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# **INSTRUCTIONS MANUAL**



## **SINGLE PERSON WOODEN SAUNA ROOM**

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IF YOU PURCHASED THE PRODUCT ONLINE AND HAVE  
ANY QUESTIONS OR CONCERNS  
PLEASE CONTACT US VIA EMAIL, TEXT, OR PHONE

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Date of Manufacture: 25W49

## **Important Attention:**

Please read these instructions fully before starting assembly.

- 1.. Make sure you have received all the parts. If any parts are missing, please let us know the letter of the parts you need.**
- 2.. If there is any damage, please send clear photos to us, and we will check and offer you the best solution soon.**
- 3.. Please check the manual carefully and make sure you have received all the parts.**
- 4.. Place towels on bench and floor where you may sweat, but not on any heaters.**
- 5..If place the sauna outdoor, make sure it is in a water-proof surrounding since the sauna's roof is not water-proof.**

**Please read the following directions carefully.**

## **Electrical Requirements**

Each sauna will require a exclusive circuit when plugged in an outlet. A exclusive circuit requires that no other appliance to 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.

## **Package Information**

This sauna are packed in 3 cartons(A,B,C), please make sure that you open the boxes face up.

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

The sauna installation requires at least 2 people.

## Where to Start

Lay the cartons flat on the ground and open them carefully.

Open all the cartons, start to install your sauna pleasantly.

Tips: Before the start of installation, or at least before installation of the top panel, please remove the dust-proof cover from the top panel to take out the accessories and screws etc.



## Cautions to Installation

- 1- No plumbing or plumbing fixtures should be placed in the sauna.
- 2- Keep all liquids away from the heating panels
- 3- Install the sauna on a completely level surface.
- 4- Install the sauna in an area that is dry and protected from the weather.
- 5- Flammable objects and corrosive chemical substances should be kept far away from the sauna.

# Part List

## Carton A



P1: Floor panel \*1



P2: Ceiling panel\*1



P3: Bench support \*1



P4: Seat panel \*1



P5: Dust-proof cover \*1



P10: Door handle \*1



P11: Oxygen ionizer \*1



P12: Cup holder \*1



F1: (M3.5 x 16mm) \* 8  
assemble the dust-proof cover



F2: (M3.5 x 25mm) \* 2  
install the cup holder



F3: (M3.5 x 35mm) \* 12  
fix the ceiling panel with make sure to fix it all around

## Carton B



P6: Rear panel \*1



P7: Front panel \*1



P8: Left panel \*1

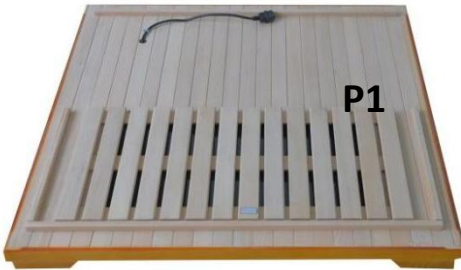


P9: Right panel \*1

## Carton C

# Installation Procedure

**Step 1,** Place P1 Floor panel flat on your desired place.



Place the Floor Panel on a level surface. Pay attention to Front vs. Back as labeled. To avoid damaging your floor, do not move the sauna after assembly. Make sure the location is closed to a power outlet.


**Step 2,** Place P6 Rear panel properly on the rear edge of floor panel.



Align the bottom joint.

**Step 3, Install P8 Left panel with rear wall, fasten by latches.**

Need one person to hold the Rear Panel in place while you position the Left Panel, and fasten by latches.



The inset images show the latch mechanism in detail. The top row shows the latch being inserted into the panel. The bottom row shows three different views of the latch being secured with a screw.



**Step 4, Install P3 Bench support.**



Insert the Bench into the notch on Left Panel to hold it in place.



Connect the bench and floor heater wires to the socket on rear wall at this step or Before Step 6.

**Step 5,** Install P9 Right panel, fasten by latches.



Need one person to hold the Rear Panel in place while you position the Right Panel, and fasten by latches.

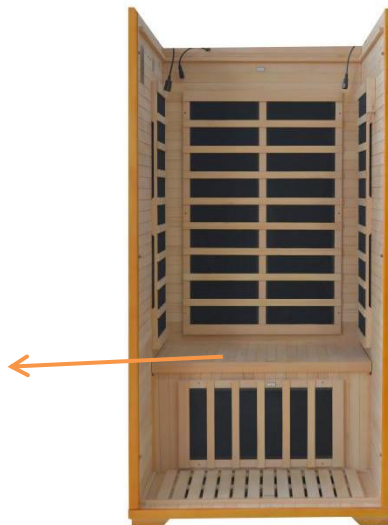


**Step 6,** Install P4 Seat panel well.

Tips: please pull the side panels a little out to place the seat panel.



**P4**



**Step 7,** Install P7 Front panel, fasten by latches.

**P7**



Need one person to hold the glass door while you position the front panel to avoid glass damage, fasten the front panel with two side panels by latches.



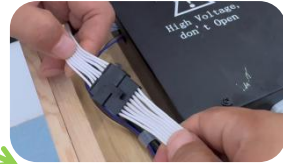
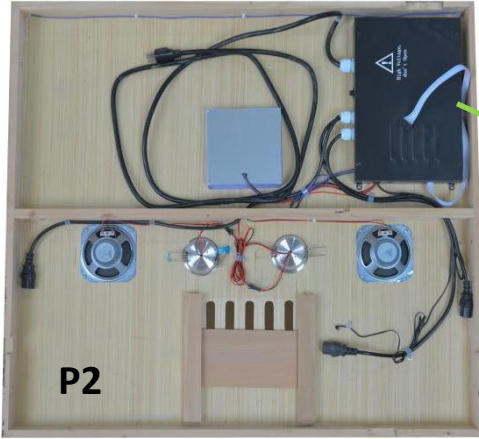
**Step 8,** Install P2 Ceiling, draw the wires on top of walls via the holes to the ceiling, and connect the 2 groups of wires one by one.



**P2**



Connect wires on the ceiling as per the instructions continued on the next page.



Wires of control panel



Wires of heaters

**Step 9,** Fix the Ceiling panel with screws F3 M3.5\*35mm\*12(make sure to fix it all around).

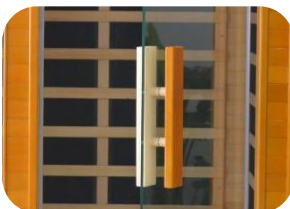
After assure all the functions work well, install P5 Dust-proof cover with screws F1 M3.5\*16mm\*12. Don't forget to draw the power cord out of the proper hole.



**Tips:**

You can use a screwdriver to instead of the electric hand drill. If you do want to use an electric hand drill, please prepare it on your side.

**Step 10,** Install P10 Door handle to the glass door with suited screws, or do this at Step 7.(Door handle is placed in the P2-ceiling panel)



**P10**

**Tips:**

Please install the half handle painted outside, and drive screws from natural handle inside the cabin.

## Accessories

These accessories are placed inside the P2-ceiling panel.

**Step 11,** Hang the P11 Oxygen ionizer to the nails originally fixed on left panel, connect the wire.



Press either button to switch on the oxygen ionizer.

When preheating or after using, nobody inside the cabin, press “O3” to release O3 to kill bacterium.

When heating, press “ion”to releases negative ion to fresh the air inside the cabin.

Press the working button again to switch off.

**Step 12,** Install P12 Cup holder in left corner of P1 Front panel corner with screws F2(M3.5x25mm)\*1. Do Not install it on or in front of heaters. If you don't like or there is no anywhere suitable to install, just ignore it.



When heating, keep the vent closed



Vent



**Finished Installation**

# Operation Instructions of Control Panel



## Power Button (On/Off)

This button turns the sauna on or off.



## MP3 Switch Button

Insert USB device into the USB port, then press this button to switch to MP3 mode.



## FM Switch Button

Press this button to switch to FM (Radio) mode.



## Music Control (Play/Pause)

Press this button to play or pause when it is in MP3 mode.



## Time Button (Increase/Decrease)

Press the (+) or (-) button to increase or decrease the sauna timer. It will count down until 00 and shut down the heaters.

Tips:

- 1, If you would like to keep the sauna working continuously (no time limit), press and hold both (+) and (-) buttons, the display should show two dashes (--). To start the timer again, just click on one of the Time Control buttons.
- 2, Press the (+) or (-) button to increase or reduce volume.

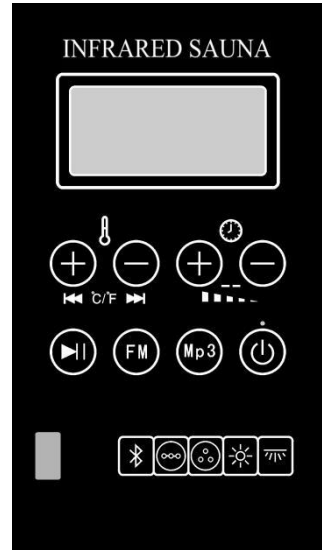


## Temperature Control (Increase/Decrease)

Press the (+) or (-) button to increase or decrease the sauna temperature. The heaters will turn off when the sauna reaches its desired temperature.

Tips:

- 1, Temperature setting ranges from 18 to 65°C (64.4-149 F degrees).
- 2, Press and hold both (+) and (-) buttons to switch the temperature display between Fahrenheit and Celsius.



3, Press the (+) or (-) button to choose next or previous song in MP3 mode, or tune in FM (Radio) mode.



Press this button to connect bluetooth with the devices which have blue-tooth function to play music. If without this button, there is no such a function.



Press this button to change colors of chromo therapy light automatically, if there is any therapy light and operate by the control panel.



Press this button to select color of the chromo therapy light one by one, if there is any therapy light and operate by the control panel.



Press this button to power the interior light (reading light) on or off.



Press this button to power the exterior Light (eave light) on or off, if there is any exterior light. Sometimes it is used to control the LED strip if there is.

### **Self-Checking and alarm modes**

The control panel has self-check function, but it only works when there is something abnormal. Self-checking and alarm modes include:

- a, If the electric relay is abnormal, it alarms 2 long beep every 2 seconds.
- b, If the temperature sensor wire loosen, it alarms 1 long beep every 2 seconds.
- c, If the temperature of driver board is higher than 80°C, it alarms 2 short beep every 2 seconds.
- d, If the signal between driver board and control panel is abnormal, it alarms 3 short beep every 2 seconds.
- e, If the input voltage is too low, it alarms 4 short beep every 2 seconds.
- f, If the wire connection for left loudspeaker loosen, it alarms 1 shot beep and 1 long beep every 2 seconds.
- g, If the wire connection for right loudspeaker loosen, it alarms 1 long beep and 1 shot beep every 2 seconds.

# Usage Guide

## Conditions to use the sauna:

- 1, Temperature range: +5~+40 °C (41-104 F degrees).
- 2, Relative humidity: ≤85%
- 3, Depression: 700-1060 hPa
- 4, Main supply: AC 110V~120V, Frequency 60Hz ±1

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 in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52°C (125 F degrees) , you'd better start using the sauna when it reaches 46°C (115 F degrees) or 2-3 °C less. Customers 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 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.
- 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***

***discomfortable, immediately discontinue sauna use.***

## 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.

## 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.

### **LED Reading Light**

- Make sure the wires connect well.
- Replace the light bulb.

### **Color therapy light does not work**

- Make sure the wire is connected well.
- Replace a new therapy light.

### **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.***