United Kingdom (Type G)
- European (Type F)
- Swiss (Type J)
- Australia/New Zealand (Type I)
- India (Type D)
- Brazil (Type N)

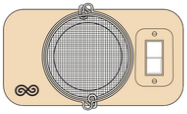
Approvals
All electrical parts UL-listed.
CE-certified.

FireLight Bulb info
Wattage: 250 W
Voltage: 120 V or 240 V
Lifespan: up to 5000 hr
Envelope: hard quartz, red-stained glass
Base: E26/E27
Base material: brass
Filament temperature: 2400 K

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 **Shielded power cord**
10 ft (3 m)



1 x **Power cord grounding sleeve**
pre-installed on Glow power inlet



1 x **GFCI outlet tester**
120 V or 240 V



1 x **Plug adapter**
included with 240 V model only



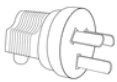
UK (Type G)



EURO (Type F)



SWISS (Type J)



AU/NZ (Type I)



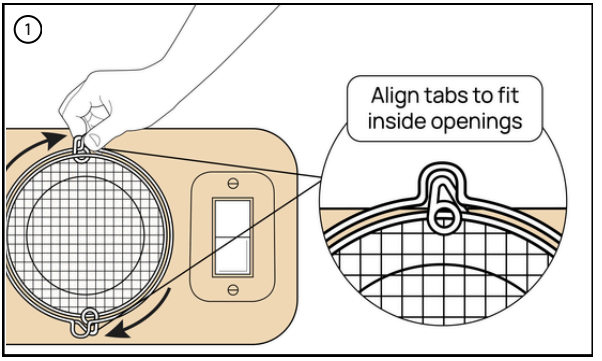
INDIA (Type D)

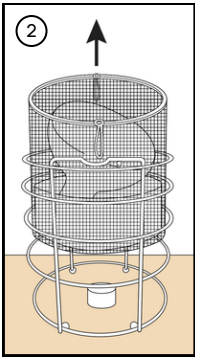


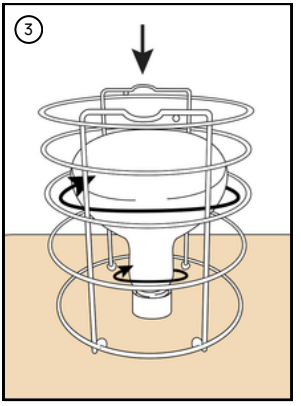
BRAZIL (Type N)

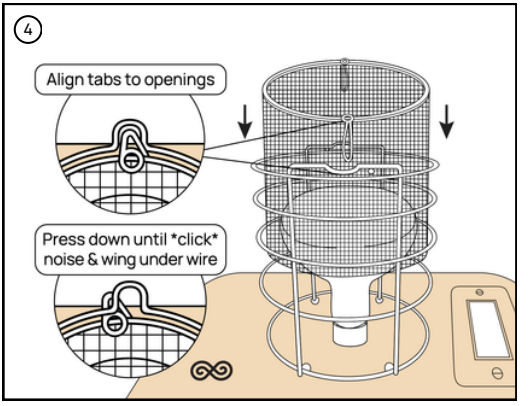
Setup

Bulb Installation

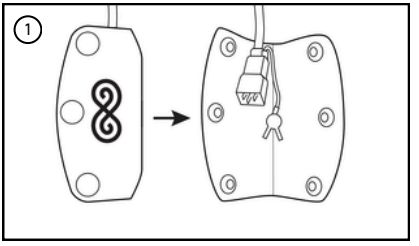


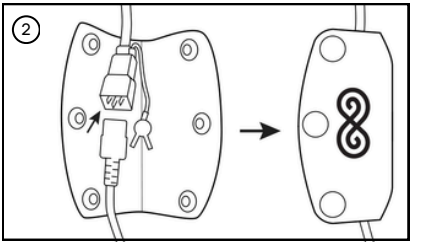






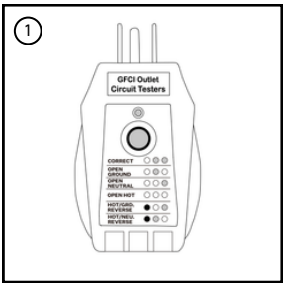
Cord management

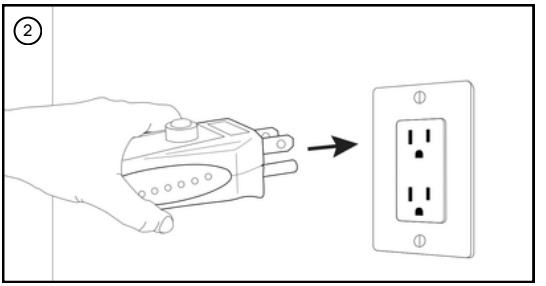


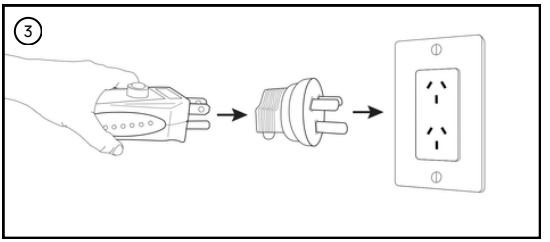


Outlet Testing

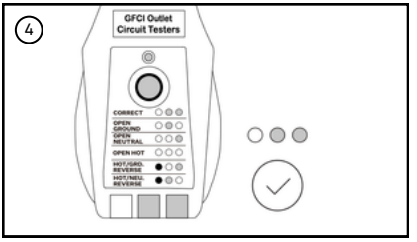
Before plugging in Glow, check the outlet with the SaunaSpace GFCI outlet tester or other outlet tester. Follow the tester's instructions. Use Glow only if the tester indicates that the outlet is correctly wired and grounded. If the tester shows an open ground or another wiring fault, leave Glow unplugged and have a qualified electrician check the outlet.



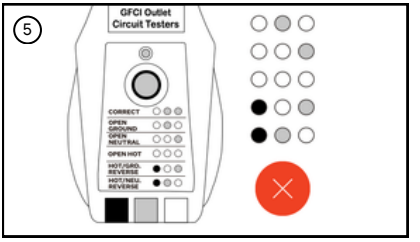




240 V model outlet tester includes an international plug adapter. Insert outlet tester into plug adapter's female port and plug adapter's male end into the wall outlet.



Outlet safe to use.



Wiring fault indicated — do not use this outlet. Call your electrician.

Glow Soft Case

A must-have travel accessory

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

Parts list

All parts color-matched.

1 x **Glow soft case**



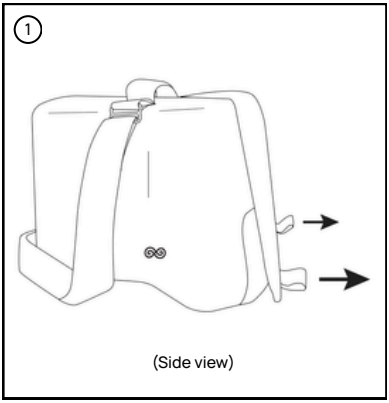
1 x **Bulb cover**

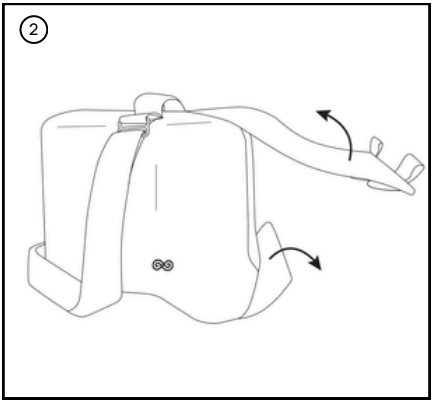


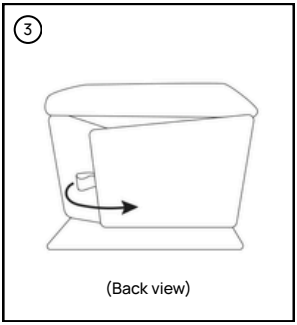
1 x **Power cord grounding sleeve**

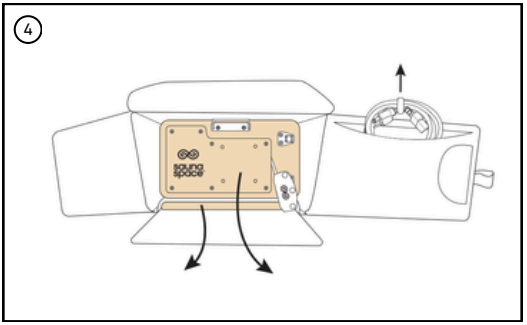


Unpacking



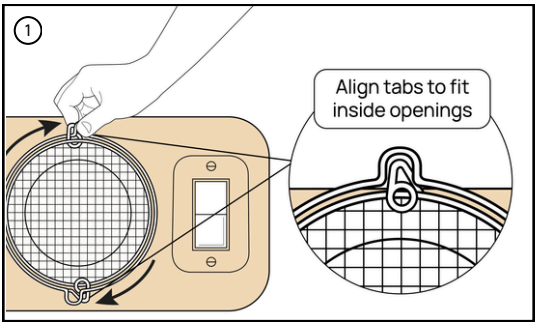


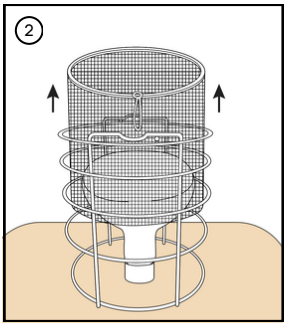


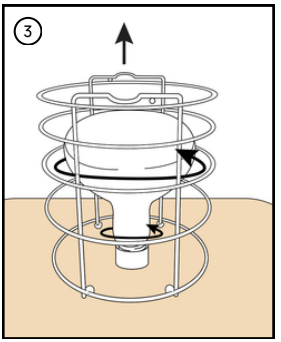


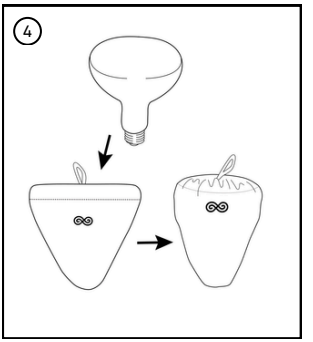
Packing

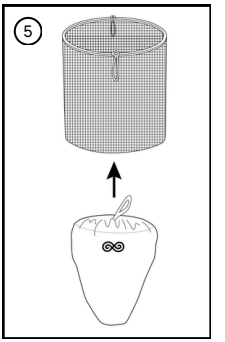
Turn Glow off, unplug it, and let the bulb and bulb guard cool completely before packing.

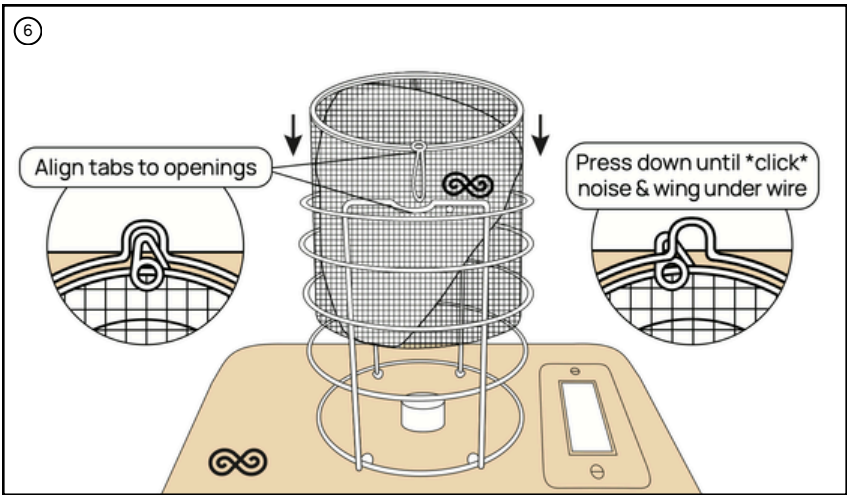


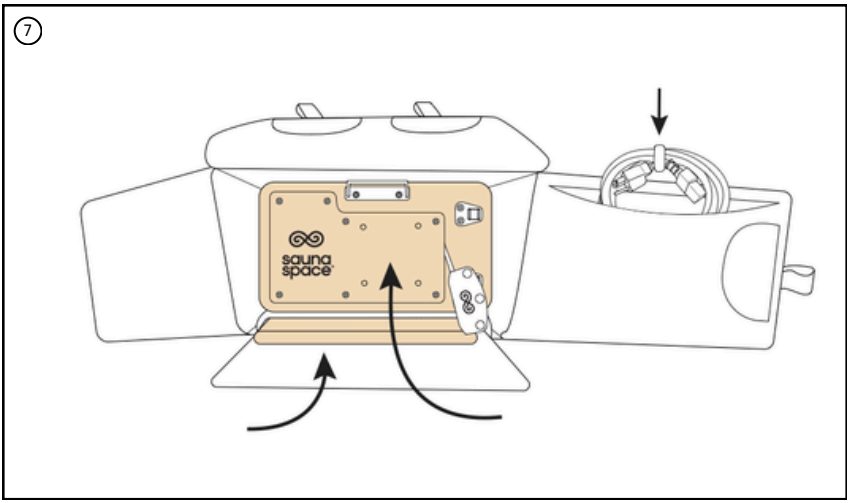


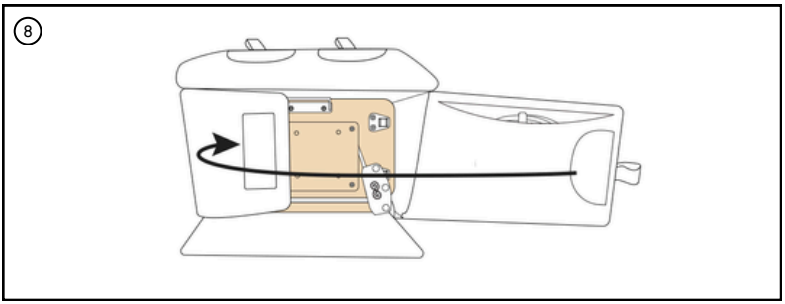


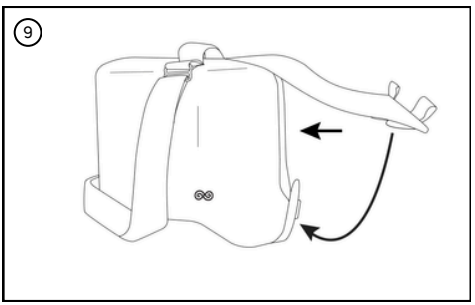


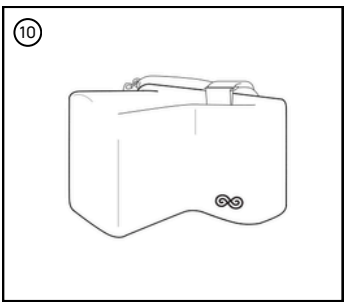





7
sauna space


8


9

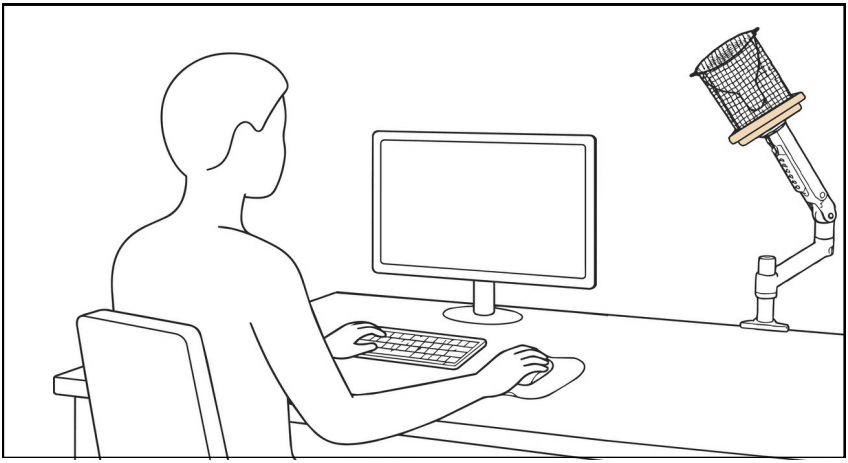

10

Glow Desk Arm

A must-have accessory for your work space

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

Refer to Desk Arm Use Guide for detailed setup & use guidance.

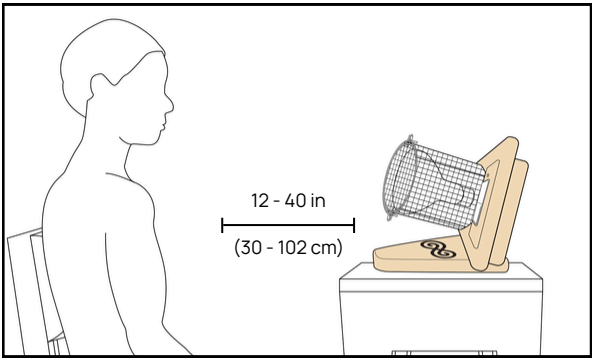


How to Use Your Glow

Spot therapy

These limits apply when you aim Glow directly at an area of the body. Keep the bulb 12–40 in (30–102 cm) from that area.

Head & Neck



DURATION

Minimum

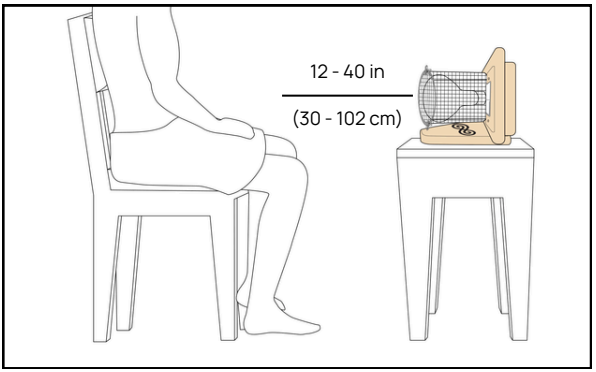


Maximum



Adults: 5-10 minutes per session
Children: up to 5 minutes per session

Rest of body



DURATION

Minimum



Maximum



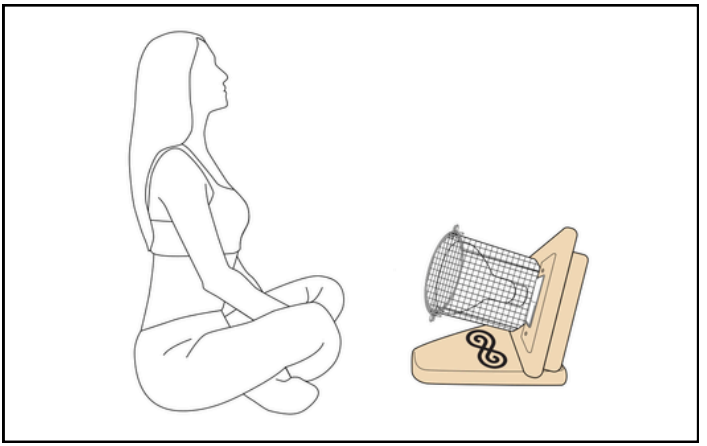
Adults: 5-60 minutes per session
Children: 5-30 minutes per session

Frequency

Adults may use Glow for up to 10 spot therapy sessions per day. For children, the limit is 3 spot therapy sessions per day. Count all spot therapy sessions toward the daily total, even when treating different areas. Leave at least 1 hour between sessions.

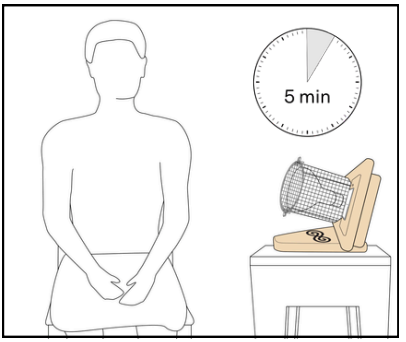
Use 1: Targeted therapy

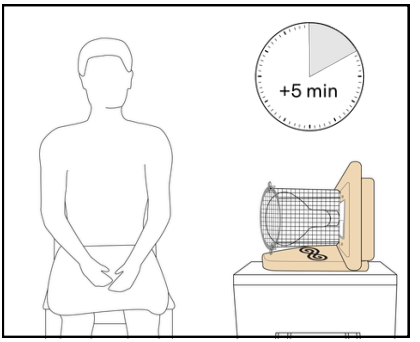
Point Glow directly at a part of your body to receive targeted, soothing heat and light therapy: skin rejuvenation, pain relief, relaxation, emotional balance and sleep support.



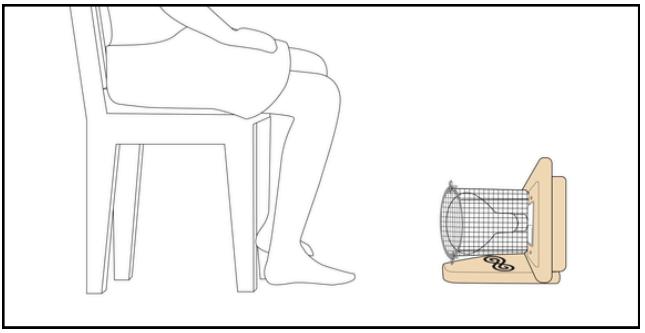
Movement

- Move Glow around the area during use every 5 minutes or so.
- If Glow is fixed, move body slightly.
- The warmth should feel comfortable throughout the session.

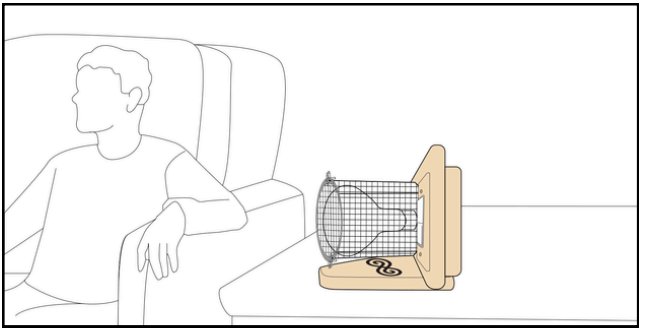




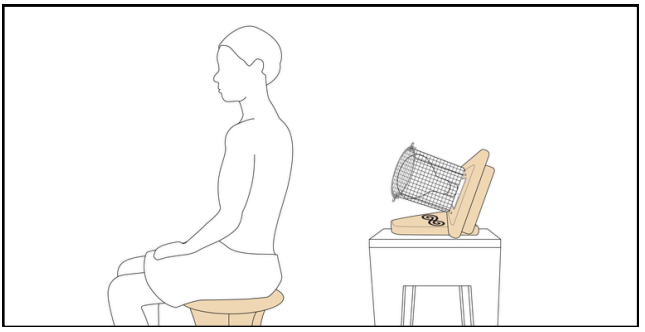
Suggested targeted therapy uses



1. Legs & feet: direct FireLight® toward tired legs and feet to soothe soreness and encourage relaxation.



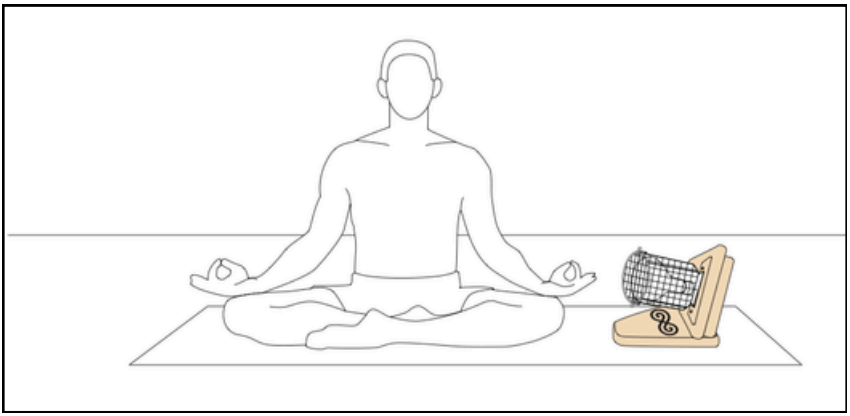
2. Hands & joints: give hardworking hands and achy joints a little extra warmth and comfort.



3. Back & shoulders: target your back and shoulders with soothing FireLight® to help ease everyday tension and stiffness.

Use 2: Bring the sunrise indoors

Start your morning with the warm, energizing glow of FireLight®. Use Glow to recreate the feeling of sunrise, even when it's still dark outside, the skies are cloudy, or you're spending your morning indoors.



A little sunrise, wherever you are.

Use 3: A better night light

Glow brings the warm, soothing tones of sunset indoors, helping you wind down naturally. Swap harsh overhead lighting for gentle FireLight® in the evening to support your circadian rhythm and prepare your body for a better night's sleep.



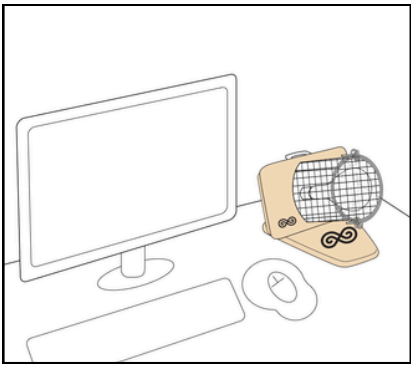
Wind down with the warm glow of sunset.

Use 4: Beat screen fatigue

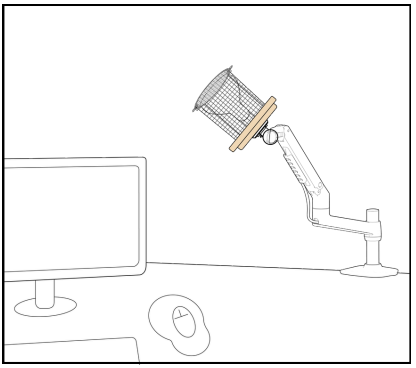
Ease the exhaustion of long days at the computer by counteracting the flickering blue light of your LED screens. Our Glow Desk Arm saves precious desk space and helps you find the perfect angle.

Angle the Glow upward or away from your face rather than pointing it directly at your head or neck.

This creates a gentle ambient light environment around your desk, helping balance screen-heavy workdays while preserving valuable desk space.



A little warmth for your workday.

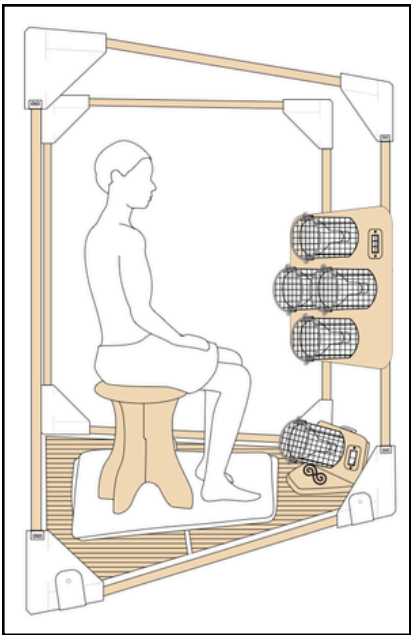


Better light. More desk space.

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

Use 5: Extra warmth in the Classic Sauna

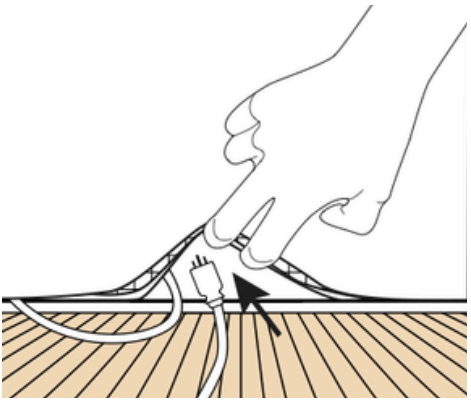
For extra warmth during a Classic Sauna session, aim Glow toward your legs and feet.



Place Glow on its included base directly beneath the Hearth Quartet. Rest the base on the bamboo grounding mat or, if you use the PureLayer mat cover, on top of the fitted cover.

How to use in sauna
Refer to FireLight® Sauna Use Guide for sauna usage guidance.

Clearance
Keep combustible materials at least 36 inches from the front of Glow.



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

Route Glow's power cord through the same sauna cover opening as the Hearth power cord. Plug Glow into a separate grounded wall outlet. The two outlets may share a circuit. Include both Glow and Hearth, along with any other devices on that circuit, when checking the circuit capacity.

Maintenance

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

FireLight® Bulb
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.

Warranty

SaunaSpace® warrants to the original customer purchaser that its Glow (hereafter "Product") will be free from defects in materials and workmanship appearing under normal individual consumer use for five (5) years. This warranty does not cover damage to Product 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 Product, containing a warranted defect, free of charge, and with notification within six months following the discovery of such defect.

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 https://sauna.space/pages/warranty

Please reach out to us using any of the methods on the back cover of this use guide: 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. CT Monday–Friday, excluding holidays

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Columbia, Missouri 65202 USA

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Tag us in your sauna moments!

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