



# SAUNAS USER MANUAL

JFPL064MS

THE NEW GENERATION SAUNA IN THE WORLD!



FOR INDOOR USE ONLY  
240VAC 20 AMP DEDICATED CIRCUIT  
TWO POWER LINES



AT LEAST 4 PEOPLE ARE NEEDED TO WORK TOGETHER



REQUIRED TOOLS

# Owner's Manual

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## **A.Preview**

### **A.1 Operating Conditions:**

- Temperature: 15°C to 40°C (59°F to 104°F)
- Relative Humidity: ≤85%
- Atmospheric Pressure: 700- 1060hpa
- Power Supply: AC 240V, 60HZ.
- The sauna cabin must be at least 35mm (1.377 inches) away from the wall.

### **A.2 Features**

- Wooden Construction
- Digital microprocessor Controlled
- Temperature Adjustable from 18°C-65°C (64.4°F to 149°F)
- Adjustable timing range from 0 to 90 minutes
- Temperature sensor
- Touch-tone keypad
- Long-life carbon heating elements and glass heater
- One ventilator on the roof

## **B.General Safety Rules**

### **B.1 It is unlawful to install this unit without first obtaining a permit from the local electrical inspection authority.**

- All wiring to the sauna heater and accessories shall be routed away from any direct radiation from the sauna heater.
- Any receptacle shall not be subjected to water spray and that shower heads shall not be installed above the sauna heaters.
- No electrical receptacles should be installed inside the heated room.
- No plumbing fixtures ( taps,etc.) are to be installed in the sauna room.
- The door of the sauna room should not include any locking or latching systems,mal-function of which could cause entrapment inside the sauna room.
- The dry-bath room should be provided with intended ventilation.
- There can be no carpet and other fabric products at the bottom of the sauna room to prevent heat dissipation and cause mildew.
- Avoid water or other liquids entering the heating body above,so as not to affect the normal operation of the equipment.

### **B.2 Health Precaution**

**Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F .The symptoms of hypothermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting, The effects of hypothermia include:**

- Failure to perceive heat.
- Failure to recognize the need to exit the room.
- Unawareness of impending hazard.
- Fetal damage in pregnant women.
- Physical inability to exit the room.
- Unconsciousness.
- Warning-The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hypothermia.

### **B.3 Safety Precautions**

- Do not dry clothes either leave towels in the sauna.
- Do not touch the heater tube with your finger or metal tools.
- Do not touch the light when it is on.
- Do not splash water or other liquids onto the heating tube.
- Do not use the sauna if you have any of the following conditions:
  - 1.Those with unhealed wound, eye disease or serious burn.
  - 2.The aged, valetudinarian and especially patients,Pregnant women and babies are prohibited.
  3. Patients with hyperthermalgesia, obesity, heart disease, hypertension, circulatory system disease or diabetes must consult the doctor before using this product.
- Do not place pets into the sauna.
- Do not use after drinking excessive alcohol.·This appliance can be used by children aged from 6 years old and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
  - Cleaning and user maintenance shall not be made by children without supervision.
  - Children being supervised not to play with appliance.
  - Sauna room is to be inspected before restarting timer.
  - Cleaning with steam cleaners, high pressure cleaners and spraying water is not allowed.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  - Caution: The appliance is non-self-resetting thermal cut-out.
  - The heater must be used alone.

- **WARNING:** Connection of power line must be completed by professional electrician!

-  **WARNING:** Do not cover.

- **WARNING:** Before obtaining access to terminals, all supply circuits must be disconnected.

- **WARNING:** Covering the heater or infrared emitter causes fire risk.

- **WARNING:** An inadequately filled rock container causes fire risk.










**TIPS:** Please don't push the door when fitting your sauna!





**Note to open the door to the outside!**















Main Components

PARTS LIST(CARTON A)			
Part No	DESCRIPTION	QUANTITY	PART NAME
B		1	Back Board
C		1	Left Board
D		1	Right Board
L		1	Side Glass Door Fixing Strip(Fixed in the left and right board)

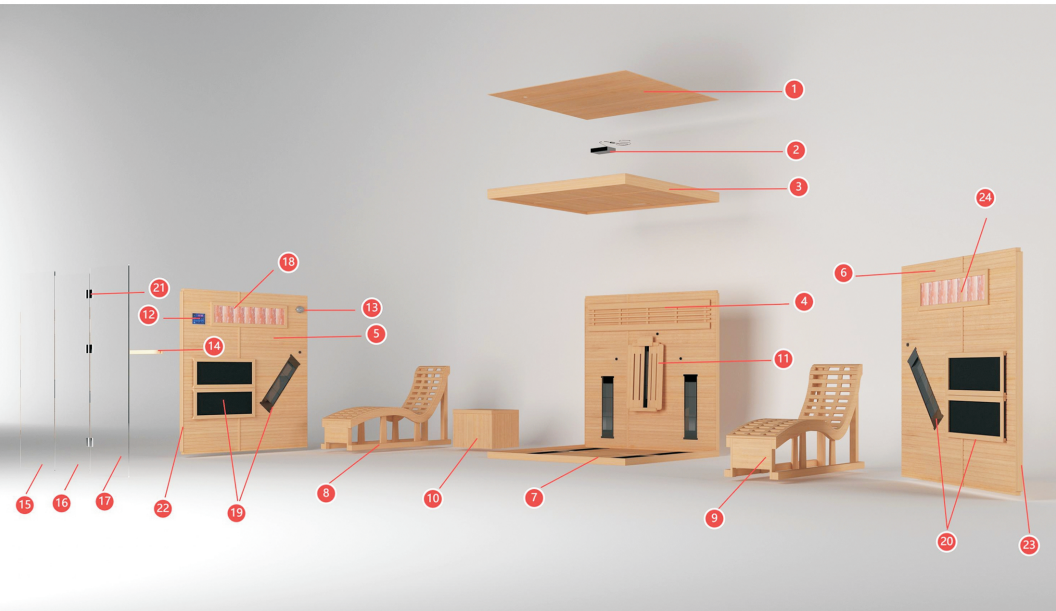
PARTS LIST(CARTON B)			
Part No	DESCRIPTION	QUANTITY	PART NAME
A		1	Floor
E		1	Top Board
O		1	Glass Sealing Strip*4

PARTS LIST(CARTON C)			
Part No	DESCRIPTION	QUANTITY	PART NAME
J		1	Door Handle
K		4	Front Glass Fixing Strip
M		2	Cup Holder
N		3	Glass Door Hinge

PARTS LIST(CARTON C)			
Part No	DESCRIPTION	QUANTITY	PART NAME
P		26	M3.5*15MM
Q		78	M3.5*35MM
R		18	M3.5*25MM
S		30	M4*50MM
T		16	M3*20MM
U		1	Gloves
V		1	Towel
G		2	Deck chair
H		4	Seat amd Seat holder
F		1	Backrest
I		1	Oxygen Bar

PARTS LIST(CARTON D)			
Part No	DESCRIPTION	QUANTITY	PART NAME
W		3	Glass door and Side glass door

C:Installation

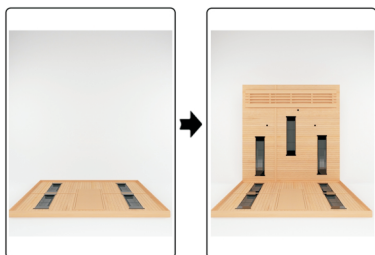


No.	Corresponding annotations	No.	Corresponding annotations
1	Dust cover plate	13	Part I
2	Battery box	14	Part J
3	Part E	15	Part W-Left
4	Part B	16	Part W-Middle
5	Part C	17	Part W-Right
6	Part D	18	Salt bricks for left board
7	Part A	19	Left board heater
8	Part G-Left	20	Right board heater
9	Part G-Right	21	Part N
10	Part H-Seat and seat holder	22	Part L-Left board
11	Part F	23	Part L-Right board
12	Control panel	24	Salt bricks for right board

## 1 STEP

PART A: Floor \*1  
PART B: Back Board\*1

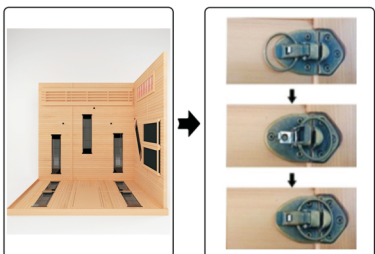
- ①. Install Floor and Back Board.



## 2 STEP

PART D: Right Board\*1

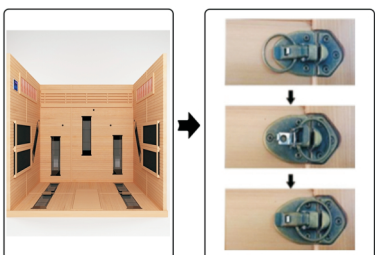
- ①. Install Right board.
- ②. Fasten the sauna plate with hasp.



## 3 STEP

PART C: Left Board\*1

- ①. Install the Left Board.
- ②. Fasten the sauna plate with hasp.

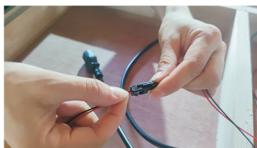


# 4

## STEP

PART E:Top Board\*1  
PART P:M3.5\*15MM\*20

- ①.Open the roof dust cover.
- ②.Put the cables to pass through the hole in the top board and install the top board.
- ③.Connect all the roof plug together.
- ④.Take the power cord through the round hole and fix the dust cover with screws.

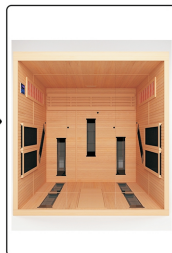
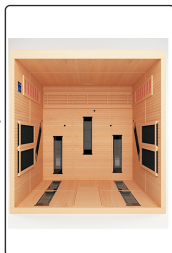
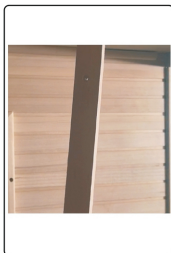


# 5

## STEP

PART F:Side Glass Door\*2  
PART L:Side Glass Fixing Strip  
PART T:M3\*20MM\*12

- ①.Take off the PART L (Side glass door fixing strip)from the left and right board.
- ②.Install the Right side glass door.
- ③.Install the Left side glass door.
- ④.Install the Screws to fix the left and right glass doors.

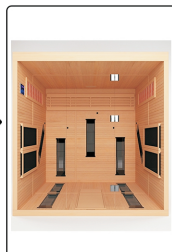
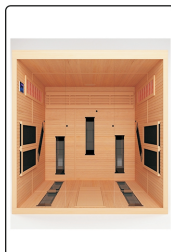


# 6

## STEP

PART F:Glass Door\*1  
PART N:Glass Door Hingle\*3

- ①.Install the Glass door hingle in the right side glass door.
- ②.Install the Front glass door.

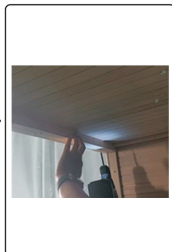
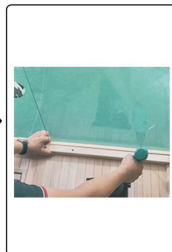
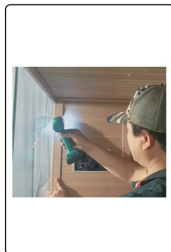


# 7

## STEP

PART K:Front Glass Door Fixing Strip\*4  
PART L: Side Glass Door Fixing Strip\*2  
PART S:M4\*50MM\*8  
PART R:M3.5\*25MM\*10

- ①.Install the Side Glass doors Fixing strip with Part R.
- ②.Install the Front glass door fixing strip with Part S.



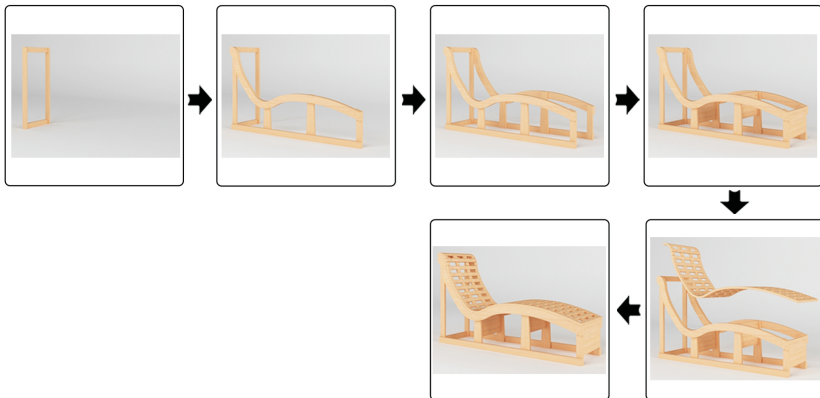


8

## STEP

PART G:Deck Chair\*2  
PART Q:M3.5\*35MM\*72

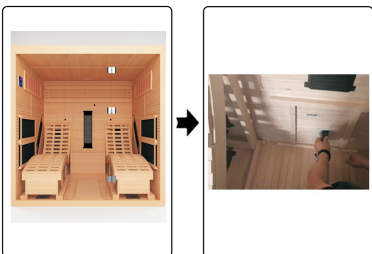
①.Install Deck chair with screws .



9

## STEP

- ①. Put the two deck chair into sauna room.
- ②. Connect Plug to the back board.

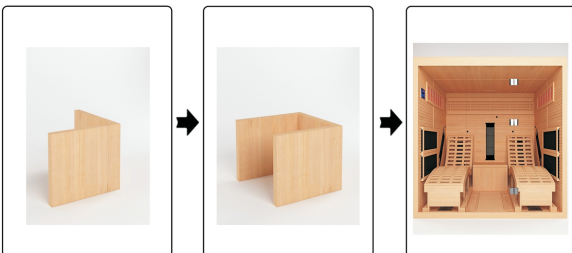


10

## STEP

PART H: Seat\*1 and Seat Holder\*3  
PART S:M4\*50MM\*12

①.Install the Seat and Seat holder.



# 11

## STEP

PART F: Backrest\*1  
PART Q: M3.5\*35MM\*2  
PART S: M4\*50MM\*2

- ①. Install the backrest with PART S.
- ②. Install the headrest with PART Q.

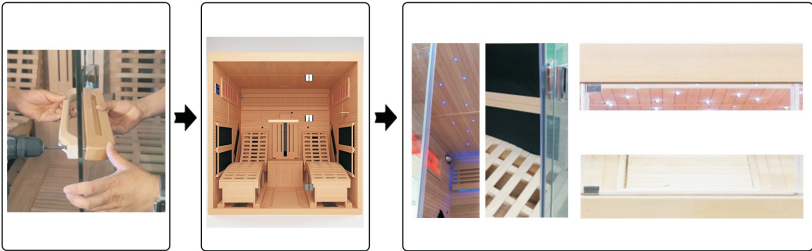


# 12

## STEP

PART J: Door handle \*1  
PART O: Glass Sealing Strip\*4

- ①. Install the Door Handle.
- ②. Install the Glass Sealing Strip in the right side glass door and left side glass door.
- ③. Install the short glass sealing strip in the middle glass door upper and bottom part.



# 13

## STEP

PART M: Cup holder\*2  
PART R: M3.5\*25MM\*4

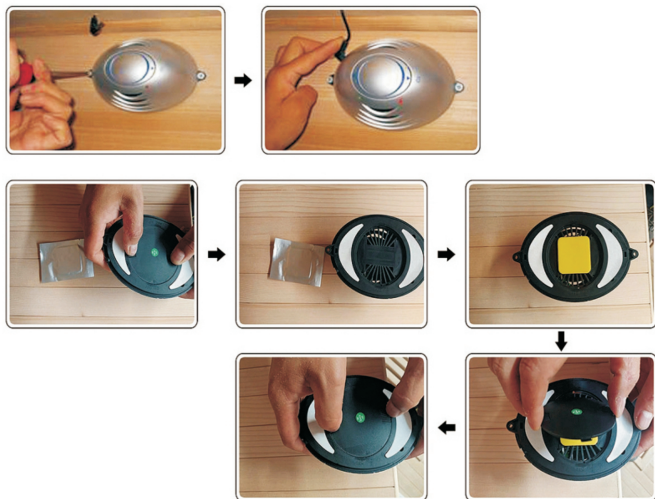
- ①. Install the Cup holder in the left board and right board.



# 14 STEP

PART I: Oxygen Bar\*1  
PART P:M3.5\*15MM\*2

- ①.Replace the fragrance sheet.
- ②.Install the Oxygen Bar.
- ③.Plug in the power supply.



- Press the ion button: it extremely purifies the air and removes toxic substances including the dust and odors mold.
- Press the ozone button: ozone could kill virus and will be deoxidized into oxygen in the end without secondary pollution, which the chemical agents can not achieve.



## SPECIFICATION

MODEL: -----DY13A  
OZONE OUTPUT: ----->5MG/H  
RATED VOLTAGE: -----DC-12V  
POWER CONSUMPTION: -----5W  
DIMENSION: -----4.72"\*3.54"\*6.93"  
ANION DENSITY: ----->1\*106PCS/CM3

- Operating instruction: Anion and ozone can only work separately; when the ozone starts to work, the anion will be stop; after about 15 minutes working, the ozone will be stop and turn the anion function automatically.

## D.Operation

D.1 In use of sauna room, please pull the temperature sensor vertical downward, as shown in the figure below to ensure the accuracy of the temperature display on control panel.





D.2 Plug the power cord into the wall outlet.







Sauna Plug 240V/15A \*2 PCS



## D.3 Operation of control panel

a.Press the key  .The POWER indicator turns on. TEMPERATURE DISPLAY indicates the temperature in the sauna room.Press the key  again,The POWER indicator turns off.





b .Pressing the key temp.  and  together,it can change F/C, only press the key temp.  or  to adjust the temperature.




c. Press the key  one time to turn on or off the light ,press the key  for 2-3 seconds ,it will be change color from LN1-9 ,Pressing LN1 is change the color quickly ,LN9 is change color solwly ,L2-L8 is 7 different colors.







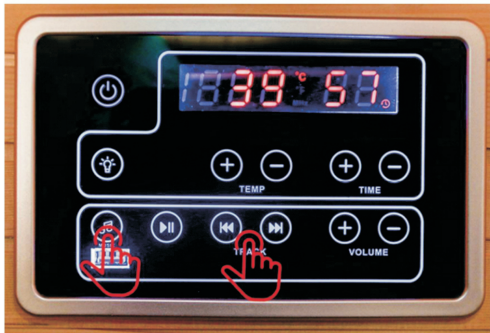
d. Press the key  and  to adiustable the time.if the time indicates 00,the room stops heating.



e. Press the key  mode,it will shows FM-USB-BLUETOOTH model ,you can plug USB ,it can shows USB music.






f. When you under  mode,press the key  and  to choose the last song or next song.press  to pause the song.





## D.4 Operation of ON/OFF Switch

Each heater is controlled by an ON/OFF Switch  and could work independently On/Off as you like. Press "ON"  indicates that corresponding heater will to work. Press "OFF"  indicates that corresponding heater will stop work.

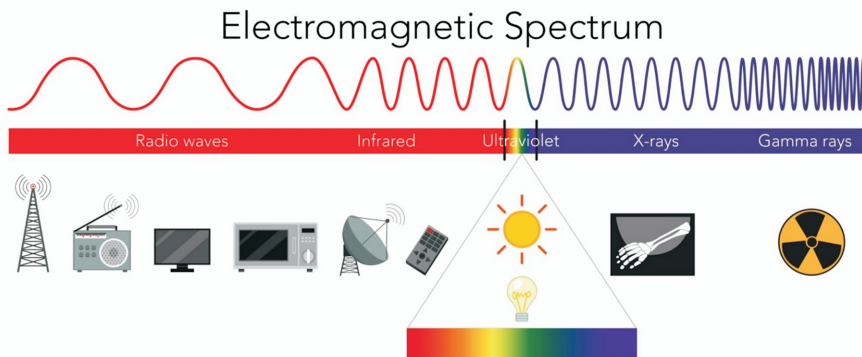
## D.5 The ceiling vent to allow a flow of fresh air.



## E. Tips For Use

### What Are Infrared Rays?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called conversion. The infrared is divided into 3 segments by wavelengths measured in microns: Near Infrared – 0.76-1.5 microns; Middle Infrared – 1.5-5.6 microns; and Far Infrared – 5.6-1000 microns. Among these segments, Far Infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to treat muscle and joint problems. In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm.

### **F.Frequently Asked Questions**

Because infrared rays penetrate the body through conversion, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart. Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, cadmium, etc.). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

- \*Pain relief from Rheumatoid Arthritis

- \*Increases blood circulation

- \*Cardiovascular conditioning

- \*Relaxes muscle spasms

- \*Clears, rashes, acne

- \*Reduces stress & fatigue

- \*Reduces cellulite

- \*Enhances skin tone \*Removes toxins

### **G.HOW IT WORKS**

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration. Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.

### **H. Electromagnetic Field (EMF)**

An Electromagnetic Field is a physical field produced by electrically charged objects. It is one of the fundamental forces of nature. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges and the magnetic field by moving charges referred to as currents. The magnetic field is measured in milligauss (mG). Our sauna products have been developed to have



low EMF. Our Low EMF sauna models range between an average of 5mG-10mG at about two inches from the heater panel and our Ultra Low EMF sauna models range between 3mG-5mG at the same approximate distance.

	6 inches away(mG)	2 feet away(mG)
Electric Shavers	4-600	0.4-10
Hair Dryer	1-700	0.1-10
Electric Blanket	22-39	—
Can Opener	500-1500	3-30
Electric Range	20-200	0.2-9
Microwave Oven	100-300	1-30
Television	10-80	0.1-8
Computer Terminal	7-20	1-3

**I. DISCLAIMER**

The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 40 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for or treating any disease is implied nor should it be inferred. If you have a medical/health condition, are taking prescription drugs, or have acute joint injuries, please consult with your medical physician before using the sauna. Persons with surgical implants (metal pins/rods, artificial joints, silicone, or other types of surgical implants) typically do not experience any adverse effects, but should also consult their medical physician or surgeon before using the sauna room.

**J. Tips For Use**

- Set the temperature to a comfortable level, normally 40 to 50°C.
- Allow approximately 8-15 minutes for the sauna to warm up.
- Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend a sauna session does not exceed 30 minutes.
- When the temperature reaches the level set on the thermostat, the heaters will turn off and onperiodically to maintain the desired temperature level inside the sauna.
- The front door/window/ceiling vent can be opened at any time to allow fresh air into the room
- Drink plenty of water before, during and after a session to replenish lost fluids from the body.
- Taking a hot shower or bath before the sauna session will further accelerate perspiration. However, do dry off thoroughly before entering, for excessive water will stain or warp the wood. A shower latter is refreshing.

- To absorb perspiration and keep the sauna tidy, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe out sweat from the body.
- Do not eat at least an hour before your sauna session. It is better to go in a sauna with an empty stomach.
- Do not use the sauna immediately after the strenuous exercise.
- Any area you want to achieve a deep heating should be moved close to the heaters.
- After the session is over, do not immediately getting out. Let the body sweat a little more. Then, take a warm shower and finish it off with a cold shower to cool off completely.

## **K.Frequently Asked Questions**

**MAKE SURE TO SHUT OFF THE ELECTRICITY BEFORE DOING IT.**

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

### **K.1 Heater Problems:**

<b>Problem</b>	<b>Explanation</b>	<b>Solution</b>
Heaters are still working when set time is up.	Power board and control panel broken.	Replace with a new power board and control panel.
All or parts of heaters working before you turn on the power, when you plug the power cord.	Power board broken	Replace with a new power board.

### **K.2 The control panel does not work.**

<b>Problem</b>	<b>Explanation</b>	<b>Trouble Shooting</b>
E1	Sensor open circuit	Change new sensor
E2	Sensor short circuit	Change new sensor
The power indicator isn't on	The fuse is broken <b>or</b> the sauna is not plugged in	Change the fuse or plug in the sauna
The soft keys are not working	/	Unplug sauna, wait a minute, <b>or</b> plug back into power source

### **K.3 The light doesn't work.**

<b>Problem</b>	<b>Solution</b>
The bulb filament is burned out.	Change the bulb ( $\leq 15$ watt)

**K.4 The heater tube does not heat. (Warning: only qualified person can replace or repair the heater)**

Problem	Explanation	Solution
Part of the heater does not warm up.	The heater is defective.	Replace with a new heater.
	Part of the heater is not connected well or burned out.	Connect them tightly.
The entire room does not heat.	The relay is damaged.	Replace the relay.
	The control panel is damaged.	Replace the control panel.
	The plug is not plugged in correctly.	Re-plug it.
Bench heater does not heat.	It is not connected tightly into the outlet on the back panel.	Connected tightly.

**L.Maintenance**

- Clean the sauna room with a soft wet cloth. NEVER use petrol, alcohol, benzene or any other such chemical to clean the unit.

**M.Transportation and Storage**

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

**N.Limited Warranty**

- We warrant the sauna to be free of defects in material and workmanship.

<b>1 Heaters</b>	<b>12 months</b>
<b>2 Workmanship</b>	<b>12 months</b>
<b>3 Electrical Components</b>	<b>12 months</b>

- This warranty extends only to the original retail purchaser of the sauna and terminates upon transfer of ownership. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.
- This warranty is void if the sauna has been altered, misused, or abused. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner.
- We shall not be liable for the loss of use of the sauna or other incidental or consequential damages.under no circumstances shall we or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.