



AHAVA STEAMS

Sauna Studio

SUNLIGHTEN MPULSE® 3 IN 1® SAUNA PRESET PROGRAMS

The heating technology developed by Sunlighten is one of a kind. Each wavelength requires a different complex equation involving surface size, surface temperature and material. Our 3 in 1 heaters found in the mPulse sauna allow for all three wavelengths (near, mid and far) to be recreated in one place. We then created programs to direct the heaters to emit the optimal blend of infrared wavelengths – based on 56 data points from 37 studies of how infrared interacts with the body – to achieve the desired result.

This is customizable full spectrum infrared optimized to give you the best result for your wellness journey.

The tablet inside your sauna allows you to select a pre-set health program or custom set your own:

CUSTOM STARTER INFRARED SAUNA SESSION - 20 MIN

- 20 minute session in the sauna to introduce you to the wonderful benefits of an infrared sauna

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CARDIO - 45 MIN

- Near, Mid and Far Infrared
- Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.

DETOXIFICATION - 37 MIN

- Mid and Far Infrared
- Starts at a high intensity to increase the body's core temperature, then reduces to a lower intensity level. Mid and far infrared combination improves vascular access flow to reach toxins at the cellular level.

PAIN RELIEF - 30 MIN

- Near, Mid and Far Infrared
- A far and mid-infrared blend provides natural pain relief by reducing inflammation and swelling while near-infrared penetrates the tissue promoting cellular repair at a medium, constant intensity level.

RELAXATION - 40 MIN

- Near, Mid and Far Infrared
- Far, mid, and near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.

WEIGHT LOSS - 30 MIN

- Mid and Far Infrared
- Starts at a high intensity to stimulate the cardiovascular system, then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate, cardiac output, and metabolic rate, similar to aerobic exercise.

ANTI-AGING - 30 MIN

- Near, Mid and Far Infrared
- A low, constant intensity level penetrates tissue to help with various skin concerns. Near infrared improves overall skin tone, elasticity, and firmness, promoting anti-aging benefits.

It is important to note: *the heater programs, and studies they are based on, are set using infrared wavelengths - not cabin temperature. Each program will take you through a variety of heater intensities and cabin temperatures. Do not be alarmed by any unexpected temperature changes. The efficacy of the program derives from the surface temperatures of the individual heaters, not the air temperature.*

