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Sunlighten is known for their comprehensive range of [infrared saunas for home](#) use. With Sunlighten, you can find an infrared sauna for virtually any space. The company has even developed technology that allows for a truly personal sauna option. It's an experience that envelops your body in a comforting and healing warmth that is perfect for everything from muscle recovery to relaxing after a long day. The secret of this personalized wellness tool lies in Sunlighten's SoloCarbon® far infrared technology.



What Is SoloCarbon Far Infrared Technology?

Infrared light technology is unlike many other forms of heat. It penetrates at the cellular level rather than just heating the skin. For newcomers to infrared technology, it can be a unique experience because it offers comfortable, dry heat not harsh, suffocating extremes. SoloCarbon technology relies on heaters that emit ultra-low electromagnetic fields (EMF). Through their innovative design and mitigation techniques, Sunlighten has reduced EMF emission to nearly zero. This keeps you safe while still producing a beneficial heat. And here's a fact that Sunlighten customers love: SoloCarbon has been clinically proven to temporarily lower blood pressure. This makes the portable infrared sauna an excellent choice for anyone looking to promote a healthy heart.

A Sauna with No Compromise

The size of a Sunlighten [personal sauna](#) gives you the option to place it exactly where you want it. It's a portable sauna that's easy to move and store. You don't have to compromise on space. Place it near a panoramic window to couple your relaxing sauna experience with an equally relaxing view. You could also keep it in the bedroom for daily use before closing out the day. The Sunlighten portable infrared sauna makes for a healthy way to wind down at the end of the day. Enjoy 30 minutes in your infrared sauna, shower, and retire to bed.

Plus, with SoloCarbon far infrared technology, you don't have to worry about becoming overwhelmed by uncomfortable heat. You are in control of the temperature and the overall experience. If you want to dial it up, you have that option. And with the built-in timer, you can set the length of your experience as well.

Light, Heat and Color Come Together

Sunlighten offers the only [portable infrared sauna](#) with chromotherapy lighting. Chromotherapy, also known as color therapy, uses specific light frequencies to achieve different wellness results. For example, the use of yellow light (noted for being the brightest color in chromotherapy) may help improve skin health, as well as aid in digestion. Each color on the spectrum comes with a different set of benefits and it's worth experimenting with as you enjoy your portable infrared sauna from the comfort of your own home.

Begin your home infrared sauna journey at <https://www.sunlighten.com/>

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