



**saunaspace®**

Photon™ 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

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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

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- Keep this user manual for future reference.
- Turn on Panel only immediately prior to use.
- Turn off Panel immediately after use.
- Photon™ must be 12 to 24 inches away from the targeting area of body.
- Remove bulb before assembling, disassembling or cleaning the Panel.
- Avoid direct contact with water, liquid, or metal with bulbs. May cause unexpected bulb rupture which could cause: injury, fire, or property damage.
- 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 radiation which may cause eye injury. 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 Product during or after any type of alcohol or illicit drug use.

## Electrical precautions

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- Do not plug into an overloaded or ungrounded outlet.
- Do not touch Panel nor its power cord if you are wet.
- Keep power cords out of walk way to avoid stepping on or damaging them.

### **Power supply requirements**

Panel is intended only for use with a grounded three-conductor power socket. The Photon™ is rated for 250 W max. This Product may only be operated in minimum 13A (maximum 20A) 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 Power Cord. Always inspect Power Cord, Photon™ Panel, bulb socket, switch, and Faraday® Bulb Guard for damage before operating. If any parts appear to be damaged, immediately turn off Panel and unplug from power source. Contact SaunaSpace® Customer Service for repair and/or replacement.

## Health precautions

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- 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 Panel 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

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Some people may experience healing reactions during their first few 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.

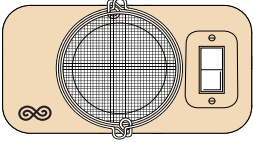

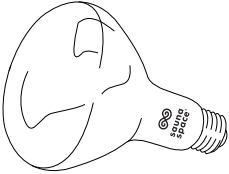

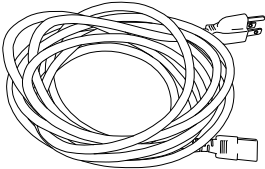
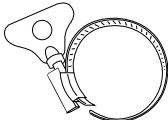
SaunaSpace® LLC (hereafter “SaunaSpace®“) Products (hereafter “Products”) are not registered with the United States Food and Drug Administration (FDA) as a Medical Devices. Consult your licensed health care provider to see if the SaunaSpace®’s Products are right for you. SaunaSpace® and/or its partners,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

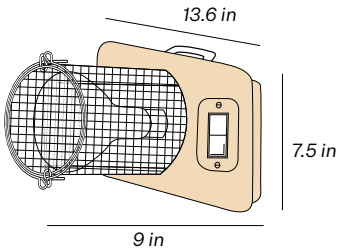
## Photon™ Infrared Therapy Light

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- x1  **Photon™ Panel**  
23.75 x 23.5 x 9 in  
(60.3 x 59.7 x 22.9 cm)
- x1  **Basswood Baseplate**
- x1  **250 W ThermaLight® Bulb**  
120 V or 240 V
- x1  **Power cord grounding sleeve**
- x1  **Shielded power cord**  
10 ft (3 m)
- x2  **Turnkey mounting clamp**



# SPECIFICATIONS



## Photon™ Panel

Brand: SaunaSpace®

MPN: 56171001

Wood Species: Tilia americana  
(Basswood)

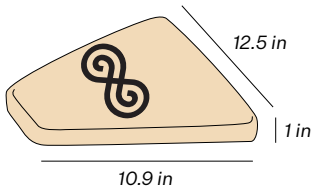
Weight: 4.375 lb (1.98 kg)

## 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

Voltage: 110-240 VAC

Amperage: 2.1 A

Wattage: 250 W

Frequency: 50-60 Hz

Plug Type: B (USA), F (EURO),  
G (UK); I (AU/NZ) or J (SWISS)

Shielded Removable Power Cord

Length: 10 ft (3 m)

All electrical components UL-listed.

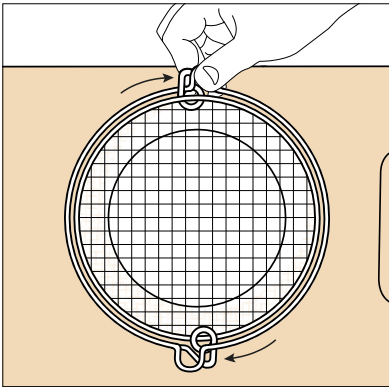
This product is CE-certified.

# SETUP

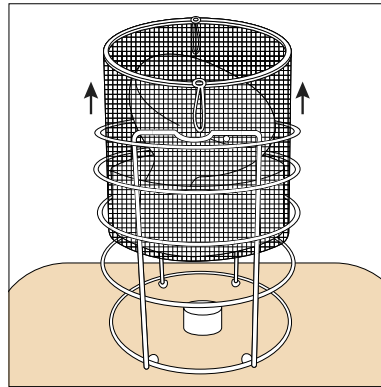
## Bulb installation

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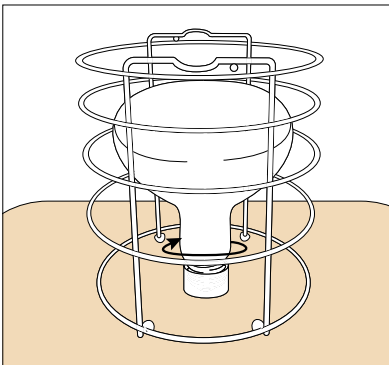
1. On the Photon™ panel, open the bulb guard basket by holding the tabs at the top and bottom, then twisting gently clockwise to fit them through the openings.
2. Remove all protective packaging and carefully screw the bulb clockwise into the socket.
3. Close the bulb guard by aligning tabs to openings and pressing basket until fully inserted. When inserted, basket will twist counterclockwise and lock into place.
4. Plug in the power cord (See cord management section).



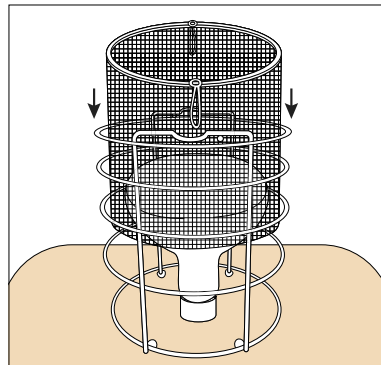
Step 1



Step 1-2



Step 2

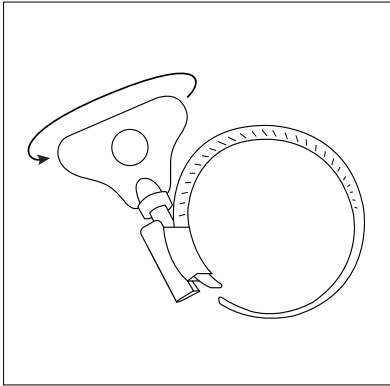


Step 3

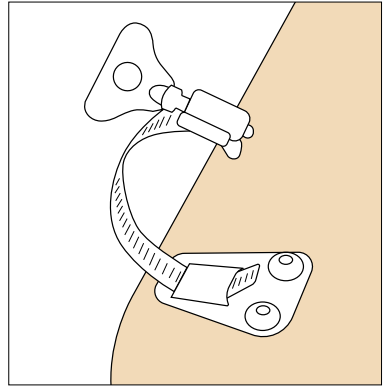
## Panel Clamps (Optional: For attachment in sauna)

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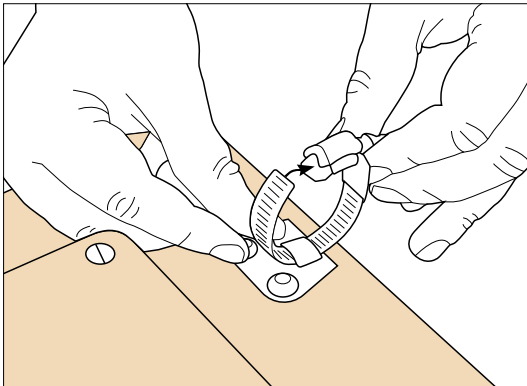
1. Rotate turnkey counterclockwise to loosen until bare end of clamp strap is released from turnkey screw.
2. With turnkey pointed toward Light Panel, insert bare end into the bracket slot.
3. Close clamp by inserting bare end into turnkey screw and rotating turnkey clockwise.



Step 1



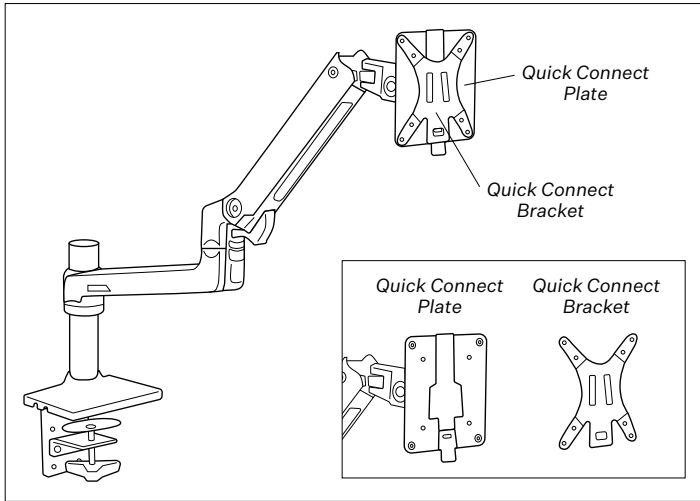
Step 2



Step 3

## Photon™ Desk Arm (Optional)

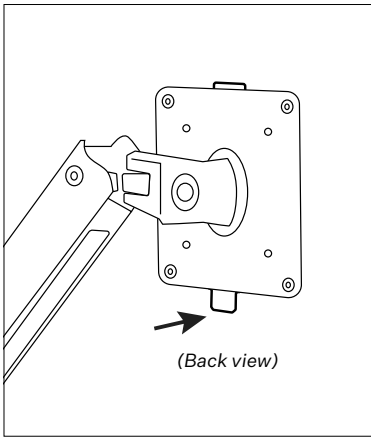
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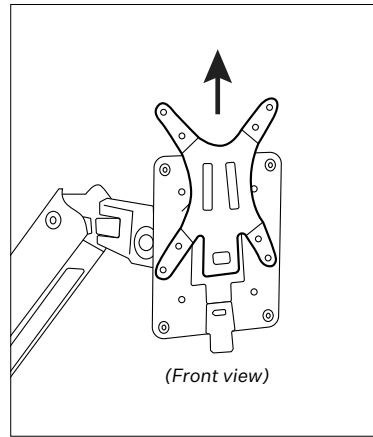
Desk arm

Note: Attach the desk arm first to surface using the manufacturer instructions provided with the desk arm before attaching the Photon™ panel to it.

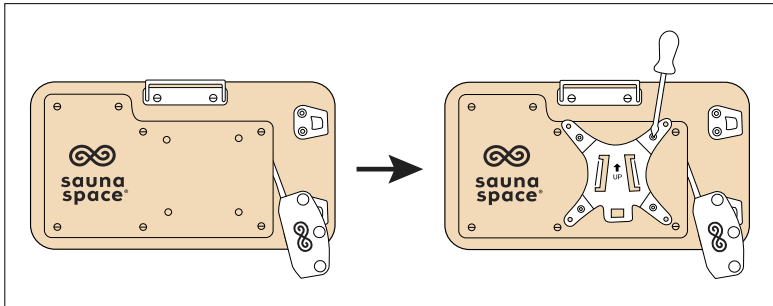
1. Remove Quick Connect Bracket from desk arm: Push lever at base of Quick Connect Plate forward/away from the desk arm, and lift bracket up and out of plate.
2. **Tool required: Phillips #2 Screwdriver.** Align the inner the screw holes on the Quick Connect Bracket with the metal threaded fasteners on the back panel of Photon™, ensuring “Up Arrow” is facing you and pointed up. Then fasten together with 4 provided machine screws.
3. Center Quick Connect Bracket attached to the Photon™ over the tab on Quick Connect Plate and slide down.
4. To detach Photon™ from desk arm, push lever at the bottom of the plate toward the front of the Photon™, and pull the Photon™ up.



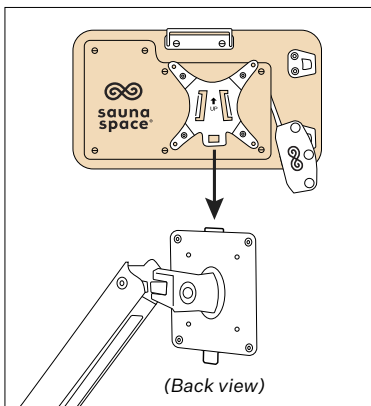
Step 1 (push lever)



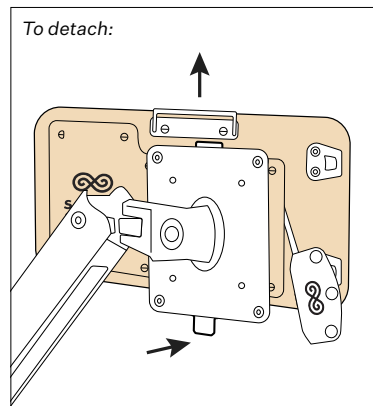
Step 1 (lift bracket up)



Step 2-3



Step 4



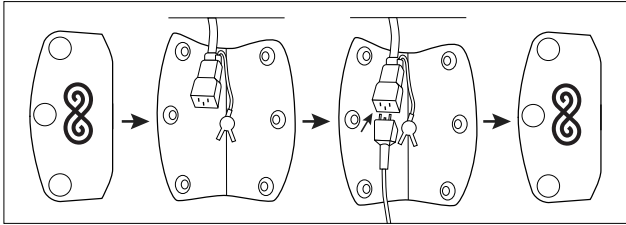
Step 5

## Cord management

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Note: Full instructions for cord attachment to desk arm can be found with the desk arm manufacturer instructions.

1. Open the cord sleeve attached to the Photon™ panel.
2. Firmly attach the power cord and close the sleeve.



Step 1-2

## OPERATIONS

### Duration

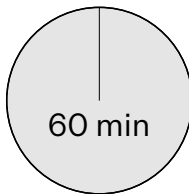
5 to 60 minutes per session.

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

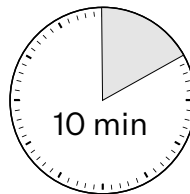
Minimum time for sessions is 5 min



Sessions should not exceed 60 min



10 min max when pointing at head



### Frequency

Up to 10 times per day.

### Supervision

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

# Photon™: Targeted Therapy

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## Purpose

Point Photon™ 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 - 24 in (30 - 60 cm) from the bulb.

## Movement

Move the Panel around the area during treatment.

If the Panel is fixed, move the body slightly.

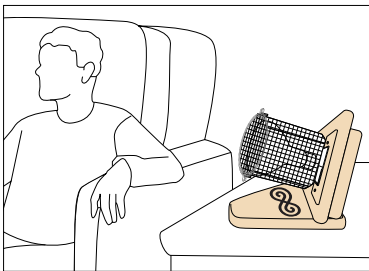
Allow the area to become as hot as one can comfortably tolerate.

Keeping the 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.

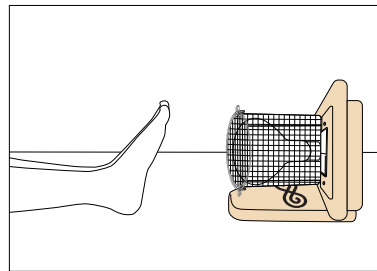
Do not touch the Faraday® Bulb Guard nor bulb and do not keep it on one spot if you feel a burning sensation.

## Turn off

Remember to turn off Panel after use.



*Photon™ tilted positioning - **Do not point directly at head and neck for longer than 10 minutes***



*Photon™ straight positioning*

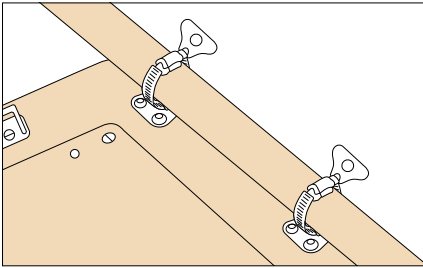
# Sauna Supreme: Photon™ in Sauna

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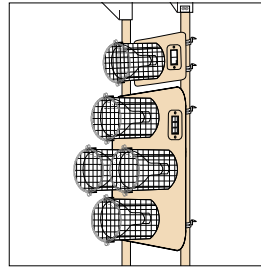
Amp up the intensity of your sauna sessions or give special attention to cold feet with a Photon™ in your Luminati® or Faraday®.

## Installation

Clamp to one of the vertical frame poles under or above existing Tungsten™ Panel, using provided clamps threaded into receiving brackets on rear of Panel. Refer to **Panel Clamps** section.



Clamp Photon™ Panel to frame pole



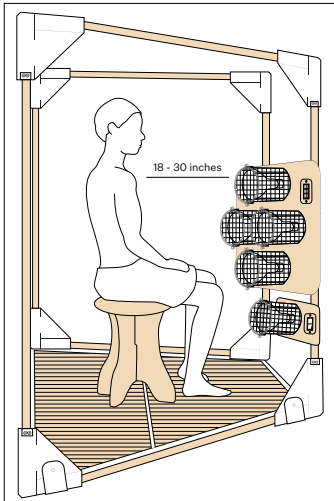
Photon™ in sauna

## Clearance

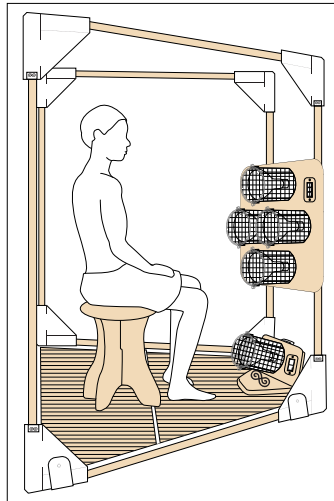
Sit with 18 to 30 in clearance from the Tungsten™ Panel.

## Turn off

Remember to turn off Photon™ and Tungsten™ after use.



Photon™ attached under Tungsten panel



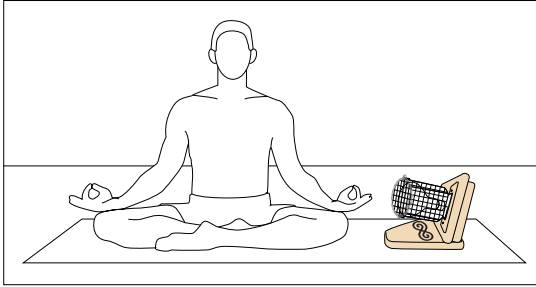
Photon™ on base plate on the ground



## Morning firelight wake up

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Use the photon 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.

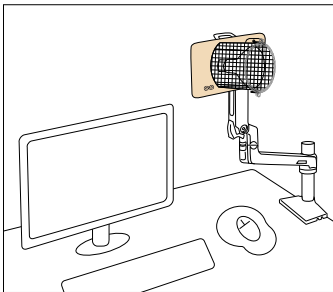


*Use Photon™ in your morning routine*

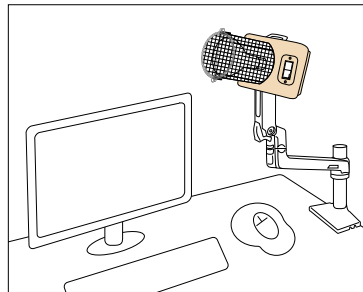
## Beat screen fatigue

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



*Use Photon™ in your office*



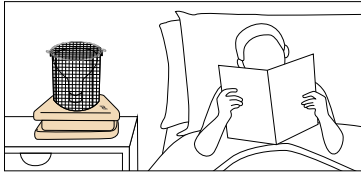
*Do not point directly at head and neck for longer than 10 minutes*

**Warning: Never place any objects, other than the body, in front of the Photon™**

## A better night light

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Escape the strain of harsh indoor lights with a Photon™ that evokes the warm tones of sunset.



*Use Photon™ by your bedside while awake*

## General precautions

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- 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.
- Avoid touching the Faraday® Bulb Guard face during operation.
- Always place Panel on included base when setting it on a horizontal surface.
- Never place any objects, other than the body, in front of the Photon™

# MAINTENANCE

### **Photon™ Panel**

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

### **Bulbs**

Replacement ThermoLight® bulbs may be purchased from SaunaSpace® at [sauna.space](http://sauna.space). Select 120 V bulbs for use in the US, Canada, Japan, or Taiwan. Choose 240 V bulbs for use in the UK, Australia, the Middle East, and Europe. If you are unsure which bulb is for you, contact [hello@sauna.space](mailto:hello@sauna.space).

# RETURNS

## 100-day home trial

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Discover if SaunaSpace® is right for you with our stress-free 100-day home trial. No obligations. Just full-body rejuvenation. Your trial starts on the day of delivery.

Summary of limitations:

- Refurbished items are not eligible for home trial.
- Claims for items missing or damaged in transit must be received within five (5) business days of receipt of product.
- Refunds on returned products will only be issued to the original payment method.
- 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.
- All returned or exchanged items will be inspected upon return:
  - Items returned to us in “like-new” condition will be fully refunded. “Like-new” means in the condition in which the items were received: free of pet hair, dirt, stains, fragrance contamination, etc.
  - Do not wash any fabric products; washed items are not eligible to be returned.
  - Identified damages due to user abuse or improper packing may result in prorated reduction of refund amount.
  - Failure to use towels to prevent sweat from reaching the product may lead to damage that may result in a prorated reduction of refund amount. This is relevant for purchases that include a Bamboo Grounding Mat, such as Luminati® Infrared Sauna, Faraday® Infrared Sauna and Sauna Enclosure Kit.

- 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 or pickup within fourteen (14) days of receipt of your return ship labels. Otherwise, your return request will be canceled.

## Returns

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Products in “like new” condition are eligible for free return shipping within the contiguous US and Canada. International return shipping will be deducted from the amount of your refund and may not be eligible for pickup services.

If you don't love your SaunaSpace® product, follow these simple steps within the return period:

Email [hello@sauna.space](mailto:hello@sauna.space) with your order number, the items you're returning, and if you would like to drop off the package with your carrier or have it picked up.

Within two business days, we will send you a prepaid return shipping label and instructions for repackaging your items.

Ship your items within 14 days after receiving shipping labels. We'll issue your refund 1–5 days after receipt and inspection. Please allow up to 14 days for the credit to appear on your credit card statement.

Refurbished items are not eligible for returns.

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 [sauna.space/shipping-and-returns](https://sauna.space/shipping-and-returns).

# 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

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<b>Period</b>	SaunaSpace® Product
<b>10 years</b>	<ul style="list-style-type: none"><li>• Faraday® Infrared Sauna (excludes EMF Shield)</li><li>• Luminati® Infrared Sauna</li><li>• Tungsten™ Infrared Sauna Panel</li><li>• Photon™ Infrared Therapy Light</li><li>• Sauna Stool</li><li>• Tungsten™ Pedestal</li><li>• Shower Sauna Conversion Kit</li><li>• Photon™ Soft Case</li><li>• Photon™ Desk Arm</li><li>• Sauna Enclosure Kit</li><li>• Sauna Travel Bag Set</li><li>• Sauna Cover Set</li></ul>

**5 years** EMF Shield

**2 years\*** ThermaLight® bulbs (120 V and 240 V)

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

## In-warranty repairs

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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](mailto:hello@sauna.space) to tell us about your needs.
2. Ship your products to our shop.
3. We will repair or replace the necessary parts within 5–10 business days of receiving your shipment.
4. We 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

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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](mailto:hello@sauna.space) to tell us about your needs.
2. Ship your products to our shop. Customers are responsible for shipping costs both ways.
3. We will repair or replace the necessary parts within 5–10 business days of receiving your shipment.
4. We will bill you for the cost of repairs.
5. We 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.



saunaspace®

## We're here to help

sauna.space  
hello@sauna.space

+1-573-66SAUNA (+1-573-667-2862)  
8 a.m.–5 p.m. Central Time  
Monday–Friday, excluding holidays

Headquarters:  
1330 East Prathersville Rd  
Columbia, Missouri 65202 USA

Showroom:  
905 Clinkscapes Rd  
Columbia, Missouri 65203 USA