

Instruction Manual



Thank you for choosing our Traditional Sauna!

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IMPORTANT SAFETY GUIDES

READ AND FOLLOW ALL INSTRUCTIONS

A) Reference to the warning marking provided with the sauna, indicating the importance of attaching the marking, using the nails provided in the intended location, at eye level.

B) A receptacle shall not be installed inside the sauna room.

C) The door of the heated room do not include any locking or latching system, malfunction of which could cause entrapment inside the heated room.

D) Keep the intended ventilation open when use the dry-bath bathing room.

E) **CAUTION:** Hyperthermia occurs when the internal temperature of the body reaches a level

several degrees above the normal body temperature of 98.6°F(37°C). The symptoms of

hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia include:

a) Failure to perceive heat;

b) Failure to recognize the need to exit the room;

c) Unawareness of impending hazard;

d) Fetal damage in pregnant women;

e) Physical inability to exit the room; and

f) Unconsciousness.

WARNING – The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

F) **CAUTION:** IF THE MANUALLY RESETTABLE TEMPERATURE-LIMITING CONTROL TRIPS FREQUENTLY, A QUALIFIED SERVICEMAN SHOULD BE CONTACTED.

G) **CAUTION:** IT IS UNLAWFUL TO INSTALL THIS UNIT WITHOUT FIRST OBTAINING A PERMIT FROM THE LOCAL ELECTRICAL INSPECTION AUTHORITY.

H) **WARNING:** REDUCE THE RISK OF ELECTROCUTION AND BURNS, DO NOT OPERATE UNLESS GUARD IS IN PLACE.

I) **CAUTION:** EXCESSIVE EXPOSURE CAN BE HARMFUL TO HEALTH. PERSONS WITH POOR HEALTH SHOULD CONSULT THEIR PHYSICIANS BEFORE USING SAUNA.

J) **CAUTION:** REDUCE THE RICK OF FIRE, DO NOT PLACE COMBUSTIBLE MATERIAL ON HEATER AT ANY TIME.

K) **WARNING:** REDUCE THE RISK OF OVERHEATING:

a) **EXIT IMMEDIATELY IF UNCOMFORTABLE, DIZZY, OR SLEEPY, STAYING TOO LONG IN A HEATED AREA IS CAPABLE OF CAUSING OVERHEATING.**

b) **SUPERVISE CHILDREN AT ALL TIMES.**

c) **CHECK WITH A DOCTOR BEFORE USE IF PREGNANT, IN POOR HEALTH, OR UNDER MEDICAL CARE.**

d) **BREATHING HEATED AIR IN CONJUNCTION WITH CONSUMPTION OF ALCOHOL, DRUGS, OR MEDICATION IS CAPABLE OF CAUSING UNCONSCIOUSNESS.**

L) **WARNING:** REDUCE THE RISK OF ELECTROCUTION, DISCONNECT THE SUPPLY CONNECT BEFORE SERVICING.

SAVE THESE INSTRUCTIONS

1. Introduction

We welcome you to the most affordable traditional sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of traditional saunas every day. Traditional saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of traditional heat within the privacy of your own home.

We strive to deliver superior home health products at an affordable price. Our list of clients grows daily and we believe that your success is our success. Our staff has over 15 years of combined professional experience and is ready to provide you with excellent customer service.

2. Health & Beauty Benefits

Relieve pain: The heat energy of our traditional sauna accelerates the blood circulation and supplies more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Traditional saunas have also been used to treat bursitis, rheumatism, arthritis, and hemorrhoids. Increased blood circulation not only alleviates internal ailments, but also skin conditions such as psoriasis, eczema and scars. Good circulation is essential for smooth and firm skin.

Burn calories & fat: The steam of the traditional sauna eliminates extra salt and subcutaneous fat. Burn up to 600 calories in one half hour session versus a half hour of jogging which burns 300 calories, and a half hour of cycling burns 225 calories.

Relax your body and mind: It supplies you for a special environment with 30°C-85°C. It passes through your body, speeds the metabolism, accelerates the blood circulation, brings the fresh oxygen and nutriment into the organization, the rubbish expels from the body along with the sweat, renews the energy quickly, then relieves tiredness.

3. Highlights

- a. High quality craftsmanship
- b. Automatic thermostat for constant temperature
- c. Timer
- d. Digital sensor and automatic thermometer
- e. Heat stove

Installation

1. Installation requirements

- a. Do not plug any other appliances into the outlet with your traditional sauna.
- b. Install the sauna on a completely level floor.
- c. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
- d. Do not store flammable objects or chemical substances near the sauna.

Installation procedure

Sauna Room:

1. Structure of Infrared Sauna. See FIG-1.

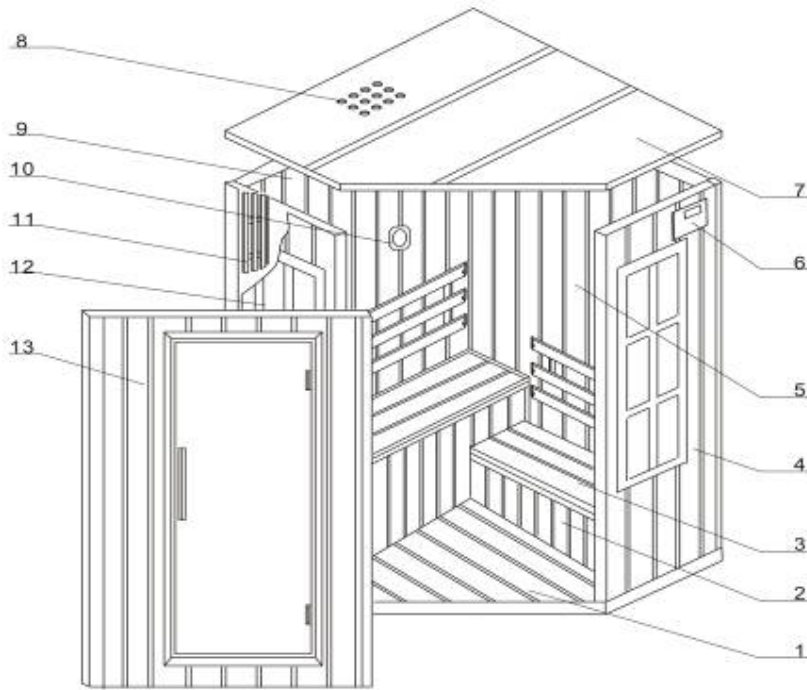


FIG-1 sauna structure

1 , Bottom board 2 , sitting baffle 3 , bench 4 , right side board 5 , right back board 6 , digital panel 7 , external top board 8 , vent 9 , left backboard 10 , warm barothermohygrogram 11 , wooden lampshade 12 , left front board 13 , front board

2 , One unit packed into two or three cartons. See FIG-2



FIG-2 2/3 cartons

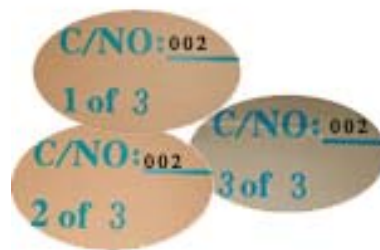


FIG-2.1 C/No.

Check the C/NO. on both cartons if they are the same. If not, please notify the store/website you purchased your Infrared Sauna, for example: C/NO: 002 1OF 3, C/NO: 002 2 OF 3 and C/NO: 002 3 OF 3 are for one unit. See **FIG-2.1**

3 . Make sure all parts are present before installing the unit. See packing list below. :

- A. user manual
- B. front board
- C. left front board
- D. right front board

- E. sitting baffle F. bottom board G. sitting board H. backrest
- I. left back board J. right back board K. top board

4 . Place the bottom board in the desired location of your sauna. See FIG-3.



FIG-3 Placing bottom floor



FIG-4 Assembling left and right back board

5 . Align corresponding battens of the left and right back board, make sure the protruding batten aim to the flute。如图 FIG-4



FIG-5 Lock the screw tight



FIG-6 Assembling left front board

- 6 . Align the left and right back board, you can see the corresponding flute, use the screw to lock tight. **See FIG- 5.**
- 7 . Align the corresponding battens of left front board and left back board, make sure they are fit with each other, and use the screw to lock them tight. **See FIG- 6.**
- 8 . Align the corresponding battens of left front board and right front board, make sure they are fit with each other, and use the screw to lock them tight. **See FIG- 7,8.**



FIG-7 Assembling the front board



FIG-8 lock the screw on the right of the front board

9 . Place the floor board on the desired location on the sauna. note: make sure the front and back of the floor board. **See FIG- 9.**



FIG-9 place the floor board

10. Hold the long sitting board along the left back board ,then place it vertically into the slots, and lock them tight with screws. Note: make sure the two legs are upright, otherwise the sitting board is instable. **See FIG- 10.**



FIG-10 Assemble the above long sitting board

11. Hold the short sitting board along the left back board, then place it vertically into the slots, and lock them tight with screws. Note: make sure the two legs are upright, otherwise the sitting board is instable. **See FIG- 11.**



FIG-11 Assembling the down short sitting board



FIG-12 Assemble the left long sitting baffle

12 . Hold the left back board and right back board along the slot, then place the long sitting baffle vertically into the slots, and lock them tight with screws. Note: make sure the long sitting baffle uprights to long sitting board. **See FIG- 12.**

13 . Hold the left back board and right back board along the slot, then place it vertically into the slots, and lock them tight with screws. Note: make sure the long sitting baffle uprights to short sitting board .**See FIG- 13.** Use the same way to lack the left little baffle, to make it upright the left long sitting sitting baffle and lock them tight. **See FIG- 14.**



FIG-13 Assembling right short baffle



FIG-14 Assembling left short baffle

14 . Deploy the top board flat. **See FIG-15.** raise the top board high enough to see if it fits with the surrounding boards, and then put down. **See FIG-16**



FIG-15deploy the top board



FIG-16 Assembling the top board

15 . When put down the top board, make the power supply lines aim at the “U” type slot on the top board. **See FIG-17.**All these wires should be connected with the outerl wires of top board, and make sure they are connected tight. **See FIG-18.**



FIG-17put through the wire



FIG-18 outer line on top board

16 . First, fix the lampholder with screws, and connect the power supply lines. **See FIG-19.**Then lock the lamp and glass cover tight. **See FIG-20.**

17. After that, put the wooden lampshade under the glass cover(be moderate),then lock it with screw. **See FIG-21.**

18. Take out the warm barothermohygrogram, and put it on the level of panel. Note: do not put the warm barothermohygrogram under the heat stove. **See FIG-22.**



FIG-19 fix the pedestal



FIG-20 install the glass cover



FIG-21 install the wooden cover



FIG-22 install the warm barothermohygrogram

19 . Take out the sauna heat stove, and examine the equipment. **See FIG-23.** Then disassemble one side batten of the wooden support frame. **See FIG-24.**

20 . After that, upend the sauna stove into the wooden frame, and disassemble the right aluminum board, then connect the power supply line of the sauna stove. (Note: red wire is connected with L, green wire is connected with N, the double is ground line which is connected to the join with mark) and lock them tight with screws. **See FIG-25.**



FIG-23 examine the stove



FIG-24 disassemble the wooden frame



FIG-25 connect the power supply line of stove



FIG-26 location of the stove

21. After assembling the wires, install the right aluminum board and wooden batten, and place the stove on the right location. **See FIG-26.**

22 . Finish the installation.

Operation

1. Precautions

- a. Check all the circuitry and the plug meet all requirements.
- b. Set the temperature and time to a comfortable level, normally, 60 minutes at about 80°C.
- c. Drink a cup of water before the sauna session.
- d. After 2 hours of continuous use, shut the sauna down for one hour.
- e. To avoid burns, do not touch the heating element.

2. Operation

- a. Plug the sauna into a outlet which is stated in nameplate. Do not share the outlet with any other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should be unplugged when not in use.
- b. Turn the temperature button on the outer controller to set the temperature.
- c. Turn the 'time' button to set the using time.
- d. Press the 'light' button to turn the interior light on and off.
- e. After your sauna session, turn off, and unplug the power cable.
- f. See the user manual of sauna stove to use it.

Warnings

1. Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the sauna heater elements.
- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- d. Do not use the traditional sauna if you have any of the following conditions:
 1. Open wounds
 2. Eye diseases
 3. Sever sunburns
 4. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years may use the sauna under the supervision of adults.
 5. If suffering from a disease directly related to temperature, seek the advice of a doctor before using.
 6. Do not place pets in the sauna.
 7. Do not use the sauna if you are under the effects of alcohol.

Trouble Shooting:

	problem	possible reason	countermeasure
1	indicator light for power supply not working	The connector is not connected properly	Check the connector or replace a new one
		No power supply input	check the circuitry
		Indicator light is broken	replace the outer controller
2	Indicator light for function is not working	The heating indicator light is broken	replace the outer controller
3	Sauna stove is not heating up	The heater is broken	Replace with a new one Of the same specifications
		The wire junction or the heater's wire is loosen	Check and make them tight
5	Odor from the sauna	The circuit's problems	1) there is eye winker around, remove it 2) parts on the circuit is broken
6	Light bulb is not working	Light bulb is burned out	Replace the light bulb
		Lamp holder is broken	Replace the lamp holder

Cleaning

Clean the outer controller with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary.

Clean the sauna room with a wet cotton towel, dry with a clean dry towel. **Do no use benzene, alcohol, or strong cleaning chemicals on sauna. NOTE: Any chemical that can damage wood material will damage the sauna and the protection layer that is on the wood.**

***** Do not leave the sauna on for more than 2 hours at a time. *****

Transportation and storage

1. Avoid exposure to rain, snow or strong collisions during transport.
2. Do not store in damp environments.

Packing list

1pc floor panel	2pcs sitting panels (one big and one small)
1pc front panel	1pc light bulb
1pc left front panel	1pc lamp holder
1pc right front panel	1pc wooden lamp cover
1pc left back panel	1pc thermometer
1pc right back panel	1pc outer controller
1pc top cover	2pcs backrest
2pcs sitting baffle(one big and one small)	1 bag of screw and bolt
1pc screwdriver	1pc sauna stove
1 instruction manual	2pcs top panels