Sauna

Instruction Mannual- Please keep properly for future reference.

If you find any missing boxes, damaged parts, or accessory shortages, please contact the customer service team of your purchasing channel immediately. We will resolve the issue as quickly as possible.



CONTACT US

- **Email: service@grandtunnel.com**
  In order to receive assistance more quickly, please provide

THE FOLLOWING INFORMATION:

- Order number
- Purchase platform
- Purchase date
- Detailed description of the issue along with photos (if applicable)

Important – Please read these instructions carefully before starting the installation.

Sauna

SKU:
C002621020

V1.0

EN

Before Assembly

Thank you for choosing this product!
To ensure safe use and long-term maintenance, please read this manual carefully and keep it properly for future reference.

Packaging Notice:

If you find any missing boxes, damaged parts, or accessory shortages, please contact the customer service team of your purchasing channel immediately. We will resolve the issue as quickly as possible.

Important Notice:

Please read this guide carefully to familiarize yourself with the required tools, materials, and procedures. Follow the applicable sections to ensure proper assembly.

Make sure you have received all the parts. If any parts are missing, please let us know the letter of the parts you need.

If there is any damage, please send clear photos to us, and we will check and offer you the best solution soon.

Please be very careful when opening boxes, due to fragile parts and glass.

No plumbing or plumbing fixtures should be placed in the sauna.

Keep all liquids away from the heating panels.

Install the sauna on a completely level surface.

Install the sauna in an area that is dry and protected from the weather.

Flammable objects and corrosive chemical substances should be kept far away from the sauna.

The sauna installation requires at least 2 people. Electric drill or hand screwdriver needed.

Allow your sauna to warm up for 15-20 minutes or until it reaches 43℃ (110 F degrees) You may close the vent on the ceiling to speed up the preheating process.

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Drink plenty of water to avoid dehydration during or after the sauna using. It is better not to exceed 40 minutes one time.

Start using the sauna within 10 ℃ before it reaches the set temperature in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52 ℃ (125 F degrees), you'd better start using the sauna when it reaches 46℃ (115 F degrees) or 2-3 ℃ less.

Customers reported an average use temperature of 52 ℃ (125 F degrees).

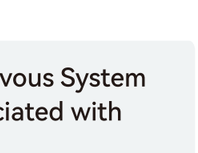
Safety Warnings

- Please follow the warning information displayed on this product and its packaging. Do not remove the warning labels.
- Each sauna will require an exclusive circuit when plugged in an outlet. An exclusive circuit requires that no other appliance share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance.
- Please make sure the sauna is properly grounded. Serious injury may result if proper electrical requirements are not met.
- It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards.
- Your sauna plugs directly into a **120V, 15 Amp** dedicated outlet.
- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
- Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek advice of a personal physician or a pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.

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- Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.
- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If have a recent acute joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside.
- Metal pins, rods, artificial joints or any other surgical implants should consult a surgeon prior to using an Infrared Sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier's representative; otherwise product warranty may be voided.
- In the rare event, you feel painful and/or uncomfortable, immediately discontinue sauna use.

Maintenance and Care Recommendations



- Keep dry and well-ventilated to prevent swelling from moisture.
- Use a clean damp towel to wipe off the bench, floor and around the back panel.
- Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.
- Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use.
- If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment.
- The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding.
- Please avoid any treatment containing benzene or a high concentration of alcohol.

Customer Service Guide



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Thank you for choosing our product! We are committed to providing you with excellent service. If you find any missing parts, damaged packaging, or product damage after receiving all packages, please follow the steps below to quickly contact our customer service team. We will do our best to resolve your issue.

1. Missing Parts

Verify Parts:

1. Refer to the “Parts List” in the manual to verify the name, specifications, and quantity of the missing parts.
2. Take a clear photo of the parts list and mark the missing parts with detailed information, e.g., “Missing 5 pieces of M6×30mm screws.”

Contact Us:

By Email:

Send an email to **service@grandtunnel.com**, with the subject line “Missing Parts Issue.” Include the following in the email:

- A description of the missing parts and a photo of the parts list.
- Order details (order number, purchase platform, purchase date).

2. Product or Packaging Damage

If it affects normal use:

Steps:

1. Take clear photos or videos showing the damaged parts and the extent of the damage (multi-angle shots are recommended).
2. Email the photos/videos along with order details to **service@grandtunnel.com**, with the subject line “Product Damage Issue.”

Resolution:

After verification, we will arrange for a replacement part, product exchange, or refund as quickly as possible.

Email : **service@grandtunnel.com**

If it does not affect normal use:

Steps:

1. Contact our customer service team (by email: **service@grandtunnel.com**).
2. Provide a description of the damage and include relevant photos or videos.

Resolution:

We will provide repair guidance or an appropriate compensation plan based on the specific situation.

Contact Us:

Customer Service Email: **service@grandtunnel.com**

Helpful Tips

To process your issue efficiently, please prepare the following information:

- Order details (order number, purchase platform, purchase date).
- Clear photos or videos.
- We are committed to providing quick and professional solutions, no matter the size of the issue, to ensure your satisfaction.

Thank you for your trust and support!
We hope you enjoy using our product!

Main supply:Frequency 60Hz ±1, AC 110V~125V,Plug 20A.





Parts List



1 Floor Panel x1



2 Rear Panel x1



3 Left Panel x1



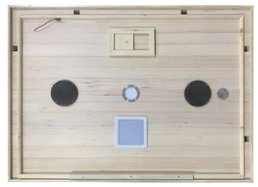
4 Bench Support x1



5 Seat Panel x1



6 Right Panel x1



7 Ceiling Panel x1



8 Dust-proof cover x1



10 Wooden blocks x2



11 Cup holder x2



12 Towel Rack x1



13 BookShelf x1



14 Right Glass x1

Plain board



15 In Door Handle x1

Plain board



16 In-Handle Block x2

Varnish



17 Out Door Handle x1

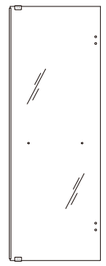
Varnish



18 Out-Handle Block x2



19 Left Glass x1



20 Glass Door x1



A Ø 4*20mm/0.78Inch x4+1



B Ø 4 *40mm/1.57Inch x2+1



C Ø 4 *35mm/1.38Inch x2+1



D Ø 3.5*35mm/1.38Inch x4+1

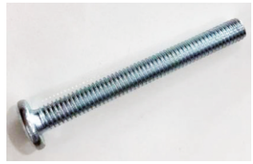


E Ø 3.5*16mm/0.63Inch x6+1

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F Ø 3*14mm/0.55Inch x24+2



G M6*55mm/2.16Inch x2+1



H 56*21*15mm /2.2Inch x2



I Hinge x2set



J Oxygen Ionizer x1



K M4*65mm/2.55Inch x1



L Ø 4*129mm/5.07Inch x1

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Installation Instruction

Step 1 — 1 FLOOR PANEL

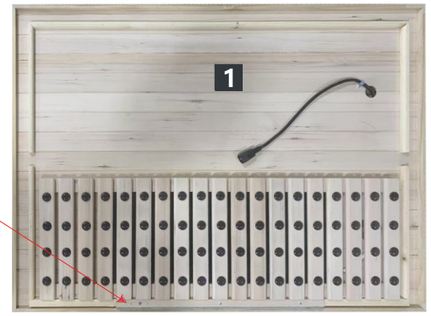








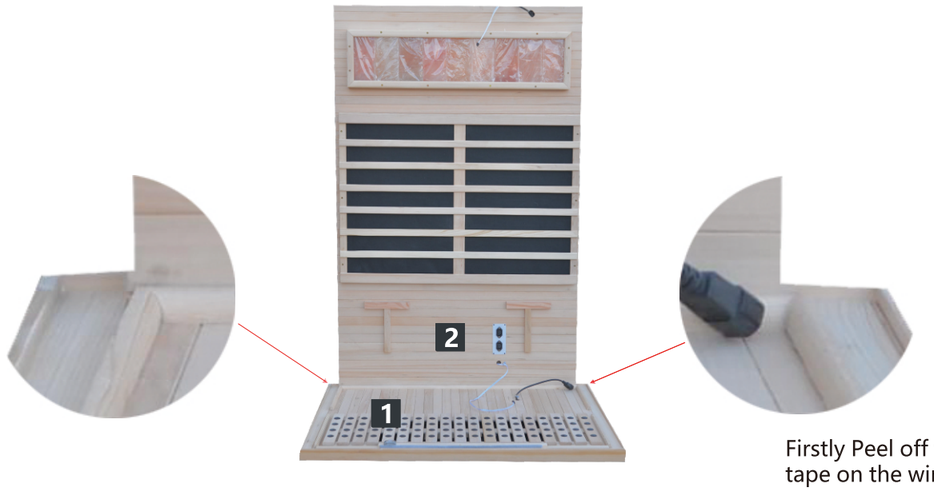




Firstly Peel off the tape on the wire .

First, remove the tape from the wire. First, place the base panel (1) flat on the selected location. The base panel has level markings (or leveling devices) to help identify the front and rear directions. To prevent damage to the floor, do not move the unit after assembly is completed. Therefore, before assembly, be sure to select a location close to a power outlet and pay attention to the door orientation to ensure the door will not be blocked by any objects when opened. Use 2 screws (E) Ø3.5x16mm/0.63in to install (H) onto the base panel (1). Please note the installation direction of (H).

Step 2 — 2 REAR PANEL

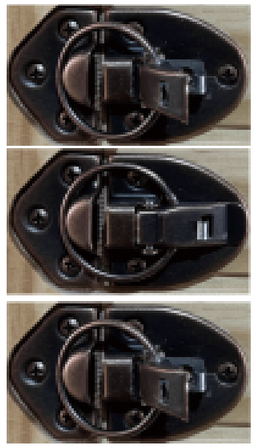


Firstly Peel off the tape on the wire .

First, remove the tape from the wire. Correctly place the rear panel (2) into the groove along the rear edge of the base panel. Please ensure that the bottom seams are aligned.

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Step 3 — 3 LEFT PANEL







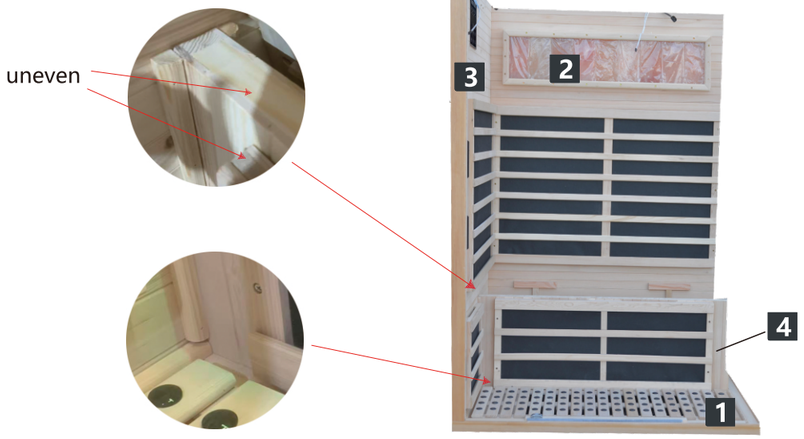
Firstly Peel off the tape on the wire .

First, remove the tape from the wire. Install the left side panel (3) onto the rear panel (2). When positioning the left side panel, one person is required to hold the rear panel in place. The panels (side walls) are secured using buckles (or locking clips).

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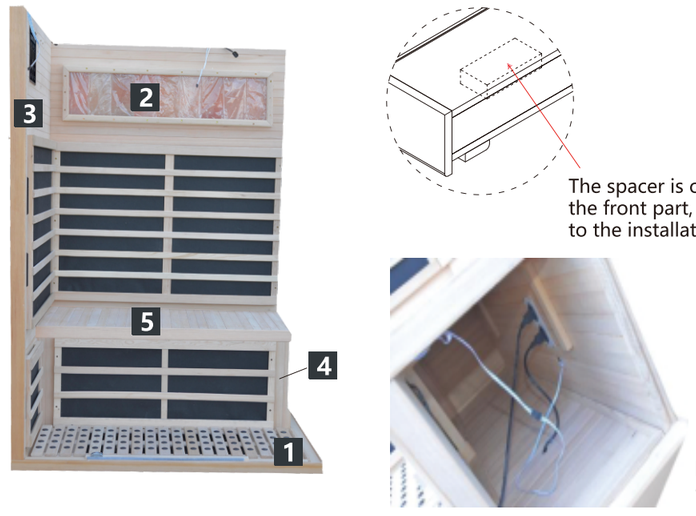
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Step 4 — 4 BENCH SUPPORT PANEL



- First, remove the tape from the wire, then install the bench support panel (4). Please pay attention to the installation direction of panel (4).
- Insert the front seat panel into the grooves on the left side panel and base panel to secure it in position.

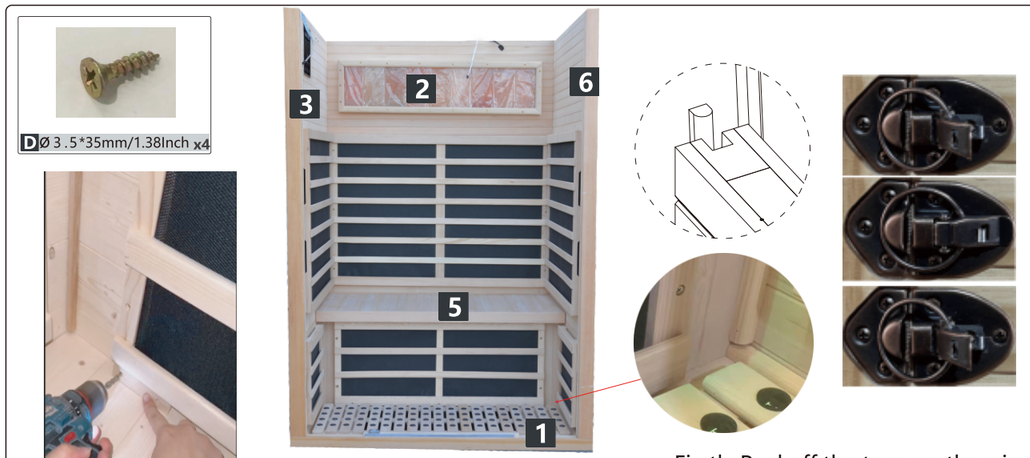
Step 5 — 5 BENCH PANEL



- First, remove the tape from the wire. The customer needs to connect the heater wire.
- Install the seat panel (5) above the bench support panel (4). Please pay attention to the installation direction of the seat panel (5).
- Connect the LED strip wires under the bench panel.

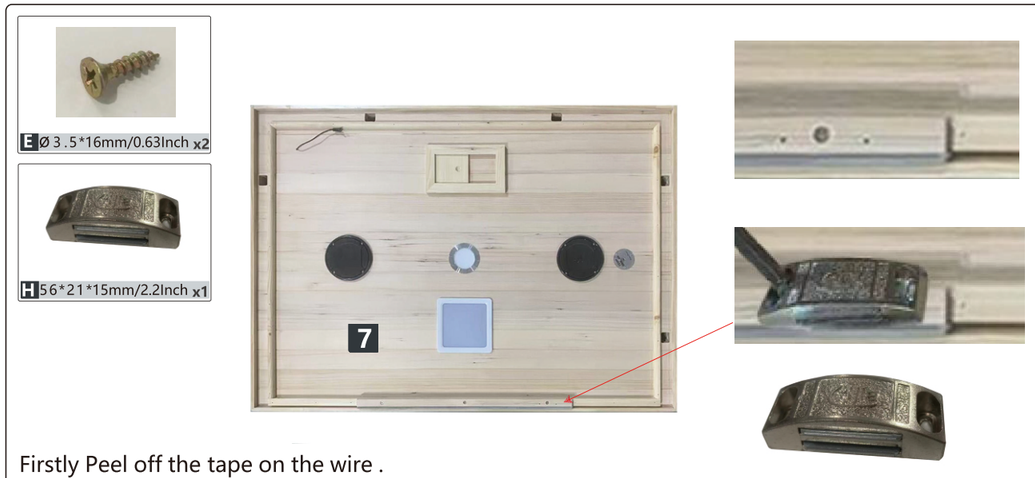
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Step 6 — 6 RIGHT PANEL



- Insert the right side panel (6) into the groove of the base panel (1). Then install the right side panel (6) onto the rear panel (2). When positioning the right side panel, one person is required to hold the rear panel in place, then secure it using the buckles.
- **Tip: Release the buckles on the side panel and pull the rear panel (2) slightly outward.**
- If you feel that the seat is slightly loose, you can install two small wooden blocks (10) to secure it. This is not a mandatory installation step and can be performed according to your own needs. You can use 4 screws (D) Ø3.5*35MM/1.38in to fix the nut blocks onto the rear panel or side panel.

Step 7 — 7 CEILING PANEL



- First, remove the tape from the wire. Use 2 screws (E) Ø3.5x16mm/0.63in to install (H) onto the top panel (7).
- Please note the installation direction of (H).

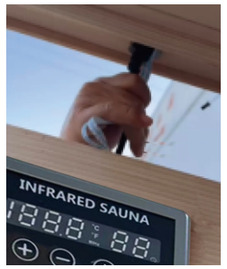
Email : **service@grandtunnel.com**

Step 8 — 7 CEILING PANEL









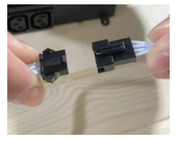


Firstly Peel off the tape on the wire .

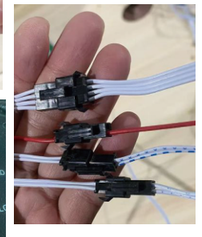
- First, remove the tape from the wire and install the top panel (7).
- Please route the wires from the top of the rear panel, left side panel, and right side panel through the reserved holes to the top panel.

Step 9









- Connect the heater wire.
- Connect the control panel wire.
- Connect the LED strip wire.

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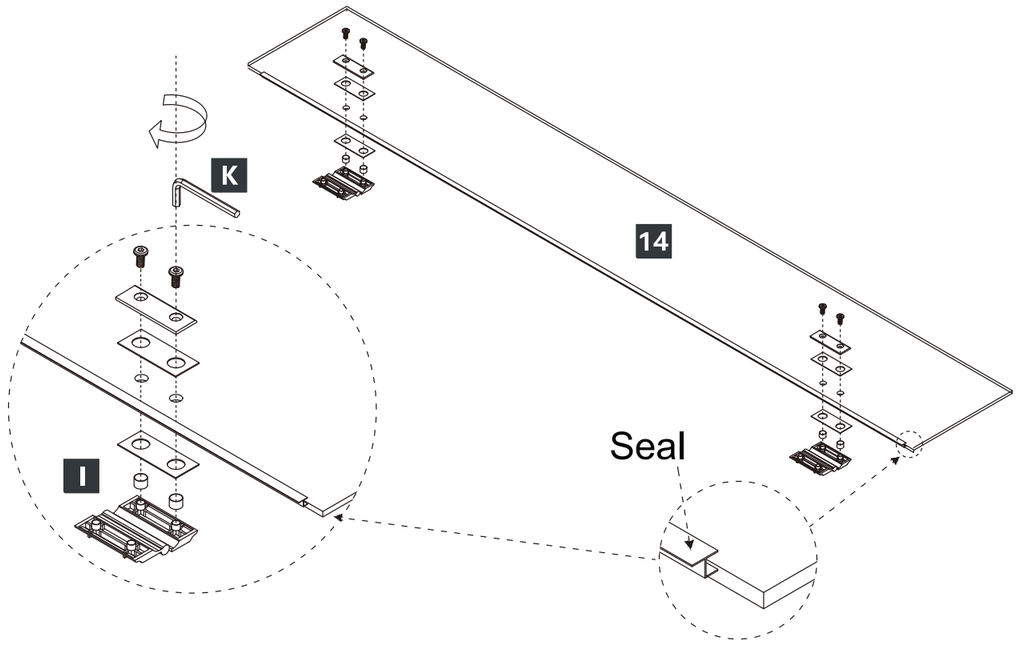
Step 10 — 14 GLASS



I Hinge x2set



K M4*65mm/2.55Inch x1



- First, place the glass (14) according to the direction of the sealing strip shown in the diagram. Then, as shown in the diagram, use the hex wrench (K) to install the hinge (I) onto the glass (14).
- Please note the installation direction of (I) and the sealing strip.

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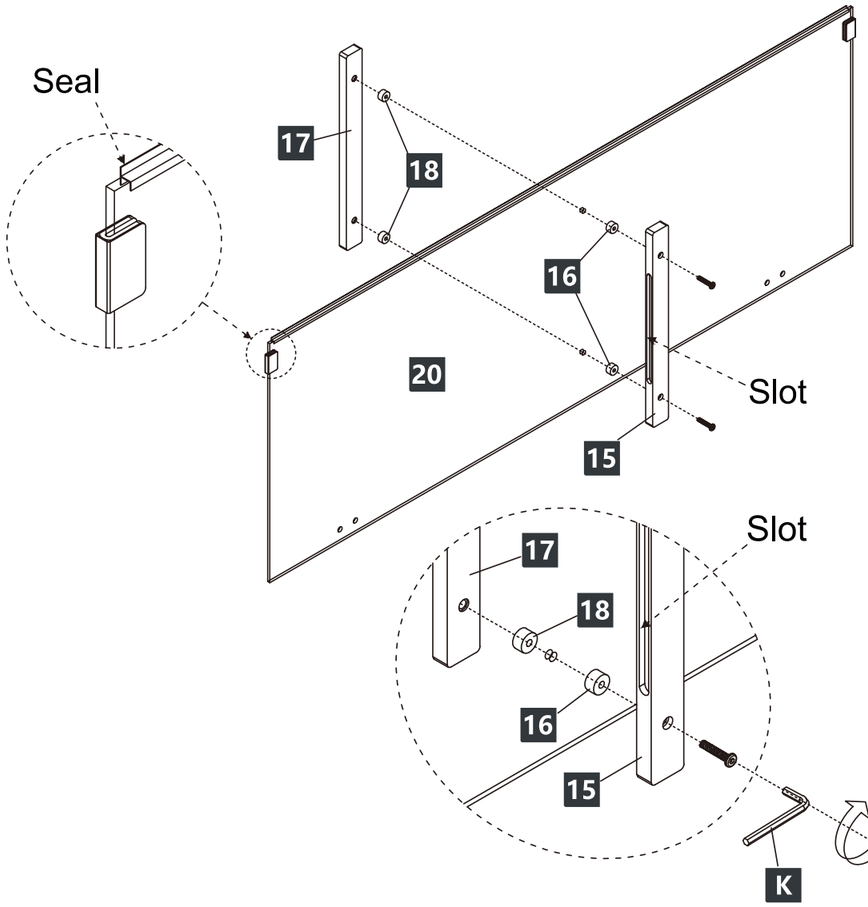
Step 11 15/16/17/18 DOOR HANDLE



G M6*55mm/2.16Inch x2

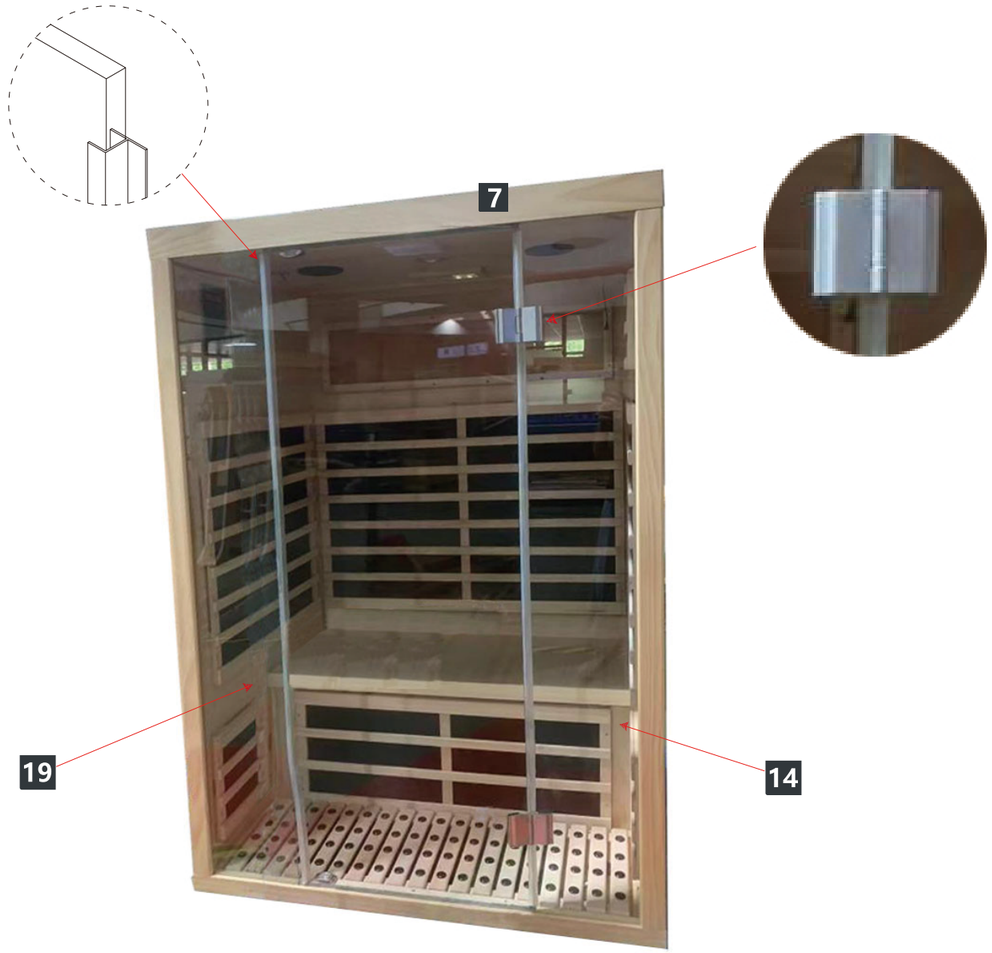


K M4*65mm/2.55Inch x1



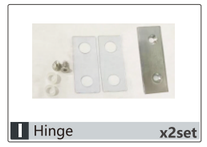
- First, place the glass (20) according to the direction of the sealing strip shown in the diagram. Then use 2 screws (G) M6x55mm/2.16in and the hex wrench (K) to install the door handles (15/16/17/18) onto the glass door (20).
- Please note the installation direction of (15, 16, 17, 18, 20) and the sealing strip.
- One person is required to hold the glass (20) in position.

Step 12 14/19 GLASS



- This assembly step requires two people to complete.
- Please install the left glass panel (19) first, and then install the right glass panel (14).
- Please note the installation direction of the glass panels (14, 19).
- Pay special attention that the glass panels must be accurately inserted into the top and bottom grooves. To make installation easier, slightly lift the top panel during this process. At the same time, one person must carefully hold the other glass panel to prevent collision or displacement.

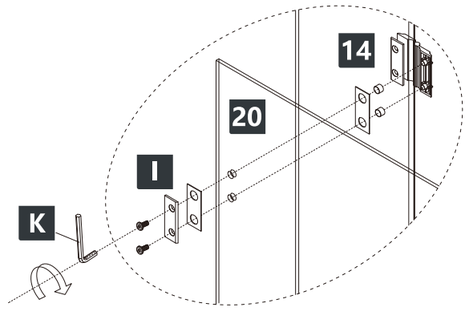
Step 13 — 20 GLASS









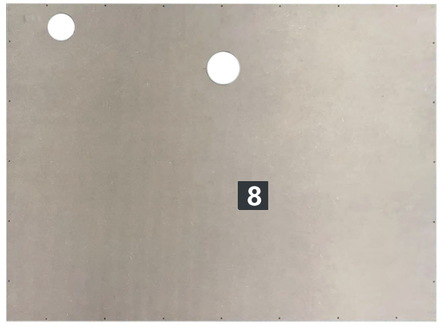


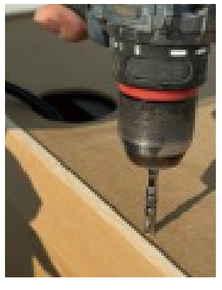


- Install the glass (20). During installation, lift the glass (20) upward, align it with the hinge holes, and then install it.
- This assembly step requires two people to complete.
- Please note the installation direction of the glass (20). The handle (15) should be on the inside and the groove should face upward.

Step 14 — 8 DUST-PROOF COVER



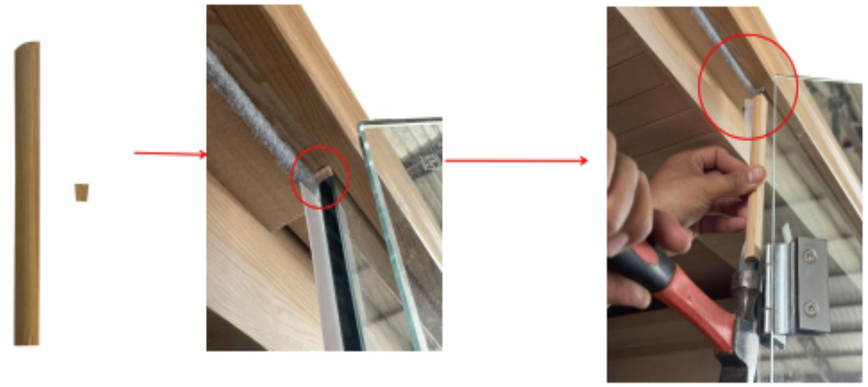




After confirming that all functions are working properly, install the dust cover (8) using screws (F). Pull the power cord out through the correct hole, and use screws (F) (Ø3*14mm/0.55in)*24 to install the dust cover (8).

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Step 15 — P17 GLASS DOOR HOLD STRIP



- When the glass door appears slightly loose and causes it to not close evenly, the issue can usually be resolved by adjusting the upper right corner. However, depending on the actual situation, customers may also reinforce all four corners of the glass door themselves.
- Reinforcement method: Apply double-sided tape to a small wooden block, or apply a small amount of glue into the gap. Place the small wooden block into the gap, then use a long wooden strip and gently hammer it into place for fixing.

Step 16 — SALT PANEL ASSEMBLE



- Each salt brick is individually packaged in a bag when you receive the product. Before use, first remove the wooden frame on the top. Take out the packaging bag, place it back into the original frame, and reinstall the wooden frame. It can then be used normally. Please refer to the relevant images.
- Disassembly - Remove the salt brick bags, place them back into the frame, and reinstall the wooden frame.

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Step 17 ACCESSORIES











- Install the oxygen ion generator (J) onto the right side panel (6) using 2 screws (E) Ø3.5x16mm (0.63in), then insert and connect the power supply.
- Press the middle button to start the oxygen ion generator (J). During the preheating state, press the “O3” button to release ozone (the red light will turn on) for sterilization. During the heating state, press the “ion” button to release negative ions (the green light will turn on) to purify the air inside the cabin.



- Use 4 screws Ø4x20mm (0.78in) (A) to install the cup holder (11) in any corner.
- Do not install it on the heater or directly in front of it. If you do not like it, or cannot find a suitable place for installation, simply leave it uninstalled.



- Use 2 screws Ø4x40mm (1.57in) (B) to install the towel rack (12) on the left or right side panel.
- Do not install it on the heater or directly in front of it. If you do not like it, or cannot find a suitable place for installation, simply leave it uninstalled.

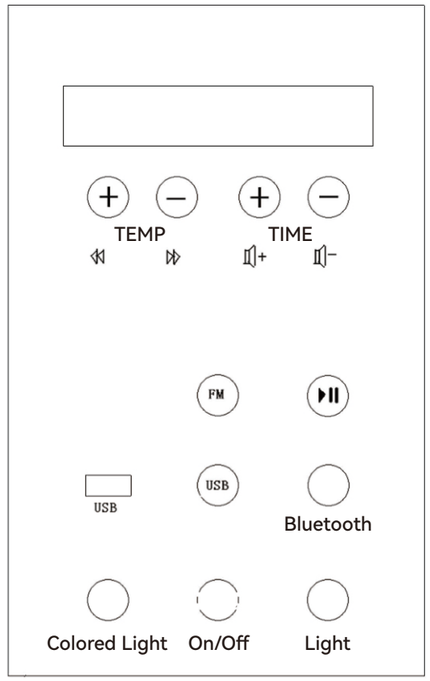


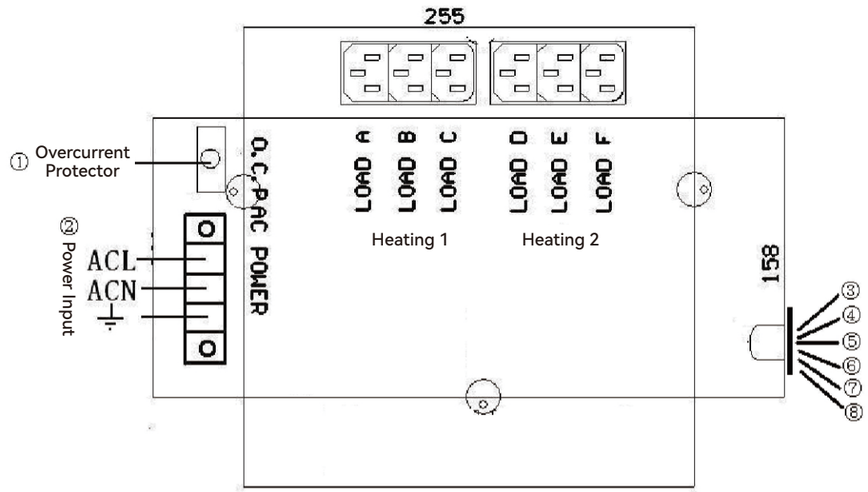
- Use 2 screws Ø4x35mm (1.38in) (C) to install the magazine rack (13) on the left or right side panel.
- Do not install it on the heater or directly in front of it. If you do not like it, or cannot find a suitable place for installation, simply leave it uninstalled.

Email : **service@grandtunnel.com**

OPERATION INSTRUCTIONS OF CONTROL PANEL







Email : **service@grandtunnel.com**

Light Wave Sauna Intelligent Controller Manual V0.2

SD20B-5+SX32 (No AUX, No Internal/External Lights)

This controller is used for the electrical control of light wave saunas, featuring:

- Heating temperature control function
- Timing function
- Lighting control
- Temperature display
- Light therapy function
- FM radio
- Bluetooth playback
- USB playback

Technical Parameters

- Working voltage: AC120V/60Hz
- Heating relay power: 30A 250VAC
- Lamp MOS tube output: 3A/12VDC
- Timing time: 1~60 minutes
- Temperature control range: 25℃~65℃ (75~150℉)
- Temperature control accuracy: ±1℃

III. Display and Operation Panel

(Digital tube display window)

- Lights up only during operation.
- The left side displays temperature, compatible with Celsius and Fahrenheit.
- Celsius display range: 0~75℃
- Fahrenheit display range: 32~170℉
- The two-digit digital tube on the right displays the remaining timing time, with a maximum of 60 minutes.

Operation Instructions

All valid key presses will trigger a beep.

1. Sauna Functions:

(1) "On/Off" key:

- Press once to turn on when powered off. The left side displays the current internal temperature of the sauna, the right side displays the remaining time, and the light turns on.
- Press again to turn off, shutting down all outputs.

(2) "Light" key:

- Controls the on/off of the colored lights. Press once to turn on the colored lights, press again to turn them off.

(3) "Colored Light" key:

- Long press to display "L0X 2n" (X ranges from 1 to 8). Press this key again to change the color.
- "L08 2n" indicates gradient color; "L-07 2n" and "L-01 2n" indicate full brightness; "L-06 2n" and other codes correspond to different single colors. The setting is memorized.

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(4) Temperature "+" and "-" keys:

- Press once to increase or decrease the set temperature by 1 degree; hold the key for continuous adjustment.
- Setting range: 25~65℃ (Celsius) / 75~150℉ (Fahrenheit).
- Press "+" and "-" simultaneously to switch between Celsius and Fahrenheit.
- Temperature control logic: Heating stops when the set temperature is reached, and resumes when the temperature drops by 2 degrees.

(5) Time "+" and "-" keys:

- Press once to increase or decrease the timing time by 1 minute; hold the key for continuous adjustment.
- Setting range: 1~60 minutes.
- Beeps 5 times when 1 minute remains in the countdown; shuts down all outputs when the countdown reaches 0.

2. Music Functions:

(1) Press "FM Radio" to display the frequency and "MHz", entering FM radio mode; press "Bluetooth" to enter Bluetooth mode; press "USB" to switch to USB mode.

(2) In FM mode, long press the "FM Radio" key to automatically search for stations and memorize them.

Note: Do not operate during station search; wait until the search is complete.

(3) To tune stations, select tracks, or adjust volume: First press the function key once, then press "Previous Track" or "Next Track" to change programs, and use the volume "+" and "-" keys to adjust volume.

(4) Bluetooth operation: When "BLU" is displayed, enable Bluetooth in your phone settings, search for the device "BT-AUDIO", and pair to connect.

(5) "Play/Pause" key: Press once to play, press again to pause.

IV. Display Panel Wiring

1. 4-pin connector to the power board.
2. Two 2-pin connectors to the speakers.
3. Red 2-pin connector to the antenna (red single wire).

V. Integrated Wiring Box

- Overcurrent protector: 20A
- Power input: 220V/110V
- 4-pin connector to the display panel
- Red and black wires: +12V (red is positive), can be connected to a CD player
- 2-pin (white flat cable) to the temperature sensor
- 2-pin for internal light 1: Brown (+), Blue (-) 12VDC
- 2-pin for internal light 2: Red (+), Blue (-) 12VDC
- 4-pin wire for colored lights (marked)

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Usage Guide

Conditions to use the sauna:

1. Temperature range: +5 ~ +40 °C (41-104 F degrees)
2. Relative humidity: ≤8
3. Depression: 700-1060 h
4. Main supply: AC 110V~120V, Frequency 60Hz

Allow your sauna to warm up for 15-20 minutes, or until it reaches 43°C (110 F degrees). You may close the vent on the ceiling to speed up the preheating process.

Drink plenty of water to avoid dehydration during or after the sauna using. It is better not to exceed 40 minutes one time.

When you use the sauna, please switch on the oxygen ionizer. If you still feel stuffy, open the vent in the ceiling to allow fresh air into the sauna.

Tips:

Start using the sauna within 10 °C before it reaches the set temperature to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52°C (125 F degrees), it is better to start using it when it reaches 46°C (115 F degrees) or 2-3°C less. Customers have reported an average use temperature of 52°C (125 F degrees).

Precautions to Use the Sauna

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant, suffering from serious inflammation, fever, communicable disease, acute bleeding, or if intoxicated.
- Be careful about the temperature if using the sauna with the elderly or children. Children must be accompanied by an adult when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek the advice of a physician or pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, or impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.
- Chronic diseases such as Parkinson's, multiple sclerosis, Central Nervous System tumors, and diabetes are conditions that are associated with impaired sweating.
- The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If you have a recent acute joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside.

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- Individuals with metal pins, rods, artificial joints or any other surgical implants should consult a surgeon prior to using an infrared sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.

In the rare event you feel painful and/or uncomfortable, immediately discontinue sauna.

Cleaning and Maintenance

- Use a clean damp towel to wipe off the bench, floor and around the back panel.
- Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.
- Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use.
- Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

Wood Care

- If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment.
- The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding.
- Please avoid any treatment containing benzene or a high concentration of alcohol.

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Troubleshooting

The sauna does not power on

- Make sure the main power plug of the sauna is connected to the socket at your home.
- Make sure the main power plug is connected to the electric box on the top of sauna.
- Make sure the overload protector did not turn off.
- Make sure the control panel wire is connected well.
- Make sure the power socket at your home is working by trying a different device on the same socket.

Control panel displays abnormal or has malfunction

- To make sure whether the wires for control panel connected well.

  There are 3 connections of the wires: to the control panel, to the circuit board, middle connection on roof.
- Replace a new wire for control panel.
- Replace a new control panel.

One or a few heaters do not work

- Make sure the heaters' plugs connected well on top of the sauna.
- Make sure the heaters' plugs under the bench are connected well.
- Floor heater and bench heater are not as hot as other heaters (by design).
- Make sure the plug behind the heater is connected (you would need to unscrew the heater).

For more troubleshooting advice or to report a problem, please contact with your supplier.

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