

INFRARED SAUNA OPERATION INSTRUCTION



1 - PERSON SAUNA

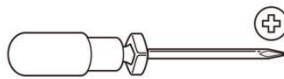
Product Date

Product Name: Indoor Sauna Room	Main Body Dimension: 80x86x175(CM)
Power of use: 110-120V/50-60HZ	Operation temperature: 64-145°F/0~90 minutes
Heater Power: 1150W	Heat: Infrared Mica Plate
Wood Material: Okoume	Brand: SAUNAPRO

Please prepare below tools before installation.(Not Included)



Electric Screwdriver



+ Manual Screwdriver



Ladder

Precautions to Use the Sauna

1. If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
2. Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
3. Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
4. Do not consume alcohol or drugs when using the sauna.
5. If using prescription drugs, please seek advice of a personal physician or a pharmacist.
6. 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.
7. Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
8. The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.
9. An individual that has insensitivity to heat should not use any type of sauna.

10. Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
11. 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.
12. 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.
13. Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
14. Do not install a lock on your sauna.
15. 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.

Precautions for return

1. Due to the nature of the Product, you cannot return it after use.
2. If you want to return it after use, then please send it in the same condition as it was.
3. When you return it in cases of necessity, you can claim damages against the broken goods caused during the shipment due to carelessness in packing or against for the missing components/free gifts.
4. In case of losing the box or Styrofoam protector, please return the goods under the guide of staff in the counseling center as the Product may be damaged.

Installation Guide

Please read the following directions carefully. The sauna installation requires at least 2 people, and more people if the sauna cabin is big and heavy. You should not try to install the sauna on your own as damage will easily occur.

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.

Package Information

1 person saunas are packed in 2 cartons (A, B).

Please make sure that you open the boxes face up. Please be very careful when opening boxes, due to fragile parts and glass.

Where to Start













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

Open all the cartons, take the floor panel from carton A firstly, 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.

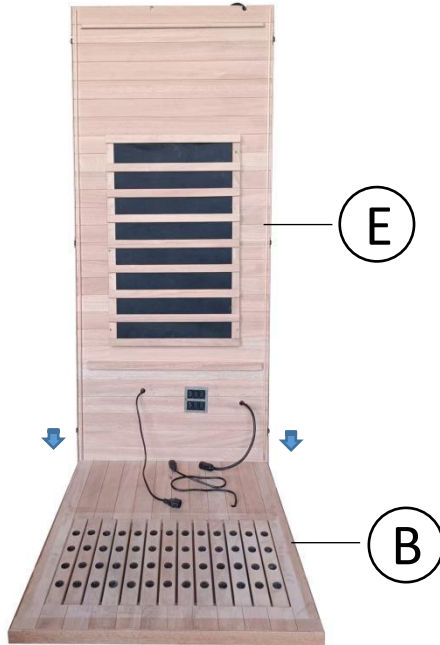


Parts List

PART	NAME	NO.	QTY
	Top Panel	A	1
	Floor Panel	B	1
	Left Panel	C	1
	Right Panel	D	1
	Rear Panel	E	1
	Front Panel	F	1
	Bench Panel	G	1
	Bench Support	H	1
	Glass Panel	I	1
	Towel Rack	J	1
	Cup Holder	K	1
	Door Handle	L	1
	Oxygen Ionizer	M	1
	ST4*20	N	14
	Hex Allen Key	P	1

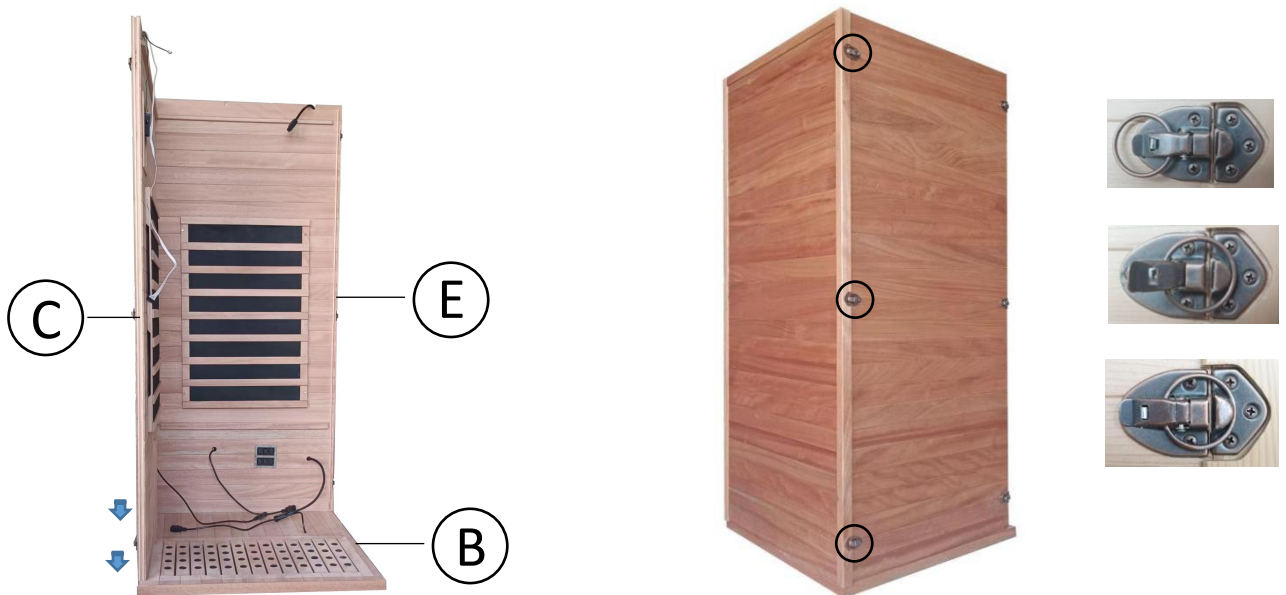
Assembly Guide


STEP 1



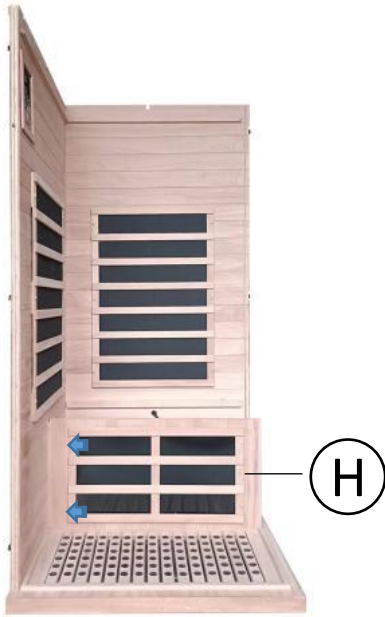
	B	1		E	1
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STEP 2



	C	1
---	---	---

STEP 3




	H	1		D	1
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STEP 4

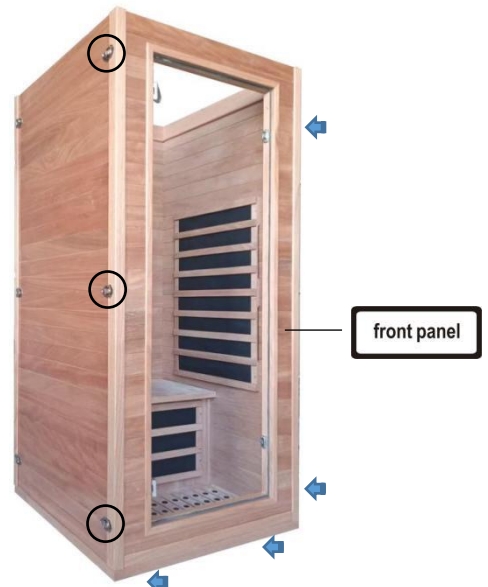
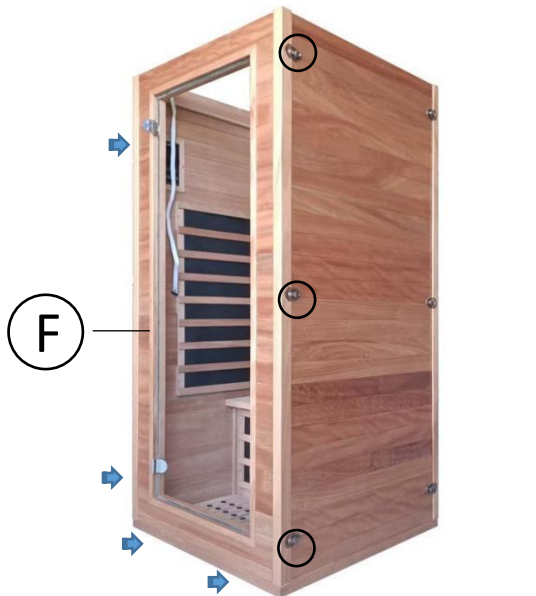



STEP 5



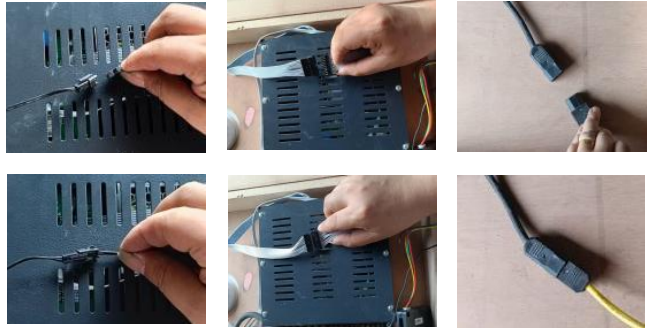
	G	1
---	---	---

STEP 6



	F	1
---	---	---

STEP 7



	A	1
---	---	---

STEP 8



	N	8
---	---	---

STEP 9



(L)



(I)



	I	1		L	1
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STEP 10

(K)

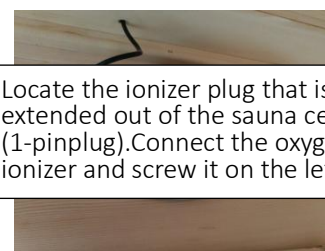


The cup holder can be installed in one of the back corners, either Right or left, based on the user preference. Make sure not to install the cup holders on or in front of the heaters. If you don't like or there is no place suitable to install it, just



The towel rack can be installed on three of side walls, but Do Not Install the towel rack in front of the heaters. If you don't like or there is no anywhere suitable to install it, just ignore it.



(M)



Locate the ionizer plug that is extended out of the sauna ceiling (1-pin plug). Connect the oxygen ionizer and screw it on the left panel.

	J	1		K	1
	M	1		N	6

Operation Instructions of LCD 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

Press timer. It



Button (Increase/Decrease)

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

Tips:

- 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.
- Press the (+) or (-) button to increase or reduce volume.



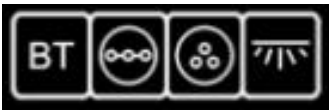
Temperature Control (Increase/Decrease)

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

Tips:

- Temperature setting ranges from 18 to 63°C.
- Press and hold both (+) and (-) buttons to switch the temperature display between Fahrenheit and Celsius.
- Press the (+) or (-) button to choose next or previous song in MP3 mode, or tune in FM (Radio) mode.





From left to right, the buttons marked as 1, 2,3,4 with description in details as below:

1. 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.
2. Press this button to change color of chromo therapy light automatically, if there is any therapy light and operate by the control panel.
3. 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.
4. Press this button to power the interior light (reading light) on or off.

WIFI FUNCTION

The WiFi function is a remote APP control feature. Download the "Smart Life APP" from the mobile application market. After downloading, make sure to turn on the Bluetooth and WiFi functions of your mobile phone before connecting to the APP. The host control panel should remain powered on and in standby mode. Open the "Smart Life APP" on your mobile phone and click "Add Device" (the device will pop up automatically after opening the APP when the network is in good condition). The device name is: "SANUPRO". After searching, click "Connect" and enter the 2.4G network's WiFi account and password (the WiFi signal only supports the 2.4G network). After connection, it will automatically jump to the control interface, and you can remotely control the machine's power on and off, temperature, working time settings, lighting settings, and timed power on and off. (If the device cannot be found, press and hold the lighting button for 5 seconds to reset the device, and then search again.) The indicator light will light up after connecting to WiFi.



Smart Life APP

Usage Guide

Conditions to use the sauna:

- 1, Temperature range: +5~+63 °C (41-145 F degrees).
- 2, Relative humidity: ≤85 %
- 3, Depression: 700-1060 hPa
- 4, Main supply: AC 110V Frequency 50Hz ±1 or 60Hz ±1

Allow your sauna to warm up for 15-20 minutes or until it reaches 63 °C (145F 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.

If you feel stuffy, open the vent in the ceiling to allow fresh air into the sauna.

Tips:

1. 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.
2. Customers reported an average use temperature of 52 °C (125 F degrees).

Precautions to Use the Sauna

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2. Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
3. Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
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12. 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.

13. Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
14. Do not install a lock on your sauna.
15. 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.

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

1. Make sure the main power plug of the sauna is connected to the socket at your home.
2. Make sure the main power plug is connected to the electric box on the top of sauna.
3. Make sure the overload protector did not turn off.
4. Make sure the control panel white ribbon wire is connected.
5. Make sure the power socket at your home is working by trying a different device on the same socket.

LED Reading Light does not work

1. Make sure the wires connect well.
2. Replace the light bulb.

Color therapy light dose not work

- 1 . Make sure the wire is inserted into the electric box correctly.
- 2 . Replace a new therapy light.

All heaters do not work

- 1 . Make sure the heaters' plugs are connected on top of the sauna.
- 2 . Make sure the sauna is connected to the recommended power supply.
- 3 . Make sure the heat sensor is connected.

One or a few heaters do not work

1. Make sure the heaters' plugs are connected on top of the sauna.
2. Make sure the heaters' plugs under the bench are connected.
3. Floor heater and bench heater are not as hot as other heaters (by design).
4. Make sure the plug behind the heater is connected (you would need to unscrew the heater).

Control panel display is unusual

1. If the control panel temperature display is 150 or 230, assure the temperature sensor is connected well.
2. If the control panel time display is -- (two dashes), the sauna is on continues working mode. Press the timer button to return to timed working mode.
3. Replace a new control panel.

For more troubleshooting advice or to report a problem, please contact with your supplier.

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.