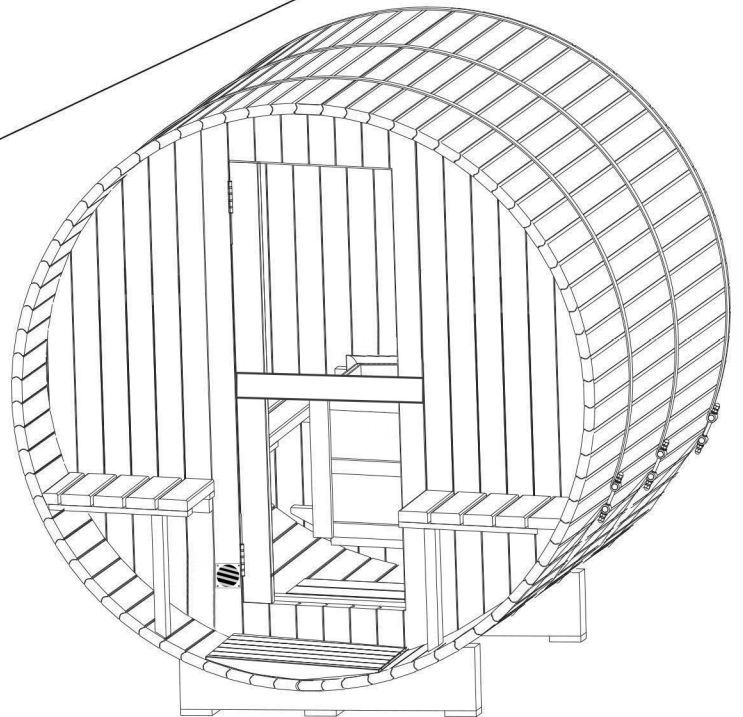
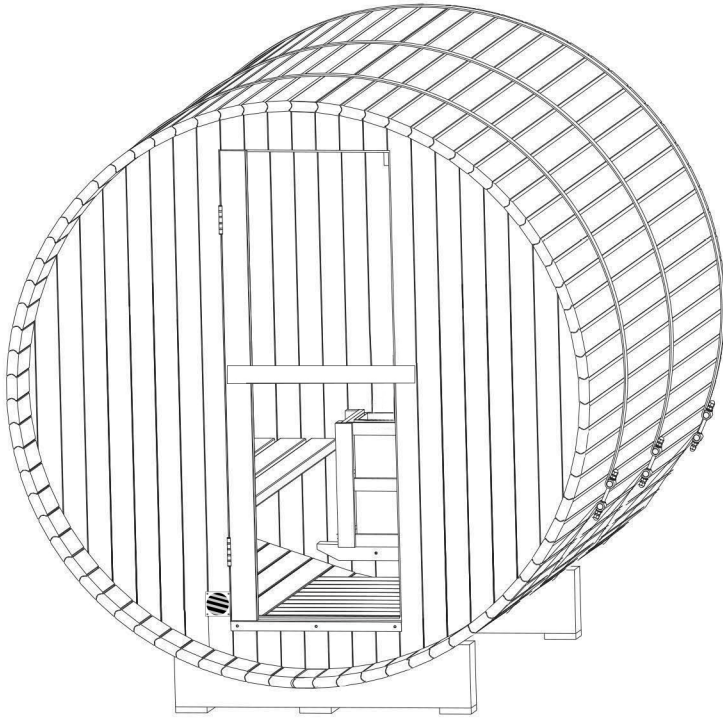


User's Manual



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Instructions before Use

1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation, blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 °C to 80 °C make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature.
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

Introduction:

Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use. If you want to assemble accessories provided by other companies to the sauna, try to avoid metal accessories, or insulate them.
4. Please find qualified electricians to install the electrical elements in sauna.

1. Tools you need to prepare

Plastic Hammer × 1

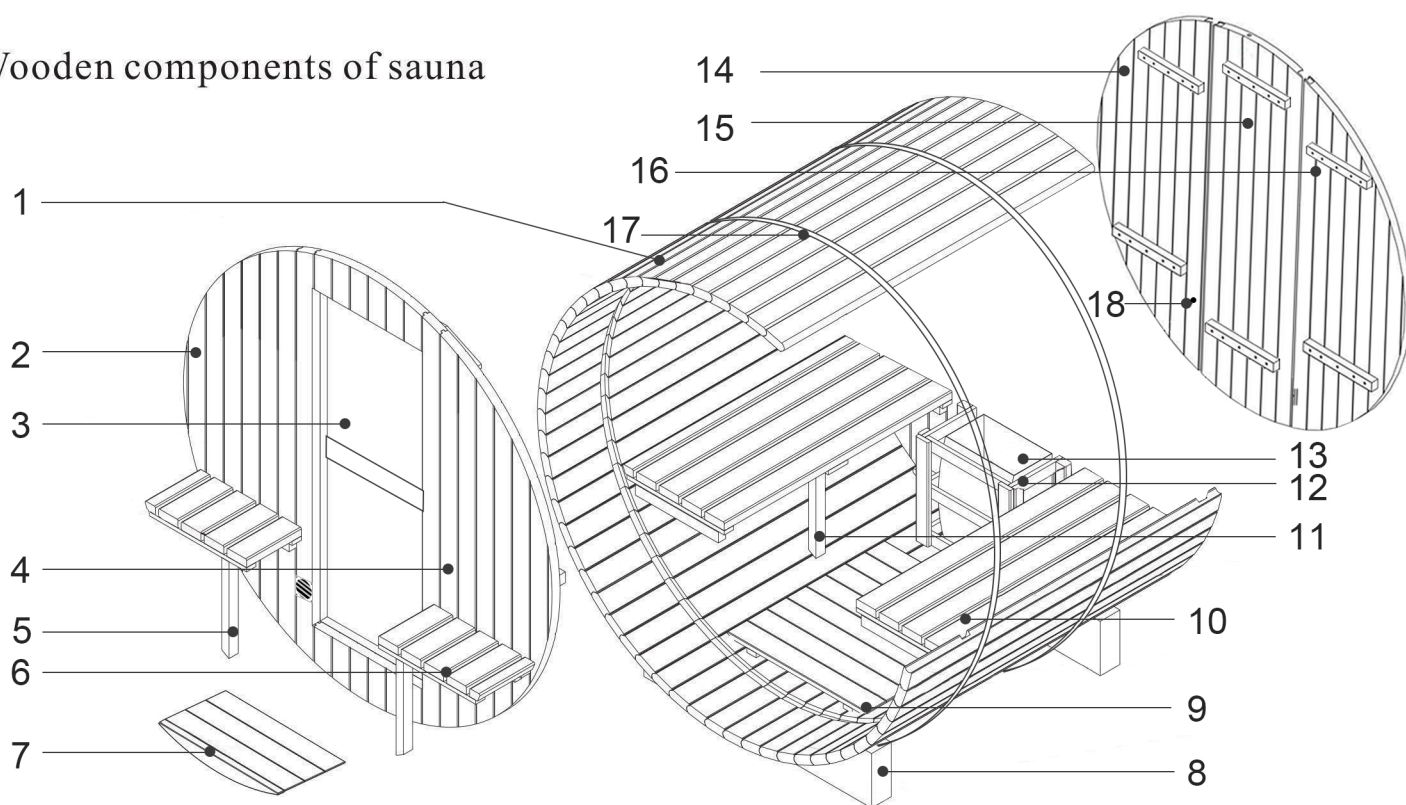

2. Tools you need to prepare

Power Drill × 1	Adjustable Wrench × 2	Tape × 1	Bar Level × 1	Pencil × 1
				

3. All parts list

Accessories package List									
NO	Component	Unit	Model/ numbers						
			SH1812	SH1815	SH1815P	SH1818	SH1818P	SH1824	SH1824P
1	Suggested Heater	Pc	3KW-9KW						
2	Bucket	Pc	1	1	1	1	1	1	1
3	Sauna Stones	Ctn	1	1	1	1	1	1	1
4	Thermometer /Hygrometer	Pc	1	1	1	1	1	1	1
5	Explosion-proof Lamp Holder	Pc	1	1	1	1	1	1	1
6	Ladle	Pc	1	1	1	1	1	1	1

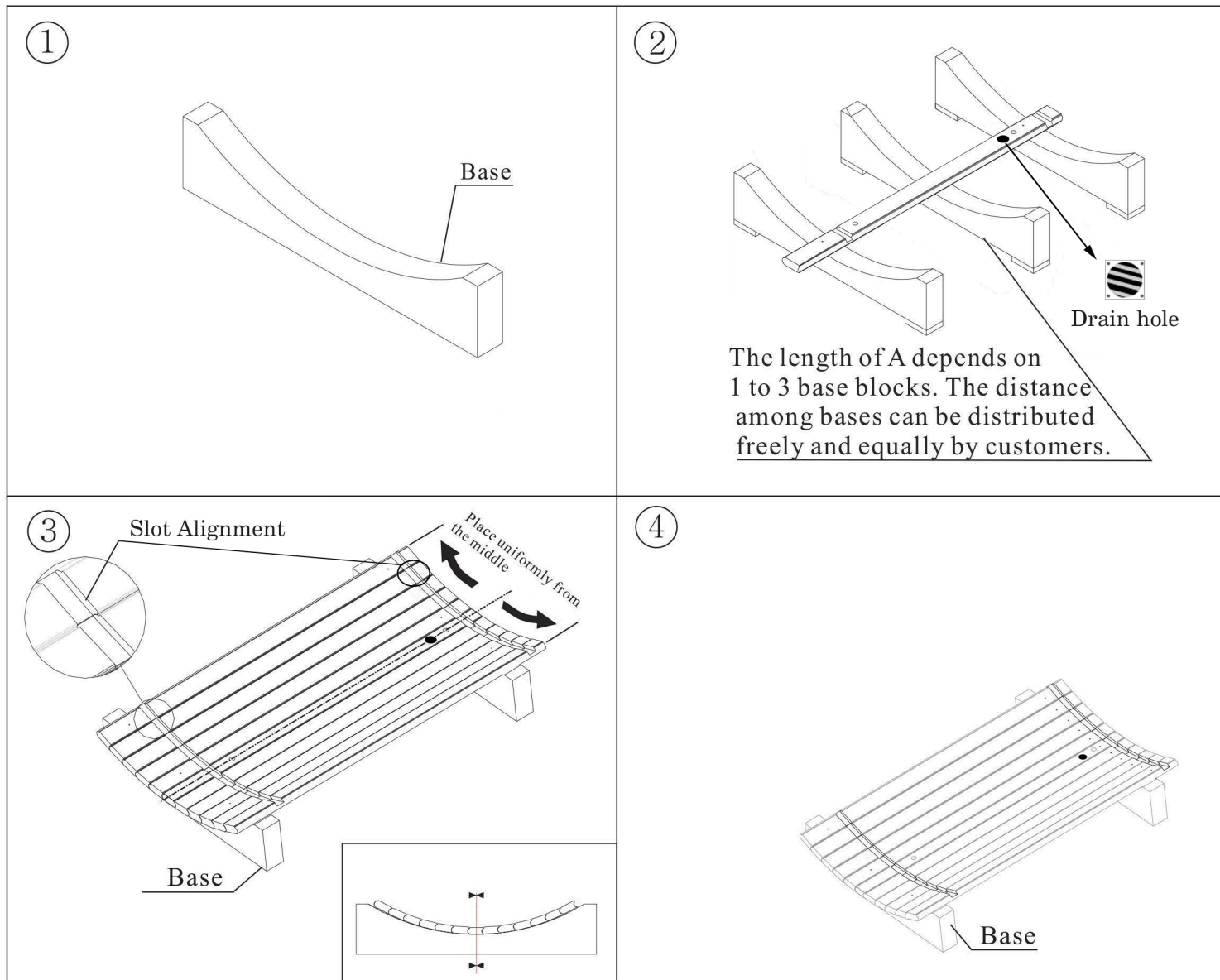
Wooden components of sauna



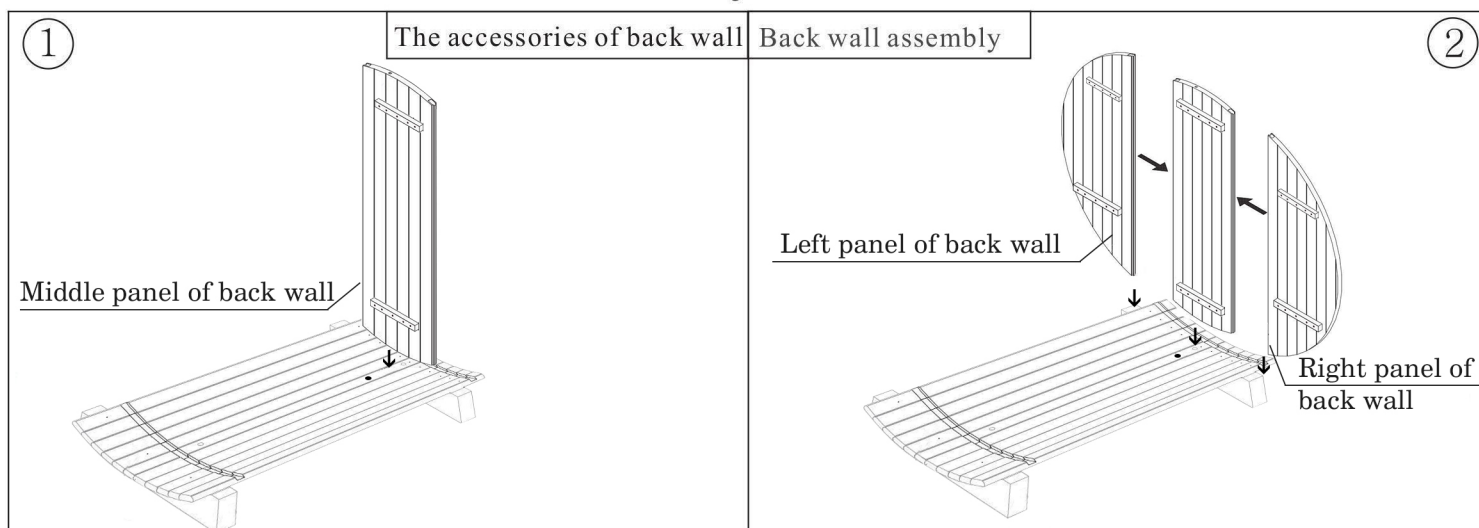
No.	Name	Quantity	No.	Name	Quantity
1	Stave	/	10	Inside Bench	2
2	Left panel of front wall	1	11	Bevel Support	2-4
3	Front wall glass door	1	12	Heater Fence	1
4	Right panel of front wall	1	13	Sauna heater(Optional)	3-9KW
5	Bevel Support(Series Porch)	2	14	Left panel of back wall	1
6	Outside Bench(Series porch)	1	15	Middle panel of back wall	1
7	Outside Floor(Series Porch)	1	16	Right panel of back wall	1
8	Base	2-3	17	Steel Strip	2-4
9	Inside Floor	1-2	18	Heater Cable hole	1



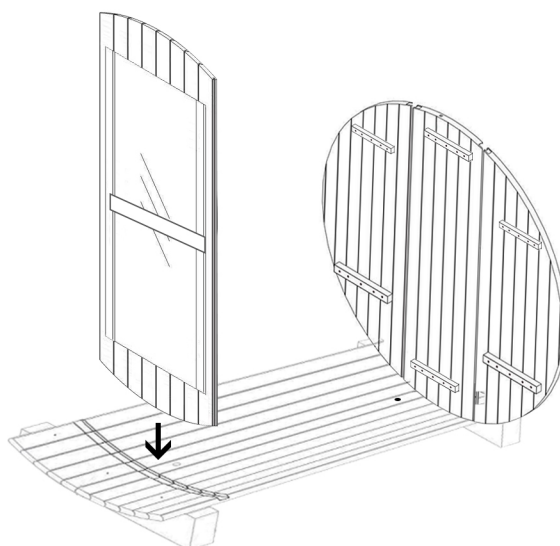
1. Base assembly step:



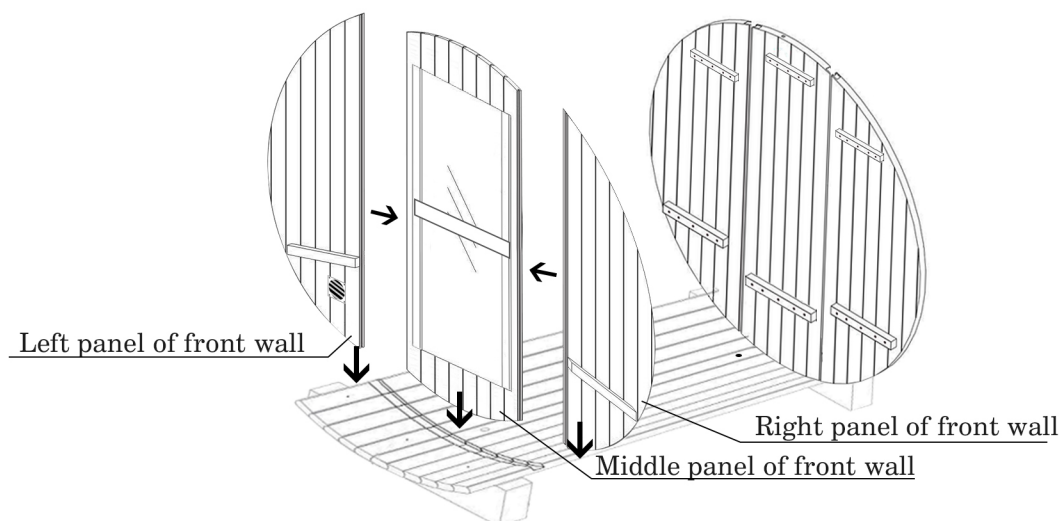
2. Front and back wall assembly



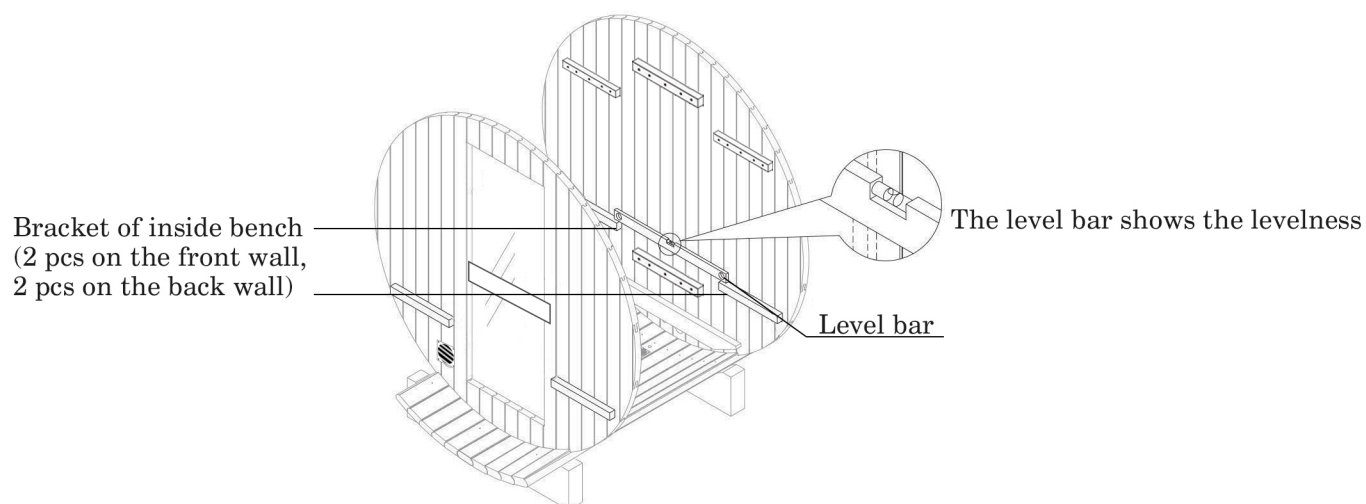
③



④

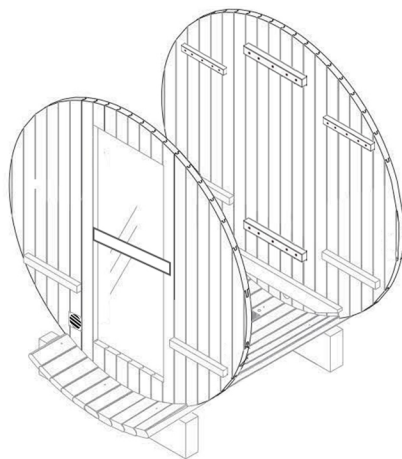


⑤

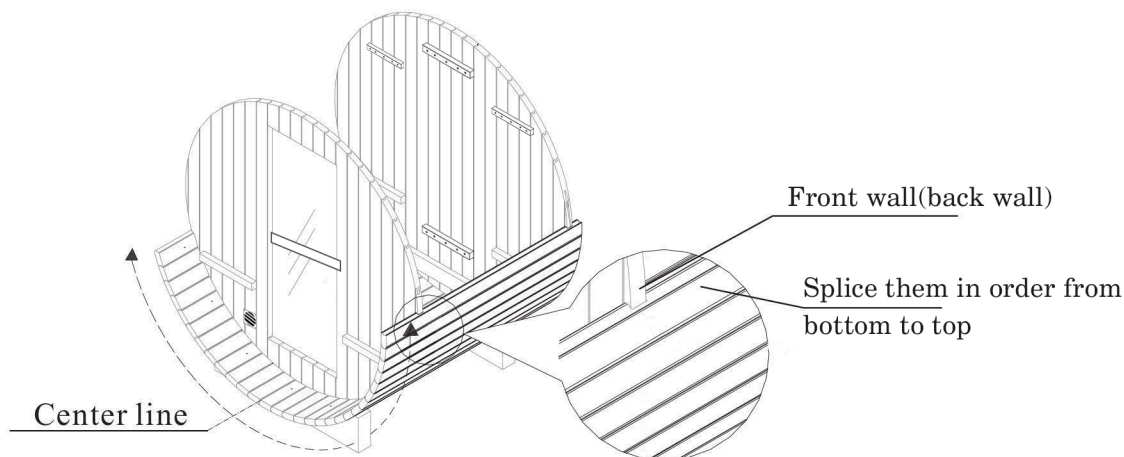


3. Stave assembly

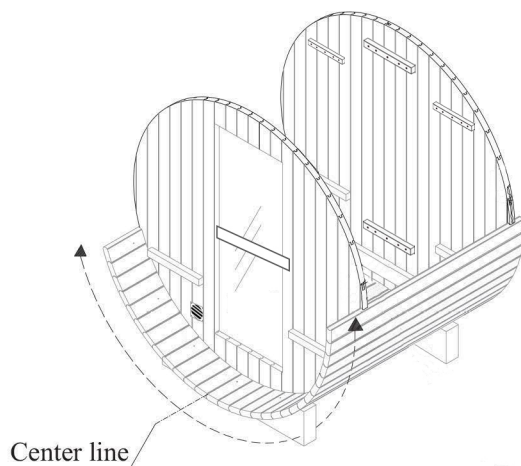
1



2

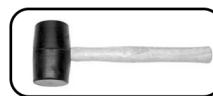


3



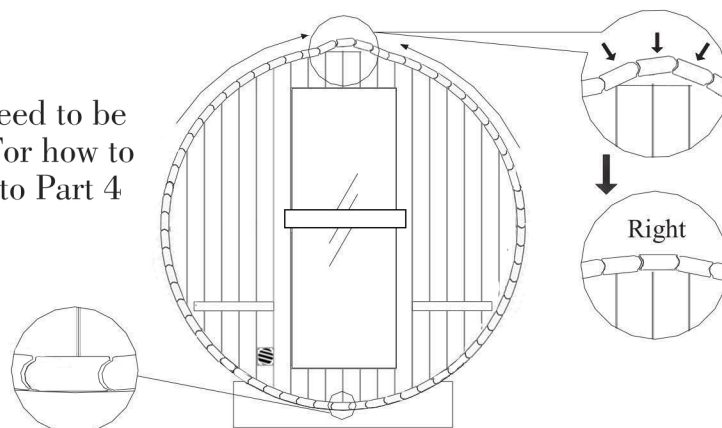
The staves on both sides are arranged to the top at the same time

During splicing stave, plastic hammers are used for fixation



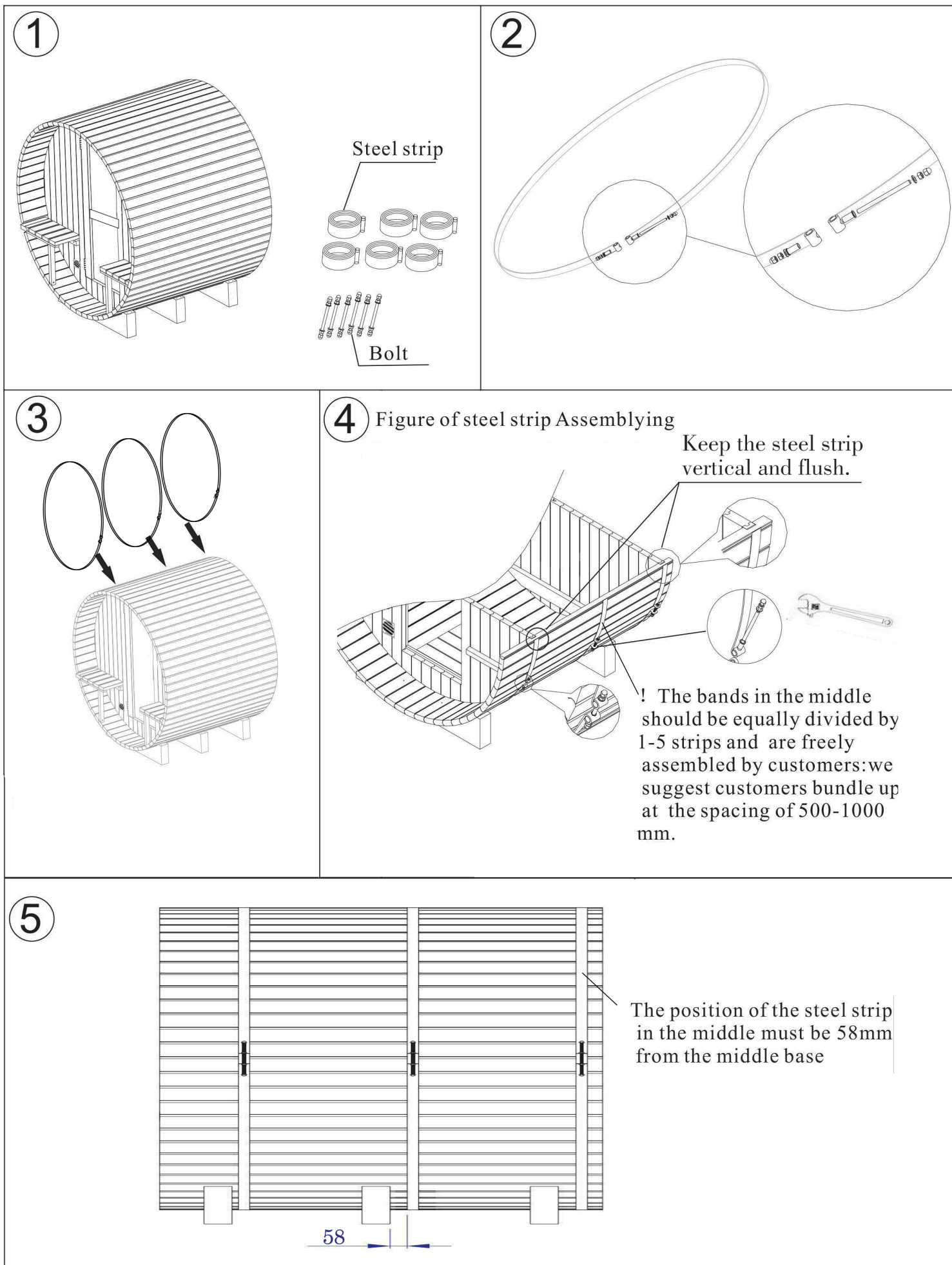
4

All stave do not need to be fixed by screws. For how to fix it, Please refer to Part 4 for details



The last three staves are fixed in position as shown in the picture, and lightly tapped with a plastic hammer until they are completely anastomos

4. Steel strip assembly step



5. Bench assembly

(1) Place bench straight on the bracket of front and back walls to make screw holes of the bench on the bracket of front and back wall, and fasten the benches by screws.

(Note: no need to assemble outside bench for the sauna series without porch)

Required accessories:

1. Bench

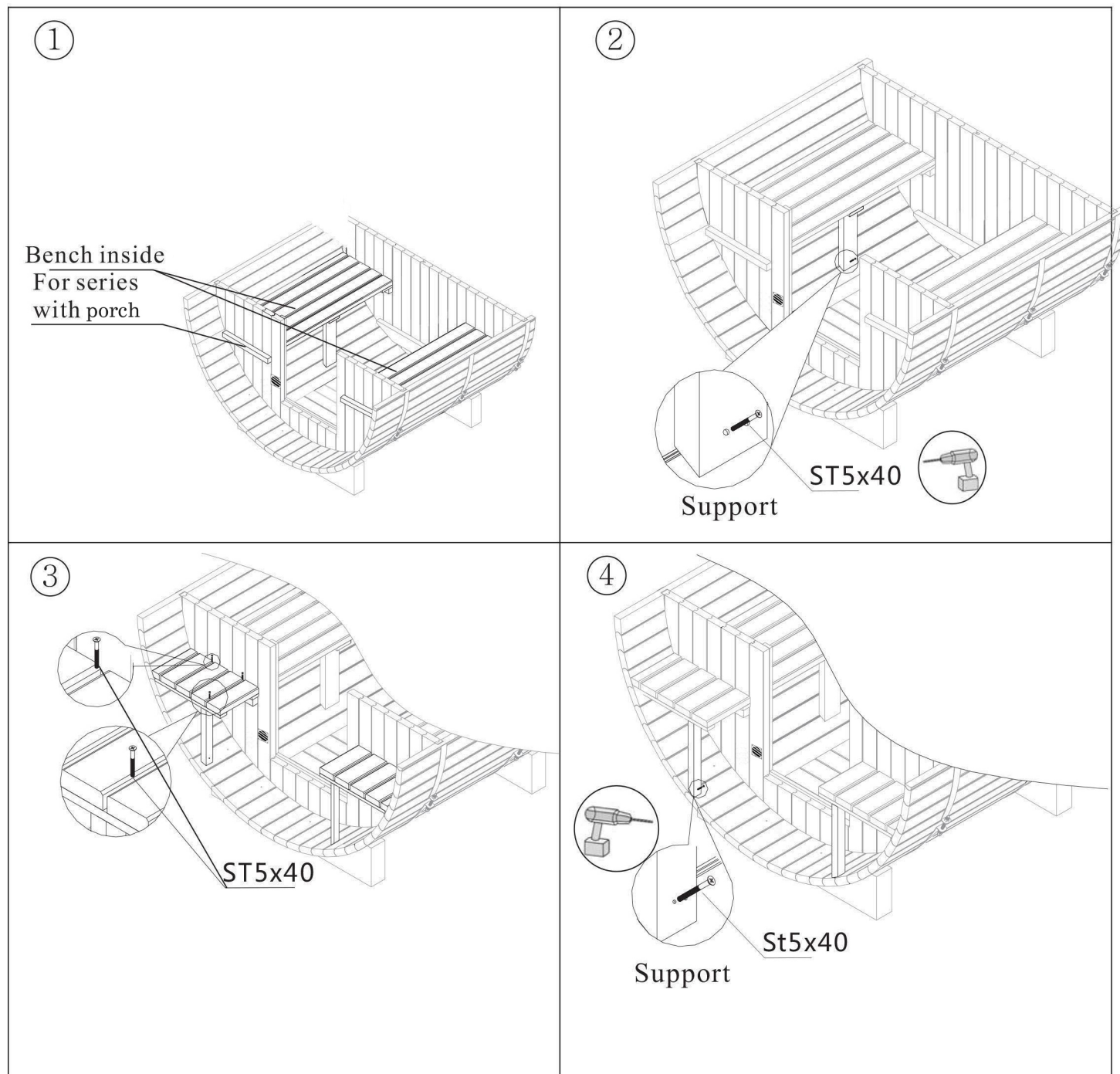
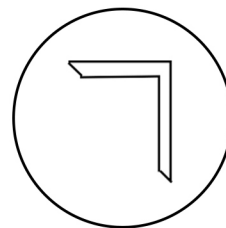
Inside bench

outside bench(series porch)

2. Bevel support

2-4pcs for inside bench

2pcs for outside bench(Series porch)

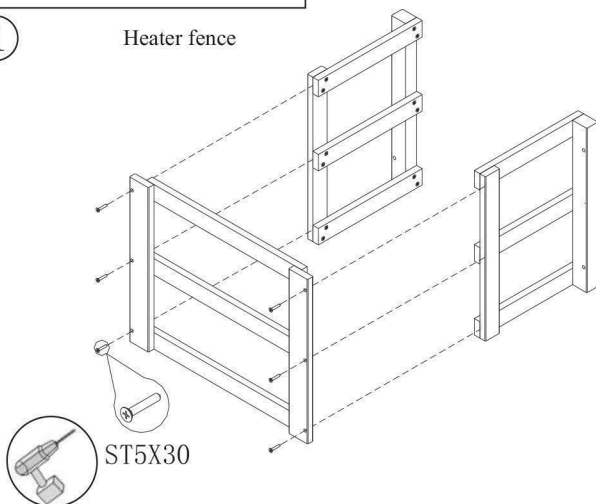


6. Sauna heater fence and lamp assembly(Lamp is optional)

Sauna heater fence

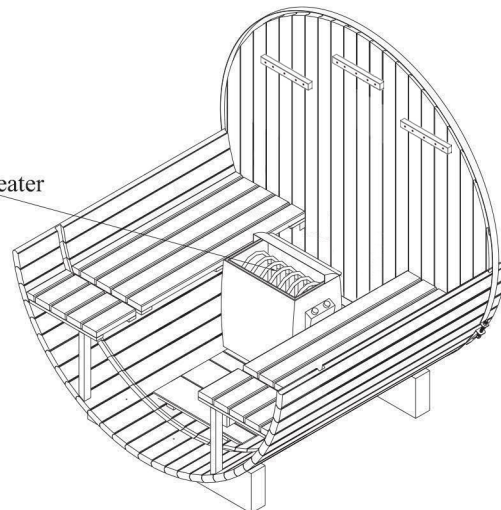
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Heater fence



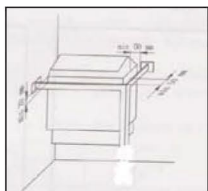
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Sauna heater

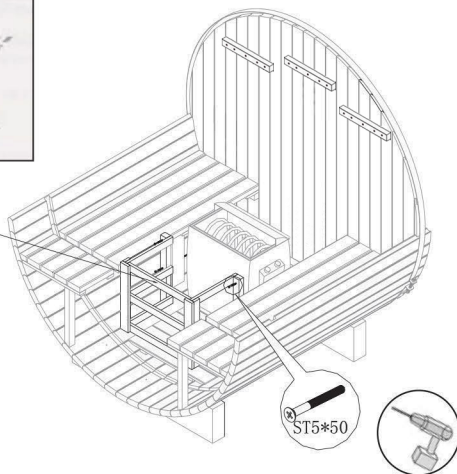


! Please refer to heater instructions for installation the heater.

③



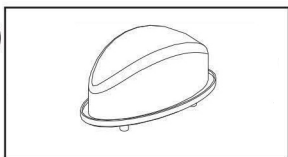
Sauna heater fence



! Please refer to heater instructions for installation the heater fence.

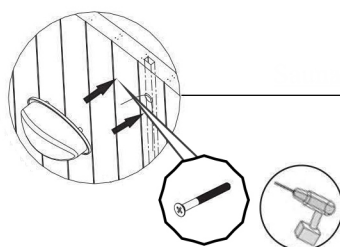
Sauna lamp assembly(Lamp is optional)

④

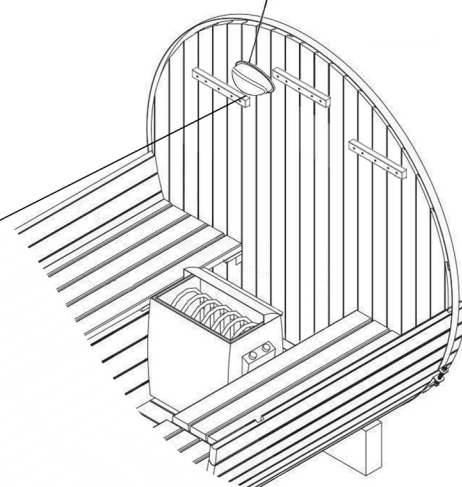


4-1:Accessories of lamp

4-2:Lamp assembly

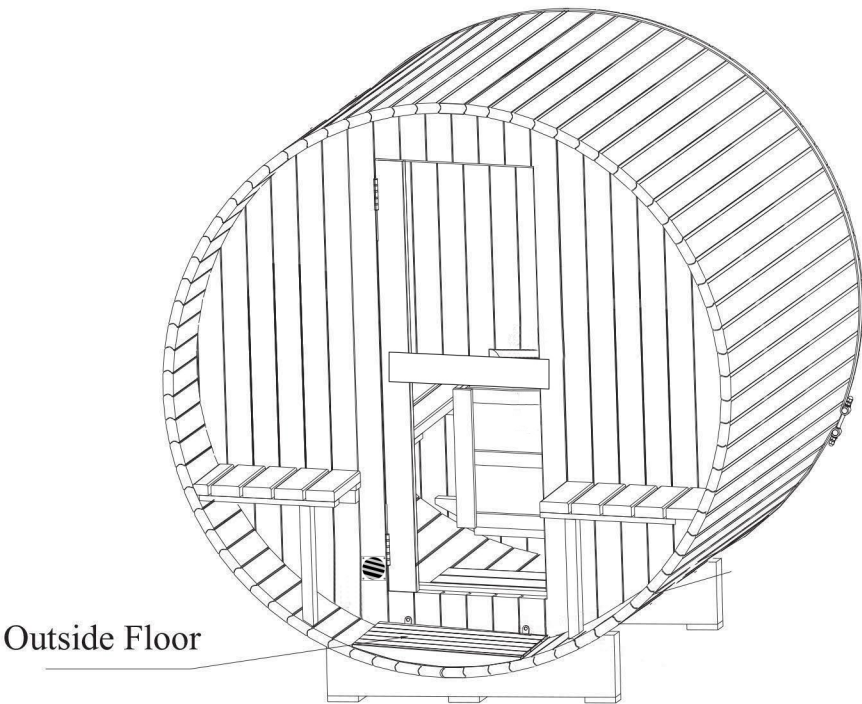


Sauna Light



Note: Make hole in the wall by yourself,then wire out from the hole

7. Outside floor assembly



8. Instructions:

Maintenance instructions

- (1) Turn on sauna heater, setting desired temperature, normally 60 °C -80 °C (in the area between bench surface and your head). Start with low temperature and increase it according to endurance of your body when you are in a sauna for the first time.
- (2) Before the sauna, take off clothes, glasses, jewelries, cell phones and other belongings, and then take a simple shower or spa.
- (3) The average sauna period for each time is around 5-15 minutes.
- (4) After a sauna, you can take a bath in a swimming pool or take a shower to cool your body for 10-20 minutes.
- (5) After re-entering the sauna, you may find there are drops formed by vapor on sauna stones. If water drops to the ground, it means you are overusing the sauna.
- (6) At least rest for 20 minutes after the last time in sauna. First take a shower with soap and warm water, then with cool water to close skin pores. Put on clothes after your body temperature completely lowers. (children must be companied by parents)

Suggestions:

- (1) Paint the surface of sauna annually. You can choose the wood wax coating service provided by our company when purchasing the product.
- (2) Put a carpet before the door to keep the floor clean.
- (3) Brush obstinate stains on the sauna with sandpaper for daily maintenance.
- (4) Replace sauna stones after over 500 hours in normal use.