



sunlighten™
empowering wellness™

AUTHORIZED DISTRIBUTOR

Bring the mind and body together

Add another layer of experience to your Sunlighten sauna



Empower wellness and enjoy the gentle caress of your favourite music relaxing you and enter into a journey of rejuvenation, joy and well-being.

Sunlighten™ now offers the benefits of So Sound Heart® technology!

This ground-breaking technology is the heartbeat within your Sunlighten sauna! It uses sound waves to create a musical massage that harmonizes all the systems of the body. Attached at specific locations within your Sunlighten sauna, the SO Sound System uses an amplified audio signal to resonate waves to the surface of your sauna. These waves simulate the body and mind's natural relaxation response.

Now you can enhance your Sunlighten sauna experience for an even deeper relaxation with SO SoundHeart® Technology.

Acoustic Resonance Therapy (ART) from SO SoundHeart® Technology

- Acoustic Resonance Therapy provides an environment for the body/mind to be able to experience the benefits of sound healing in a more integrative way.
- Feeling the music helps to provide harmony physically, mentally, emotionally, spiritually, and environmentally by stimulating our senses.
- The entertainment of our body/mind also expands our awareness. When we begin to listen and feel the music we naturally relax into the harmonic flow.

Acoustic Resonance Therapy Health Benefits

Health Benefits Include:

- Stimulating the body and mind's natural relaxation response.
- Releasing the tension in stressed areas, such as muscles, joints, ligaments, and tendons.
- Relieving the mental and emotional "body" from such tension.

Through harmonic resonance, the body and mind find sound balance, sound health and expanded awareness of the more subtle aspects of ourselves through the vibrations of light and sound.