

# INFRARED SAUNAS



SUN100™



SUN200™



SUN300™

## FEATURES

- Low EMF carbon fiber infrared heaters for even heat distribution and safe and effective sessions
- Two front facing infrared heaters – for a wide range of infrared heat therapy session (Available on SUN200™ and SUN300™ only)
- Digital Control Panel – easy-to-use, integrated digital control system designed to let you adjust to the temperature and duration of your sauna sessions easily and quickly
- Canadian Hemlock Timber
- Sound System with AUX and Bluetooth capabilities for your listening pleasure
- SunGlow™ Chromatherapy LED Lighting

Model	External Dimensions	Weight	Heaters (watts)	Power	Power Plug	Warranty
SUN100™ 1-person	W: 100 D: 110 H: 200	152kg	Front: N/A Back: 420 x 1 Side: 420 x 2 Bench: 180 x 1	120V 6.48A 1490W	Standard 10 Amp	Lifetime Heater Lifetime Cabinet 2-Year Electrical
SUN200™ 2-person	W: 130 D: 110 H: 220	190kg	Front: 150 x 2 Back: 300 x 2 Side: 420 x 2 Bench: 225 x 1	120V 8.76A 2015W	Standard 10 Amp	Lifetime Heater Lifetime Cabinet 2-Year Electrical
SUN300™ 3-person	W: 160 D: 110 H: 200	220kg	Front: 150 x 2 Back: 300 x 3 Side: 420 x 2 Bench: 240 x 1	120V 10.13A 2330W	Standard 15 Amp	Lifetime Heater Lifetime Cabinet 2-Year Electrical

Images may show optional extras.

# Packaging Dimensions

Model	Number of Boxes	Contents	Dimensions(m)	Weight(Kg)
SUN100™ 1-person	4	1. Roof & Floor Panel	1.01 x 1.14 x 0.27	45
		2. Left & Right panel walls	1.18 x 2.07 x 0.19	57
		3. Back Panel & Accessories	0.99 x 2.07 x 0.12	27
		4. Front Wall	0.71 x 1.97 x 0.11	40
		Total weight		169
SUN200™ 2-person	4	1. Roof & Floor Panel	1.44 x 1.14 x 0.27	64
		2. Left & Right panel walls	1.18 x 2.07 x 0.19	57
		3. Back Panel & Accessories	1.29 x 2.07 x 0.12	36
		4. Front Wall	0.71 x 1.97 x 0.11	50
		Total weight		207
SUN300™ 3-person	4	1. Roof & Floor Panel	1.74 x 1.14 x 0.27	76
		2. Left & Right panel walls	1.18 x 2.07 x 0.19	49
		3. Back Panel & Accessories	1.59 x 2.07 x 0.12	47
		4. Front Wall	0.71 x 1.97 x 0.11	60
		Total weight		232

# Frequent Q&A

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## What is infrared?

Infrared is a safe wavelength of light (or energy) that we perceive as heat.

Infrared heat is all around us. You can feel it from sources such as fire or heated sand on the beach. The largest source of infrared heat is the sun. It is the invisible infrared wavelengths that make the sun feel warm, while ultraviolet wavelengths are what make it bright.

Just as visible light has a range of wavelengths, so does infrared light. The infrared spectrum consists of near (NIR), mid (MIR), and far (FIR) infrared waves, each with distinct characteristics and frequency ranges.

Scientists have established that infrared waves are beneficial to the human body because they increase thermal energy within the body.

## How do infrared saunas work?

Unlike a traditional sauna, infrared saunas don't heat the air around you. Instead, they use infrared heaters to warm your body directly.

These heaters use ceramic or carbon panels instead of conventional heating elements to emit infrared waves, which penetrate human tissue and heat your body instead of the surrounding air.

As your body absorbs the infrared heat, it increases thermal energy, inducing a deep and relaxing sweat.

Because infrared heat waves penetrate more deeply than warmed air, you experience a more intense sweat at a lower temperature.

[Find out more about infrared saunas.](#)

## How do I look after my sauna?

To keep the interior of your sauna clean and fresh, always use a towel for your seat and feet. Perspiration may darken the wood over time.

To maintain the colour and finish, dark spots can be removed by sanding with fine-grit sandpaper. You can also use your favourite furniture polish on the exterior.

## Can I put my Sun & Soul™ Infrared Sauna outside?

Sun & Soul™ infrared saunas are designed for indoor use only, and the warranty covers indoor use exclusively.

## Where should I put my sauna?

Popular locations include spare bedrooms or garages. Keep in mind that the sauna's temperature will depend on the ambient room temperature when choosing a location.

# Frequent Q&A

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## Are Sun & Soul™ infrared saunas easy to assemble? / Can I install the sauna myself?

Yes, Sun & Soul™ infrared saunas are easy to assemble, and you can do it yourself.

Typically, two people can assemble a sauna in 1–3 hours, depending on its size and features. For professional installation, contact our friendly sales team to arrange assistance.

## How much will it cost to run my infrared sauna?

On average, using your infrared sauna three times a week will cost around \$10 per month in electricity.

In comparison, traditional steam saunas cost \$20–\$30 per month. An idle sauna incurs no running costs.

To calculate the cost more accurately, multiply your local electricity cost per kilowatt-hour (as noted on your bill) by the sauna's kilowatt rating and the hours of use.

## Are Sun & Soul™ Saunas full spectrum infrared

Sun & Soul™ infrared saunas emit far-infrared (FIR) waves. They are not 'full-spectrum' saunas.

## What is far-infrared and what does it do?

The infrared spectrum includes near (NIR), mid (MIR), and far (FIR) infrared waves.

Far-infrared waves penetrate deep into the skin tissue. They can detoxify the body more effectively than traditional saunas by increasing core body temperature.

## What temperature should I set for my infrared sauna?

Comfortable temperatures for infrared saunas range from 38°C to 51°C. The body only needs slightly above its normal temperature (37°C) to induce sweat.

Unlike traditional saunas, higher temperatures do not yield better results with infrared saunas. The body absorbs infrared energy effectively at lower temperatures, minimising stress on critical body systems.

# Frequent Q&A

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## How to care for my infrared sauna?

Before using your sauna for the first time, clean down the interior with a plain damp cloth.

When using the sauna, it's good practice to place a towel on the floor and bench to absorb perspiration. Wash the towels regularly to maintain a clean and pleasant sauna experience.

## How long can I use the sauna?

If you're well-hydrated and in good health, you can stay in an infrared sauna for up to 30-45 minutes. For your safety and convenience, all Sun and Soul™ Saunas include an automatic timer.

You can set this before entering the sauna, so it will automatically switch off if you fall asleep or forget to turn it off.

Hydration is an important factor when determining sauna session length. If you haven't had much water that day, we recommend limiting your session to 20 minutes.

To stay comfortable and hydrated, consider bringing a bottle of water into the sauna.

## How long does an infrared sauna take to heat up?

Sun and Soul™ infrared saunas take approximately 10-20 minutes to reach the desired temperature. You can start your sauna session while it is heating up.

## Are there any restrictions on who should use the sauna?

We do not recommend that pregnant women or children under the age of 5 use the sauna. Children under 18 should always be accompanied by an adult.

If you have any medical conditions, we advise consulting a healthcare professional before using the sauna.

## Do I need special wiring?

Special wiring is not typically required unless your sauna cannot reach a standard power outlet. If this is the case, you may need to consult a qualified electrician.

For SUN100™ and SUN200™ models, a 10 Amp outlet is required, while the SUN300™ model requires a 15 Amp outlet.

## How many Amps are required to run my infrared sauna?

Your sauna can simply be plugged in at home. All of our saunas are certified with 10 Amp plugs. However, we recommend that you have a qualified electrician install your sauna.

# Frequent Q&A

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## What size sauna should I get?

Sun & Soul™ saunas are available in one, two, and three-person options. Cabin sizes range from 1.3m x 2.2m for a two-person unit to 1.6m x 2.0m for a three-person unit.

When deciding on the size, consider the following factors:

- The size of your indoor space and any limitations
- Your budget
- The number of people who will regularly use the sauna

A handy tip when sauna shopping is to sit down and put your hands on your hips. Your elbows should sit comfortably without touching anything or anyone.

If you feel claustrophobic in small spaces, Sun and Soul™ Saunas are great choice. With a full glass front, they provide excellent visibility and a spacious feel..

## What are the different types of infrared heaters?

The two most common materials used in infrared heaters are ceramic and carbon. Of the two, carbon heaters are superior. Sun & Soul™ infrared saunas exclusively use carbon fiber heaters.

Carbon fibre heaters are:

- Thin and lightweight
- Capable of providing an even and safe surface temperature
- Long-lasting, with a lifespan of up to 50 years

Infrared heat from carbon fibre heaters also penetrates deeper into skin tissue, allowing the body to absorb more energy and experience a more intense sweat.

## What safety accreditations do Sun and Soul™ Saunas carry?

We take the safety of our customers very seriously. Our saunas are certified by SAA Approvals Pty Ltd in accordance with the SAA Approvals Electrical Product Safety Certification Scheme accredited by JAS-ANZ under AS/NZS ISO/IEC 17065 and RECS.

# Electrical Certificates

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To access the Sun and Soul Saunas™ electrical certificates, please click or scan the QR code below.



Sun & Soul™ Saunas  
Electrical Certificate

# Warranty

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To access the Sun and Soul™ Saunas Warranty, please click or scan the QR code below.



**Sun & Soul™ Saunas  
Warranty**

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