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:
C002895010

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.

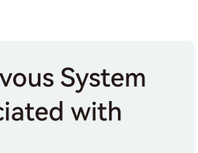
- Drink plenty of water to avoid dehydration during or after the sauna using. It is better not to exceed 40 minutes one time.
- Start using the sauna within 10 ℃ before it reaches the set temperature in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52 ℃ (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.

- 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



EN

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.

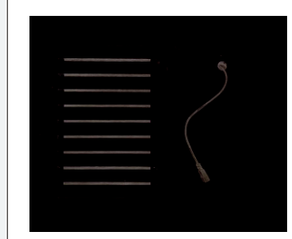
Thank you for your trust and support!
We hope you enjoy using our product!

Main supply: Frequency 60Hz ± 1, AC 110V~120V, Plug 15A.

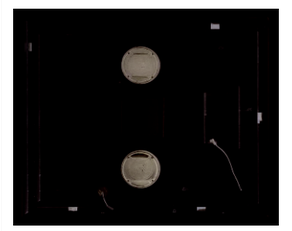




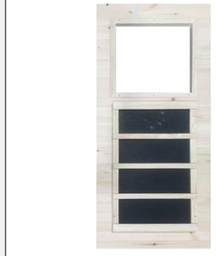
Parts List



1 Floor Panel x1



2 Ceiling Panel x1



3 Left Panel x1



4 Right Panel x1



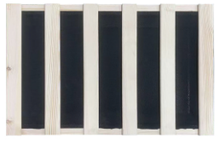
5 Rear Panel x1



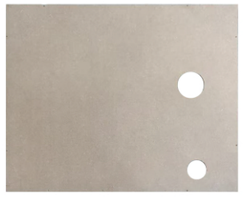
6 Front Panel x1



7 Seat Panel x1



8 Bench Support x1



10 Dust-proof cover x1



11 Wooden blocks x2



12 Cup holder x1

Plain board



13 In Door Handle x1

Plain board



14 In-Handle Block x2

Varnish



15 Out Door Handle x1

Varnish



16 Out-Handle Block x2



A Ø 4*20mm/0.78Inch x2+1



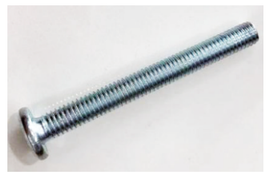
B Ø 3.5*35mm/1.38Inch x4+1



C Ø 3.5*16mm/0.63Inch x2+1



D Ø 3*14mm/0.55Inch x8+1



E M6*55mm/2.16Inch x2+1



F Oxygen Ionizer x1



G M4*65mm/2.55Inch x1



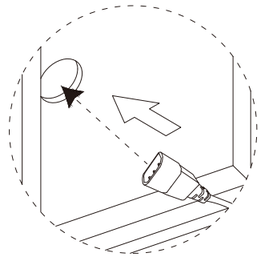
H Ø 4*129mm/5.07Inch x1

Email : **service@grandtunnel.com**

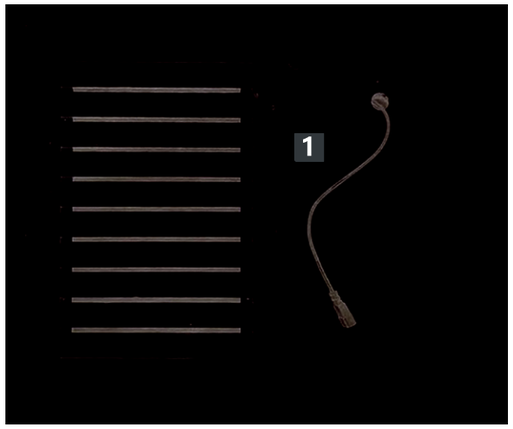
Installation Instruction

EN

Step 1 — 1 FLOOR PANEL

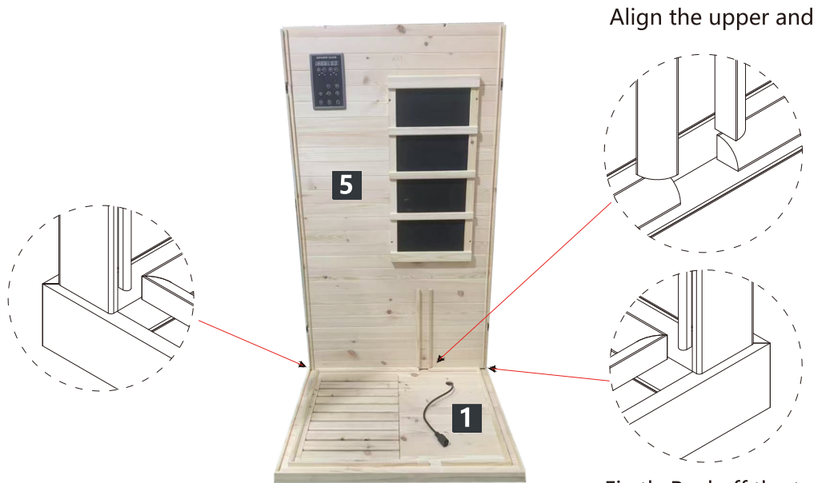


Firstly Peel off the tape on the wire . and then pass the plug through the reserved hole.



Firstly Place the floor panel (1) flat on your desired place. The Floor Panel is leveled to indicate front vs.back.To prevent damaged grounds do not move around after assembly; prior to assembly, select a location within reach of power outlet, and pay attention to the orientation of the door to make sure nothing will block it.

Step 2 — 5 REAR PANEL



Place Rear panel (5) properly on the rear edge of floor panel. Please note that the bottom joint should be aligned.

Email : **service@grandtunnel.com**

Step 3 — 3 LEFT PANEL



Firstly Peel off the tape on the wire .

- Install left panel(3) to the rear panel(5).
- Need one person hold the Rear Panel in place while you position the left Panel, Panels (walls) are fastened by buckles.

Email : **service@grandtunnel.com**

Step 4 — 4 RIGHT PANEL



Firstly Peel off the tape on the wire .

- Install Right panel(4) to the rear panel(5).
- Need one person hold the Rear Panel in place while you position the right Panel, Panels (walls) are fastened by buckles.

Email : **service@grandtunnel.com**

EN

Step 5 8 BENCH SUPPORT PANEL



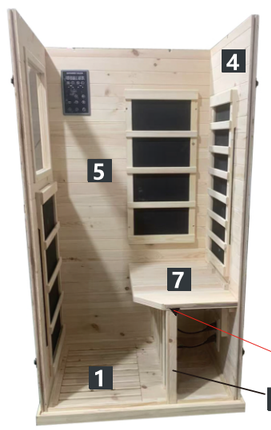
Firstly Peel off the tape on the wire .

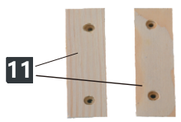
- Install Bench support panel(8).
- Insert the Bench support panel into the notchin the Rear and Floor Panels to hold it in place.
- In this step, customer need to connect the wires of heater.

Step 6 7 SEAT PANEL



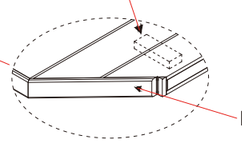
B Ø 3 .5*35mm/1.38Inch x4





The spacer is on the back of the front part, pay attention to the installation direction.





- Install seat panel (7) upper the bench support panel (8).pay attention to the installation direction of seat panel (7) .
- If you find the seat is a little loose, you can install (11) two small wooden blocks to secure it. This is not a mandatory installation item and can be done according to the customer's own requirements. You can fix the blocks either on the rear panel or the side panel with screw (B) Ø 3 .5*35MM/1.38inchx4.

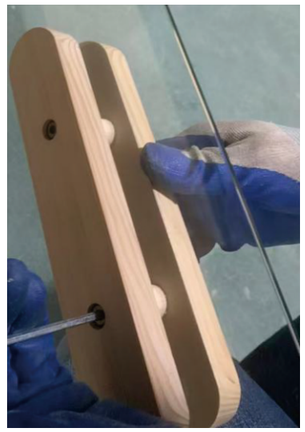
Step 7 13/14/15/16 DOOR HANDLE

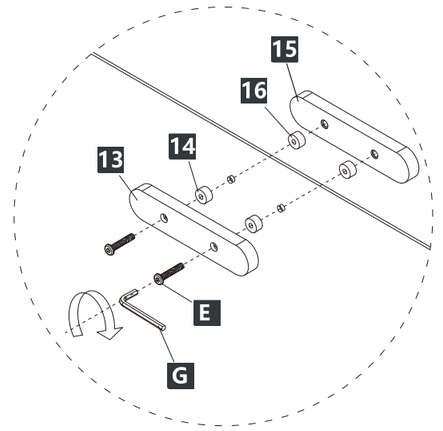


E M6 *55mm/2.16Inch x2



G M4 *65mm/2.55Inch x1





Install door handle (13/14/15/16) to the glass door with suited screws (E) and Hex key(G).
Tips: Please install the handle painted outside, and the handle without paint inside.

Step 8 6 FRONT PANEL







- Install Front Panel (6) to the left (3) and right (4) panel .
- Panels are fastened by buckles.

Step 9 2 CEILING PANEL



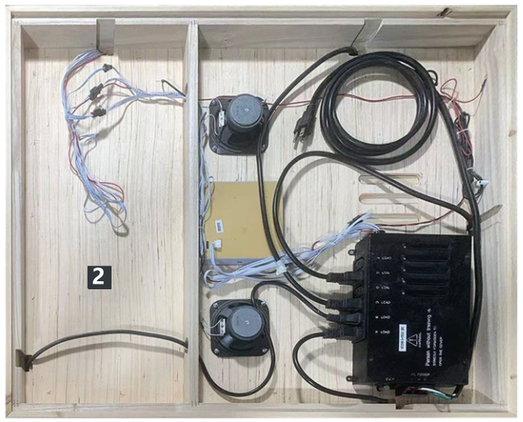




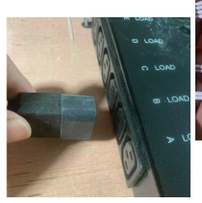
Firstly Peel off the tape on the wire .

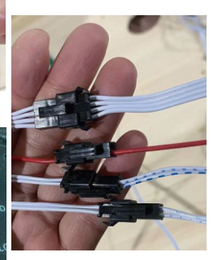
Installing ceiling panel (2).First move the wires on the left / Right / Front / Rear panel and ceiling panel to the outside before installing it, to prevent the ceiling panel from pressing on the wiring.Draw the wires on top of left / Right / Front / Rear panel via the holes to the ceiling.

Step 10





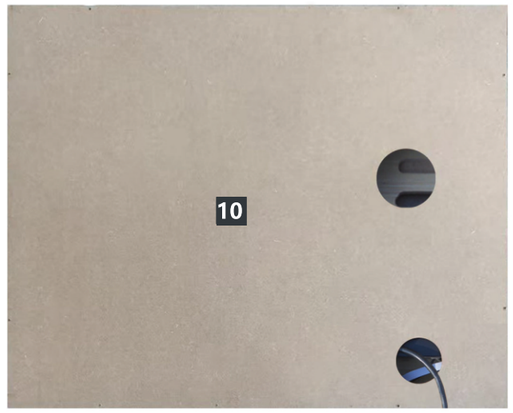




Connect the wires for heater.
Connect the wires for control panel.

Email : **service@grandtunnel.com**

Step 11 10 DUST-PROOF COVER





Install Dust-proof cover (10) .
After assure all the functions work well, install Dust-proof cover (10) with screws(D) (Ø3*14mm/0.55Inch)x8. Don’ t forget to draw the power cord out of the proper hole.

Step 12 ACCESSORIES



A Ø4 *20mm/0.78Inch x2



C Ø3.5*16mm/0.63Inch x2



- Hang Oxygen ionizer (F) to the nails originally fixed on Right panel with screws (C) Ø 3.5x16mm/ 0.63inch(x2)., hen plug in and connect to the power supply.
- Press the middle button to start the Oxygen Ion Generator (F).During preheating, release O3 by pressing "O3" (the red light is on) to eliminate bacteria;During heating, release negative ion (the green light is on) to purify the air in the cabin by pressing "ion".

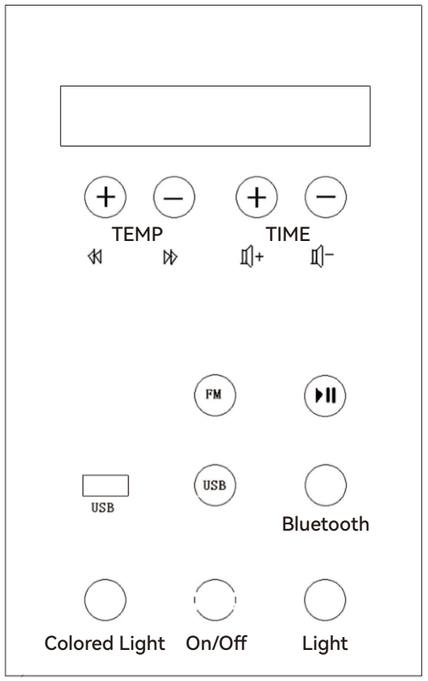


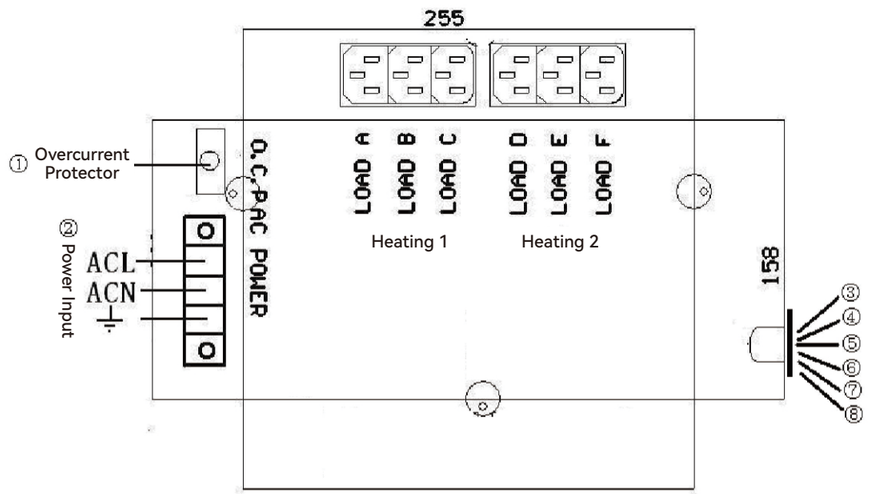
- Install Cup holder (12) in any corner with screws(A) Ø 4x20mm/ 0.78inch(x2).
- Do not install it on or in front of heaters. If you don't like or there is no anywhere suitable to install, just ignore it.

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.

Email : **service@grandtunnel.com**

(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)

Usage Guide

Conditions to use the sauna:

1. Temperature range: +5 ~ +40 ℃ (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℃ (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 ℃ before it reaches the set temperature to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52℃ (125 F degrees), it is better to start using it when it reaches 46℃ (115 F degrees) or 2-3℃ less. Customers have reported an average use temperature of 52℃ (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.

- 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.

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.

EN