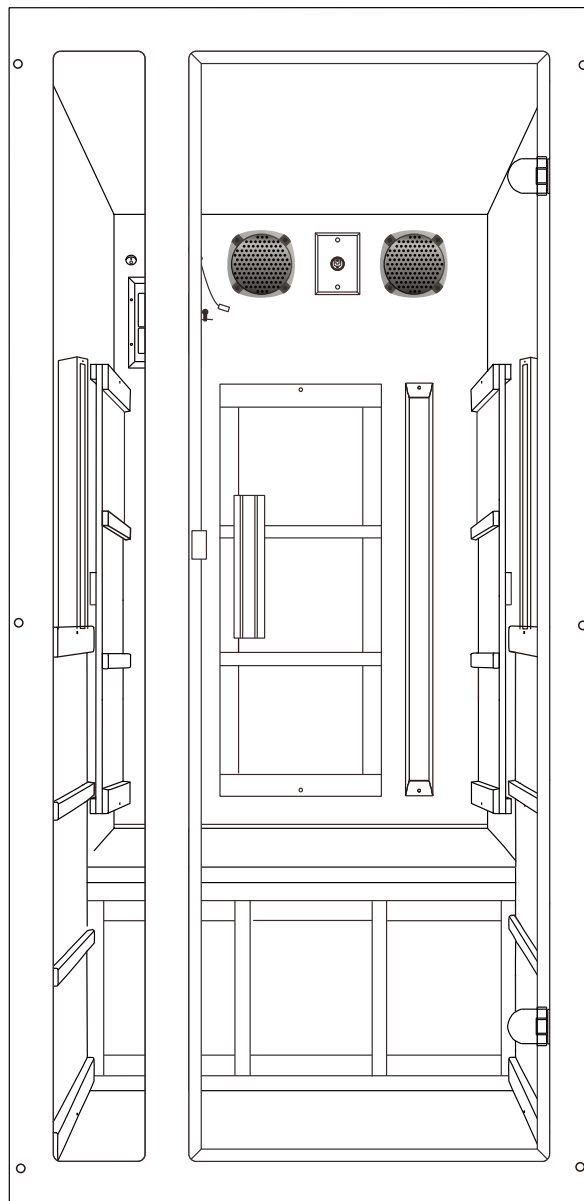




# 1 Person Infrared Sauna ASSEMBLY INSTRUCTIONS



\*Optional Near Infrared Emitters shown are sold separately.

Read all instructions carefully prior to assembling your sauna. Keep this instruction guide for future reference. Thank you for choosing a JNH Lifestyles Infrared Sauna.

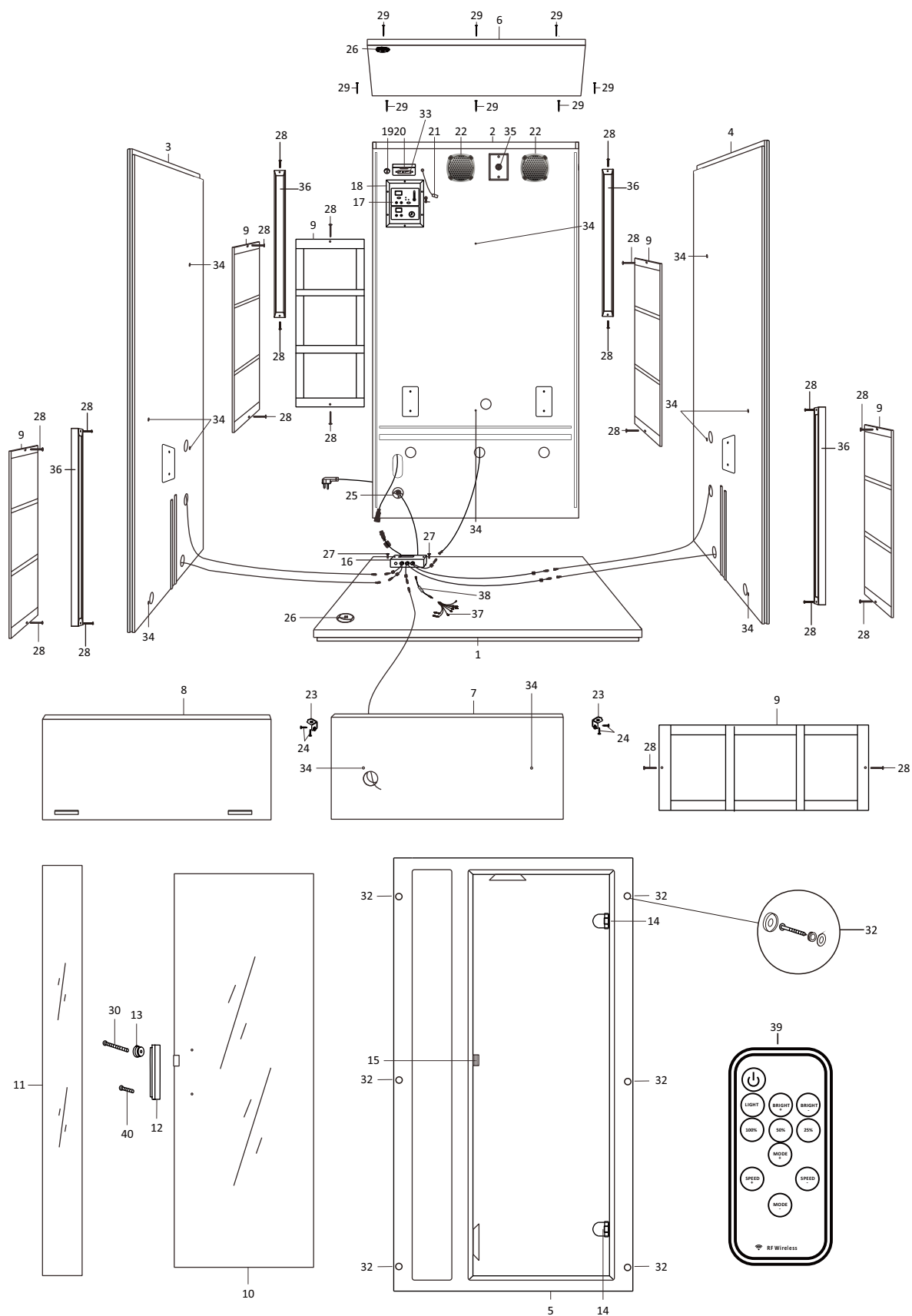
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# PARTS LIST

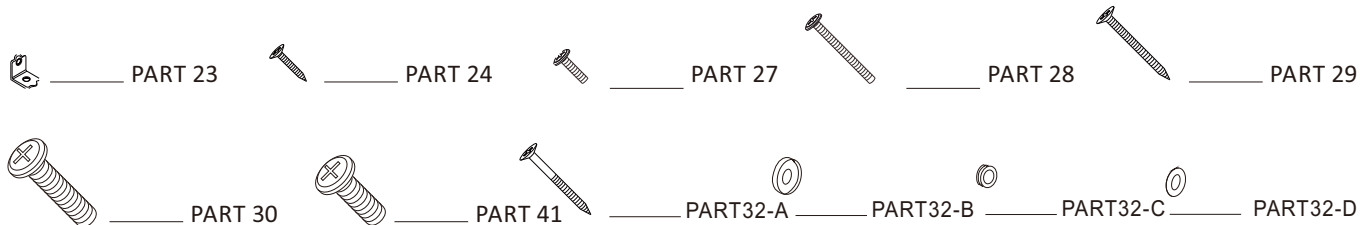
#	DESCRIPTION	QTY.	#	DESCRIPTION	QTY.
01	Floor	1	21	Oxygen Ionizer Cable	1
02	Back Wall	1	22	Speakers	2
03	Left Wall	1	23	Bench Brackets	2
04	Right Wall	1	24	Bench Bracket Screws (KA3*16)	4
05	Front Wall	1	25	Power Cord Hole Cover	1
06	Roof	1	26	Vents	2
07	Bench Seat Support	1	27	Power Box Bolts (TM4*16)	2
08	Bench Seat	1	28	Heater Panel Bolts (TM4*40)	20
09	FIR Heater Panels	6	29	Roof Screws (KA4*40)	8
10	Glass Door	1	30	Door Handle Bolt (6*35)	1
11	Glass Window (Front)	1	32	Fastner set	12
12	Door Handle (Exterior)	1	33	Bluetooth Module	1
13	Door Knob (Interior)	1	34	Internal Rope Thread (4*10)	20
14	Door Hinges	2	35	Chromotherapy Light Socket	1
15	Door Magnet	1	36	Near Infrared Emitters (Optional)	4
16	Power Box	1	37	Near Infrared Emitter Splitter (Optional)	1
17	Control Panel	1	38	LED Controller (White Cable) (Optional)	1
18	Control Panel Frame	1	39	Near Infrared Remote (Optional)	1
19	LED Light Switch	1	40	Door Handle Bolt (6*15)	1
20	LED Light	1			

# OVERVIEW - 1 PERSON INFRARED SAUNA



# OVERVIEW (CONTINUED)

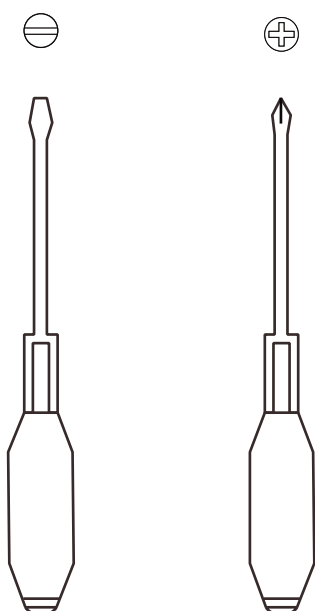
## Hardware Included



#	DESCRIPTION	QTY.
23	Bench Brackets	2
24	Bench Bracket Screws (KA3*16)	4
27	Power Box Bolts (TM4*16)	2
28	Heater Panel Bolts (TM4*40)	20
29	Roof Screws (KA4*40)	8
30	Door Handle Bolt (6*35)	1
40	Door Handle Bolt (6*15)	1
32-A	Panel Screw	12
32-B	Decorative Cap	12
32-C	Nut	12
32-D	Washer	12

## Required Tools

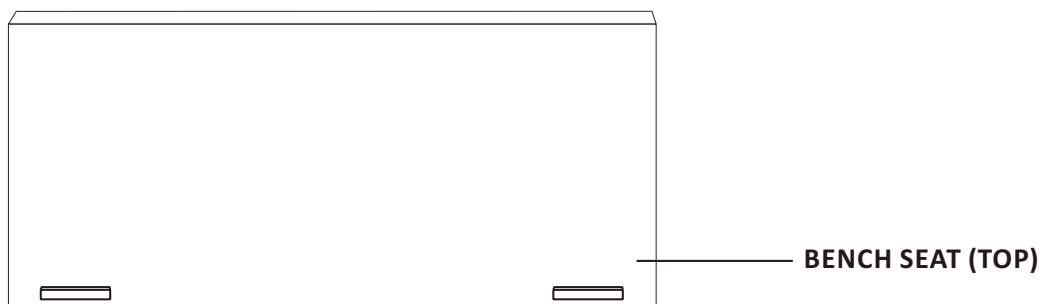
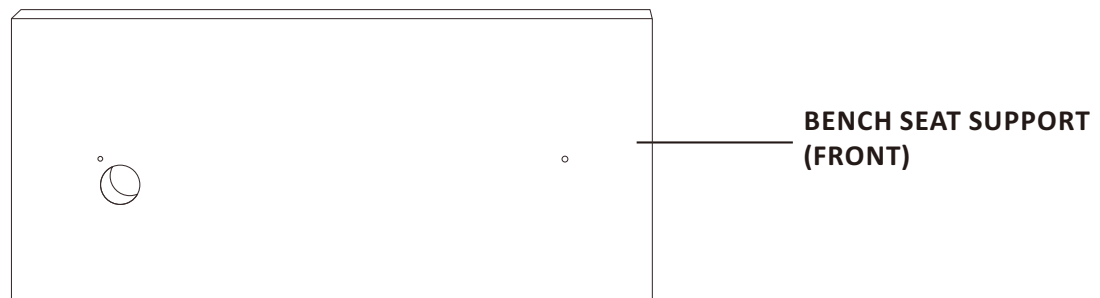
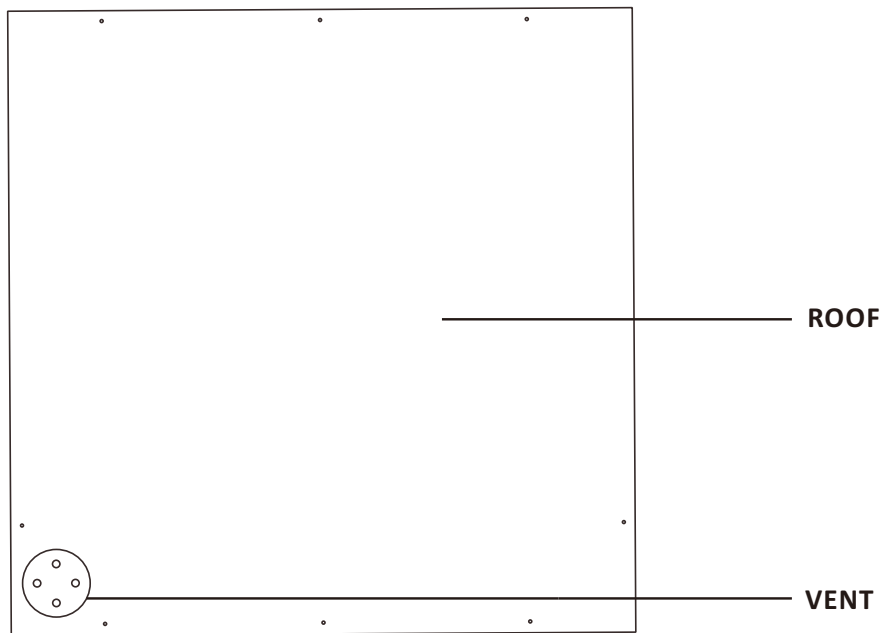
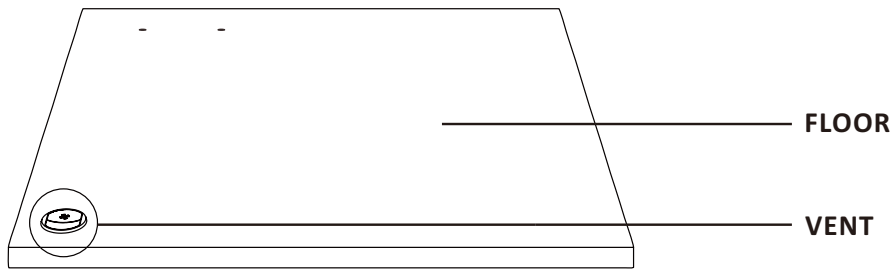
Phillips and Flat-Head screwdrivers.



# CONTENTS

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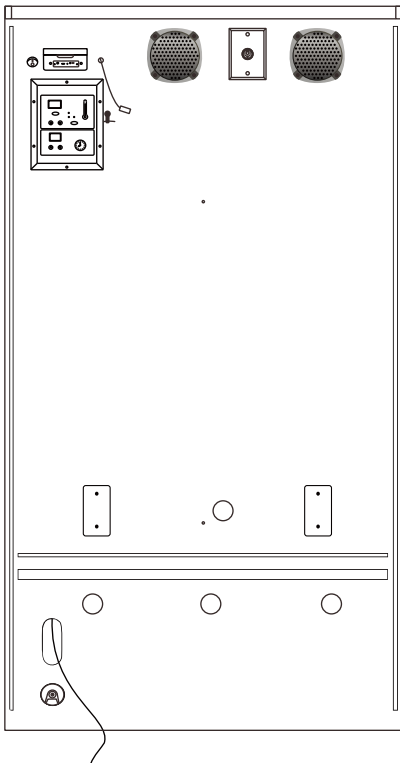
Crated shipment includes the following:



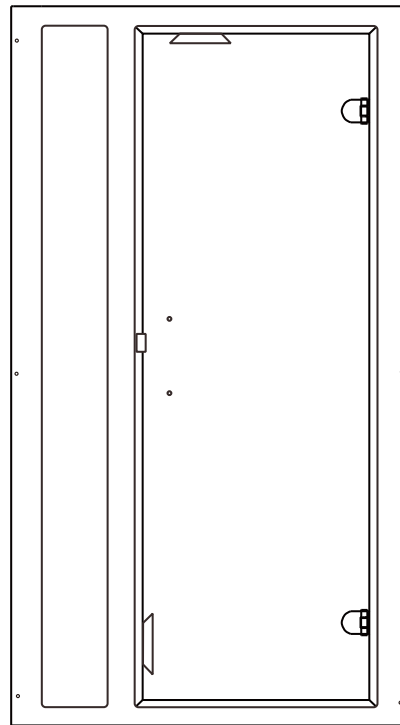
# CONTENTS

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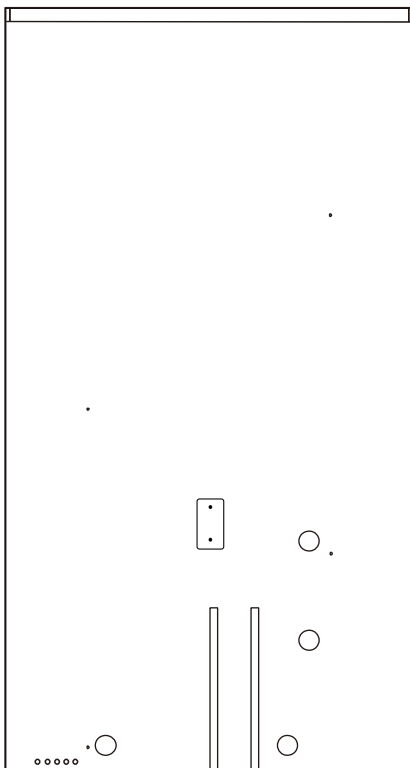
Crated shipment includes the following:



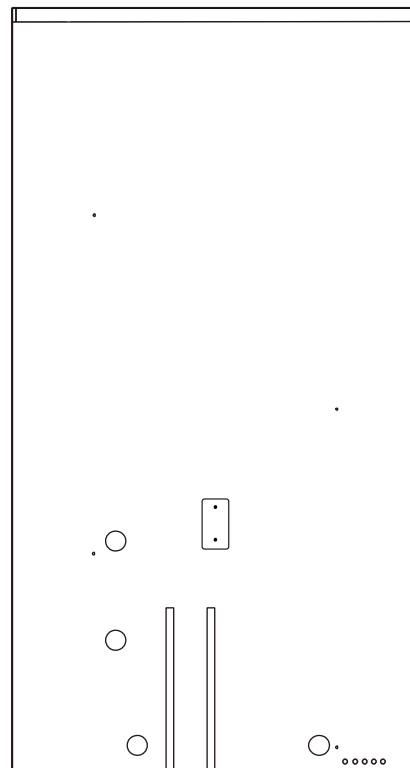
**BACK WALL**



**FRONT WALL**



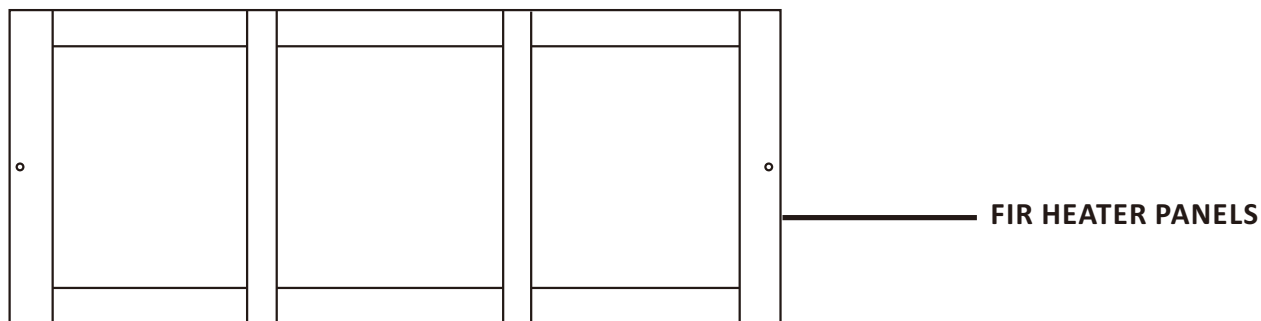
**LEFT WALL  
(Interior View)**



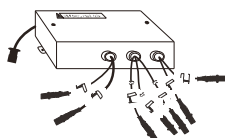
**RIGHT WALL  
(Interior View)**

# CONTENTS

Crated shipment includes the following:



Power Box



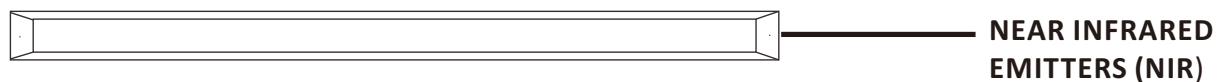
Door Handle



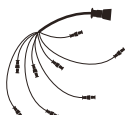
Screws and Bolts



**Optional Upgrades** (Items will only be included if Near Infrared Emitters (NIR) have been purchased).



Near Infrared Emitter Splitter



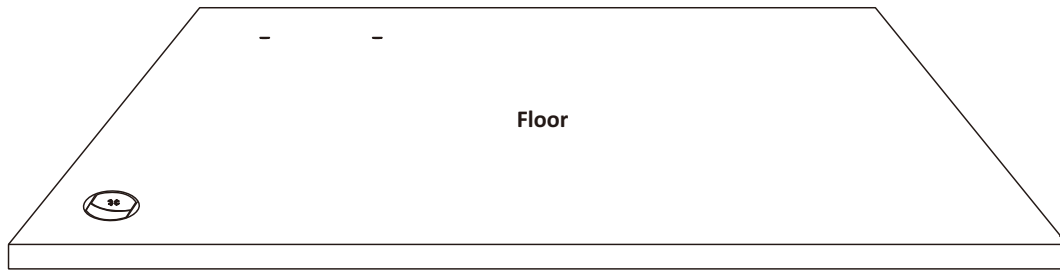
LED Controller (White Cord)



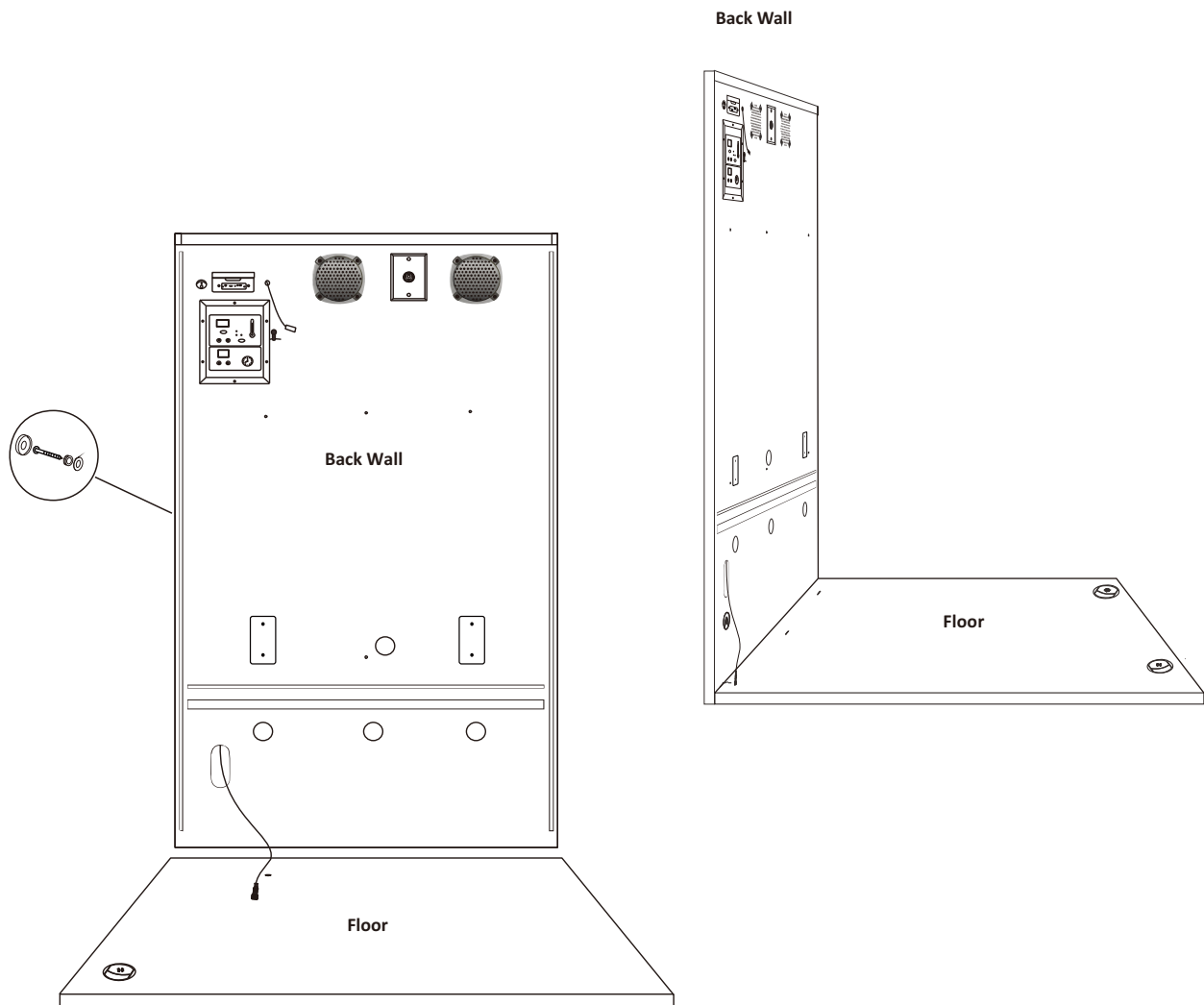
# INSTRUCTIONS - CABIN ASSEMBLY

---

- 1** Place the floor of the sauna on dry, level ground.

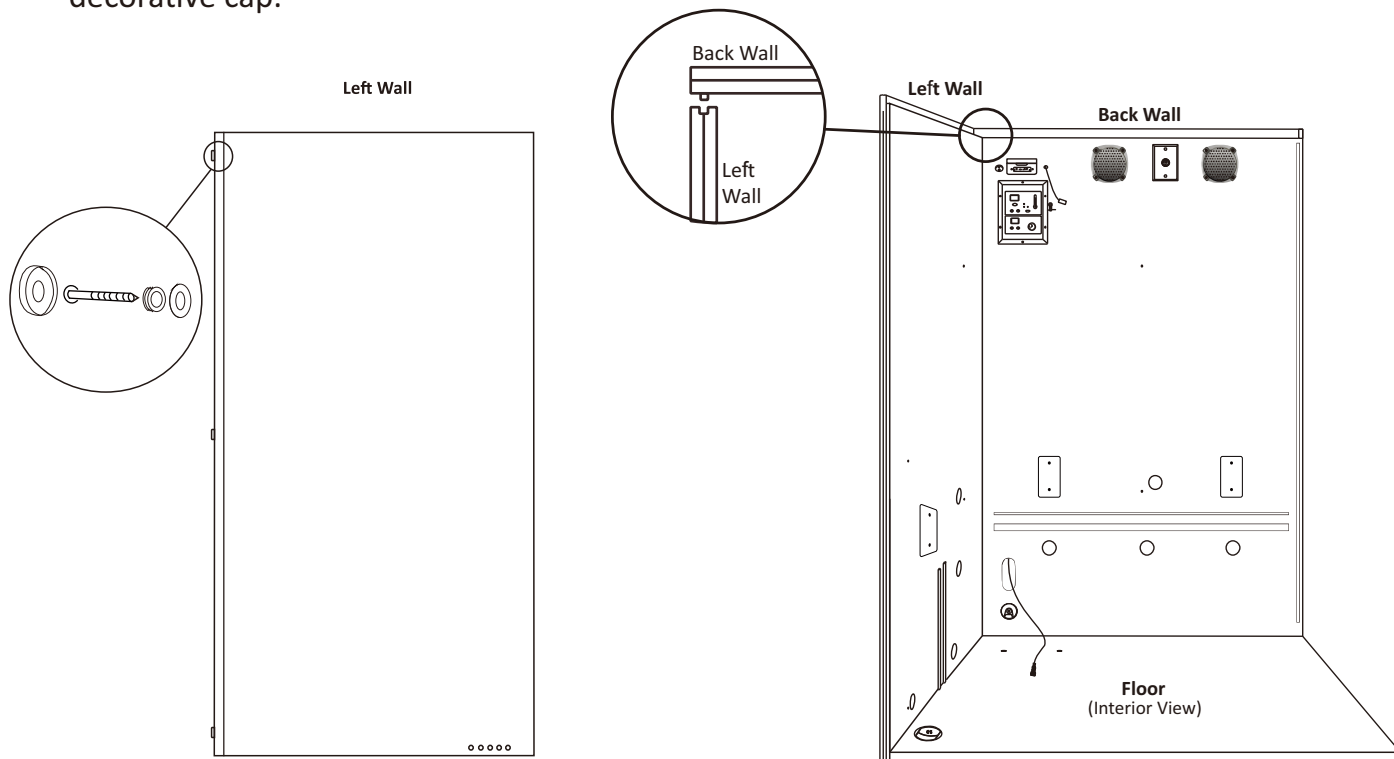


- 2** Align the back wall to the floor.

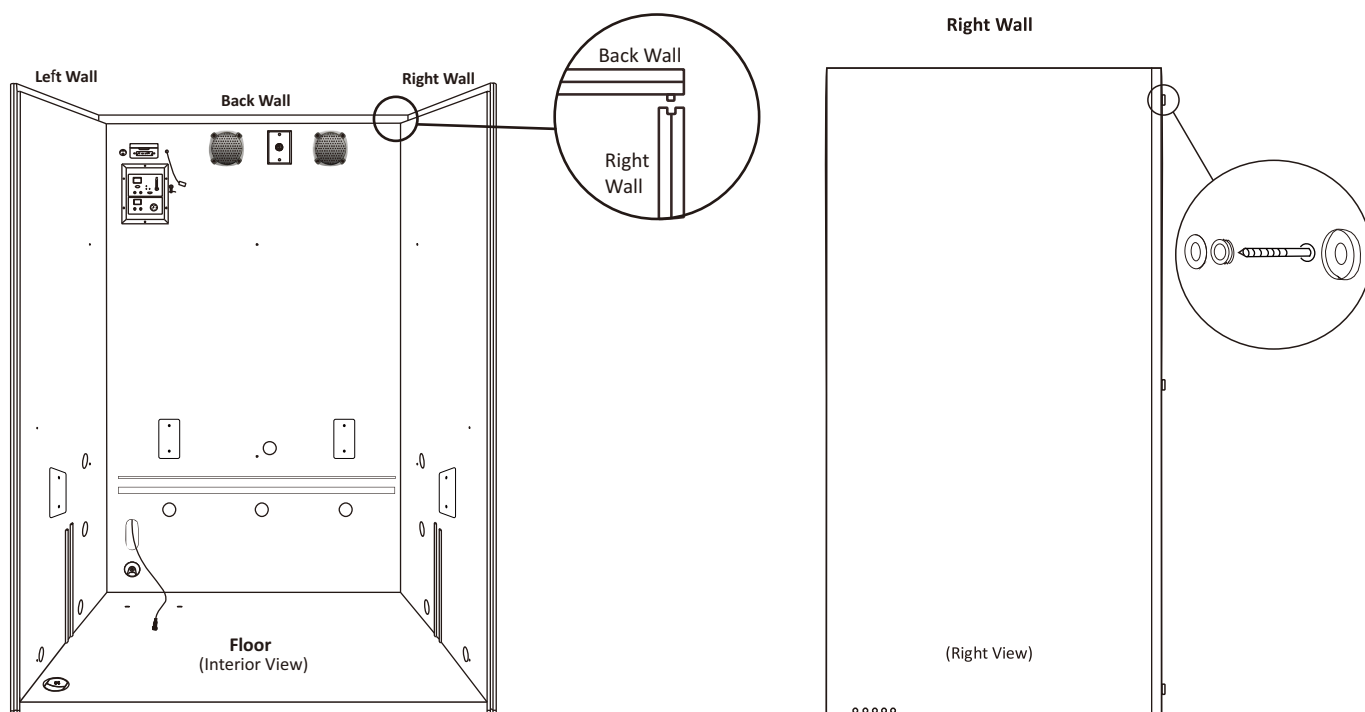


# INSTRUCTIONS - CABIN ASSEMBLY

**3** Attach the left wall to the back wall and floor using three (3) fastener sets (Part 32) in pre-drilled holes. Place the washer first, followed by the nut and screw. Secure using the decorative cap.

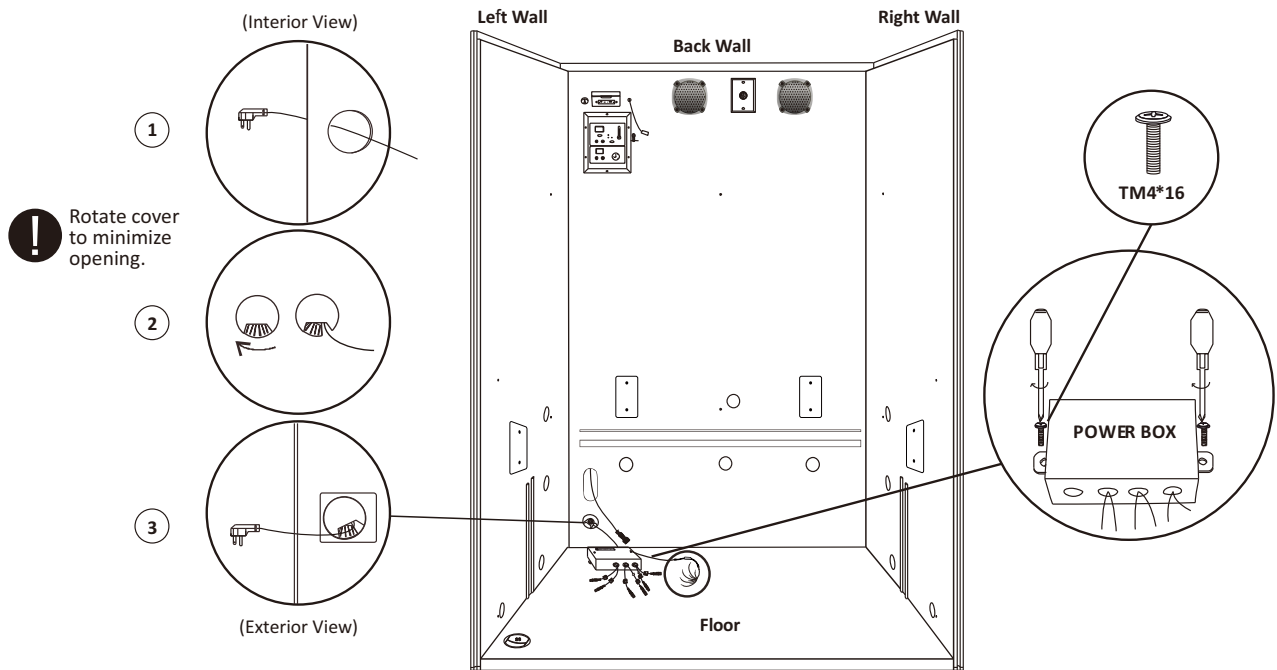


**4** Attach the right wall to the back wall and floor using three (3) fastener sets (Part 32) in pre-drilled holes. Place the washer first, followed by the nut and screw. Secure using the decorative cap.

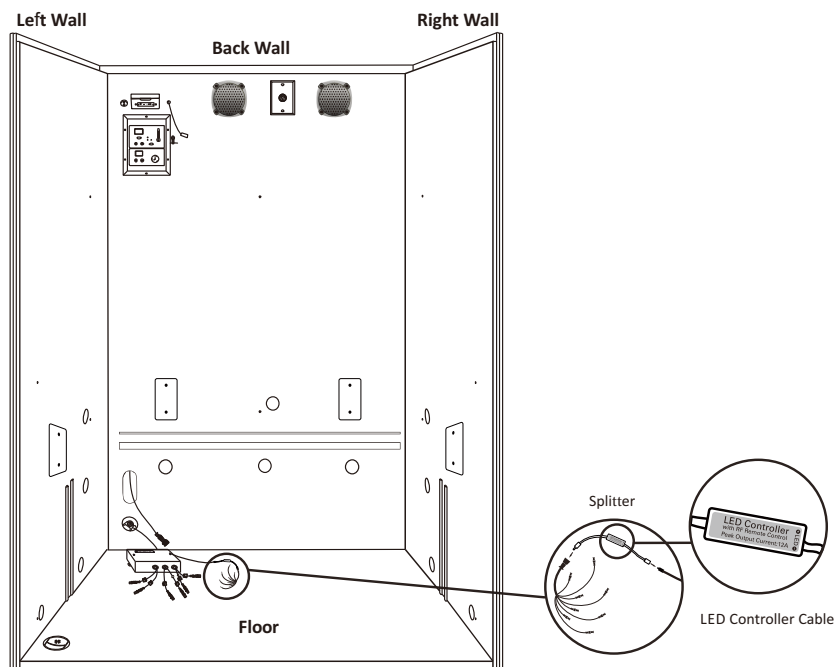


# INSTRUCTIONS - POWER BOX INSTALLATION

**5** Place the power box at the designated location and tighten in place using two (2) power box bolts (Part 27 - TM4\*16).

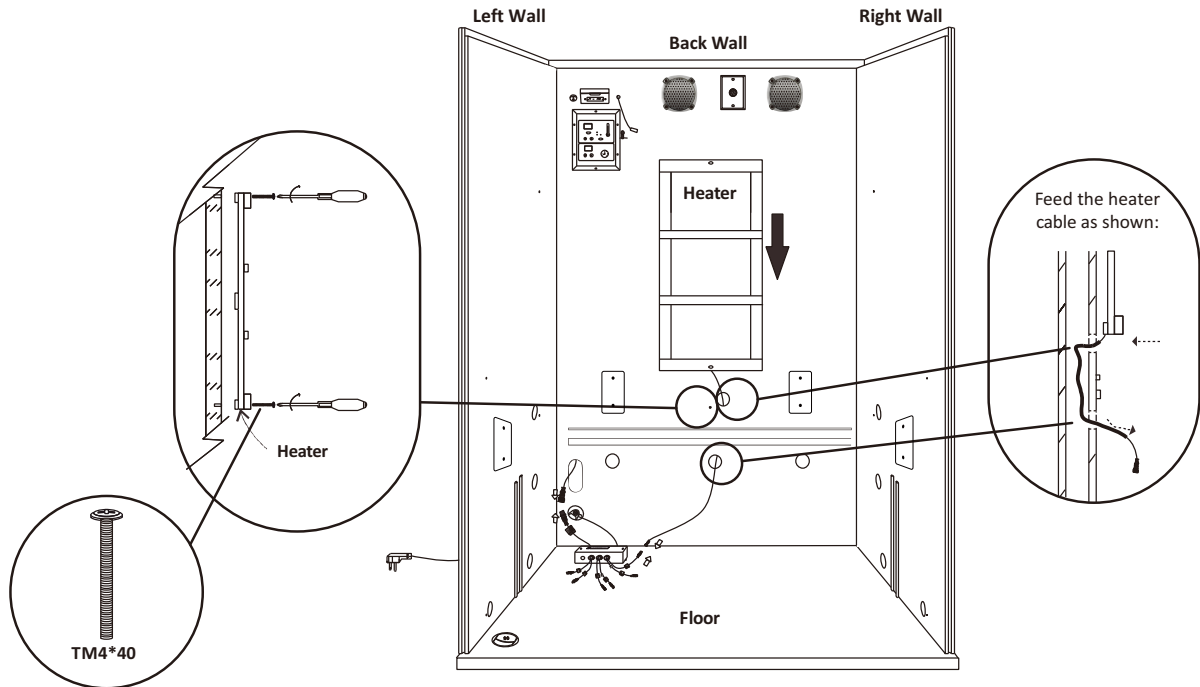


**6** **OPTIONAL** If you purchased near infrared emitters (NIR), connect one end of the white LED Controller to the splitter and the other end to the cable coming out of the back of the power box. If you did not purchase near infrared emitters (NIR), skip this step and proceed to step 7 on the next page.

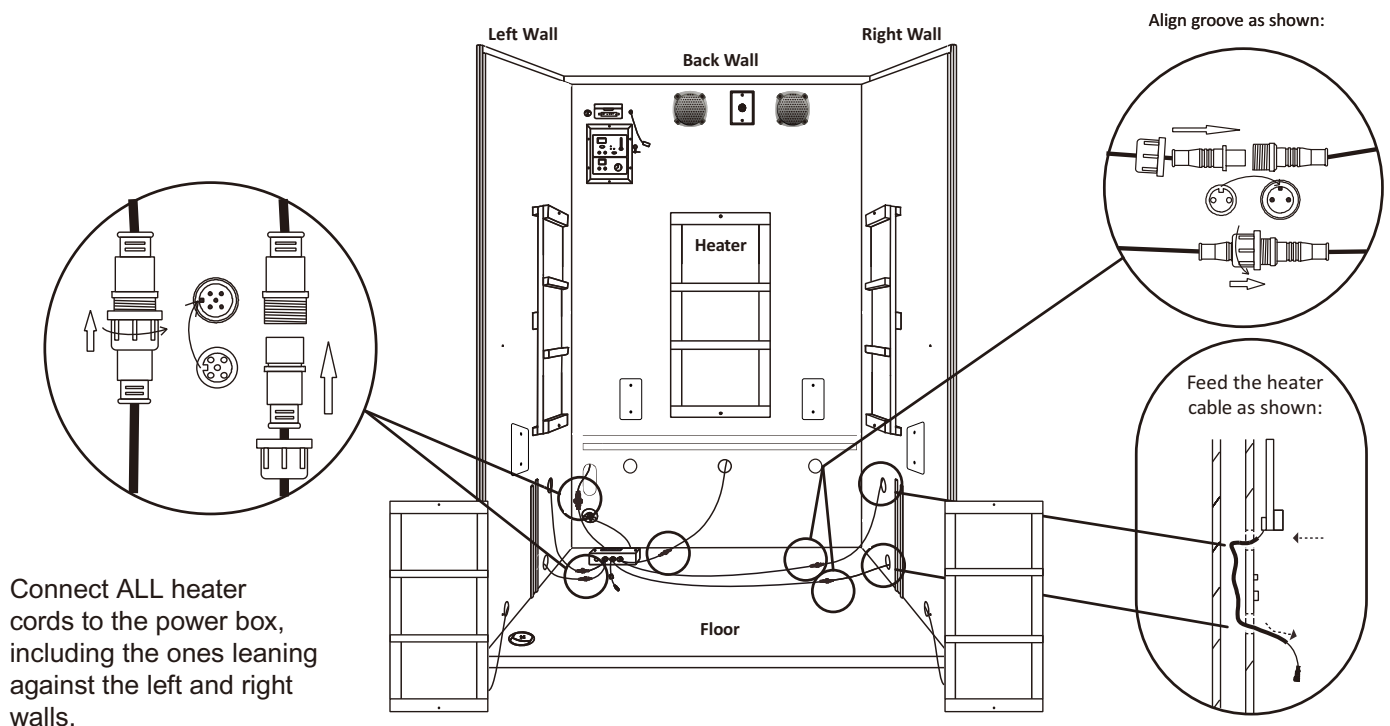


# INSTRUCTIONS - FIR HEATER INSTALLATION

- 7** Attach one (1) heater panel to the back wall using two (2) heater panel bolts (Part 28 - TM4\*40). Connect the heater cord and control panel connector to the power box.



- 8** Attach one (1) heater panel to both the left and right walls using two (2) heater panel bolts (Part 28 - TM4\*40). Lean a heater panel against the front of both the left and right walls as shown below. **DO NOT fasten with screws.**



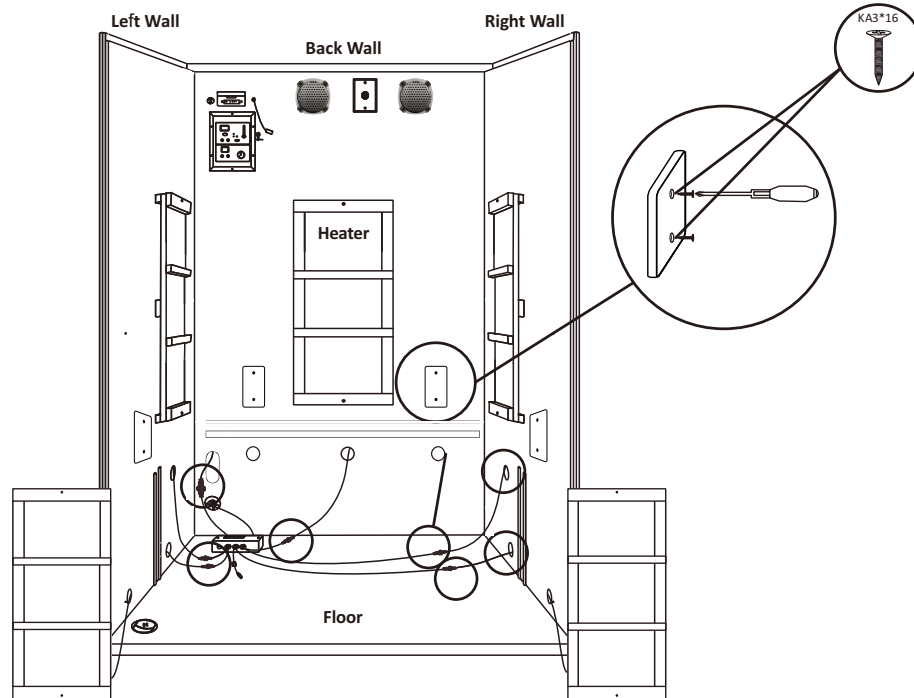
# INSTRUCTIONS - NIR EMITTER INSTALLATION



If you did not purchase near infrared emitters (NIR), proceed to step 12 on page 13 for the next step in assembling your sauna.

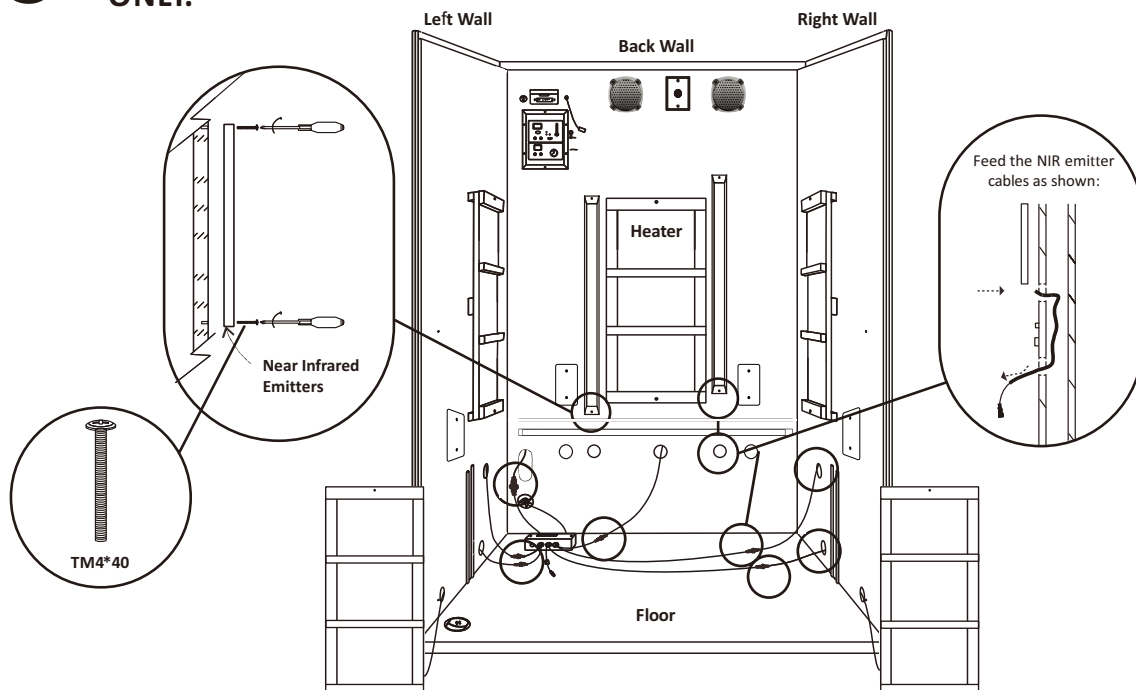
## 9

Using a Phillips' screwdriver, remove the wood coverings on the back, left and right walls of the sauna.



## 10

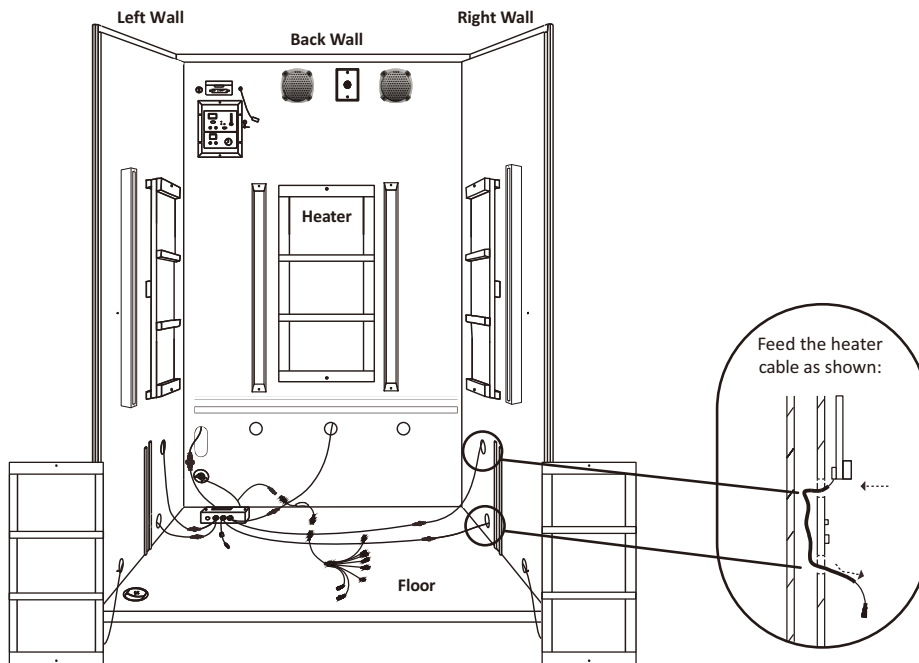
Attach two (2) near infrared emitters (NIR) to the back wall using four (4) heater panel bolts (Part 28 - TM4\*40). **CONNECT THE NIR EMITTERS TO THE SPLITTER ONLY.**



# INSTRUCTIONS - NIR & BENCH INSTALLATION

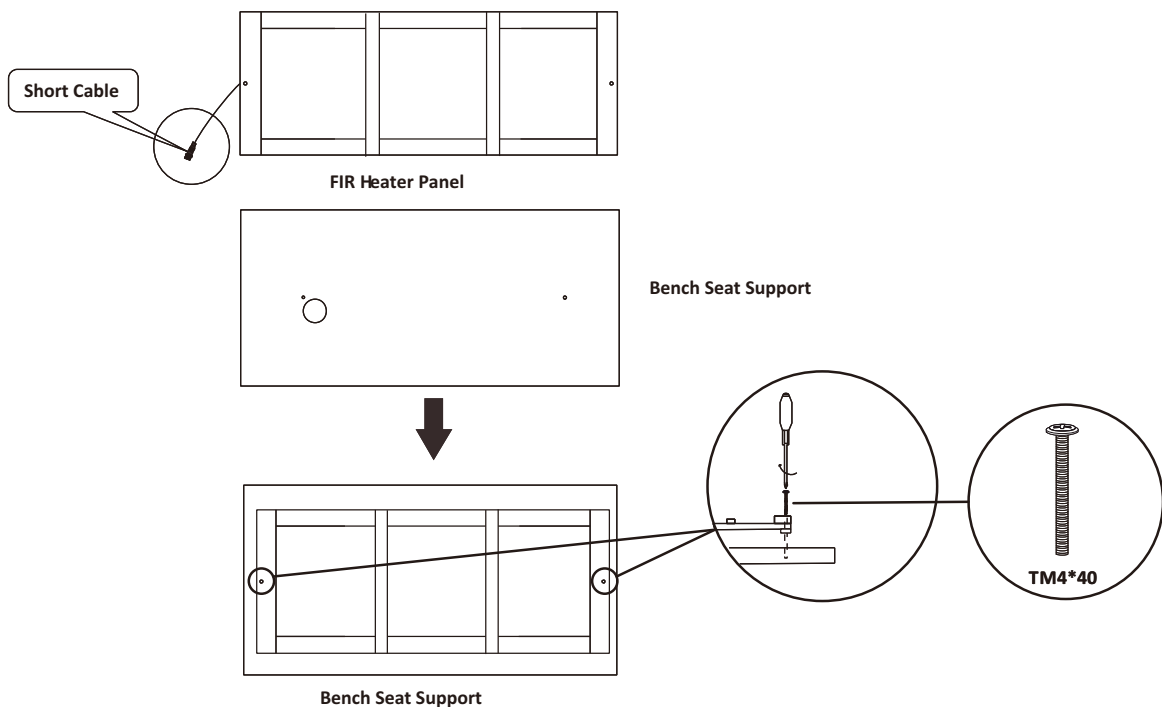
# 11

Attach one (1) near infrared emitter (NIR) to both the left and right walls using four (4) heater panel bolts (Part 28 - TM 4\*40). **CONNECT THE NIR EMITTERS TO THE SPLITTER ONLY.**



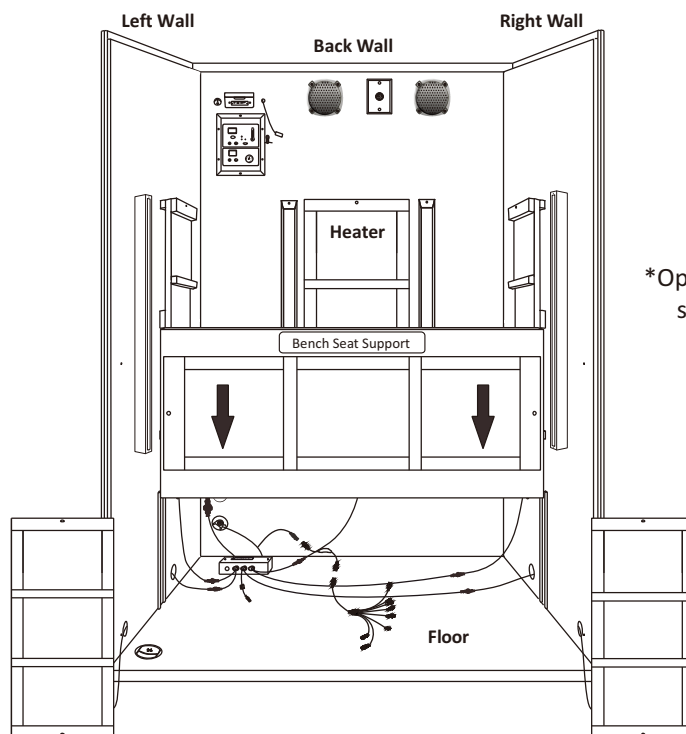
# 12

Attach a heater panel to the bench seat support using two (2) heater panel bolts (Part 28 - TM 4\*40)

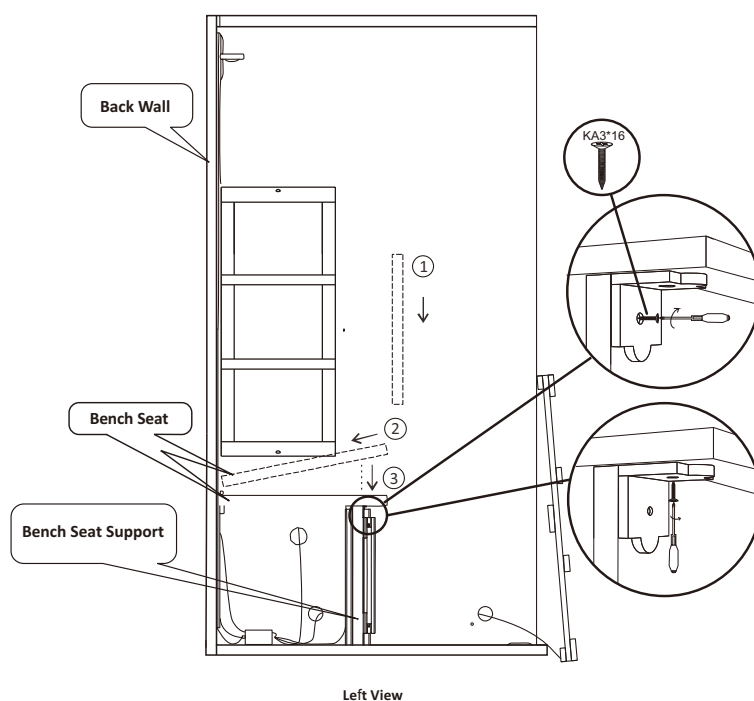


# INSTRUCTIONS - BENCH INSTALLATION

**13** Slide the bench seat support into place.

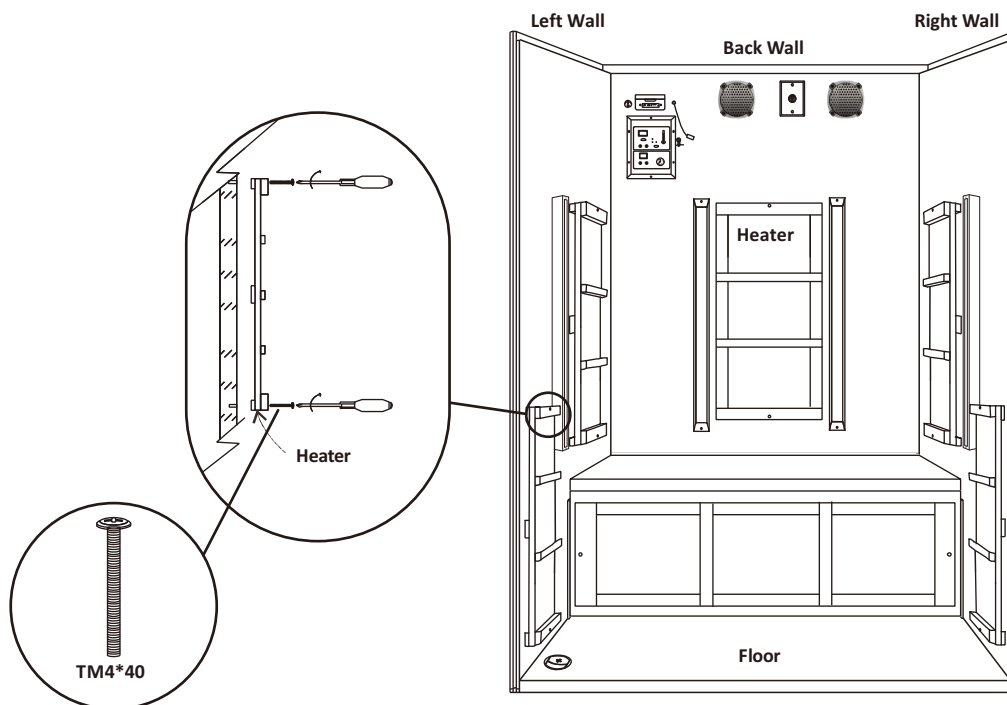


**14** Set the bench seat into place. Screw the two (2) bench brackets (Part 23) to the bottom of the bench seat using two (2) bench bracket screws (Part 24 - KA3\*16). Secure to the front of the bench seat support using the remaining two (2) bench bracket screws (Part 24 - KA3\*16).

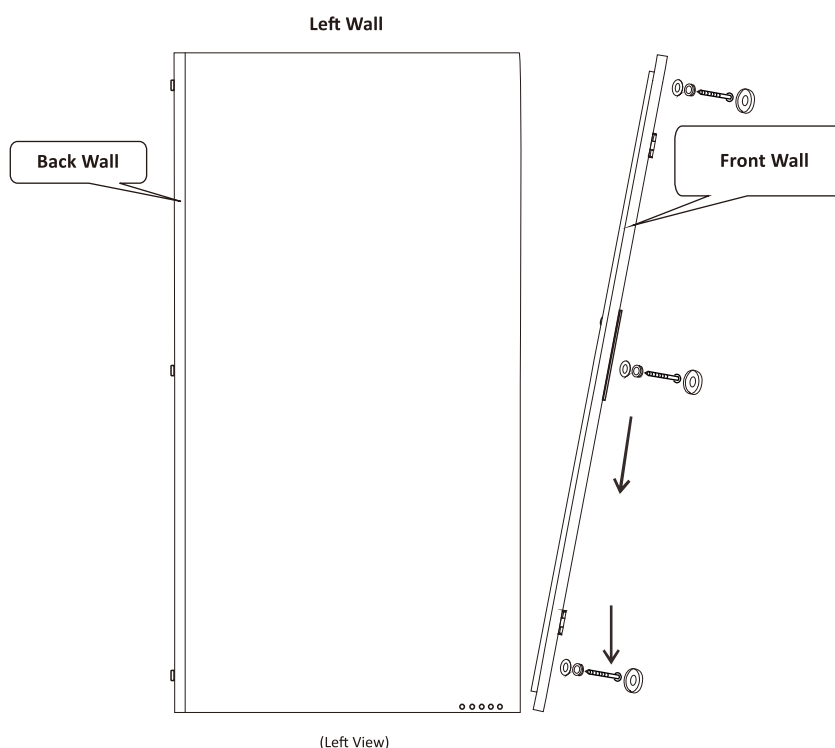


# INSTRUCTIONS - SIDE FIR HEATER INSTALLATION

- 15** Place the two (2) heater panels leaning against the left and right walls into place and fasten using four (4) heater panel bolts (Part 28 - TM4\*40).

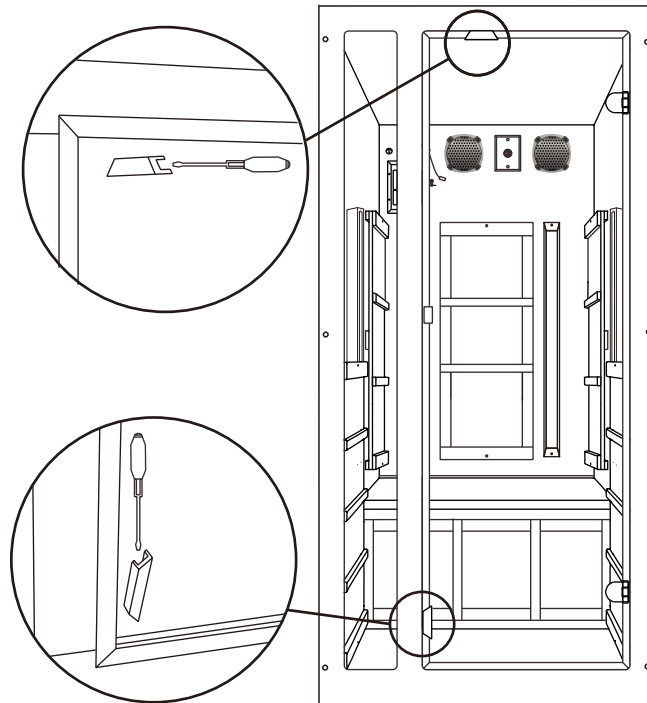


- 16** Attach the front wall to the unit and secure using the remaining six (6) fastener sets (Part 32) in pre-drilled holes. Place the washer first, followed by the nut and screw. Secure using the decorative cap.

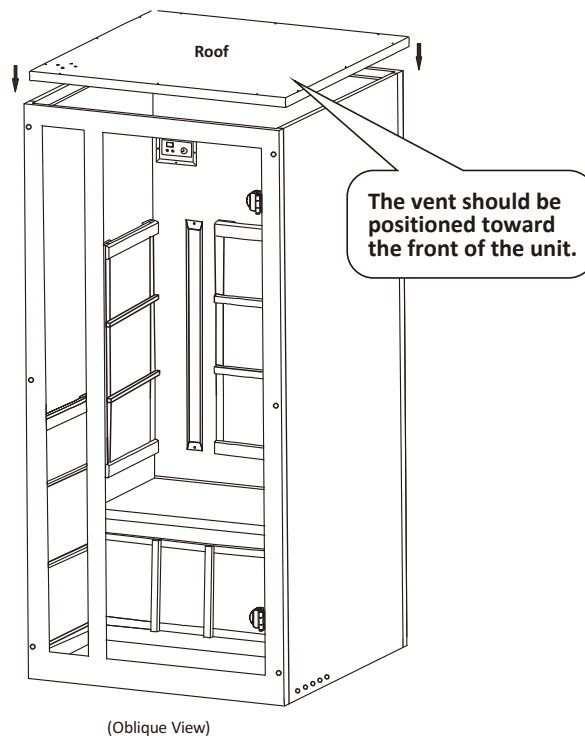


# INSTRUCTIONS - DOOR & ROOF INSTALLATION

**17** Using a flat-head screwdriver, remove the glass protectors on the glass panel.



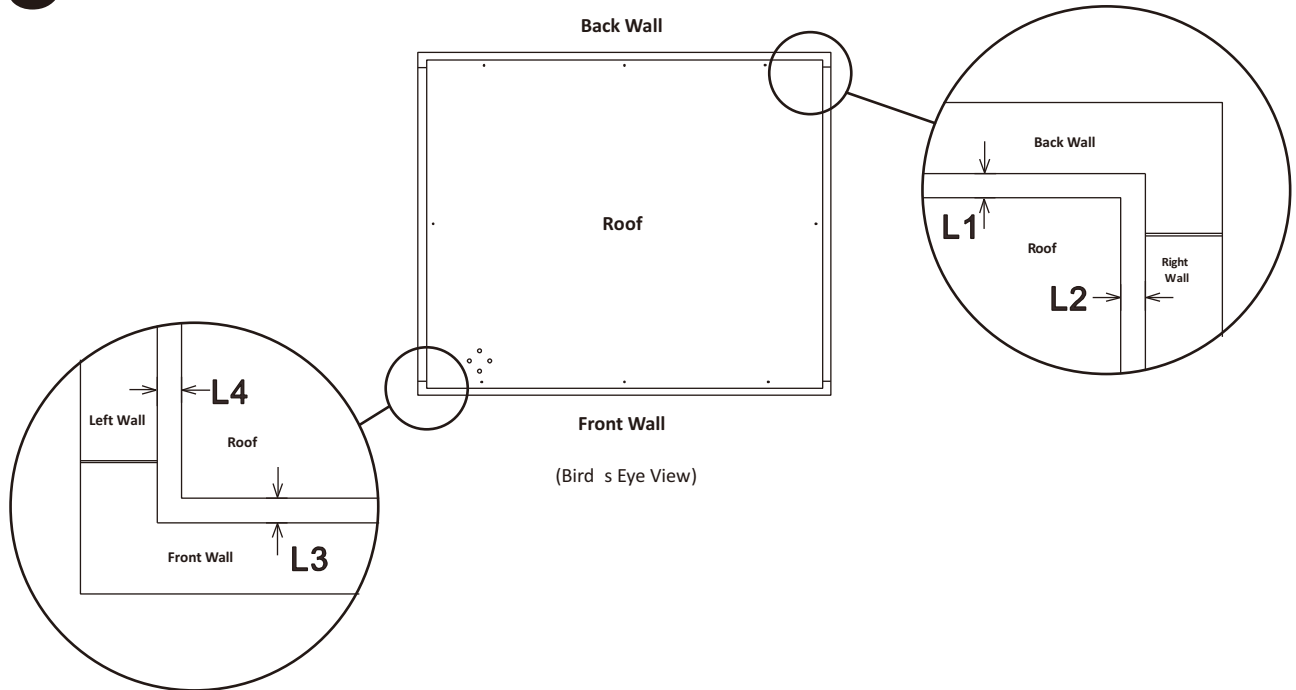
**18** Set the roof into place (confirm that it is centered properly prior to placement).



# INSTRUCTIONS - ROOF INSTALLATION

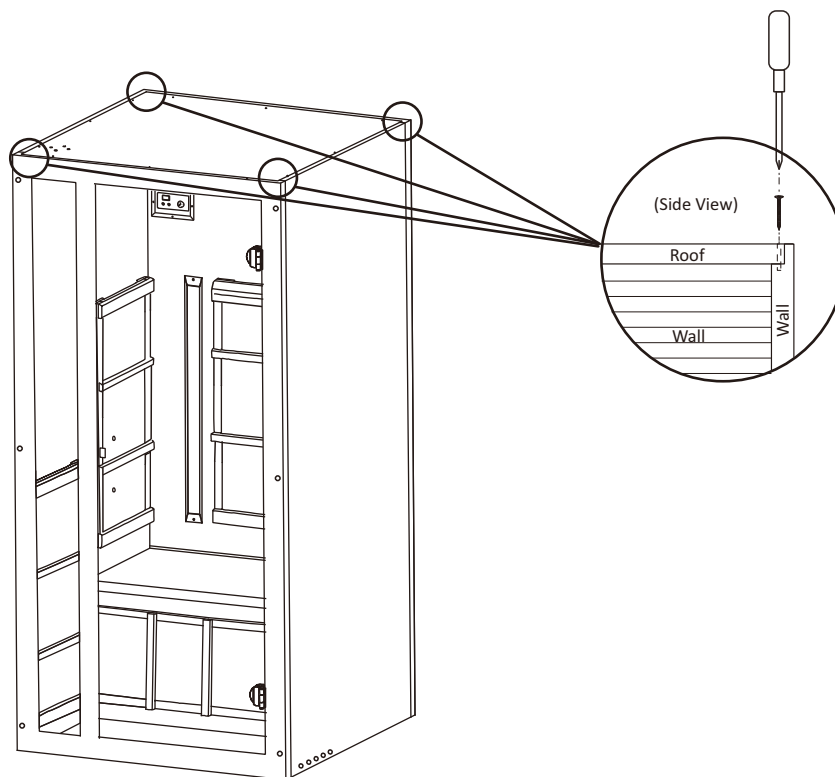
## 19

Ensure that the roof is placed correctly. The clearance distance of L1, L2, L3 and L4 should be equal.



## 20

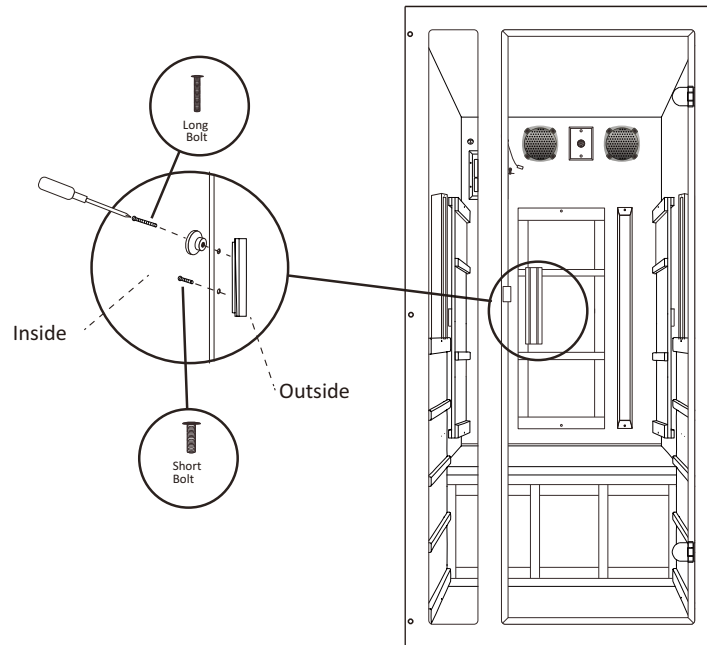
Secure the roof to the sauna using eight (8) roof screws (Part 29 - KA4\*40).



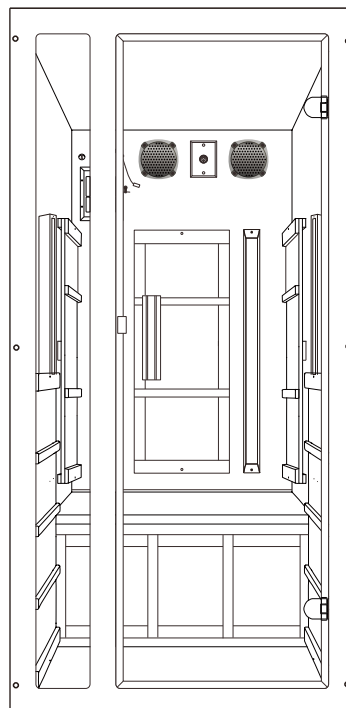
# INSTRUCTIONS - DOOR KNOB INSTALLATION (FINAL STEP)

# 21

Install the door knob by placing inside of the sauna and securing to the door handle using the long door handle bolt (Part 30 - 6\*35). Use the small door handle bolt (Part 41 - 6\*15) to secure the bottom of the door handle.



**READY TO USE** Your sauna is now ready to use! Please read the Owner's Manual for instructions on operating your sauna.



\*Optional Near Infrared Emitters shown are sold separately.