

Clearlight® Red Light Therapy Tower

# User Manual



Clearlight®



# Lightwork pays off

## Clearlight® Red Light Therapy

Only available with Clearlight® Red Light Therapy, our Variable Optics™ technology allows you to maximise the benefits of red light and near infrared light to help you reach your health and fitness goals quicker. Available as a standalone unit or as an addition to your sauna.

### Variable Optics Therapy Clearlight®

Red Light Therapy is the only light therapy unit using variable optics. By using a mix of 15 degree and 40-60 degree optics, Clearlight light therapy creates multiple cross acceptance angles, allowing the light waves to be absorbed more effectively into our cells.

### Red Light Therapy

Red light at 650nm increases the energy inside human cells through a process called Photobiomodulation (PBM). PBM increases the production of ATP (Adenosine Triphosphate) providing the energy to drive many processes in living cells.

### Near Infrared Therapy

Near infrared at 850nm is absorbed deep below the surface of the skin by the light receptors in our cell's mitochondria, promoting cellular regeneration and anti-aging.

### Benefits:

Pain Reduction

Tissue Regeneration

Muscle Recovery

Muscle Conditioning

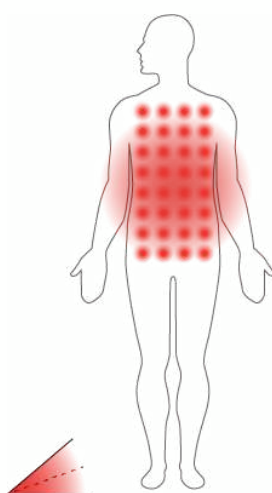
Testosterone Boost

Reduced Inflammation

Skin Health

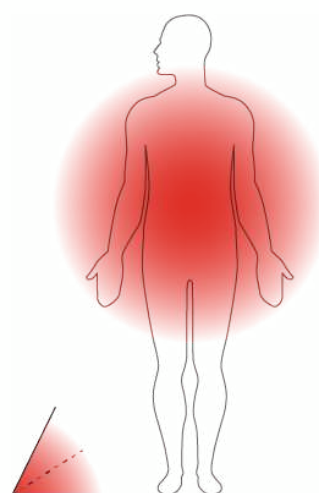
Anti-Aging

### Variable Optics Coverage:



#### Narrow 7-30 Degree Optics:

Highly targeted offering deeper penetration with an irradiance of 75 – 110 mw/cm<sup>2</sup> at 10cm-30cm.



#### Wide 40-60 Degree Optics:

Offers full body coverage for overall health and wellness. The irradiance is between 55-85mw/cm<sup>2</sup> at 10cm-30cm.



# How it works

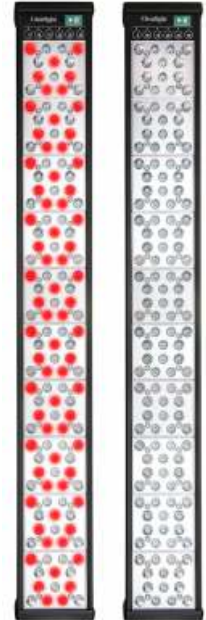
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## Clearlight® Red Light Therapy

Our Medical Grade Clearlight Light Therapy is comprised of 70 red light LED's at 650nm and 70 Near infrared LED's at 850nm. Our high output unit offers the maximum benefit with the shortest session time.

Enjoy the convenience and combined benefit of Red Light Therapy and Infrared Sauna in one session. Simply attach our Clearlight Red® Light Therapy Tower to the door of your Clearlight® Sauna and experience these scientifically-backed complementary technologies for healing and renewal.

Our Clearlight® Red Light Therapy Tower is specially designed to withstand heat so you are able to use both the healing technologies of Red Light Therapy and an Infrared Sauna synergistically.



## Product Specifications

### Irradiance

110mw/cm2

### Variable Optics™ Technology

7-20 Degree Optics for deeper targeted penetration  
and 40-60 Degree Optics for full body coverage

### Wavelengths

650nm Red Light + 850nm Near Infrared

### Led Count

70 red light LEDs + 70 near infrared LEDs

### Dimensions

(cm)L 97cm x W 12.7cm x D 10cm

### Warranty

5 Years

# Treatments

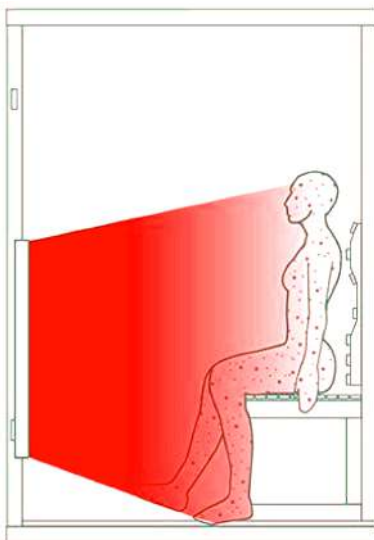
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**Prior to beginning your Light Therapy treatment, it is advised that you test for any photosensitivity.**

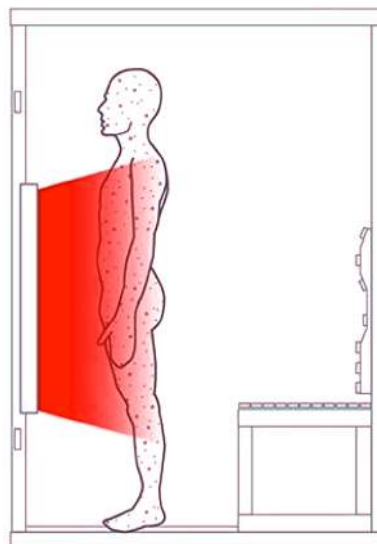
Turn on the Light Tower and expose a small portion of your skin, such as a forearm or back of a hand, for approximately 3 minutes while holding it 10 to 15 cm away from the unit. If there is any redness, discomfort or other adverse reaction, cease exposure.

## Recommended Use

When using your Red Light Therapy tower inside your sauna, there are two options for proper use:



When using Clearlight's Red Light Therapy Tower while **sitting** on the sauna bench, we recommend a **20-30** minute session.



When **standing** approximately **15 cm** from Clearlight's Red Light Therapy Tower, we recommend a **10-20** minute session.

## General Health, Wellness and Energy

Sitting in the sauna, approximately 30 to 45 cm away from the unit, allows a rejuvenation of your cells over a broader area which will help with an overall feeling of wellness. It is important to maintain consistency in your light therapy treatments. Daily use is recommended, and as time goes on the time can be tapered to three or four times per week. To treat a specific area of the body experiencing concentrated pain, exposure can be as often as 2 to 3 times per day.

# Installation Instructions

## 1 / Installation of the Door Mounting Kit (x2)



To install the door mounting kit, first remove the existing metal bolts that come pre-attached to the door of your sauna. Keep these in a safe place should you decide to add additional options to your sauna.



Insert the black plastic washer over the shaft of the exterior door mount.

Make sure that the back side sits **flat** against the mount. Repeat this for the interior door mount.



Insert the **male** door mount through the top hole in the glass door from outside the sauna, then align the **female** door mount into the male door mount.



Insert the screw into the **inside door mount** and tighten the screw ensuring that it is snug against the glass, and not able to move or spin.

To avoid damaging the glass, do not over-tighten.

**Electric power drills are not recommended.**



Repeat these steps for the lower hole in the door glass.

# Installation Instructions

## 2 / Attaching the Clearlight® Red Light Tower unit to the Door Mounting Kit.



The multilevel back plate can be adjusted to different heights to target different parts of your body.

- 1 Open the sauna door and stabilise the door with your foot by flexing the foot upwards. When lining up the fixture to the mounting pins, look for the reflection in the glass door to help with proper alignment.
- 2 Once both pins are in position over the large opening, softly slide down the unit making sure both pins have engaged in the back plate and are well engaged.

There may be slight friction from the stand-off feet on the back of the unit, which is normal. This is intentional to provide a snug fit to avoid rattling or movement of the unit when opening the sauna door.

## 3/ Removal and height adjustment of the unit

With a firm grip, grab the centre of the unit between both pins and slowly move in an upward motion.

Slide upward until there is no longer any friction between the door and the stand-off feet, and the unit releases from the pins. Then pull straight out from the door. Move the unit to the desired height, and repeat the process above, or completely remove the unit from the door.



## 4/ Plugging in the Unit

The plug is specially designed to be used in your Clearlight® Sauna model. If not using the unit inside the sauna, there are adapter cords available to plug into all other household power outlets.

Plug the unit into the available plug inside your sauna. It will either be located in floor near the front of your sauna, or on the inside front wall of the sauna.

# Operating Instructions

## 1 / Activating the Floor Plug (follow A or B, depending on your sauna keypad).

A / If your sauna keypad DOES have an AUX button on it, please follow these steps:

- 1 Turn the Sauna Power ON.
- 2 Change the temperature to **Celsius**.
- 3 Set the temperature to **50 degrees**.
- 4 **Hold down the AUX button immediately for 5 seconds** before the temperature reverts and changes temperature display. You will hear a faint beeping sound.
- 5 The floor plug is now activated, and you can turn on the Red Light Therapy Tower unit.

B / If your sauna keypad DOES NOT have an AUX button on it, please follow these steps:

- 1 Turn the Sauna Power ON.
- 2 Press the **Temp Up** and **Time Up** buttons at the **same time** for **5 seconds**.
- 3 The floor plug is now activated, and you can turn on the Red Light Therapy Tower unit.



## 2/ Operating the Red Light Tower unit

- 1 Turn ON the main power switch which is located on the top of the unit:
- 2 When power is ON, the front control panel will illuminate a small red light.



**Note:** When turned on, it may look like some of the LEDs are not lighting up correctly. This is because those lights are NIR (near infrared), which is invisible to the naked eye.



# Operating Instructions

## Timer

When the red power light is on, simply push the number for the number of minutes that corresponds with your treatment time.



## Pause Function

If you wish to pause treatment for any reason, simply press the **Play-Pause** button. There will be a flashing green light indicating that you are in Pause mode. When resuming treatment, press the Pause/Play button once again and the unit will resume for the remainder of treatment time, and light will be a constant green.

**If you need to reset the timer, there are two ways to proceed:**

- 1 Hold down the Play/Pause button for **2- 3 seconds** and the unit will reset to a standby state.
- 2 If a specific time is desired, press the correct button and the unit will be reset to that amount of time.

## LED Countdown

As the timer counts down, the LED will display the remaining time in five (5) minute increments. In the last four minutes of the remaining time, the LED indicator will flash the number of the remaining minutes.

For example, if there are four minutes remaining, the light will flash four times and then pause. After a minute, it will flash three times and pause, and so on.

## Features for the visually impaired

This Red Light Tower unit features tactile switches on the control panel, along with Braille assistance on the Pause/Play button and at the centre of the timer controls.

## Fan operation

When turning off the unit, the fan may continue running for as much as five minutes to help cool down maintain the life of the unit.

# Operating Instructions

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## Troubleshooting

If the unit does not start follow the steps below:

- Check the red indicator light to see if the unit is receiving power.
- If the light is not on, check that the switch on the top of the unit is set to "on".
- Check if the unit is plugged in or is making good contact with the receptacle.
- Make sure the sauna has the power turned on to the receptacle.
- Check that the breaker to the main power has not been tripped.

If the red indicator light is on, press any number, and if the unit still doesn't respond, hold down the **Play/Pause button for 3 seconds** which will reset the unit.

If Light Tower does not start, please contact Customer Care at 1800 957 150

## To integrate with an automated home system

Hold numbers **5** and **30** while pressing the **Play/Pause** button.  
This puts the unit in timer override.

# FAQs

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## **Eye Protection:**

Eye protection is not necessary. However, some individuals may find the lights uncomfortable, and eyewear may be used as an option.

When initially turning on the unit, your eyes will need to adjust to the strong output so you may want to look away or close your eyes and then open them slowly so your eyes can adjust. It is not recommended to look directly into the LED's.

## **Clothing:**

You may wear clothes, if desired however, the areas being treated should be fully exposed to the light with no obstructions.

## **Creams or Lotions:**

It is best not to use creams or lotions right before a treatment as it forms a barrier and prevents you from getting the full effect of the therapy. It also might irritate the skin.

## **Medications:**

There are some medications which interact with Light Therapy. Some drugs cause photosensitivity, so it is always best to check with your physician before using the unit if you are taking medications.

# Precautions

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## Be cautious regarding the following when using the Red Light Tower

Eye protection is not necessary. However, some individuals may find the lights uncomfortable, and eyewear may be used as an option.

When initially turning on the unit, your eyes will need to adjust to the strong output so you may want to look away or close your eyes and then open them slowly so your eyes can adjust. It is not recommended to look directly into the LED's.

- Do not touch metal body part when running inside a hot sauna
- Do not remove from sauna door until fixture is cooled down
- Do not use creams, lotions or ointments while using the Light Tower
- Do not use near water or immerse the unit in water
- Do not use a damaged cord
- Do not touch the unit with wet hands
- Do not use near flammable or combustible products
- Do not use the unit while sleeping
- Do not modify or try to repair the unit
- Do not use outdoors
- Do not use this unit on infants
- Do not allow children to use this unsupervised
- Do not use unapproved power supply cords
- Do not wash the unit with heavy water – a light damp cloth / dust only
- Do not use the device if it has been damaged
- Do not continue use of the Light Tower if you have any adverse reaction
- Do not hesitate to call us with questions regarding the set-up, cleaning or maintenance of the unit



# Warranty

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To the original purchaser only, Sauna Works warrants Clearlight's Red Light Therapy Tower to be free of defects in materials, workmanship or design under normal use and service conditions for five years from the date of purchase. If the product and/or equipment should become defective within the 5-year warranty period, Sauna Works will send replacement parts or replace it (at our discretion) free of charge, including return transportation to you. All labor is not included.

You MUST receive authorisation before returning product to the factory, as Sauna Works will not accept collect shipments. Sauna Works reserves the right to repair or replace component parts without return of the entire unit.

This warranty does not include damage resulting from accident, abuse or misuse of the product and expressly excludes normal wearing of parts or defect caused by transportation, accident, fire, flood, improper assembly, alteration, or negligence. In addition, all representations and warranties made by any person or entity other than Sauna Works main office is excluded from this warranty.

IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO FIVE YEARS FROM PURCHASE AND ALL IMPLIED WARRANTIES ARE EXPRESSLY EXCLUDED TO THE EXTENT PERMITTED BY LAW AND ARE OTHERWISE LIMITED TO THE TERMS OF EXPRESS WARRANTIES AS SET FORTH ABOVE.

This is the exclusive remedy, and law for consequential or incidental damages under any and all warranties are excluded to the extent exclusion permits liability.

This warranty does not cover or compensate for any loss of use damages that may occur as a result of failure of equipment covered under this warranty.

Sauna Works reserves the right to alter or change equipment without prior notice, and to repair or replace warranted equipment with new parts or new products.

The Products should be installed only in applications where ambient temperatures do not exceed 145°F. Installation and use of the products in applications where ambient temperatures exceed 145°F will result in reduced life, lumen output. For the purposes of being entitled to make a claim under this warranty, a decrease in lumen output of less than 70% under the L70 Standard or LED failure of less than fifteen percent (15%), shall not be considered a defect.

# Clearlight®

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