



Clearlight 4-PERSON SANCTUARY YOGA PRO spacious infrared sauna



Price

[Ask a question about this product](#)

Combine infrared therapy with the flexibility of movement with the Clearlight Sanctuary Yoga 4-person sauna. The sauna created to strengthen your body and spirit, with a lifetime warranty! Ideal for hot yoga too!



Cutting-edge technology is at the heart of the Clearlight Sanctuary series, incorporating state-of-the-art digital sauna controls with app capabilities, a USB charging station, an enhanced sound system and a built-in tablet stand to maximize your sauna experience (with the ability to turn off wireless transmissions).

They utilize both the far infrared heat produced by the True Wave™ hybrid heating panels and the full spectrum heat produced by the True Wave II™ full spectrum panels to produce the best therapeutic benefits for the body.

All Clearlight Sanctuary™ sauna models include a chromotherapy device, with a wide range of therapeutic colors to relieve stressors and improve mood.

Possibility for additional enhancements such as the Clearlight Red Light Therapy Tower and HALOONE™ Salt Therapy.

All Clearlight Sanctuary™ sauna models include a full lifetime warranty for residential customers and a 5-year warranty for corporate customers. We believe that an investment in your wellness with Clearlight saunas should last a lifetime.

With modern design and groundbreaking innovation, Clearlight Sanctuary® saunas are like no other. They are the only full-spectrum infrared saunas that offer advanced near, mid and far infrared technologies, with virtually zero low-frequency electric and magnetic fields (EMF). Our state-of-the-art digital sauna control works in conjunction with our sleek tablet/smartphone app to enable you to control your sauna remotely.

[Read our detailed article with all the advantages of Clearlight infrared saunas.](#)

New improved features of Sanctuary Pro series

The Sanctuary series has now been upgraded and, under the new name "Sanctuary Professional", features a number of improvements:

- additional door hinge for stability
 - higher wattage full spectrum heaters (700w vs. 500w)
 - double chromotherapy lamp for 3 people or more
 - replaceable floor insert
 - stainless steel support plate
 - solid wooden bench
-



Detailed Sauna Features

- FSC certified Okoume for indoor/outdoor use
- Digital touchpad and smartphone app control
- Bluetooth/AUX connectivity
- Built-in stereo speakers
- Integrated device charging
- Dual chromotherapy lights 192 LEDs / 12 colors
- Movable solid wood benches
- Replaceable wooden floor inserts
- Metal entrance plate
- Zero volatile organic compounds
- Door, window and roof made of 8 mm tempered safety glass
- Double-walled and grooved construction
- Images are for illustrative purposes only. The Sanctuary Pro features a flat, solid benchtop.
- Weight 324 kg
- Interior: Width 180 cm Depth 142 cm Height 186 cm
- Exterior: Width 193 cm Depth 152 cm Height 196 cm
- Counter space 89 cm x 56 cm (X 2)
- Far Infrared True Wave® Carbon & Ceramic Low EMF/ELF heating panels on the back wall, side walls and under the counter.
- 2X700 W True Wave II® full spectrum heating panels on either side of the door.
- Simple underfloor heating.
- Power 3570 W
- Voltage 230 V
- Cable: 4 mm power cord without plug / 2.4m

[Download the brochure with the detailed characteristics of the sauna.](#)

[Download the brochure with instructions for installing and using the sauna.](#)

[Download the sauna safety brochure.](#)

[Download the brochure with sauna maintenance instructions.](#)

Price and Purchase Process

[For the current product price, download the latest price list by clicking here.](#)

The transportation cost is included in the final price, with the exception of island or hard-to-reach destinations.

If you would like to proceed with a purchase, please send us an email at This email address is being protected from spambots. You need JavaScript enabled to view it.

```
document.getElementById('cloakebc6d1b9b53f3e90715827afc06a8639').innerHTML = ''; var prefix = 'ma' + 'il' + 'to'; var path = 'hr' + 'ef' + '='; var addyebc6d1b9b53f3e90715827afc06a8639 = 'info' + '@'; addyebc6d1b9b53f3e90715827afc06a8639 = addyebc6d1b9b53f3e90715827afc06a8639 + 'home-wellness' + '.' + 'gr'; var addy_textebc6d1b9b53f3e90715827afc06a8639 = 'info' + '@' + 'home-wellness' + '.' +
```

```
'gr';document.getElementById('cloakebc6d1b9b53f3e90715827afc06a8639').innerHTML +=
```

```
'+addy_textebc6d1b9b53f3e90715827afc06a8639+'; with:
```

1. The exact model and/or additional Clearlight accessories you wish to order

2. Shipping details (name, address, mobile phone number)

3. Invoicing details, in case an invoice is issued instead of a receipt

4. If the purchase concerns domestic or commercial use (spa, gyms, treatment rooms, etc.)

The sale of this product is made exclusively through a mediation process by Home Wellness and

the sales contract is concluded directly with Clearlight Saunas Europe GmbH ([terms](#)). All

payments, invoicing, warranty and returns are processed directly with Clearlight.

We inform you of the final amount and payment is made by bank deposit or credit card

(currently there is no possibility of installments).

Installation Requirements

Detailed information on the points you should pay attention to (space, access, electricity,



etc.) before purchasing an infrared sauna can be found in our relevant article:

<https://www.home-wellness.gr/en/infrared-saunas/infrared-sauna-pre-purchase-checklist>

Fitting

Assembling the Clearlight infrared sauna is quick and easy. No technical knowledge is required. Each infrared sauna is pre-wired and precision-engineered for easy connection. If you wish to do it yourself, assembly requires 2 people and takes 2-4 hours. No special tools are required, just a screwdriver.

Watch the sauna assembly process in the video below:

And to avoid any surprises from parts shortages or malfunctions, Clearlight assembles each infrared sauna in the factory and tests each sauna to ensure it meets our strict quality control standards before shipping. It is then disassembled, boxed and shipped to you. This ensures that you receive your sauna in perfect condition.

In case you do not want to do the assembly yourself, Home Wellness does not undertake the assembly of saunas, however we collaborate with an external workshop.

The price given to us by the collaborating workshop in Attica for the assembly of this particular Clearlight sauna is €200-250+VAT.

Power supply to the sauna

Sanctuary 1, 2 and 3 person saunas have a 16A Type F Schuko plug, with a 2.4 meter long cable, which connects directly to a household outlet (the fuse of the panel corresponding to the outlet you will connect must be at least 16A).

The yoga and corner saunas have a 4 mm power cord without plug, meaning it does not have a ready-made plug/socket, the cable is bare (4 mm² wire), so it must be connected to a panel or special socket by an electrician.

Outdoor saunas also have a 16A or 32A Commando Plug, which is an industrial plug with grounding, designed for outdoor use. It does not plug into a regular household outlet, it requires a special industrial socket.

Delivery time

Delivery time is 10-20 working days from payment for 1-3 person saunas and 25 -35 working days from payment for 4 person saunas or larger (barring unforeseen circumstances).

Delivery method

The sauna is delivered in boxes at street level and the detailed dimensions are as follows:
4 Boxes

- Ceiling & Floor Panel: 1355 × 1260 × 185 mm, 120 kg
- Left & Right Panel: 1965 × 1245 × 225 mm, 75 kg
- Front & Rear Panel: 1965 × 1230 × 195 mm, 120 kg
- Near infrared heater: 980 × 340 × 275 mm, 8 kg
- Largest Panel Dimensions: 2020 × 860 × 2010 mm
- Total Weight: 350 kg

Before accepting and signing for delivery, carefully inspect the pallet for any damage. If there is any obvious damage, note it on the delivery note, have the driver sign it, and take some photos. Then contact one of our customer support representatives immediately.

Lifetime warranty for home use and 5-year warranty for commercial use

Purchasing the Clearlight infrared sauna is an investment in your health and lifestyle.

We paid close attention to every detail to ensure the highest quality sauna available, we only use high-quality materials to minimize the chance of warranty issues, and we back those words with our exclusive lifetime warranty on the entire sauna.

True Wave infrared panels have an estimated lifespan of 30,000 hours. Using your sauna 5 times a week, they can last up to 125 years.

All cabin panels are kiln and air dried to a moisture content of 7%, and then each panel is pressed to ensure a long life without warping or cracking.

All electrical components in the Clearlight® sauna are manufactured to strict standards and once the sauna leaves production at our factory, it is adjusted and tested and operated to ensure it is in perfect working order.

This warranty covers the entire sauna - the wooden cabin, the heaters, the controls and even



the sound system!

For legal reasons, we call it a Limited Lifetime Warranty. Why "Limited"? We cover parts and shipping for the lifetime of the parts, but labor is not included for the lifetime.

However, we provide the spare parts and pay for the shipping costs, and we also provide instructions on how to resolve potential problems with your sauna.

In the rare event that you do have a problem with your sauna, our lifetime warranty covers the entire sauna. You will never have to worry if something goes wrong with your Clearlight sauna. If you use your sauna in a commercial location, you are still covered by its 5-year Clearlight warranty.

Clearlight prides itself on being probably the only company that gives you a genuine lifetime warranty on the entire sauna and will be here next year and 10 years from now in case you need parts or have questions about proper use or your sauna!

The latest detailed warranty terms can be found here:

<https://www.clearlightsaunas.eu/resources/clearlight-lifetime-warranty>

Technical support

Since Clearlight provides you with a lifetime warranty, technical support is an important part of its services.

Clearlight's technical customer support team is based in Germany and can assist you with troubleshooting and warranty support. Most parts are easily owner replaceable, however, if you require a technician (e.g. an electrician), the technical support team will help coordinate local support where possible.

Innovative technology

Almost every other infrared sauna company uses industrial heaters that have been adapted for use in infrared saunas. Clearlight manufactures its own patented infrared sauna heating panels.

True Wave™ infrared panels are the only ones on the market that combine both the high performance of ceramics with the long wavelength of carbon to produce a sauna session that is unparalleled.

Heating panels with True Wave® technology

Almost every other infrared sauna company uses industrial heaters that have been adapted for use in infrared saunas.

Clearlight manufactures its own patented infrared sauna heating panels.

True Wave™ infrared panels are the only ones on the market that combine both the high performance of ceramics with the long wavelength of carbon to produce a sauna session that is unparalleled.

Each True Wave® heating panel is uniquely manufactured under specific conditions in the Clearlight® factory. The innovative process incorporated into thermostat conditions is what produces the highest thermal emission and efficiency of any other infrared heating device available.

The special process involves alternating layers of carbon/ceramic with layers of a woven substrate, which are combined under high heat and pressure settings. The infrared heater is then tested under power for several hours, measuring electrical energy, surface temperature and emitted electromagnetic fields (EMF) at twelve different points.

And True Wave II® full spectrum heating panels

Clearlight saunas also include full-spectrum heating panels in the front, providing therapeutic benefits from the full spectrum of infrared heat.

True Wave II™ full spectrum heating panels incorporate all three wavelengths, near infrared, mid infrared and far infrared, all in one heating panel and established the term full spectrum infrared panels.

Clearlight Infrared® saunas use a special type of halogen bulb in their patented True Wave® full-spectrum heating panels, providing a wide range of infrared wavelengths, as well as powerful heat. Not only are they energy efficient to operate, but they also heat up quickly compared to other heaters.

Possibility to add an additional True Wave II® full spectrum heating panel

The [True Wave II™ Full Spectrum Mini Heater](#) is a compact version of the True Wave II™ heaters you will find on the front of Sanctuary™ sauna models.

Providing an additional 300 watts of full-spectrum heat to your sauna will not only slightly



increase the maximum temperature of your overall session, but will also provide better access to the therapeutic benefits of full-spectrum infrared radiation.

The unique infrared saunas with low electric and magnetic fields

As a pioneer in infrared sauna panels, Clearlight has achieved near-zero levels of low-frequency electric and magnetic fields, with patent-pending technology.

The exclusive manufacturing process includes the use of twisted cables to cancel out magnetic fields, running the cables through grounded metal conduits, shielding all electronic components with aluminum, and grounding the re-carbonized mesh covering the heating panels. Clearlight is also the only manufacturer worldwide that provides data on electric and magnetic field levels, and not by chance, as typical magnetic fields in other saunas are usually 50-100 times greater!

According to measurements by the VitaTech Electromagnetics laboratory (USA), magnetic field levels range from 0-11nT and electric field levels from 0-8 V/m, values much lower than the recommended exposure limits.

High quality, non-toxic materials, with all international certifications

All Clearlight saunas use non-toxic glues and varnishes, making our saunas ideal for people who are chemically sensitive.

They have a CE certificate of compliance with health and safety requirements for equipment operating in the European Union (EU), an Electrical Testing Laboratories (ETL) certificate of compliance with US/Canadian safety and performance standards, an SAA Approval certificate from the Joint Accreditation Service of Australia and New Zealand (JAS-ANZ), Material Safety Data Sheets (MSDS) confirming that ingredients used in varnishes, adhesives and wood sealants do not contain toxic or hazardous materials, a certificate for harmful volatile organic compounds (Volatile Organic Compounds) before and during sauna use, and a RoHS certificate for the restriction of hazardous substances.

High aesthetics

Clearlight saunas are not only made with excellent craftsmanship and the finest materials, they also look great!

Made from the finest quality cedar or spruce, Clearlight® saunas are perfectly finished. Clearlight saunas are hand polished, the handles and trim are handmade, the tongue and groove wood is color matched to look beautiful and will definitely enhance the look of any room.

Checking the operation of each model in real conditions

Each sauna is manufactured, assembled and tested in the factory to ensure it meets strict quality control standards. It is then disassembled, packaged and shipped to you. This way we ensure that you receive your sauna in perfect condition.

Tablet/smartphone stand for easy movie watching or reading

On Clearlight sauna models you can place your tablet/smartphone on the door handle for easy viewing of your favorite shows or movies

Ergonomic backrest

All Clearlight infrared sauna models (except the yoga model, as it does not have a fixed seat) feature an ergonomic backrest for added comfort and support during your sauna session.

The wooden heating panel guards are curved in an ergonomic shape along the back wall.

It is also possible to purchase [an extra portable ergonomic backrest](#) .

Designed by Dr. Raleigh Duncan, chiropractor and founder of Clearlight, this backrest brings an added level of comfort to the experience.

You can use the portable ergonomic backrest to sit comfortably against the side wall with your feet resting on the bench.

Digital control panel

It is located inside the sauna and controls the temperature, time and lighting of the sauna.

12V low voltage socket for charging mobile phones, etc.

The 12V low voltage socket allows you to use portable devices (e.g. chargers, LEDs, fans, etc.) that operate on 12V inside the sauna.

You can use accessories intended for cars, caravans or boats (all work on 12V).

The most common use is for charging mobile phones/devices with a 12V USB adapter or for using a 12V aromatherapy device.

However, we do not recommend prolonged use of mobile phones or other devices inside the sauna because high temperatures may cause them to malfunction.

Listen to your music from the sauna speakers!

You can connect your smartphone/tablet to the sauna speakers via Bluetooth or the AUX jack (3.5mm).

If you prefer a wireless connection, activate Bluetooth on your mobile or tablet, select the



sauna name from the device list and once pairing is complete, open the music of your choice. To connect to the AUX (3.5mm) jack you need a USB-C to 3.5mm cable (for Android) or a Lightning to 3.5mm cable (for iPhone) or a 3.5mm male to 3.5mm male cable for phones that have an AUX (3.5mm) jack.

Ability to control sauna via app (Clearlight app)

By downloading the Clearlight application to your mobile phone you can remotely control your sauna.

[Download the brochure with instructions for connecting to the Clearlight application.](#)

Ability to disable wireless transmissions

Clearlight is the company that manufactures the unique infrared panels with minimal electric and magnetic fields and, of course, it gives the option of disabling Wi-Fi/Bluetooth wireless emissions, for those who want to avoid all unnecessary electromagnetic field emissions from the sauna.

Ready for Professional Use - T-Max Compatibility

For professional use (e.g. gym, spa, wellness center), our saunas are fully compatible with the T-Max timer system, the leading control standard in professional wellness spaces.

With T-Max you can: Set a preset time for each session / Control sauna usage through a central system / Offer your customers a safe and professional experience (T-Max service subscription required - not currently available in Greece)

Chromotherapy Panels in all Clearlight sauna models!

Chromotherapy, an ancient healing art, combines with modern infrared sauna technology to offer you a holistic revitalizing experience for body, mind and spirit.

Each color has a unique frequency and vibration, which, according to the principles of color therapy, corresponds to specific energy centers, organs and emotional states of our body.

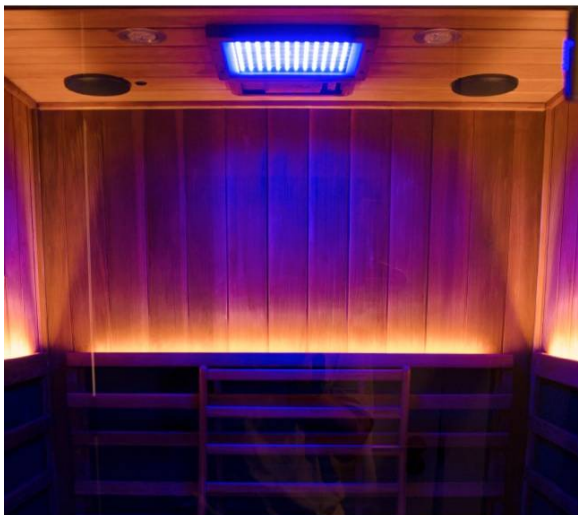
Color psychology is a well-established field that studies how different colors can affect our mood and emotions and play a key role in treating stress and anxiety reduction, depression, and other mood disorders or imbalances.

The 1 and 2 person models, as well as the 2 and 5 person outdoor saunas feature a lighting panel with 96 LED lights with 12 colors to choose from (Red, Deep Green, Deep Blue, Orange, Green, Blue, Deep Yellow, Deep Indigo- deep blue-purple, Deep Pink, Yellow, Indigo, Violet), 3 intensity levels and a remote control.

The 3+ person saunas feature two panels with a total of 192 LED lamps with 12 colors.

The chromotherapy light is controlled either by touching the metal plate on the side of the chromotherapy unit or by pressing the buttons on the included remote control.

1. Press the "POWER" button to turn on the chromotherapy light.
 2. Press the "MANUAL" button to manually select a color.
 3. Press the "AUTO" button and the light will automatically change between different colors.
 4. Press the "INTENSITY" buttons up or down to control the brightness of the chromotherapy light.
-



Each color corresponds to a different spectrum of sunlight and offers its own unique benefits, allowing you to tailor your sauna experience to your needs.

Red (620-750nm)

Red is the first visible color we see after passing through the infrared zone. The color of vitality and energy. Red light is believed to stimulate blood circulation, increase heart rate and give a feeling of strength and alertness. It is ideal for fighting fatigue and boosting metabolism.

Orange (590-620nm)

A warm and cheerful color associated with creativity and optimism. Orange can help treat mild depression, stimulate appetite and promote a sense of sociability and happiness. Orange has a liberating effect on the mind, relieving oppression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom and helps to assimilate new ideas. Orange is the best emotional stimulant, helping to remove inhibitions and promote independent social behavior. Bring joy to your workday and enhance your appetite for life.

Yellow (570-590nm)

The color of intellect and joy. Yellow light is associated with mental clarity, concentration, and decision-making. Stimulating interest and curiosity, yellow light is associated with the ability to perceive or understand and connects us to our spiritual self.

Green (495-570nm)

Green is the universal healing color. It is the color of nature, offering a sense of renewal



and peace. Located in the center of the spectrum, green promotes calm, reduces stress and helps balance the body and mind, giving a sense of renewal, peace and harmony. Recently, it has been widely used to treat headaches and migraines (with green glasses).

[Blue \(450-495nm\)](#)

Blue light provides a sense of inner peace. Blue is a very positive color and can be used for all kinds of ailments related to speech and communication. Although some recommend it for relaxation before bed, studies show that blue light reduces or interrupts the production of melatonin, the hormone secreted at night that prepares us for sleep.

[Violet \(380-450nm\)](#) Violet is the last color we can see before light passes into ultraviolet radiation. The color of spirit and meditation, it is associated with higher consciousness, intuition and creativity. It can help with spiritual upliftment, peace of mind and inner search.

The color purple is also associated with increased libido and arousal, according to research on color in spaces like the bedroom. A study that analyzed the relationship between colors and sexual activity showed that purple is the color associated with the greatest sexual desire among participants, with couples who have purple colors in their bedroom having sex more often than other colors.

Incorporating chromotherapy into your infrared sauna is not just a luxury; it is a way to enhance the benefits of the sauna, targeting both your physical and mental well-being. Immerse yourself in the light, let the colors heal you, and turn each session into a unique, revitalizing experience.

Possibility of simultaneous salt therapy

Salt has been used for millennia for its health benefits and therapeutic effects.

In recent decades, salt therapy, which involves the inhalation of microparticles of salt, has spread rapidly and is an ideal treatment for mild and moderate forms of bronchial asthma, chronic obstructive bronchitis, post-pulmonary conditions and various other respiratory and skin diseases.

The insignificant side effects, combined with the conduct of this treatment in a warm environment, have a beneficial effect on the psycho-emotional state of adult patients and children.

Clinical studies have shown that when people inhale this salty air, their respiratory system is stimulated and inflammation, infections, and nasal blockages are reduced.

The [HALO ONE® device](#) has been designed and manufactured to provide beneficial salt therapy sessions in wellness areas, spas, treatment centers, in your home, bathroom or office, but also inside infrared saunas.

The HALO ONE® device is the only salt therapy generator that can produce such small salt particles.

This means that the salt will reach a larger area of your lungs than any other salt therapy device on the market, helping you breathe easier.

[Learn more about the benefits of salt therapy...](#)

Possibility of simultaneous red light therapy

Red light therapy is mainly used for anti-aging and dermatological problems, and research links it to faster wound healing, reduction of pain, psoriasis, herpes, wrinkles, scars, etc.

The [Red Light Therapy Tower](#) can be placed on the door of a Clearlight infrared sauna and powered from inside the sauna.

[Learn more about the benefits of red light...](#)

General Instructions for Using an Infrared Sauna

1. Select the desired temperature and session time using the control panel.
 2. Allow approximately 10-15 minutes for the sauna to warm up before starting a session again.
 3. Starting out, we recommend that the sauna session not exceed 30 minutes.
 4. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside the sauna. Keeping the thermostat at the maximum value will ensure that the heaters remain on continuously.
 5. The ceiling vents in the ceiling panel can be opened at any time to allow fresh air into the sauna. The unique property of infrared radiation to penetrate the body directly without heating the intervening space allows users to enjoy all its benefits while the door is open for ventilation.
 7. Always drink plenty of water before, during and after a session. This way, you will replenish the fluids lost from the body through sweating.
 8. Opting to take a hot shower or bath before your sauna session will further promote
-



sweating, as bathing opens up your pores. However, dry yourself thoroughly before entering the sauna, as too much water will stain or warp the wood. A shower after your session is refreshing and rinses sweat off your body.

9. To absorb sweat and keep the sauna tidy during your session, place a towel on the bench and floor of the sauna. Keep a towel handy to wipe excess sweat from your body. This will help the body breathe more freely.

10. To relieve sore and tight muscles, massage these areas for faster healing and effectiveness.

11. Oils and lotions tend to reduce sweating by clogging pores. Apply them after your session for best results.

12. Some minerals can be lost through sweating. Eating a sensible diet that includes fruit and green leafy vegetables will replace them. Supplements can also be taken to replenish minerals, e.g. electrolyte tablets or orange juice with salt.

13. Limit your food intake one hour before your sauna session. Your body will be able to detoxify more effectively because it won't be using that energy for digestion.

14. If you feel dizzy or heat exhaustion during a session, exit the sauna immediately.

15. If in doubt about the appropriateness of using an infrared sauna, consult your doctor.

16. At the first sign of a cold or flu, increasing your sauna sessions can be beneficial in boosting your immune system and reducing the rate of viral reproduction.

17. Do not wear contact lenses inside the sauna.

Try a Clearlight infrared sauna!

Do you want to experience a Clearlight infrared sauna before you decide on your purchase?

Clearlight Sanctuary Yoga saunas have been installed in all Holmes Place gyms in Attica (Marousi, Athens, Glyfada).

See their official announcement here:

[Discover the benefits of the brand new infrared sauna at Holmes Place Maroussi](#)

According to the information they publish, Holmes Place offers a free trial day for all of their facilities and services, including the sauna.

You can learn more and apply directly on their form here:

[Holmes Place Free Trial](#)
