FAR INFRARED SAUNA

OPERATION MANUAL

CONTENT

INSTRUCTIONS FOR PRODUCT INSTALLATION AND USE

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Thanks for choosing Infrared sauna room!

Warning: Before assembly, please inspect all heaters meticulously toensurether e ions damage. Any excessive vibration during transportation might cause dam age to the heaters. Ensure the sauna room remains unscathed before and after installed. Please contact your dealer or manufacturer for troubleshooting and per ts replacement.

Disclaimer: The infrared rays emitted by your sauna are reportedly capable of providing a wide array of potential therapeutic benefits, as per studies conducted worldwide over the past 25 years. These benefits are merely for reference and do not imply that the infrared sauna will cure or treat any illness or disease. If you have any health issues or medical conditions, or have an acute joint injury, please consultyour physician before commencing infrared therapy. People with surgical implants (metal pins and rods, artificial joints, silicone, or other types of surgical implants) typically do notexperienc any adve rse effects, but they should also consult their doctor or surgeon prior to initiatin g infrared therapy. Pregnant women should also consult their physician before use. Pictures shown are for display purposes only andmay deviate from your exac t model.

Before use, please thoroughly read and adhere to all instructions.

1. Please strictly follow all warning labels and marks within the sauna room.
2. Children should not be permitted to installing any sockets on either the interior or exterior walls of the sauna room.
3. Sauna doors should not be equipped with locking devices that could potentially lead toentrapment inside the sauna.
4. Ceiling vents can remain in the open position during usage.
5. Children under the age of 18 should not use the sauna; sessions should not exceed 10ZFT. Symptoms of excessive heat therapy encompass dizziness, drowsiness, and fainting. Effects of excessive heat therapy may include the following: Elevated core body temperature, nausea, dizziness, and a loss of awareness of impending danger, loss of consciousness, and foetal damage in pregnant women. Heat therapy elevates your body's core temperature. It is not advisable to set the desired temperature overly high.
6. Hydrate to replenism body fluids before, during, and after the sauna.
7. If, after an hour of continuous usage, the sauna needs to be switched off for one hour.
8. To prevent burns, do not touch the heating elements.
9. Do not consumeintoxicants or medicines before or during the sauna as they may cause unconsciousness and/or other detrimental physical injuries. Ratiosly necessary, individuals using medications should consult a doctor prior to th e sauna. Some medications may induce drowsiness, while others may impact he art rate, blood pressure, and/or circulation.
10. Ensure the electrical cables remain dry and devoid of moisture before plugging and unplugging power cords and harnesses from the power supply and circuit board.
11. Do not operate the sauna with wet hands or feet to evade electric shock.
12. Do not touch the metal pins of the plug.
13. Individuals who are obese or have a history of heart disease, low or high blood pressure, circulatory problems, or diabetes should consult a doctor before utilization.
14. Do not place any flammable materials within the sauna.
15. Do not position flammable materials in proximity to or on the heater.
16. Do not strike or damage the heating element as this might cause an electrical short circuit and pose a safety risk.
17. To prevent injury, children should not use saunas without close adult supervision.
18. Do not consume alcohol.
19. If the power cord is damaged, it should be replaced immediately by the manufacturer or their authorized agent.
20. If the power cord is damaged, overheating or suspect technical issues, contact the manufacturer or their agent promptly to prevent any potential dangers.
21. Pregnant women or those who may become pregnant should consult their doctor before using the sauna, as excessive heat can harm the fetus.
22. Avoid sleeping in the sauna.
23. Do not use the sauna room or inside the sauna.
24. Do not use the sauna during lightning storms to prevent the risk of electric shock.
24. Refrain from attempting any repairs on the sauna yourself.
25. If the sauna room or heater in the sauna, contact the seller, dealer, or manufacturer to address any safety concerns.
26. Unauthorized repair attempts will void the manufacturer's warranty.
27. Ensure that the outlet power supply meets the required specifications to avoid safety risks.
28. The infrared sauna models come with reading and roof lamps. Do not touch the lamp when it is hotto prevent burns. Wait at least 20 minutes after turning off the power before touching.
29. Do not place or keep the sauna near water sources such as bathtubs, showers, wet basements, or swimming pools to prevent water damage.
30. Use only plain water and a soft cleaning cloth to clean the sauna. Unplug it from the wall socket before cleaning.
31. When replacing parts, ensure they meet the manufacturer's specified requirements.
32. Unauthorized substitutions may lead to fire, electric shock, or other hazardous conditions. After any repairs, have a service technician inspect the sauna for safety.
33. Avoid using extension cords adapters or extension cords with the sauna power cord. If necessary, have a certified electrician create the shortest extension cord possible with appropriate specs.
34. Do not modify the sauna, its structure, or components in any way.

SKU:JFPL053MS

MS-101-2

FAR INFRARED SAUNA

——————— Sample mini model

Model 101-2

Part Number	Name	Number
A	Back Piece	1
B	Front Piece	1
C	Right Piece	1
D	Left Piece	1
E	Top piece	1
F	Bottom Piece	1
G	Seat Baffle	1
H	Vertical Baffle	1
I	Vertical Baffle	1
J	Handle	1
K	Cup holder	1

TOOLS REQUIRED (NOT INCLUDED):

Ph1tips screwdriver

Assemble the square corner and tighten

REQUIRED TOOLS

Installation

Note: Please turn of the power before installation in case of getting an electric shock.

Figure 1

Figure 2

Figure3

Figure3-Enlarge

Figure 4

1. Place Part F on the ground and place the heater in the left direction (Figure 1)
2. Place D, A, and C in the groove of F at an angle of 45 degrees in sequence. (figure 2-4).

Figure 5

Figure 6

Figure 7

Figure 8

Figure 9

Figure 10

Figure 11

Figure 12

3. Connect the hexing equipment of part A and C Corresponding to 2P and 3P interfaces (Figure 5-6)
4. Link Part I to Part C concave-convex position, install downward, link part H to parts I and C concave-convex position, install downward (Figure 7-8)

Figure 13

Figure 14

Figure 15

Figure 16

Figure 17

Figure 18

Figure 19

5. Insert part G into the groove of part A (Figure 9)
6. Place the front piece in the groove of the base (Figure 10)
7 Install part I (Figure 11)
8. Install the handle and cup holder in the top plate (E) , and unscrewe the button (J) to fasten it (Figure 12). If you plan to be away for long periods, make sure to unplug the power to avoid potential safety risks.
9. Place the top plate (E) and the bottom plate (F) in the groove of the sauna room and reduce electrostatic induction.
10. Wipe sweat after use to stop warm and avoid catching a cold.
11. Do not use the product continuously for more than 2 hours.
12. Do not use the product continuously for more than 2 hours.

Installation Notes

1.Ensure all room plate fasteners are securely tightened during installation and verify that the plug under the seat plate is correctly installed.
2.Place the product at least 20 cm away from heat sources, moisture, and walls or other objects.
3.Use a three-hole socket with a reliable grounding terminal to plug in the device.
4.The power supply voltage must match the Voltage value indicated on the product nameplate.
5.Avoid crushing the power cord under the room base or heavy objects, and do not forcefully pull or squeeze the power cord.

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 starting up, press button and to adjust temperature.

Time Setting:
When power on, press button to adjust working time.

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

Bluetooth Operation:
Search for bluetooth "SAUNA01" equipment and connect with no passwordneeded.

Application method of product

1.Preparation
1.1 Close the air hole on the top of the product.
1.2 Start operation by pressing the power button on the control panel.
1.3 Set the desired temperature (the temperature can be adjusted from 30-50°C.
1.4 Set the required time (about 20-30 minutes) using the time adjustment button to enter the preheating state. The room will reach the set temperature after approximately 20 minutes of continuous operation.
1.5 Avoid opening the product door frequently.
1.6 Once the temperature is stable, adjust the set temperature and briefly open the product door toaccelerate cooling and lower the internal temperature.

2. Timing
2.1 Upon reaching to the set temperature, adjust the timing switch to the preset time and closethe product door.

3.Finishing Use
Press the power switch to turn off the power supply.

Precautions During Use

1. Ensure the power supply meets the requirements and has a grounding device.
2. Do not bring clothes, shoes, metal jewelry, watches, or other items into the product.
3. Do not place combustible materials near the product or on the heater.
4. Do not touch the heating plate/ protective cover when the product is hot.
5. No smoking or open flames in the product.
6. Do not place the product outdoors or in a cold place during winter or cold weather.
7. Wait one hour after meal before using the product.
8. Wait two hours after using the product before taking a shower.
9. Do not use the product continuously for long use.
10. Stop using if you feel uncomfortable.
11. Wipe sweat after use to stop warm and avoid catching a cold.
12. Do not use the product continuously for more than 2 hours.
13. Do not use the product continuously for more than 2 hours.

Power Safety

1. Ensure the power supply and circuit have reliable grounding
2. Use the correct voltage to prevent fire and electric shock.
3. Avoid twisting or damaging the power cord.
4. Do not place the power cord near heat sources to prevent malfunctions.
5. When plugging or unplugging the power cord, ensure hands are dry.
6. Prevent pets from biting or urinating on the power cord.
7. Do not disassemble the product without authorization. Contact maintenance service or electricians for replacement or maintenance.

Prohibited Use

The following groups are strictly prohibited from using the product:

- Patients with diabetic foot, severe cardiovascular and cerebrovascular disease.
- Patients with cancer undergoing substantial or extensive chemotherapy.
- Infants, young children, pregnant women, and menstruating women.

- Patients with glaucoma, cataract, and bleeding tendencies.
- Patients with active tuberculosis, severe anemiadiseases, malignant tumors, and blood coagulation disorders.
- Patients wearing pacemakers or with steel plates or other metal inside the body.
- Individuals with skin ulcers or wounds.
- Individuals with electromagnetic sensitivity.
- Individuals with a history of cerebral infarction or myocardial infarction.
- Individuals with severe cardiovascular disorders or hypertension.
- Individuals requiring frequent infusions within 3-5 years due to cardiovascular and cerebrovasculardiseases or easily damaged blood vessels.
- Individuals who have consumed alcohol or taken sleeping pills within the last 24 hours.
- Patients with mental disorders, those who cannot take care of themselves, lack self-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 any dust, hair, and small debris in the room using a vacuum cleaner. Wipe the interior walls with a damp cloth and mild detergent. Avoid using water absorption to eliminate moisture and disinfect and sterilize. Ensure that power cords are properly routed to prevent them from being stepped on or pinched by any objects.
1.2 Wipe the exterior with a damp cloth. It is recommended to wipe once a week to maintain the cleanliness of the room and reduce electrostatic induction.
1.3 If the room is frequently used, dehumidify it as mentioned above after each use. Thorough cleaning should be performed every 3-5 days.
1.4 If the room is not going to be used or if you plan to be away for long periods, make sure to unplug the power to avoid potential safety risks.
1.5 Ensure the power cord of the product after a thorough cleaning.
Please maintain the product when the temperature of the inner room is reduced to the indoor temperature.

2.Cleaning and Regular Maintenance
2.1 Cleaning Method
2.2.1 Disconnect the power plug and arrange the power line.
2.2.2 Clean and secure the insert door.
2.2.3 Remove the product, lift the base of the room body instead of pushing the vertical plate forcefully.
2.2.4 Handle with care during movement to prevent any damage to the room.
2.2.5 Regular Cleaning
2.2.1 When wiping the room wall and protective cover, avoid touching the frequency spectrum plate.
2.2.2 Do not use a chemical cleaner to wipe the product.
2.2.3 Do not wash or sprinkle the interior and exterior of the product or wipe the control panel and knob with alcohol or any other solvent.
2.2.4 Do not use chemicals to clean the product on your own. If it is necessary to change the controller, please do so when the product is powered off.
2.2.5 Do not use the product as a storage space.

Share the warmth with family