INFRARED SAUNAOPERATION INSTRUCTION



1-PERSON SAUNA

PRODUCT INSTRUCTION

Remember that the assembly might take (1) hours and requires (2) people.

WARNING

Please inspect all heaters to ensure there is no damage before assembly. Any excessive vibration during transport may cause the heater to damage the element. Do not start the sauna if damage is detected! Please contact your dealer or manufacturer for troubleshoot - ing and parts replacement.

DISCLAIMER

The infrared rays emitted by your sauna are reported to provide a wide range of possible the rapeutic benefits, according to studies completed around the world over the past 25 years. These benefit sare only for reference and do not imply that infrared sauna will cure or treat any disease. Please consult your physician before beginning infrared therapy if you have a health problem, are taking prescription medication, or have an acute joint injury. People with surgical implants (metal pins and rods, artificial joints, silicone, or other types of surgical implants) usually do not experience any adverse effects, but they should also consult their doctor or surgeon before starting infrared therapy. Please mention models are subject to change without notice. Pictures show are for display purposes only and may differ from your exact model.

PRODUCT INSTRUCTION

Please read and follow all instructions before use.

1. Please follow all warning labels and marks in sauna room.

2. Please do not install any sockets on the inside or outside walls of the sauna room.

3. Sauna doors should not be fitted with locking devices that could result in geting stuck inside the sauna.

4. Ceiling vents can be left in the open position during use.

5. Caution! HIGH HEAT HAZARD: Normal body temperature should not exceed 103℉, Symp - toms of excessive heat therapy include dizziness, drowsiness, and fainting. Effects of excessive heat therapy may includeinability to perceive heat, inability to physically leave the sauna, lack of awareness of impending danger, loss of consciousness, and foetal damage in pregnant women. Heat therapy raises your body's core temperature. It is not recommended to set the desired temperature too high.

6. Hydrate to replenish body fluids before, during and after the sauna.

7. After 2 hours of continuous use, the sauna needs to be switched off for 1 hour.

8. To avoid burns, do not touch the heating elements.

9. Do not use drugs or drink alcohol before or during a sauna as they may cause unconscious - ness and/or other harmful physical injuries. lf absolutely necessary, people using medications should consult a doctor before a sauna. Some medications may cause drowsiness, while others may affect heart rate, blood pressure and/or circulation.

10. Caution! Please make sure your hands are dry and free of moisture before plugging and unplugging powercords and harnesses from the power supply and circuit board.

11. Do not operate the sauna with wet hands or feet to avoid electric shock.

12. Do not touch the metal pins of the plug.

13. People who are obese or have a history of heart disease, low or high blood pressure, circu- latory problems or diabetes should consult a doctor before use.

14. Do not pour water or any other liquid on the infrared emitter.

15. Do not place flammable materials near or on the heater.

16. Do not strike or damage the heating element as this may cause an electrical short circuit and induce asafety risk.

17. To reduce the risk of injury, do not allow children to use saunas unless they are closely supervised by adults and have a doctor's prescription for sauna use.

18. If the power cord is damaged, it must be replaced immediately by the manufacturer or its agent.

19. If you notice that the power cord is too hot or the electrical equipment may be experienc - ing technical problems, please contact the manufacturer or it's agent immediately to avoid a dangerous situation!

20. Women who are pregnant or may become pregnant should contact their doctor before use. Excessive temperatures are likely to cause foetal damage during pregnancy.

21. Do not sleep in it.

22. Do not stack or store anything on top of or inside the sauna.

23. Do not use during lightning storms to avoid electric shock!

24. Do not attempt to make any repairs yourself.

25. If there is a problem with the sauna, please contact the seller, dealer or manufacturer to avoid a safety hazard.

26. Unauthorized repair attempts will void the manufacturer's warranty.

27. Please make sure the outlet power supply meets the required specifications. Non-compliance may pose a safety risk.

28. Some sauna models are equipped with reading and roof lamps. Do not attempt to touch the lamp as it becomes very hot when energized to avoid burns. Do not attempt to touch it for at least 20 minutes after turning off the power.

29. Do not install the sauna near water, near a bathtub (if water will splash on the sauna), near a shower (if water will splash on the sauna), in a wet basement or near a swimming pool (if water will splash on the sauna).

30. Do not use liguid cleaners or aerosol cleaners in the sauna. Unplug the sauna from the wall socket before cleaning. Use plain water and a soft cleaning cloth.

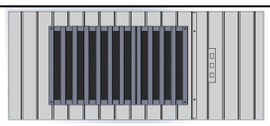
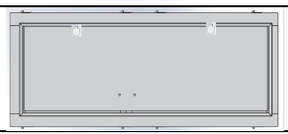
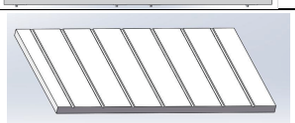
31. When replacement parts are required, make sure they meet the manufacturer's specified requirements.

32. Unauthorized substitutions may result in fire, electric shock or other hazardous conditions. After making any repairs, have a service technician perfom a safety inspection to determine if the sauna is in good working order.

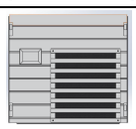
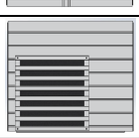
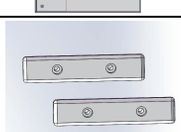
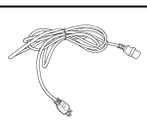
33. Do not use any wall outlet adapters or extension cords between the sauna power cord and the wall outlet. If you must use an extension cord, have a certified electrician make the shortest extension cord possible. Make sure it is not wired in such a way that it could cause a safety problem, such as someone tripping over it.

34. Do not make any changes to the sauna, sauna structure or sauna components!

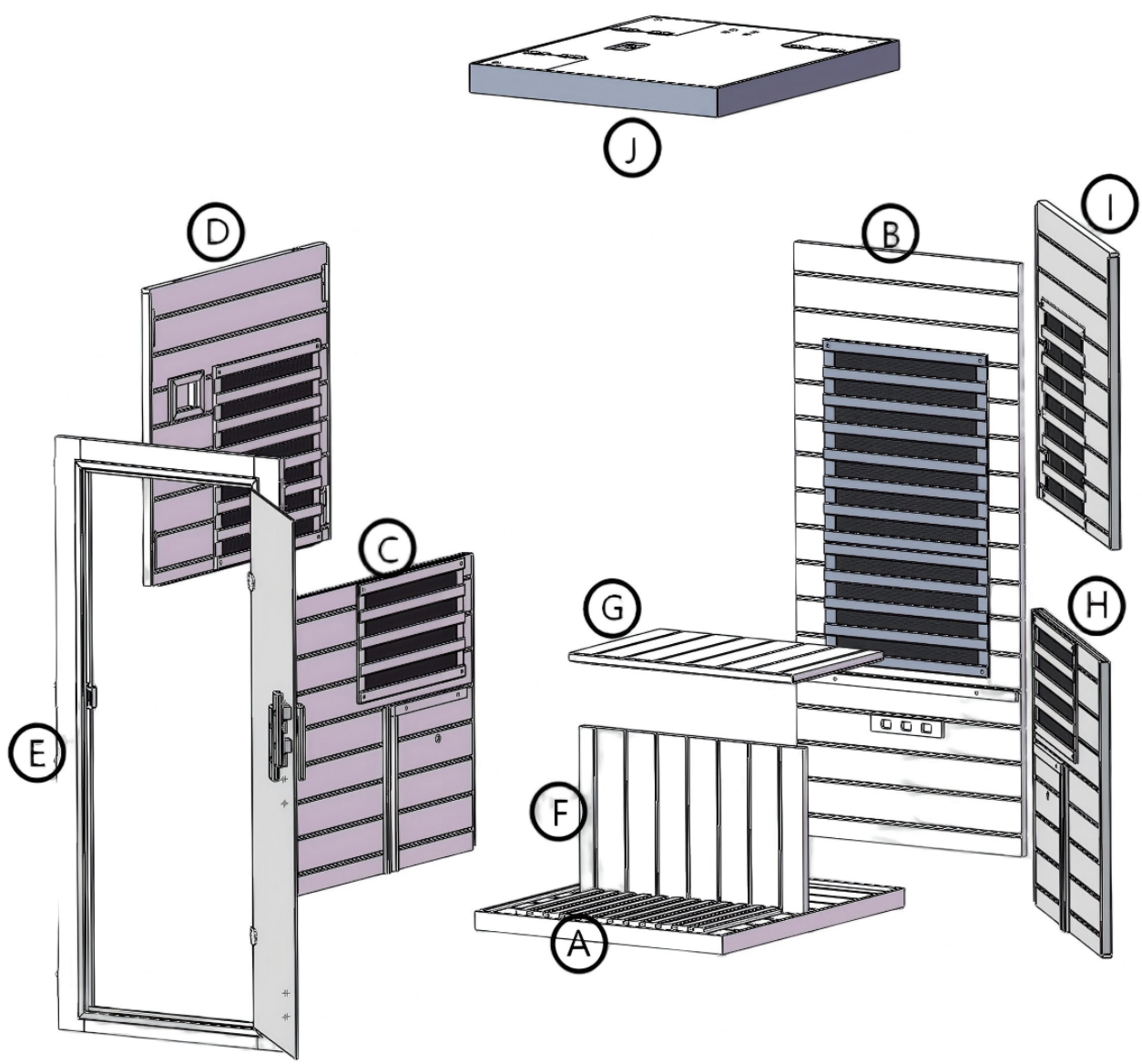
Part Lists (A)

PART	NAME	NO.	QTY.
	rear panel	B	1
	Door Glass Assembly	E	1
	Seat Vertical Panel	F	1
	Seat Board	G	1

Part Lists (B)

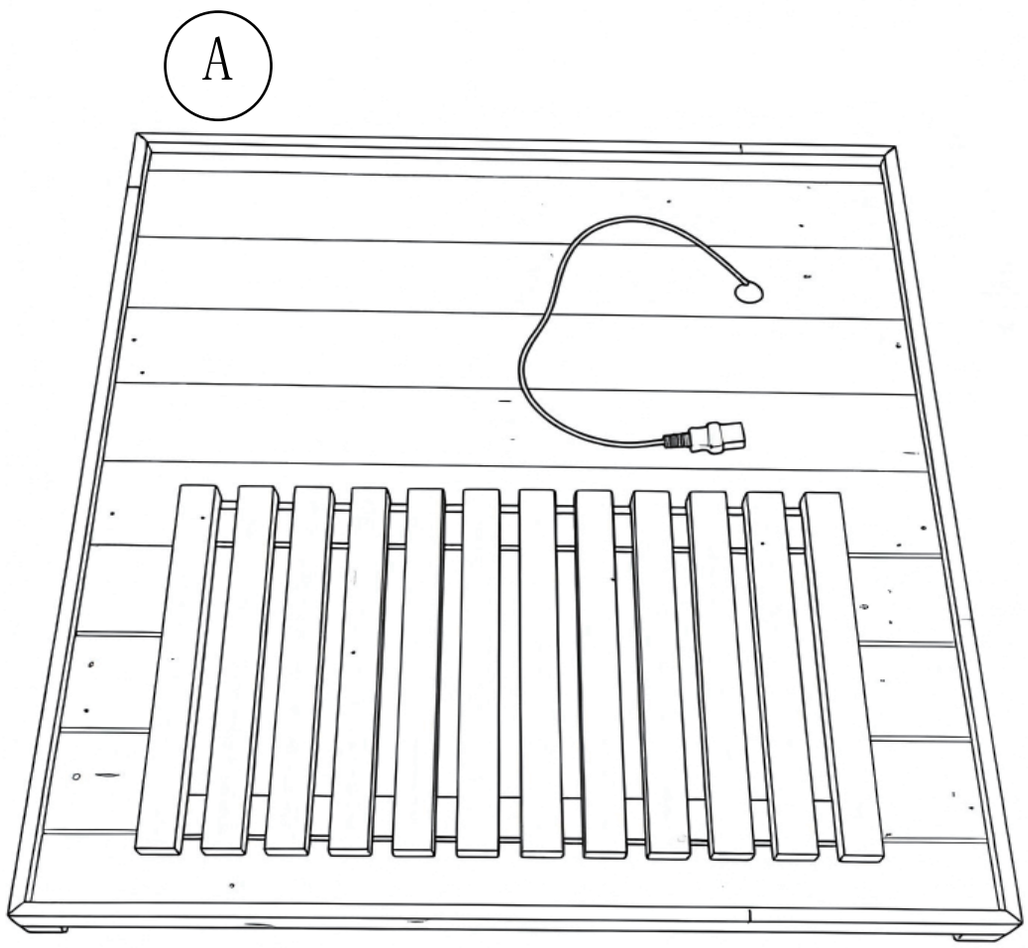
	base plate	A	1
	Lower Left Side Panel	C	1
	Upper Left Side Panel	D	1
	Lower Right Side Panel	H	1
	Upper Right Side Panel	I	1
	Top Cover Panel	J	1
	Pull Handle	K	1
	Cup Holder	L	1
	Power cord	1	1
	M6*50MM For door handle	2	2

Exploded view



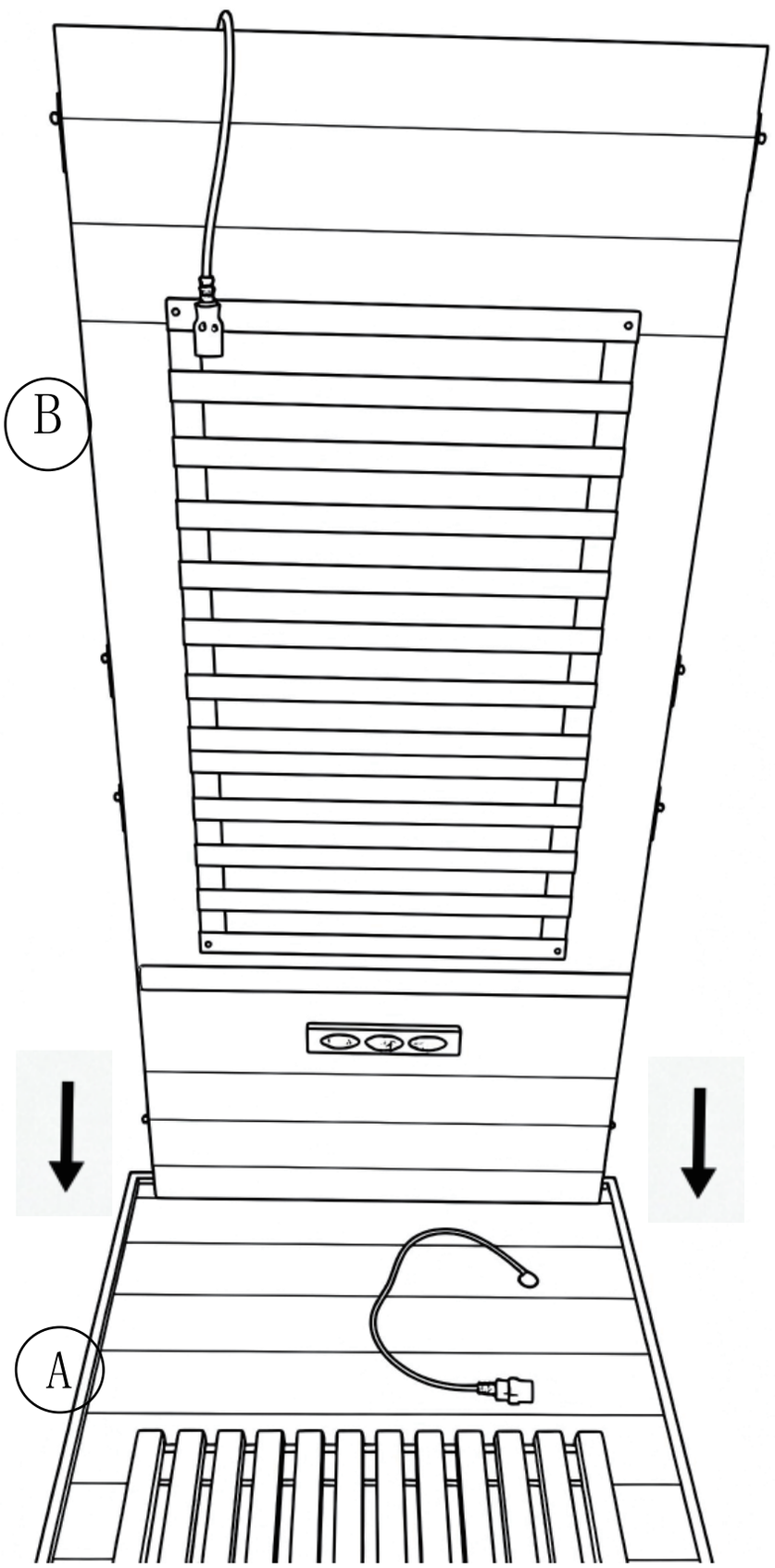
ASSEMBLY STEP 1

1. Remove the sauna base.



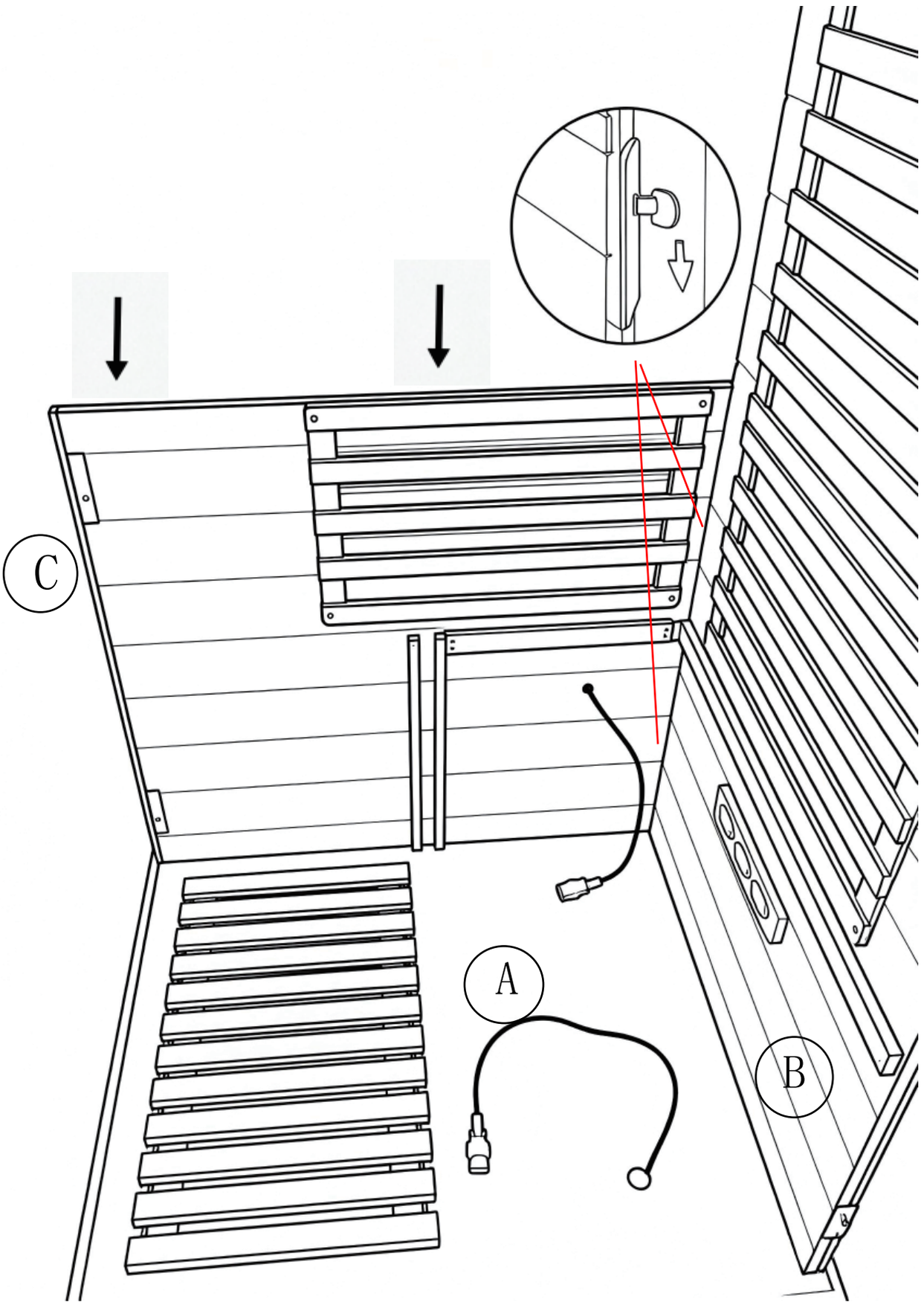
ASSEMBLY STEP 2

2. Install the back panel onto the base.



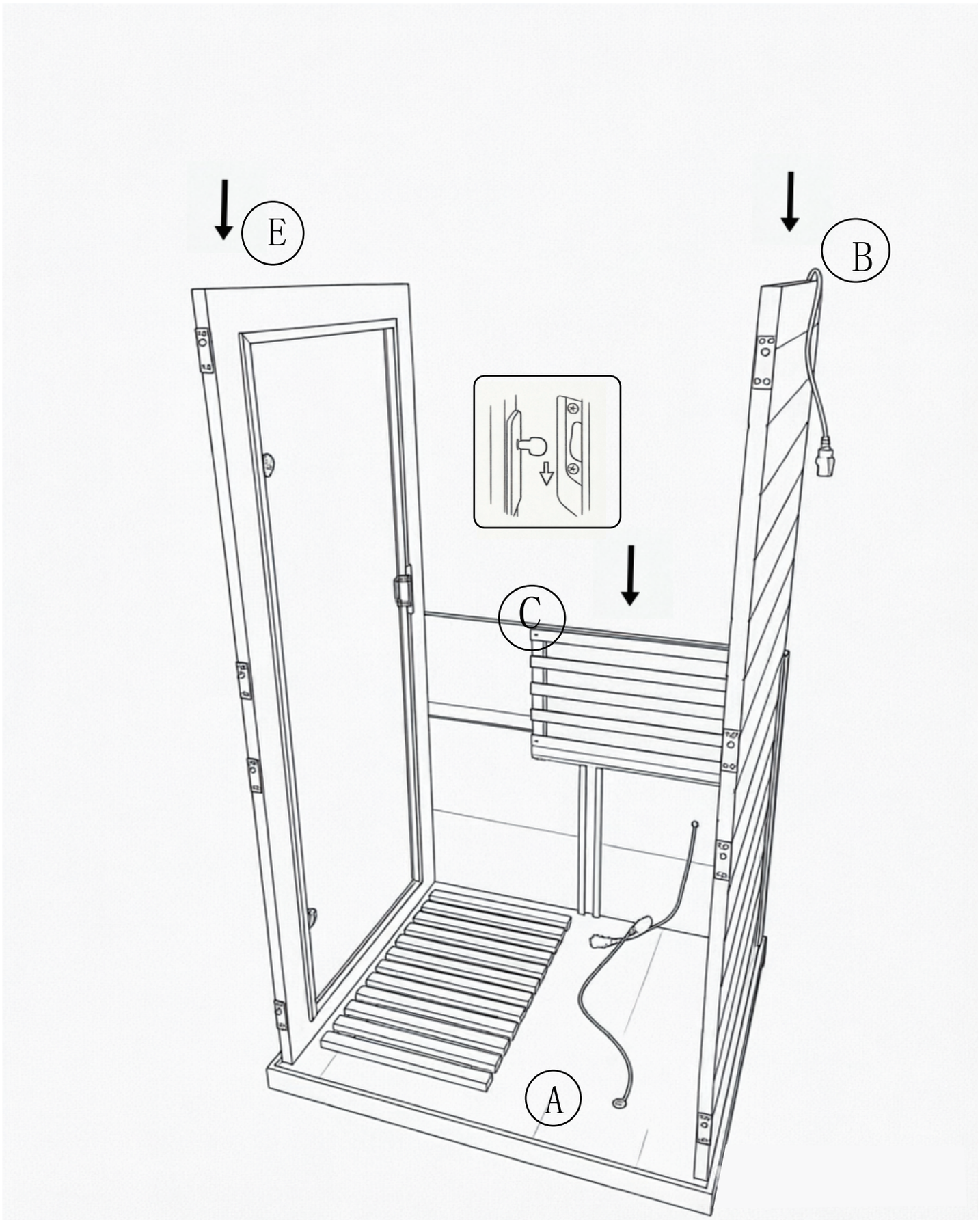
ASSEMBLY STEP 3

3. Install the left side panel onto the base.



ASSEMBLY STEP 4

4. Install the glass door panel on the base.



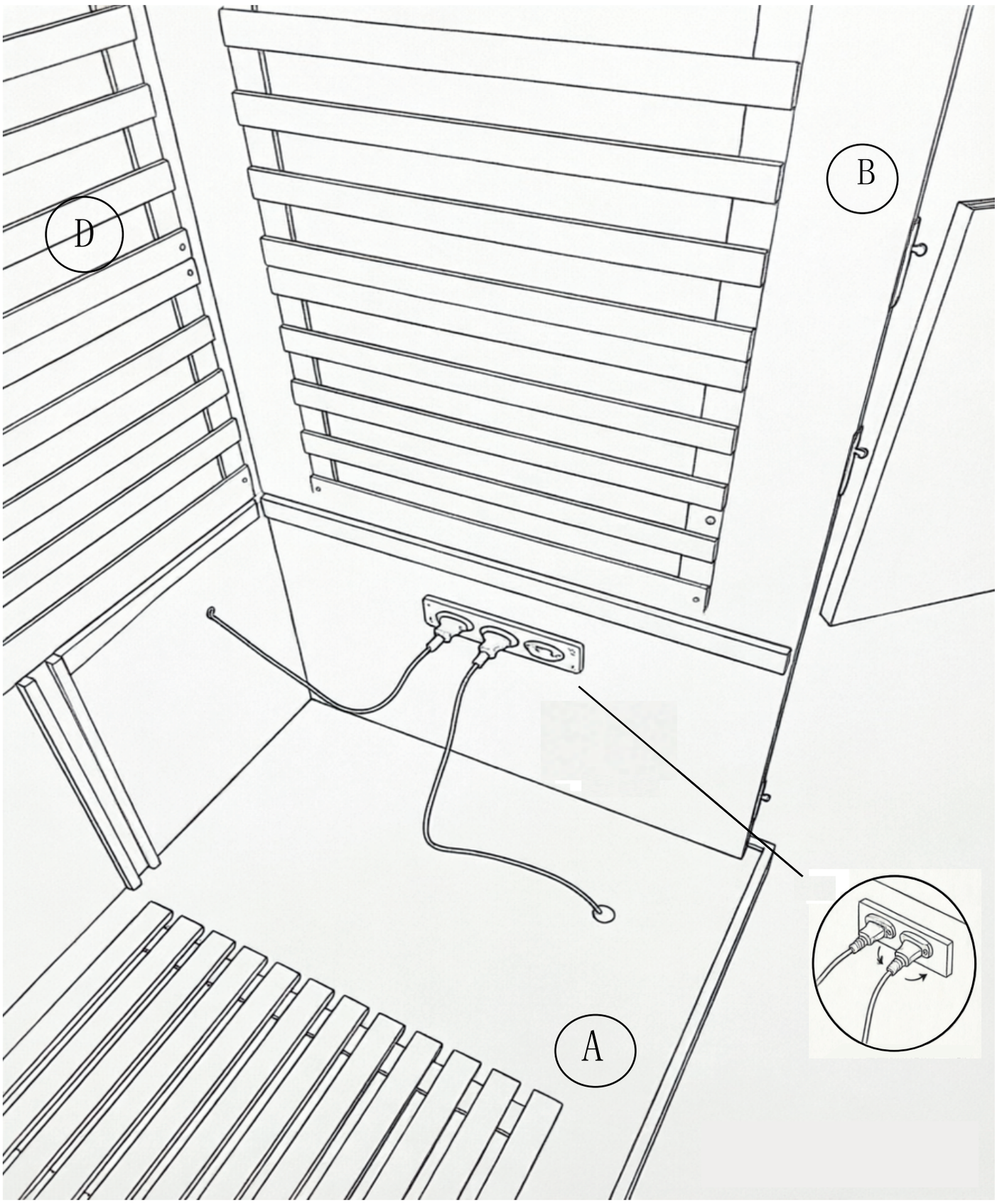
ASSEMBLY STEP 5

5. Install the upper half of the heating pad on the left side panel.



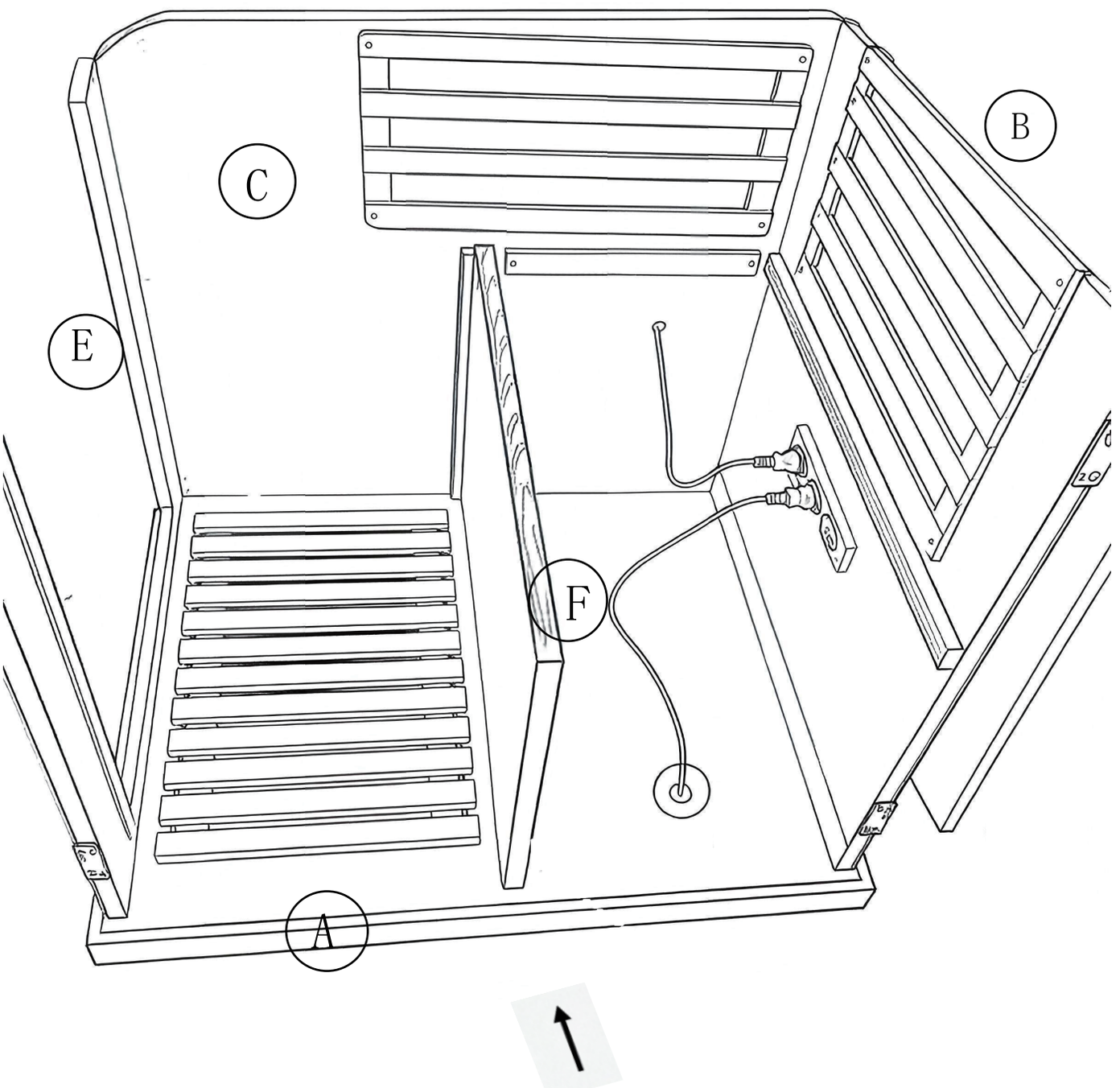
ASSEMBLY STEP 6

6. Insert the two power wires of the heating pad.



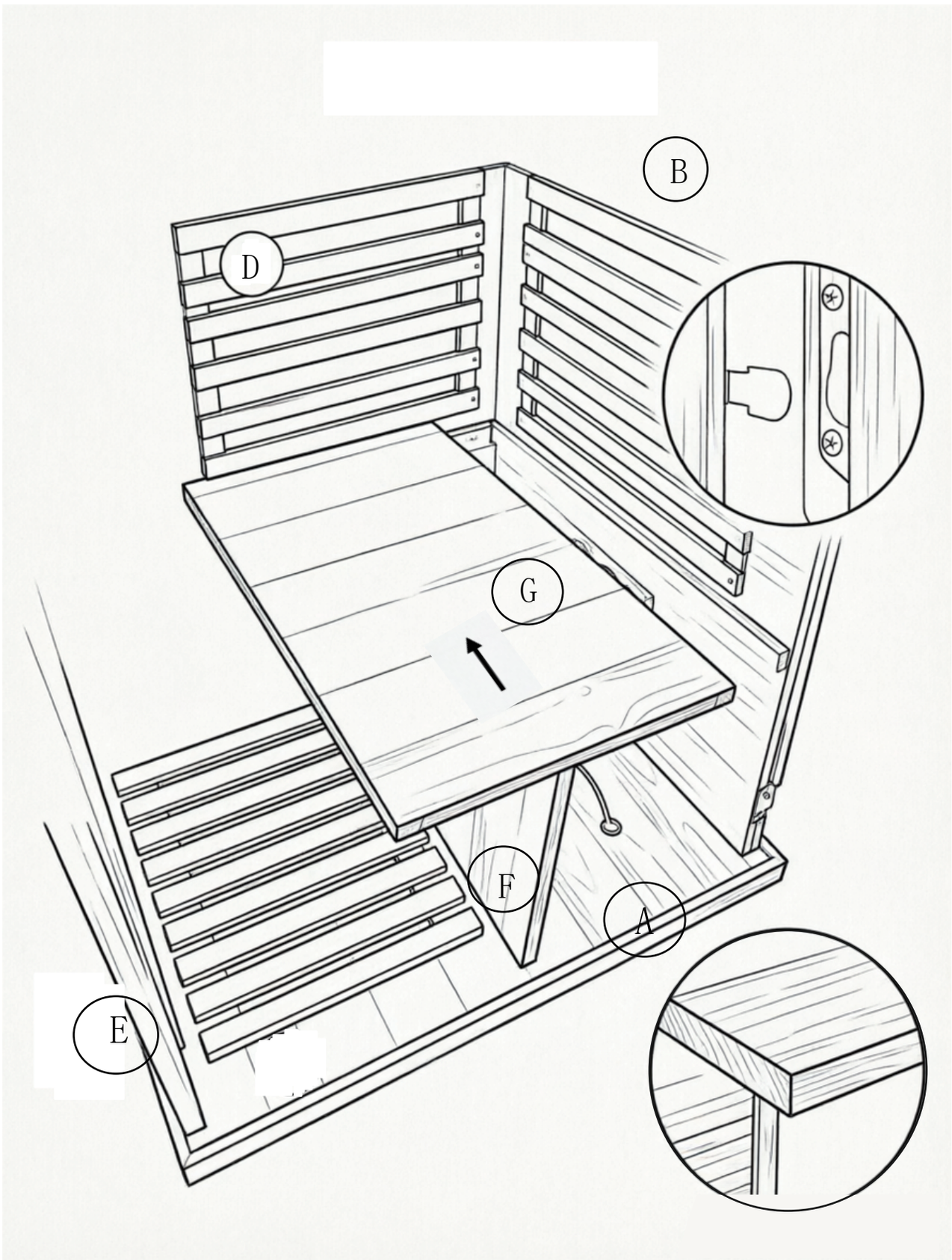
ASSEMBLY STEP 7

7. Insert the seat support board in the direction of the arrow .



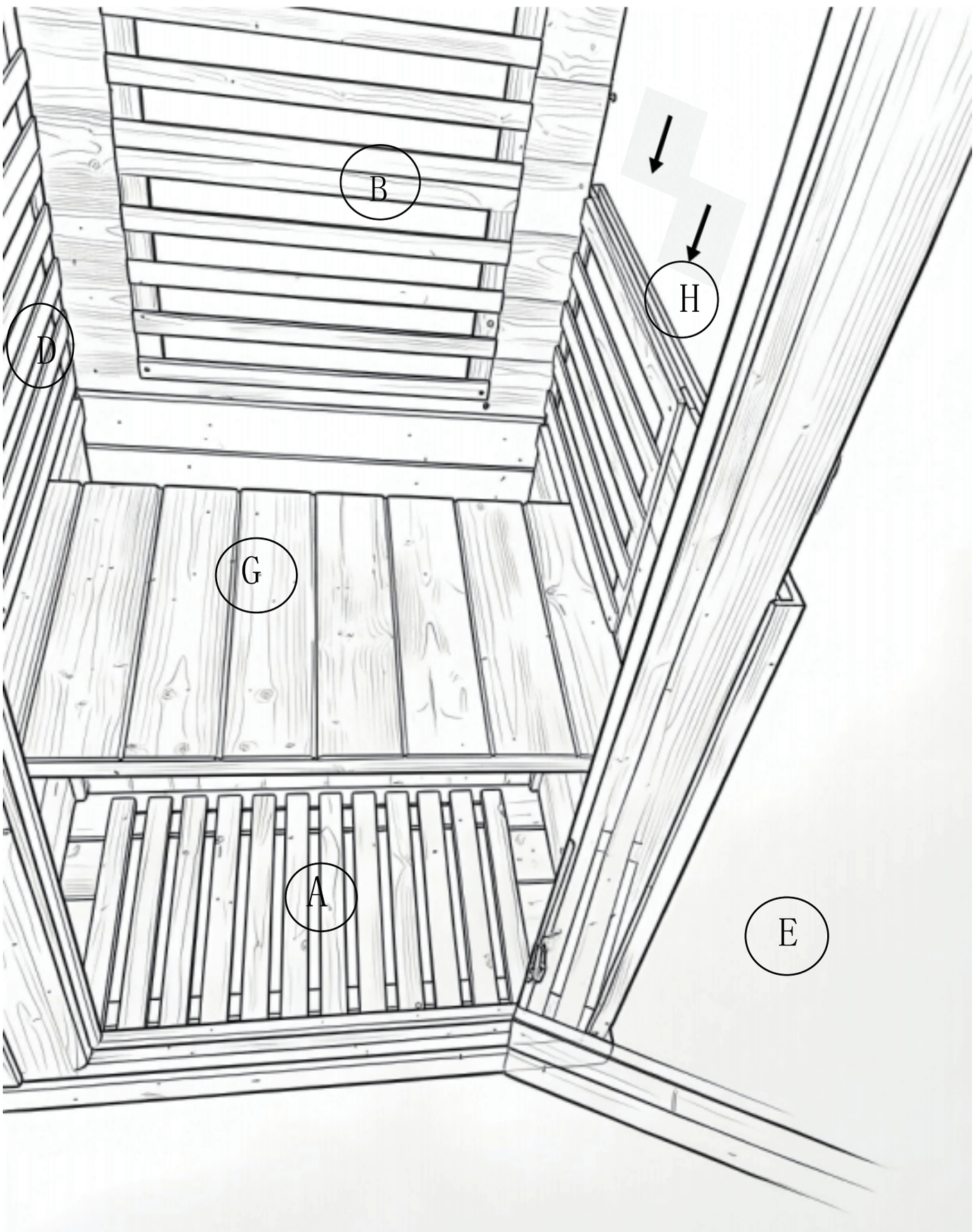
ASSEMBLY STEP 8

8. Position the seat board on the seat board bracket,ready for assmbly.



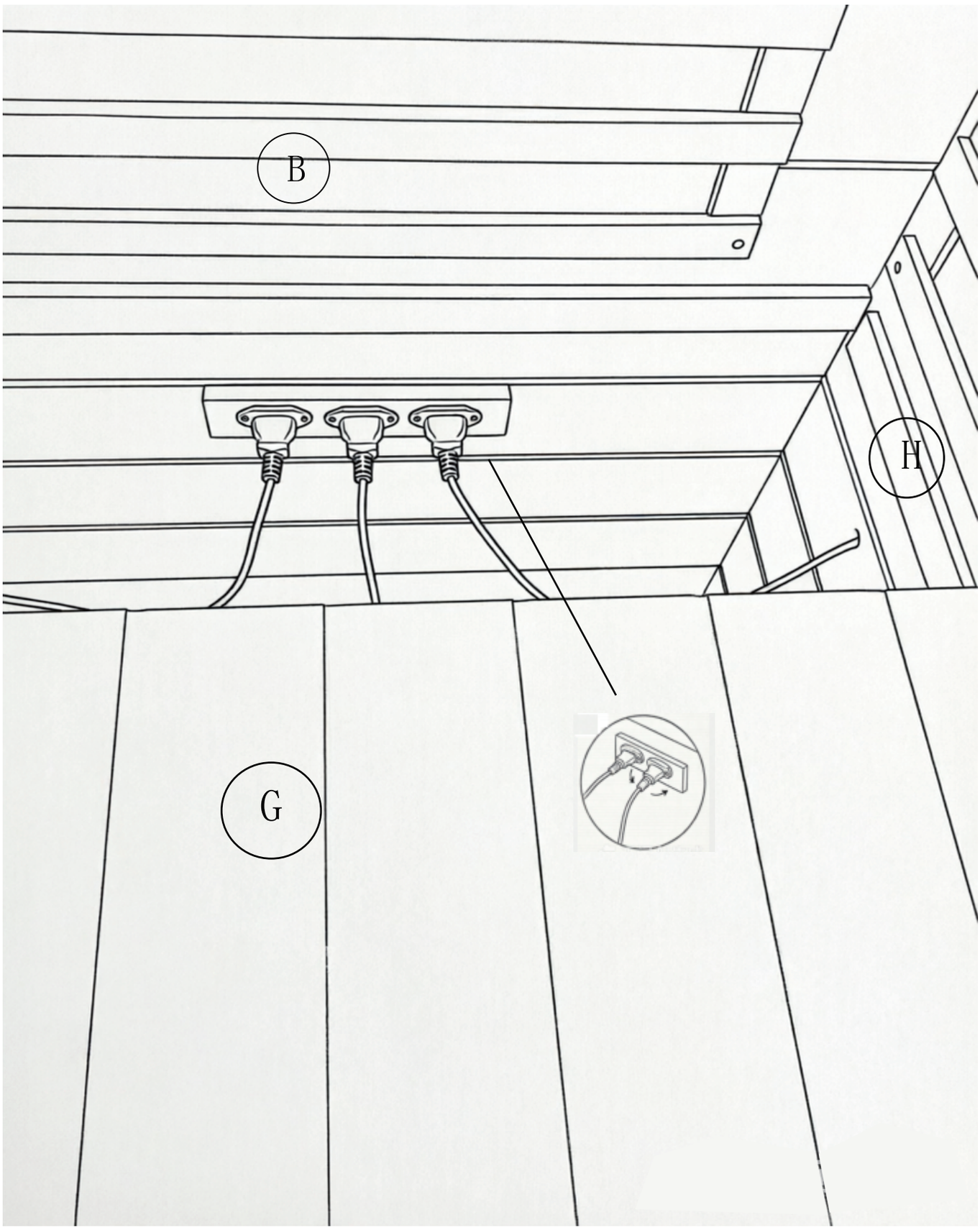
ASSEMBLY STEP 9

9. Install the right-side heating pad panel.



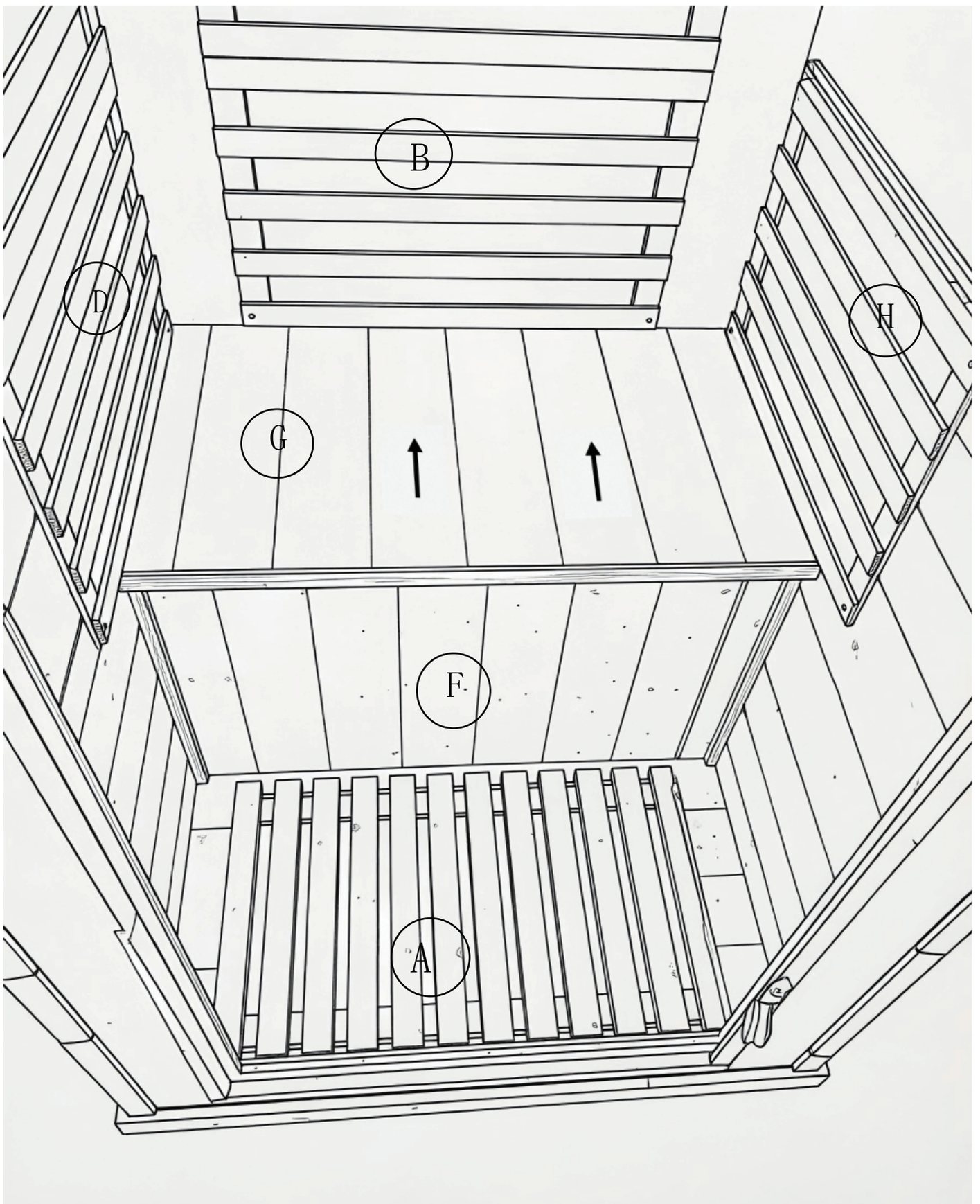
ASSEMBLY STEP 10

10. Connect the right-side heating pad panel wire to the plug.

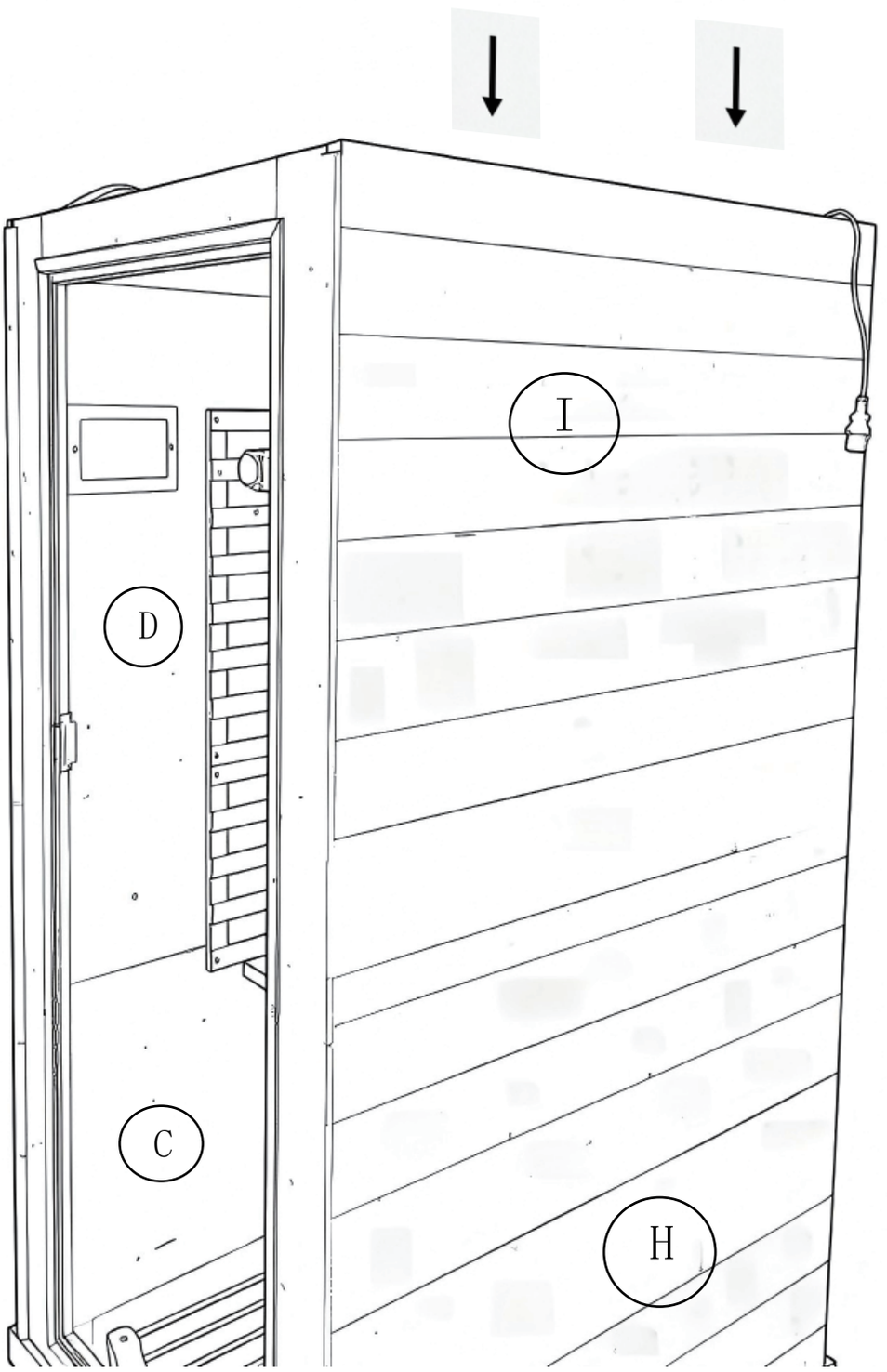


ASSEMBLY STEP 11

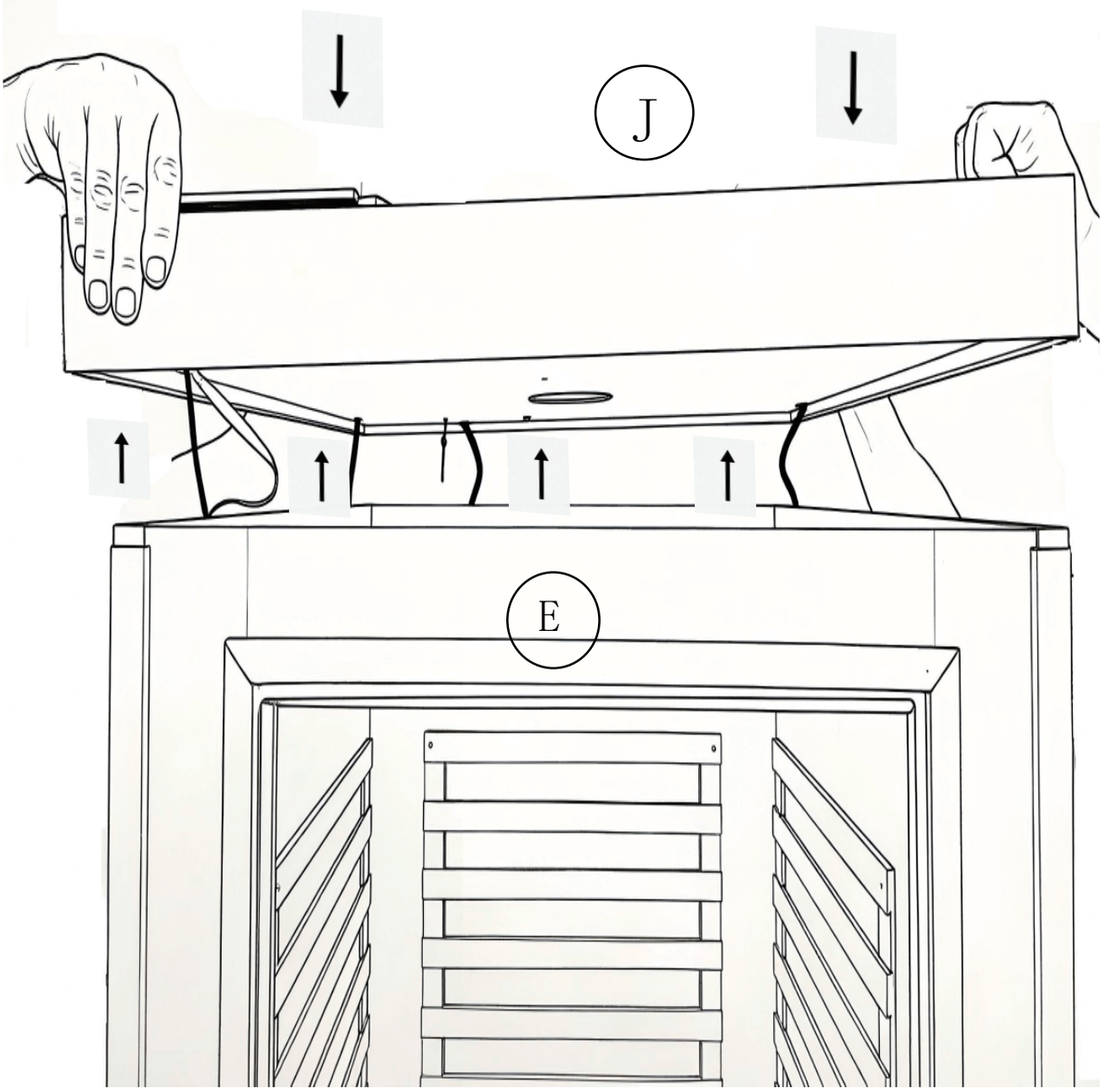
11. Secure the seat board in position.



12. Installation of the right upper plate.

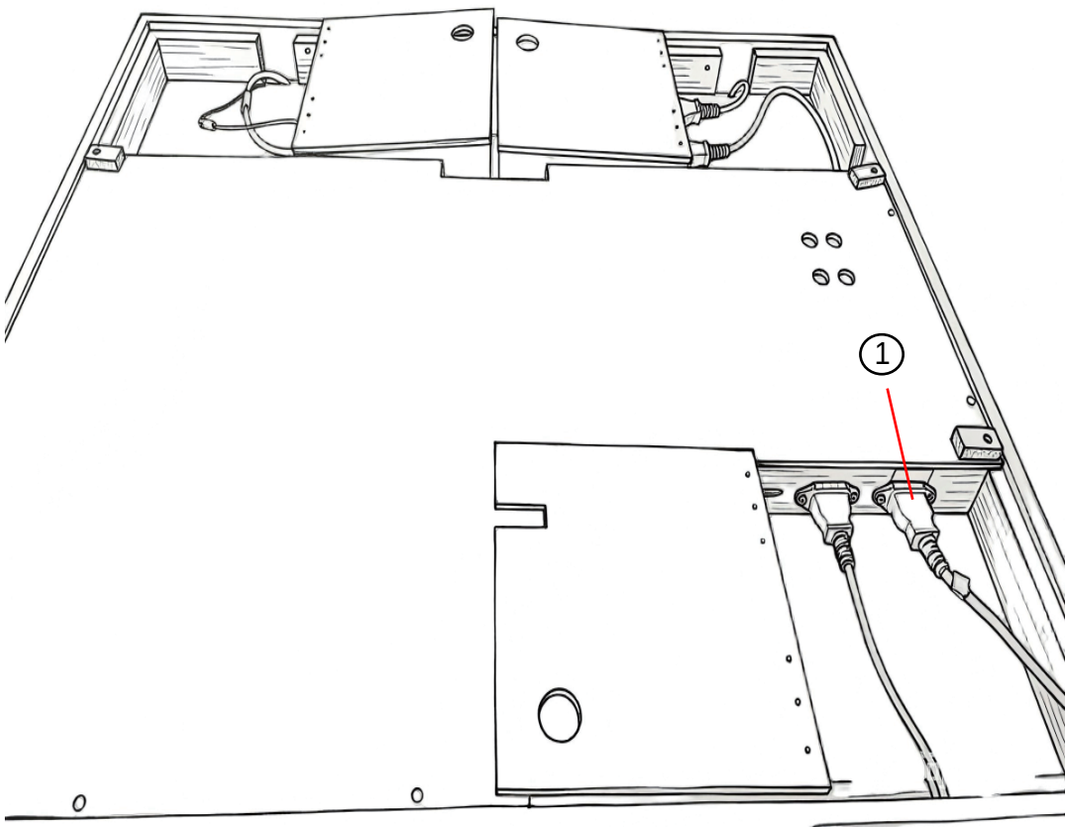


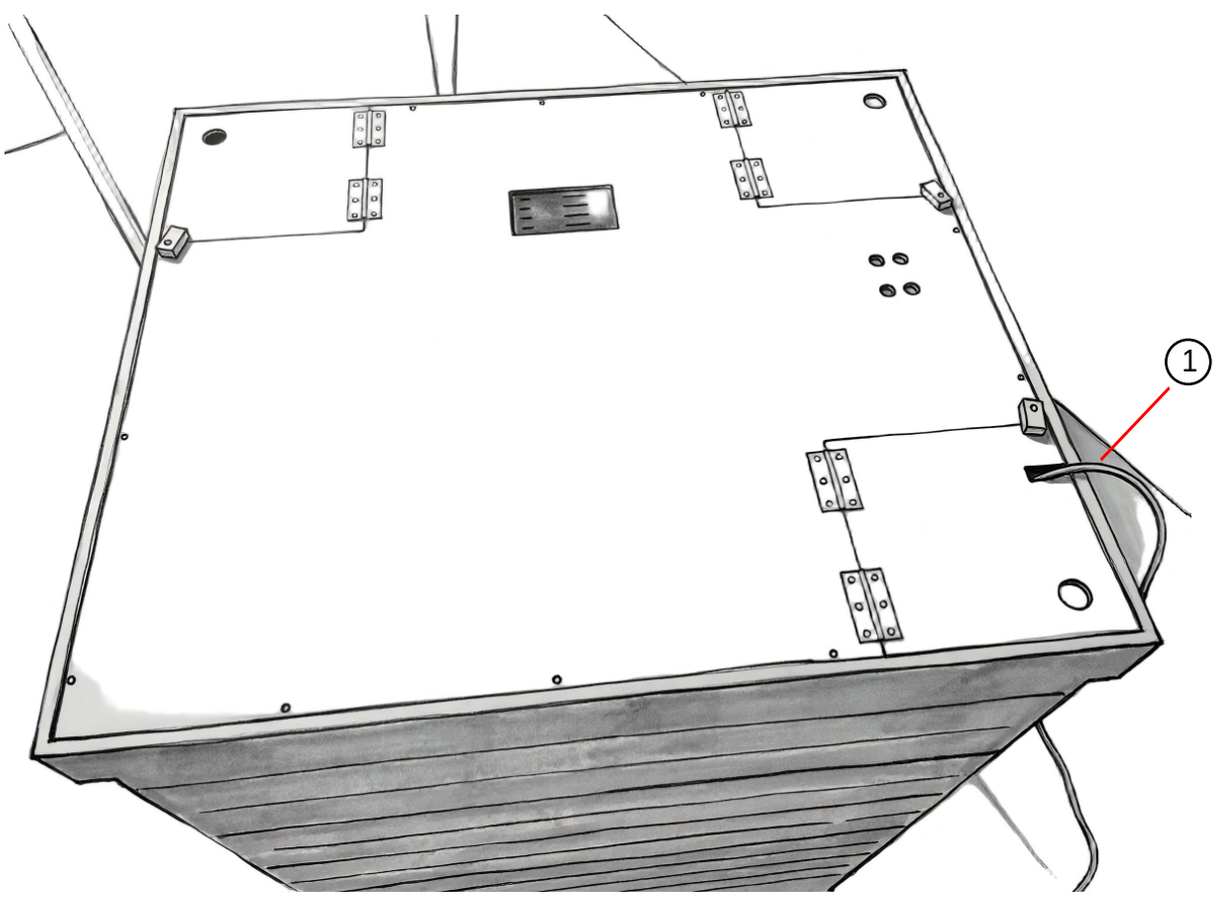
13. Route the various power cables through the top cover,then lower the cover into place.



ASSEMBLY STEP 14

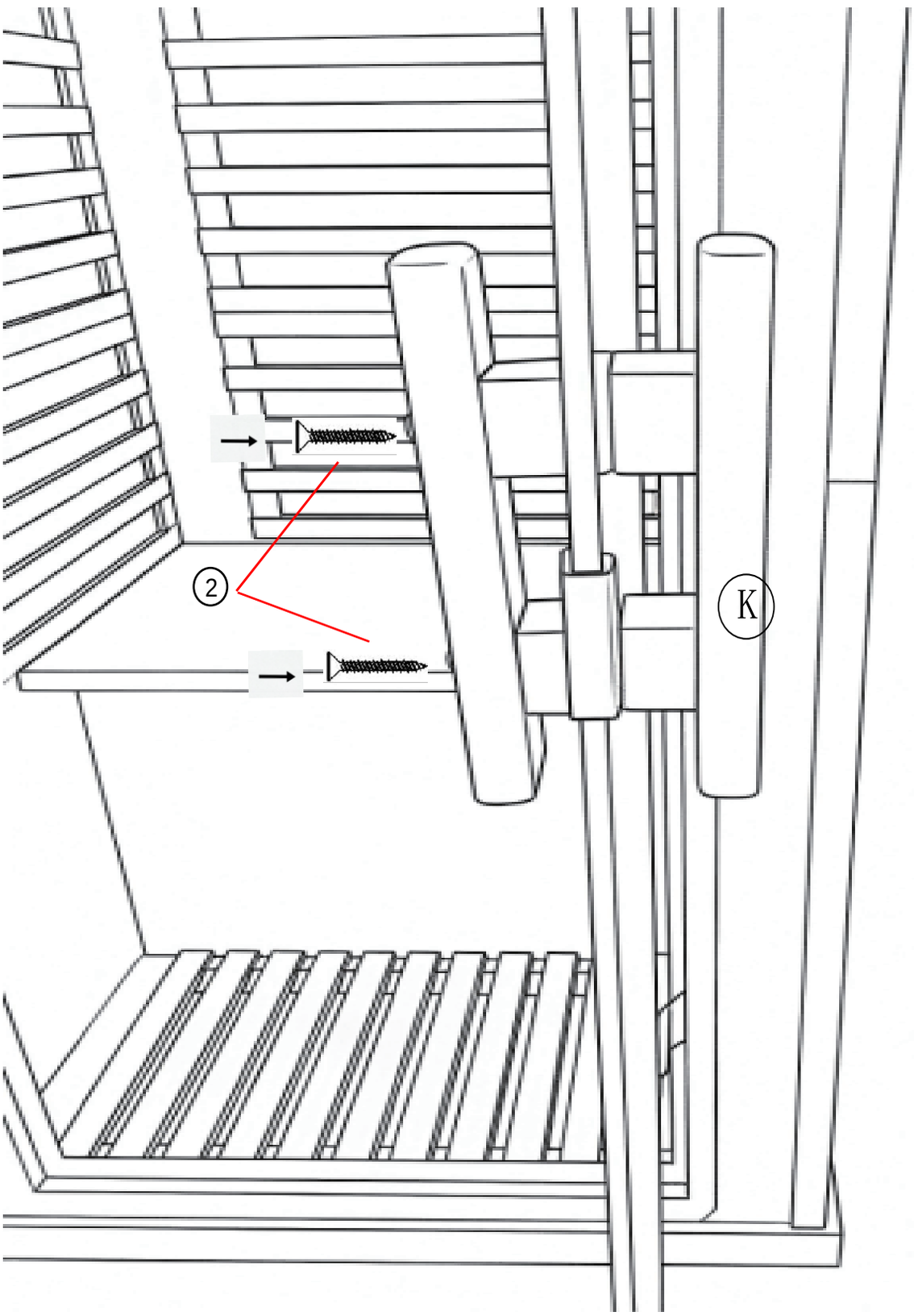
14.Top cover wiring method





ASSEMBLY STEP 15

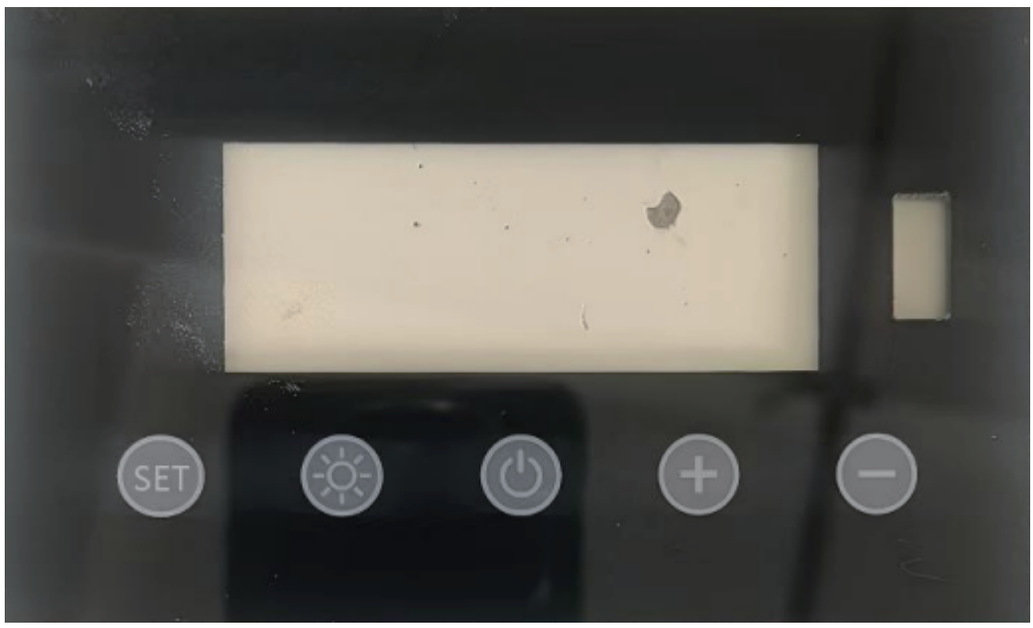
15.Align the door handles and secure with two scrwes.



INSTALLATION SUCCESSFUL



DEVICE STRUCTURE



Control Panel

Power on: after connecting the power, press button"  " to start up.

Power off: press button"  " to close it.

Temperature Setting

After powering on,press the  to access the temperature setting then press  to adjust the temperature.

Press and hold  and  for 3 seconds to toggle between Celsius and Fahrenheit.

Time Setting

When power on, press button"  " and"  " to adjust working time.

Light Setting

When power on, press once and the light on and press it again, the light off.

APPLICATION METHOD OF PRODUCT

1. Instructions

•1.1 Preheating

- 1.1.1 Close the air hole on the top of the product.
- 1.1.2 Start operation by pushing the power button on the control panel.
- 1.1.3 Press “+”“-” adjustment button to set temperature, temperature can be set up to 40-65℃.
- 1.1.4Press “+”“-” adjustment button to set the required time (about 20-30 min) and enter thepreheating state. After about 20 min, the room reaches the set temperature and keeps constantautomatically.
- 1.1.5 Please don't open the product door frequently.
- 1.1.6 After the temperature is constant, change the set temperature and open the product doortemporarily toaccelerate cooling while reducing the internal temperature of product.

•1.2 Timing

After preheating to the set temperature, adjust thetiming switch to adjust to the preset time, Closethe product door after entering.

•1.3 Finish using

Press the power switch to turn off the power supply.

2. Precautions During Use

- 2.1 When using the product, please check whether the power supply meets the requirement(whether there is agrounding device).
- 2.2 Please don't take clothes, shoes, metal jewlery, watches and other items into the product.
- 2.3 Don't put combustibles such as a lighter, liquifiedgas, gasoline and alcohol and corrosive products such asstrong acid and alkaline in the product.
- 2.4 Please don't stretch fingers intothe heating plate's protective cover in the hot product.
- 2.5 Don't smoke in the product or bring any fire.
- 2.6 The product may not be made so hot during usein wintertime or cold weather or low indoor temperature (lower than 10°C). To ensure the internal temperature of the product, please keep the indoor temperature at about 20°C.
- 2.7 In principle, don't use the product immediately after a meal, but actually one hour after the meal.
- 2.8 In principle, don't take a shower immediately after using the product, but two hours after using.
- 2.9 When using the product, please drink more wam water to supplement the water lost during perspiration.

- 2.10 Stop using ifit is uncomfortable when using the product.
- 2.11 Please wipe sweat after using, keep warm to avoid catching a cold.
- 2.12 Don't remove the parts such as a control paneland heating plate arbitrarily.
- 2.13 It is suggested that the product shall not be used continuously for more than 2 hours.

3. Power Safety

- 3.1 The power supply and power circuit must be provided with reliable grounding during use; the power cord is equipped with a reliable grounding Wire to avoid excessive use of product producing alarge amount of watervapor and causing electrostatic induction, voltage increase, short circuit, smoking, tripping and other phenomena.
- 3.2 Please don't use the power supply beyond the national standard voltage (e.g.220V for China, 240V for Malaysia and 120V for America) to avoid fire and electric shock.
- 3.3 Do not work on, curl, or damage the power cord to avoidsparking and electric shock.
- 3.4 Make sure that there is no water or debris in the plug or in the gap to avoid electric shock or other malfunctions.
- 3.5 When plugging in or unplugging the power cord, please hold the head of the plugand ensure your hands aredryto avoid the risk of electric shock.
- 3.6 Families with pets should pay attention to prevent the pets from biting the power cord orurinating on the plug, which may cause fire or other accidents, When going out, be sure to unplug the device and place the product in a place beyond reach of pets.
- 3.7 Replacement of the power cord other than by professionals is strictly prohibited. Please contact professional maintenance service or electricians for replacement or maintenance.

4. Unsuitable Users

The following groups are strictly prohibited from using the product:

- 4.1 Patients with diabetic foot, severe cardiovascular and cerebrovascular disease.
- 4.2 Patients with cancer in the process of radiotherapy and chemotherapy.
- 4.3 Infants and young children, pregnant women, and menstruating women.
- 4.4 Patients with glaucoma, cataract and bleeding tendencies.
- 4.5 Patients with active tuberculosis, severe arteriosclerosis, malignant tumor, and blood coagu-lation disorders.

APPLICATION METHOD OF PRODUCT

- 4.6 Patients wearing pacemakers,orwith steel plates or other metal inside the body.
- 4.7 Patientswith burns and fractures.
- 4.8 People with electromagnetic sensitivity.
- 4.9 People with a history of cerebral infarction or myocardial infarction.
- 4.10 People with the lower than normal blood platelets.
- 4.11 People requiring frequent infusions within 2-5 years owing to cardiovascular and cerebrovascular diseases or easily damaged blood vessels.
- 4.12 People drinking a lot of alcohol or taking sleeping pils within thelast 24 hours.
- 4.13 Patients with mental disorders, patients who can not take care of themselves, have noself-awareness, and have no independent behavioral ability.

•If you are not physically healthy, please use this device under the guidance of a professional!

PRODUCT CLEANING AND MAINTENANCE

1. Cleaning Method of Product

- 1.1 Open the product door and remove the dust, hair and small sundries in the room with a dusteror soft hair brush, wipe the whole room,s eat and frame feet with a dry towel that has strong water absorption, discharge the moisture in the room and disinfect and sterilize. Power cords should berouted so as not to be stepped on orpinched by any object that may be resting on them.
- 1.2 Enable the machine to run idle at least once a week (30 min each time), so as to keep the dryness of the inner room and reduce the electrostatic induction.
- 1.3 If the room is frequently used, dehumidify it as stated above after each use. A thorough cleaning is also reguired after each day of use.
- 1.4 If the room is not used or you plan to be away for long periods, ensure that the power is unplugged to avoid potential safety risks.
- Please clean after the product is powered off.
- Please maintain the product when the temperature of the inner room is reduced to the indoor temperature.

PRODUCT CLEANING AND MAINTENANCE

2. Precautions for Product Maintenance

•2.1 Overall movement

- 2.1.1 Pull out the power plug and arrange the power line.
- 2.1.2 Close and fix the room door
- 2.1.3 When moving the product, pleaselit the base of the room body rather than push the verticalplate of the room forcibly.
- 2.1.4 Handle with care during movement to avoid room damage.

•2.2 Eauipment cleaning

- 2.2.1 When wiping the room wall and protective cover, please avoid touching the frequency spectrum plate.
- 2.2.2 Don't wipe the product with a chemical cleaner.
- 2.2.3 Don't wash and sprinkle the interior and exterior of the product or wipe the control paneland knob with alcohol or other solvent.
- 2.2.4 Don't dismount, repair and transform the product on its own, if it is necessary to change the controller, please operate when the product is powered off.
- 2.2.5 Don't use the product as storage space.