

SUNNA TOWER 1400S

LED LIGHT THERAPY & INFRARED SAUNA LIGHT

User Manual



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Congratulations on your new 'Sunna Tower 1400S' LED Light – a high-power LED panel designed specifically for sauna environments up to 80°C and distinguished from conventional light therapy panels.

The unit features a full aluminium body, a slim, fanless design, and an IP65-rated construction. Its waterproof and high-temperature-resistant design makes it well suited for use in sauna rooms with elevated heat and humidity, allowing you to enjoy sauna light therapy throughout the space.

The LED Light retains essential functionality, including adjustable timing, dimming and pulsing modes. It operates across six carefully selected wavelengths, including infrared 1060 nm. These wavelengths have been widely studied within the field of light research and photobiomodulation, and are incorporated as part of the product's overall design and user experience.

Please take the time to read this manual carefully to ensure safe use and to fully enjoy the benefits of regular red and near-infrared light exposure.



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Important Safety & Warnings

To preserve the life and functionality of the device, always store it in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions. Do not do any of the following with the device:

- **DO NOT** let children use the device without adult supervision.
- **DO NOT** use this device on infants.
- **DO NOT** let sleeping, disabled, or unconscious persons use the device.
- **DO NOT** exceed 20 minutes of use in one therapy session.
- **DO NOT** use your device on open, fresh wounds.
- **DO NOT** use in combination with liniments, salves, ointments, or balms that contain heat-producing ingredients. A skin burn could be the result of doing so.
- **DO NOT** modify or attempt to repair this device. There are no parts that are serviceable by the user. The light is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:
- **DO NOT** wash electrical parts with water or other liquids.
- **DO NOT** drop your device in water or other liquids or place it where it may fall into water or other liquids.
- **DO NOT** expose your device to running water. If your device comes into contact or becomes submerged into water or other liquid, switch off and unplug it immediately from the electrical power outlet. If the device is to be used in the vicinity of water, we recommend using an electrical outlet protected by Residual Current Device (Safety Switch).
- **DO NOT** directly touch the device or touch the plugs or switches with wet hands.
- **DO NOT** apply or touch the device to, or with, wet or damp skin.
- **DO NOT** pull, carry, or lift the device by its cord. If the cord is damaged, do not use the device.
- **DO NOT** use on or near heated surfaces.
- **DO NOT** operate this device in areas where it could be exposed to flammable or combustible products or vapours. Explosion or fire may occur.
- **DO NOT** store your device in hot temperatures exceeding 60°C.

- **DO NOT** use your device if it is damaged. Continuous use of a damaged device may result in electric shock or injury.
- **DO NOT** use extension cords unless they are designed to carry the total wattage of the device being powered.
- **DO NOT** unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.
- **DO NOT** cover the cooling fans (if applicable) while operating the device.

Cautions

We recommend that you consult your healthcare provider before using the device if you think you may be sensitive to light. Some cold and allergy medications, painkillers, and medications used to treat infections can cause light sensitivity.

We also recommend that you consult your healthcare provider before using the device if you are pregnant, have a suspicion of cancer lesions, or have recently received a steroid injection or use topical steroids.

If you experience discomfort or worry about the device, stop using it immediately and contact your healthcare provider. Disconnect from the outlet when not in use to avoid tripping hazards.

Disposal

The symbol on the right, which is on the device or in the packaging, indicates that the unit must not be disposed of with other household waste. This device requires disposal via a designated collection point for the recycling of electrical waste.



Please recycle your disposed equipment to conserve natural resources and protect human health and the environment.

Disclaimer

General Wellness Use Only: The 'Sunna Tower 1400S' LED Light is a low-risk general wellness device intended for personal relaxation and cosmetic use. It is not a medical device and is not listed on the Australian Register of Therapeutic Goods (ARTG). It is not intended to diagnose, treat, cure, or prevent any disease, injury, or medical condition (including arthritis, neuropathy, or skin conditions).

All references to 'light therapy' benefits refer to general photobiomodulation research and may not reflect specific results with this device. Consult a healthcare professional before use if you have any medical concerns.

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What is LED Light Therapy

What Is Red Light / Infrared Light Wavelength?

Red and near-infrared light therapy, also known as photobiomodulation (PBM), is most commonly used in red light therapy applications.

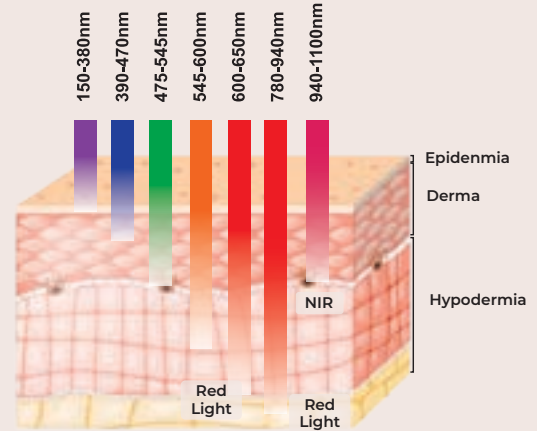
Photobiomodulation utilises specific wavelengths of natural light, including:

- **Visible red light** (630–660 nm),
- **Invisible near-infrared light** (810–850 nm),
- **Invisible infrared light** (1060 nm).

These wavelengths are selected to support cellular health and function without exposing the body to harmful UV rays, excessive heat, or negative side effects.

Light therapy is among the earliest recorded healing modalities. The ancient Egyptians were known to use solar therapy, and early forms of light therapy were also practised by the ancient Greeks, Chinese, and Indians.

Light is an essential part of our environment. Many people use specific wavelengths of light to support their daily wellness routine.

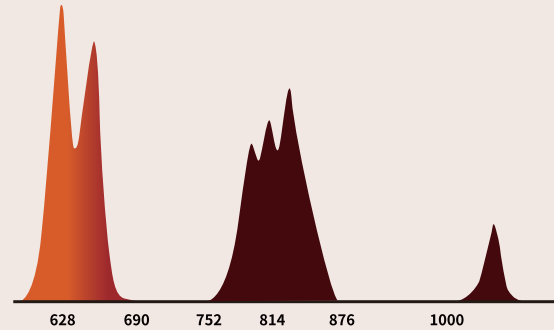




What Is the Wavelength of LED Light?

The 'Sunna Tower 1400S' LED Light combines multiple light wavelengths, including:

- **Red light:** 630 nm and 660 nm
- **Near-infrared light:** 810 nm, 830 nm, and 850 nm
- **Infrared light:** 1060 nm



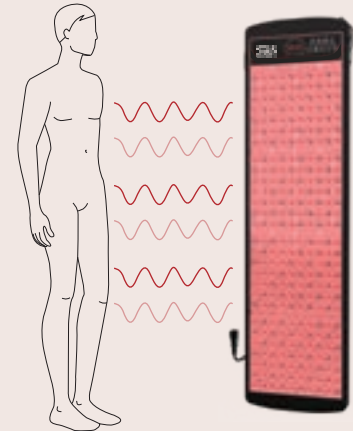
Red light at 630 nm and 660 nm is absorbed in higher proportions by the skin, making it a popular choice for beauty regimens. Regular use helps support skin tone and texture, promoting a firmer, more youthful appearance.

Near-infrared and infrared light at 810 nm, 830 nm, 850 nm, and 1060 nm lie outside the visible spectrum. While these wavelengths cannot be seen by the naked eye, they penetrate deeper into the body.

Near-infrared and infrared light are designed to penetrate beyond the skin's surface. These wavelengths are widely used to provide soothing warmth for tired muscles and stiff areas.

How LED Light Therapy Works

Red and near-infrared light therapy is designed to support the body's natural processes. Many researchers believe that specific wavelengths of light may help support cellular function and energy, helping the body to perform efficiently. This process is often referred to as photobiomodulation.





Benefits of LED Light Therapy



Support General Wellness

Red light therapy is widely utilised to support general well-being. Users often find the warmth and light exposure helps to soothe temporary muscle tension and support relaxation after physical activity.



Support Muscle Recovery

For those with active lifestyles, LED light therapy may be a helpful tool in your recovery routine. The specific wavelengths provide soothing warmth that may assist in relaxation and general muscle recovery after physical activity.



Skin Appearance

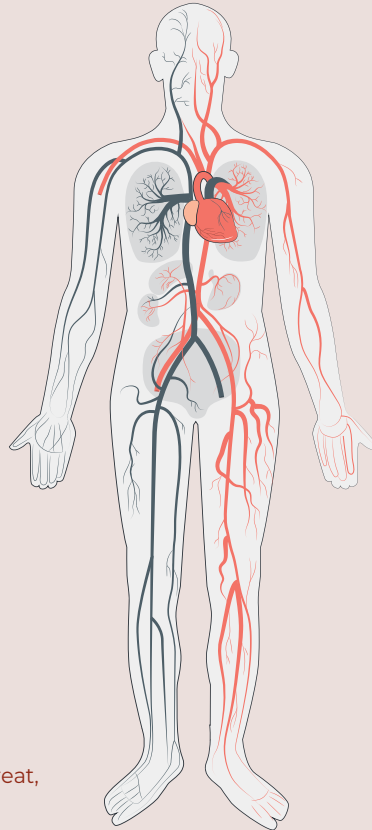
The 'Sunna Tower 1400S' LED Light utilises wavelengths often used in beauty treatments. Regular sessions may help improve the appearance of skin tone and texture, supporting a healthy, radiant glow.



Hair Aesthetics

Red light therapy can be a complementary part of your haircare routine, supporting the appearance of healthy-looking hair.

Wellness Features



Provides Gentle Warming Light

Soothing warmth for general comfort



Supports Comfort & Relaxation

Enhances rest & relaxation



Helps You Relax and Unwind

Encourages sense of calm

Designed to support general wellness and relaxation. Not intended to diagnose, treat, cure, or prevent any disease.



Designed for Personal Wellness

Helps support your overall wellbeing



Supports Skin Comfort & Warmth

Gently warms and soothes skin



Ideal for Post Workout Relaxation

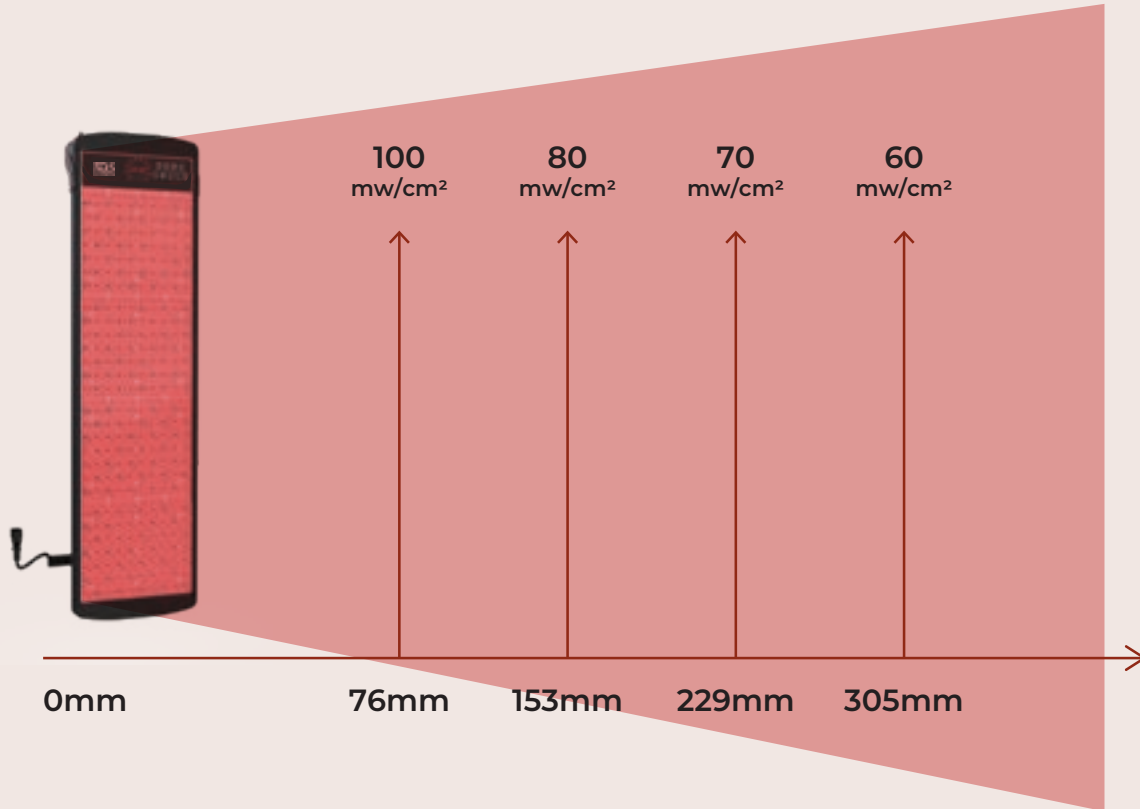
Enhances your recovery routine



Full Body Light Coverage

Gently warms from head to toe

Wavelengths	630nm 660nm 830nm 850nm 1060nm 70:70:30:34:70:6
LED Quantity	280pcs
LED Chip	Single Chip
Weight	9.7kg
Product Size	H1013 x L276 x W30 mm
Ambient Mode (dimming)	Ten-range dimming 10%/20%/30%/40%/50%/60%/70%/80%/90%/100%
Ambient Operating Temperature	0-80°C
Recovery Mode (pulsing)	10Hz
Daisy Chain	No
Calculated Irradiance	>100 mW/cm ²
Warranty	3 years
Best For	Full Body Treatment





1 Sauna Light



2 Eye Protection Glasses



3 Power Cord



4 Door Hanger



5 Hanging Cable



6 Adjustable Pulley System



7 User Manual

**Timing**

The default session time is 10 minutes. The duration can be increased or decreased using the adjustment buttons.

**Mute / Unmute**

This button enables or disables the sound alerts on the control panel.

**Light Mode**

- Mode 1: Full light (red + near-infrared + infrared)
- Mode 2: Red light only
- Mode 3: Near-infrared and infrared light only

**Power / Pause Button**

Press the power button twice to turn the device on or off. When powered on, the control panel will illuminate and the device will operate according to the selected mode. Press again to pause operation.

**Pulse Button**

Press the pulse button to activate 10 Hz infrared pulsing. Press again to deactivate the pulse function.

**Ambient / Dimming Mode**

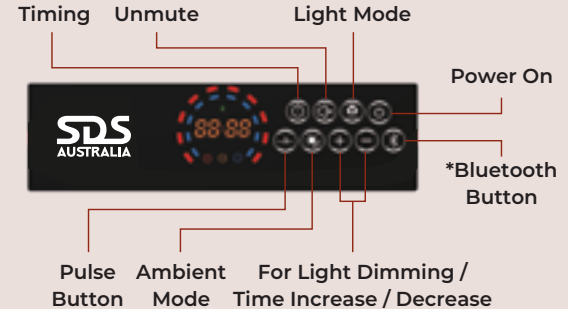
Press this button to adjust brightness using PWM dimming while the device is in standby or power-on mode. Brightness is adjustable in ten levels: 10% / 20% / 30% / 40% / 50% / 60% / 70% / 80% / 90% / 100%

**Brightness & Time Adjustment**

Use the “+” and “-” buttons to increase or decrease both light intensity and session time.

**Bluetooth Button**

*The Bluetooth button is reserved for future app-based control. This version of the device does not support Bluetooth functionality.



How far should I stand or sit from the device?

We recommend positioning yourself approximately 15–20 cm away from the light panel. Ensure the treatment area is comfortably exposed to the light.

Why can't I see the near-infrared light?

Near-infrared (NIR) light is not visible to the human eye. This is completely normal. In low-light conditions, you may notice a faint glow from the LEDs, which indicates the system is operating correctly.

Can I wear clothing during a session?

For optimal effectiveness, the treatment area should be fully exposed. Clothing may reduce the amount of light reaching the skin.

Does red or near-infrared light therapy interact with medications?

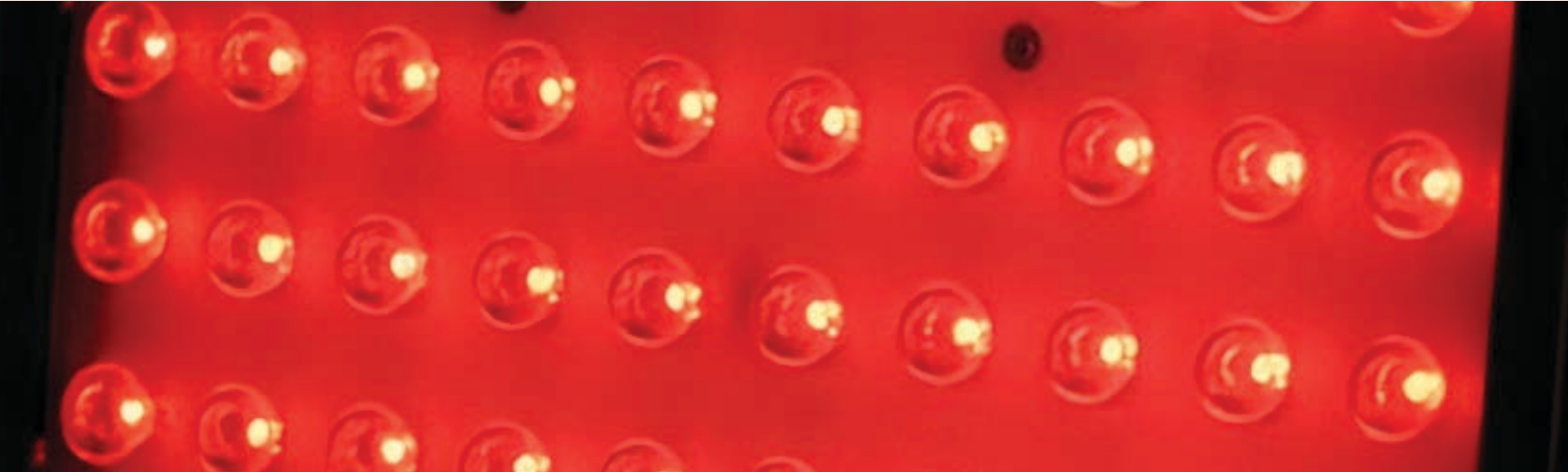
If you are taking photosensitising medications or have any medical concerns, we recommend consulting your healthcare professional before use.

How long should I use the device per session?

For best results, use the LED Light for 10–20 minutes per treatment area. Sessions can be performed once daily, depending on comfort and personal preference. Consistency over time is more important than longer individual sessions.

Should I wear eye protection?

Eye protection is not required during use. However, we do not recommend looking directly into the LEDs, as this may cause temporary discomfort. If desired, eye protection glasses may be worn for added comfort.



Maintenance

The device requires minimal maintenance beyond regular cleaning.

Before cleaning, ensure the device is switched off and unplugged. Wipe the surface gently using a soft, damp cloth or paper towel. Do not use harsh chemicals, abrasive cleaners, or bleach, as these may damage the unit.

Ensure the device is completely dry before using it again.

For safety reasons, this device is intended for **indoor use only**.

Customer Service

We are committed to supporting your wellbeing by providing high-quality, effective, and reliable light therapy products.

If you experience any issues with your device or have questions or concerns regarding its use, please contact our customer service team. We will be happy to assist you.

For support enquiries, please contact:

support@sdsaustralia.com



We guarantee that the device will operate and perform in accordance with its specifications for a period of **three (3) years from the date of purchase**.

The warranty covers manufacturing defects and all standard components during the warranty period, subject to the conditions outlined below.

The warranty does not apply to devices that have been abused, misused, modified, damaged, or repaired using non-original or unauthorised parts.

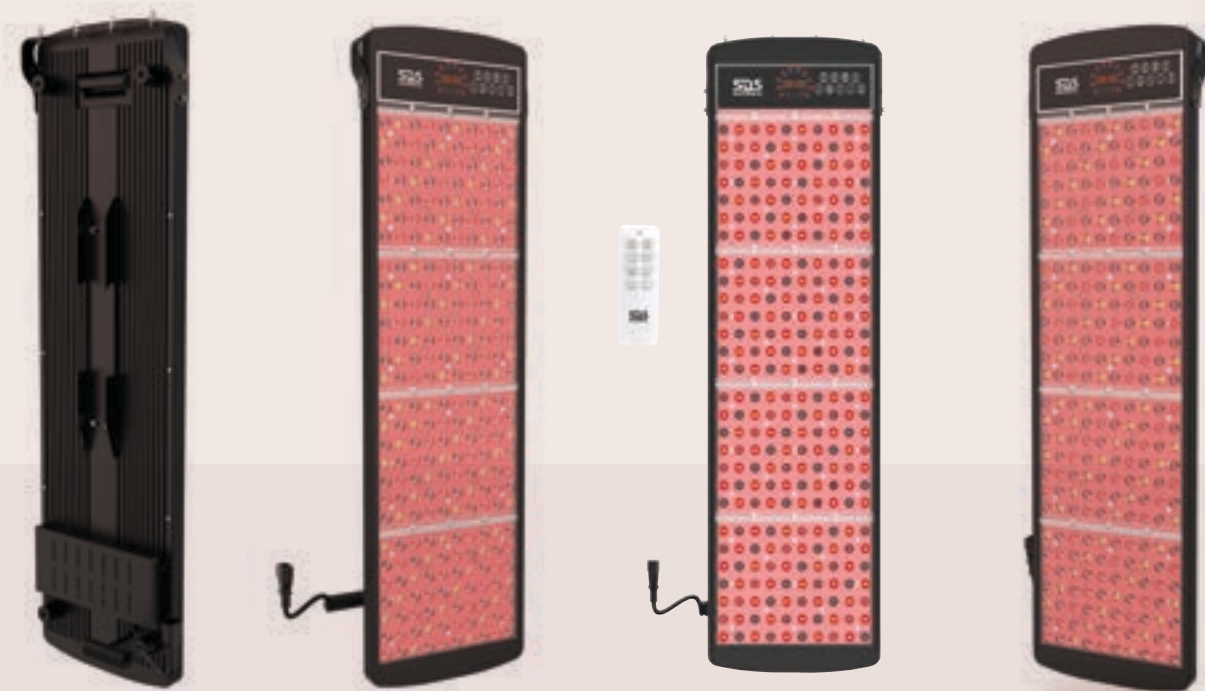
Our goods come with guarantees that cannot be excluded under Australian Consumer Law.

After the warranty period has expired, the buyer is responsible for all parts and labour costs associated with repairs.

If the unit is repaired or replaced, either within or outside the warranty period, replacement parts or units may differ in colour or appearance from the original.

To request warranty service, please contact our customer support team.

Refer to website for Full Warranty Terms & Conditions.



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OVER
20
YEARS
of Sauna Expertise

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