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CUSTOMER TESTIMONIALS



WEIGHT LOSS

I have had the Sunlighten Solo[®] sauna unit for a week and have used the sauna for 45 minutes per day at setting #7 or #8. I have noticed several results. The first result was that I lost 5 pounds and one inch from my waist. The second thing that I noticed is that I have more energy. The last thing I noticed is that I am able to concentrate better. I am looking forward to more positive results over time. The purchase of the Solo[®] sauna is one of the best investments that I have ever made.

Bob Hedrick, Sunnyside, N.Y.

The far infrared Solo[®] sauna system has also created a weight loss miracle for me! In the past 8 weeks, I've lost 8.6 lbs effortlessly. I am losing at least a pound a week just by spending 25 minutes per day in the sauna.

Jeri Callan, Dallas, TX

HEART HEALTH

In early August, I visited my doctor for control of my cholesterol. She was very worried over my results, since I am not that old, at only 34 years of age. After using the sauna for 30 days on the maximum 9-9 setting, I went back for a new test. When the doctor saw the results she could not believe her eyes. I told her that I had not taken the medicine she prescribed, only used the Solo[®] Sauna. The triglycerides are down from 393 mg/dl to 164 mg/dl (normal= 40-175). She was impressed!

Victor Calderon, Valued Customer

My husband and I are very pleased with our far infrared Sunlighten sauna. My husband's poor circulation improved significantly after the first week of using it daily. After the second week, his chronic sinus inflammation lessened, as well as annoying headaches. In less than 30 days, his cholesterol and blood pressure readings were down, as well. Overall, the daily 20-minute sessions provide increased physical and mental energy for the both of us. We would not be without our far infrared Sunlighten sauna. We love it!!

Buck & Connie Krieger, St. Louis, Missouri

I am 56 years old and have always had high triglycerides. After using my sauna 5 times a week for 8 weeks, I had a blood test. My triglycerides went from 163 to 67. My cholesterol went from 161 to 145. My LDL's went from 59 to 61 and my HDL's went from 69 to 71. As an extra benefit, I also lost 6 pounds and dropped almost 2 sizes!

Sandy Updegraff, Valued Customer



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COMPLEXION

People have started to comment about what a healthy glow I have to my skin and unless my eyes are deceiving me, I hardly have any noticeable wrinkles any more. I'm retirement age and see people in their 40s who have more wrinkles than I do.

Annette B. McEachin, Norcross, GA

The Solo[®] has helped with my eczema a great deal. I would recommend the Solo[®] to anyone. It has also helped me to lose weight and has helped relieve sore muscles. It's also great after a hard day's work. Using it before bedtime has been awesome, very therapeutic.

Richard Barr, Valued Customer

PAIN RELIEF

Over the past month I have used the sauna 55 times and lost four pounds and feel better each day. One significant result is the effects I have noticed in two areas of my life. The first is: I have always had chronic lower back pain. After the first week of using the sauna I have not experienced any lower back pain, some morning stiffness but no pain. The second is: I have always had problems sleeping through the night, usually waking up three to four times a night. Over the past week I have slept through the night getting a full seven hours sleep! To wake up rested is the most wonderful feeling and has increased my energy level during the day dramatically.

Kit Presnell, Buckley, Washington

I guess it's been a month or 6 weeks since I received my sauna and I wanted to let you know how excited I am about my improved health already!! My friends and family are impressed! I'm so thankful to have so much less pain and inflammation. My doctor is so excited too. I was taking 16 ibuprofen a day and now I usually take 4 at the most!! I haven't missed a night since I started. Thanks!!

Beth Switzer, Valued Customer

A large area of mild varicose veins is almost gone on my thigh, it has improved a small hemorrhoid, it has taken arthritis out of joints in my thumbs. The sauna is helping the arthritis in my toes. The sauna helps me sleep like I have had a sleeping pill. I have more energy and noticed that after the second sauna treatment.

Monica Brill, Valued Customer

I cannot say enough about the positive effects of the infrared sauna and I tell everyone about how much it has helped me. I have no doubt that I would still be on Prednisone and suffering its side effects had I not bought and used the infrared sauna. The doctor who performed my rotator cuff surgery was amazed at how fast I healed and performed the physical therapy without suffering any pain. He kept telling me that for a "person of my biological age", I was outperforming his younger patients with my physical therapy. I chalk this up to sitting in the sauna for 30 minutes prior to doing the physical therapy - which made it a snap and painless. This doctor was amazed that I am no longer on Prednisone and said that if I was still off this medication by the end of April, 2007, he would buy an infrared sauna for himself, since he suffers from knee pain. I am still not taking any Prednisone.

Wanda Huber, Valued Customer



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Eight weeks ago I started using my Solo® sauna for 25 minutes every day. Within the first month, I was completely amazed at how much better my knees were. I have absolutely no knee pain, no swelling, and I can walk up and down stairs just like a normal person. My robotic, stiff knees are a thing of the past, and I am completely pain free and symptom free. It's as if the arthritis is just gone!

Jeri Callan, Dallas, TX

DETOXIFICATION

I am very, very pleased with the sauna, mainly because it has enabled me to achieve the goal I had in mind when I purchased your sauna, which was: to get rid of heavy metals. I had high levels of Lead and Mercury in my body at the time of purchase. After only 3 1/2 months of daily use of the sauna, my levels of lead and mercury went down very significantly. I believe and feel that my body is way healthier now and I have the blood tests to prove it.

Pierre Martin, Valued Customer

During these few months, I determined to actively address the many chemicals that I had been exposed to both in hospital environments as a nurse, and while growing up. This led me to research in depth the detoxification of pesticides and petrochemicals. Fortunately, several books and web sites directed me to consider Far Infrared Therapy (FIR). In the 6 weeks that I have used my Sunlighten sauna daily, there have been noticeable changes. I have no joint pain and the joints in my hands have decreased in size. I have spontaneously lost 6 pounds that came on rapidly after the last pesticide exposure. I'm encouraged with the progress I've obtained with my new sauna and the hope that I'm finally eliminating the chemicals I've struggled with for so many years.

Laurie Duell Miller, RN

CRAFTSMANSHIP

The construction is beautiful on the Sunlighten sauna. The real glass (most other models are plastic), beautiful wood and the fit after putting the sauna together is fantastic. My son said he had never put anything together that went so smoothly. I highly recommend your Saunas.

Deb Warren, Valued Customer

THE EXPERIENCE

I am 86 years old and have experienced mud baths, Swedish baths, and Turkish baths. None compare with the Sunlighten sauna experience.

Harold Saw, Long Meadow, MA