

# User's Manual



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## Instructions before assembly

- 1.At least two people are required to assemble the sauna.
- 2.Assembly location: check whether the ground or platform is horizontal. and slight slope will not affect the assembly and use of sauna. but if the slope is evident, a pad is needed to keep the sauna level.
- 3.All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use. If you want to assemble accessories provided by other companies to the sauna, try to avoid metal accessories. or insulate them.
- 4.Please find qualified electricians to install the electrical elements in sauna.

### 1. Tools you need to prepare



### 2. Tools you need to prepare

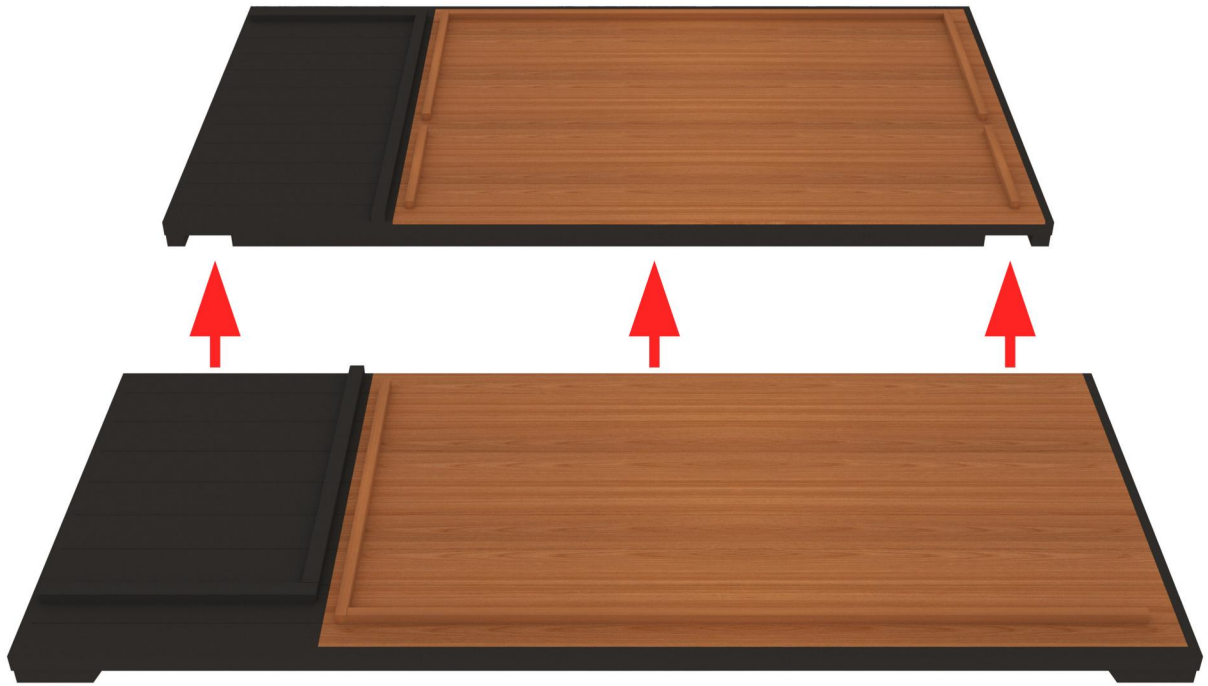


## Instructions before Use

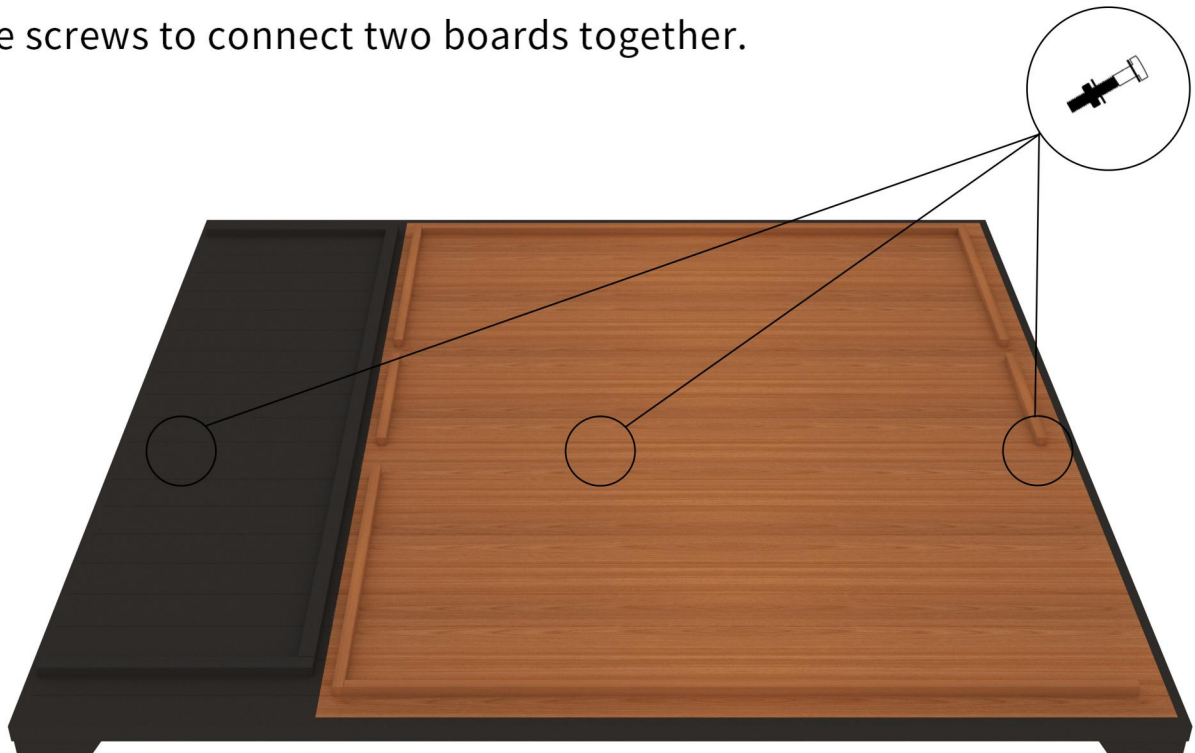
1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation, blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 °C to 80 °C make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature.
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

# 1. Overall assembly steps

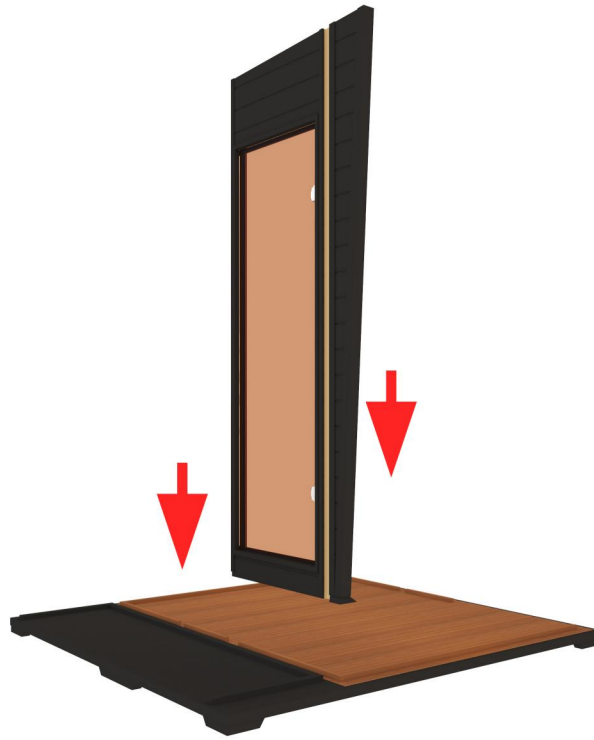
① Place the base plate on a flat surface.



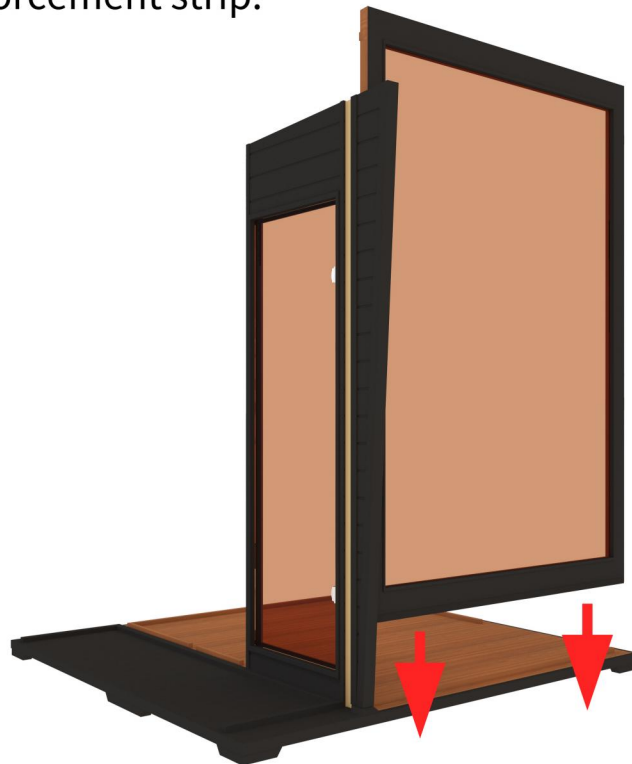
② Use screws to connect two boards together.



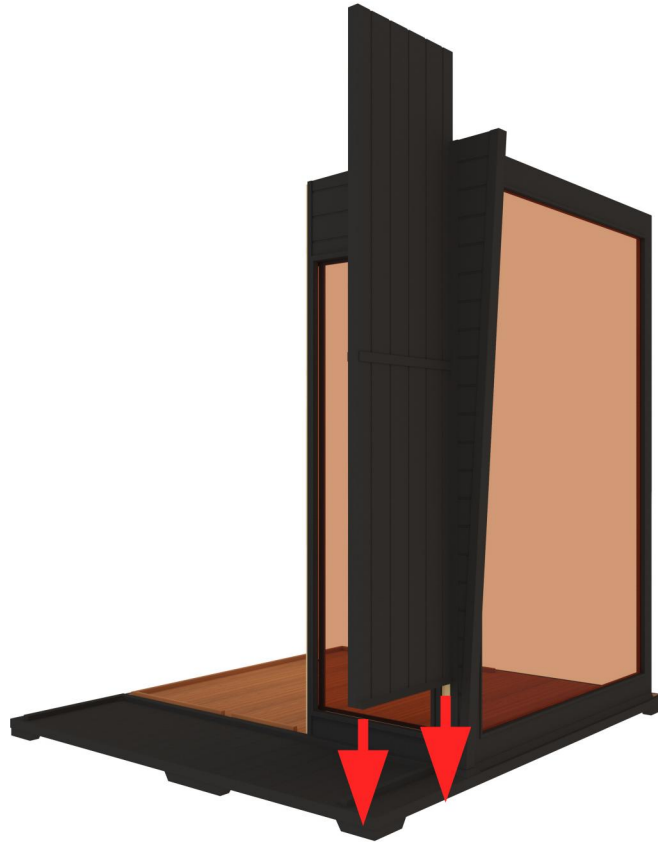
③ As shown in the following figure, place the door panel along the groove.



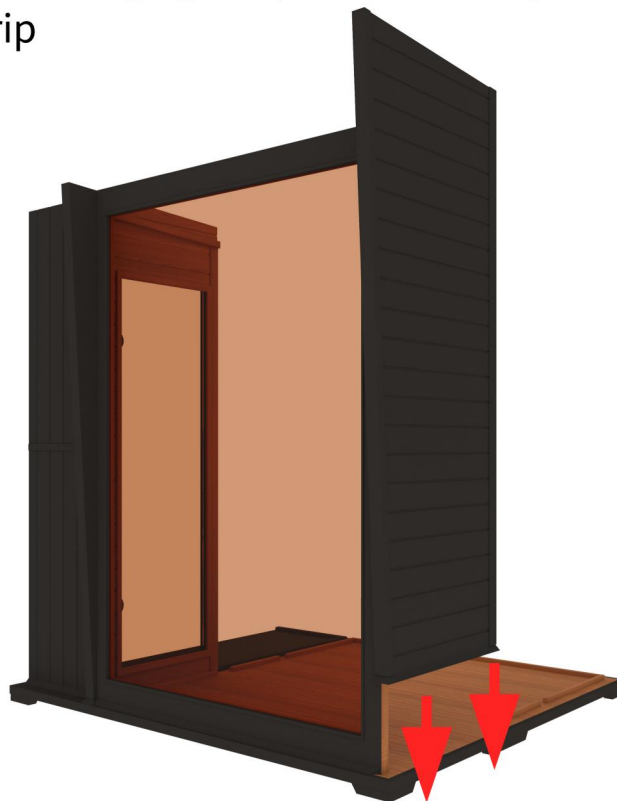
④ As shown in the following figure, place the right board along the bottom reinforcement strip.



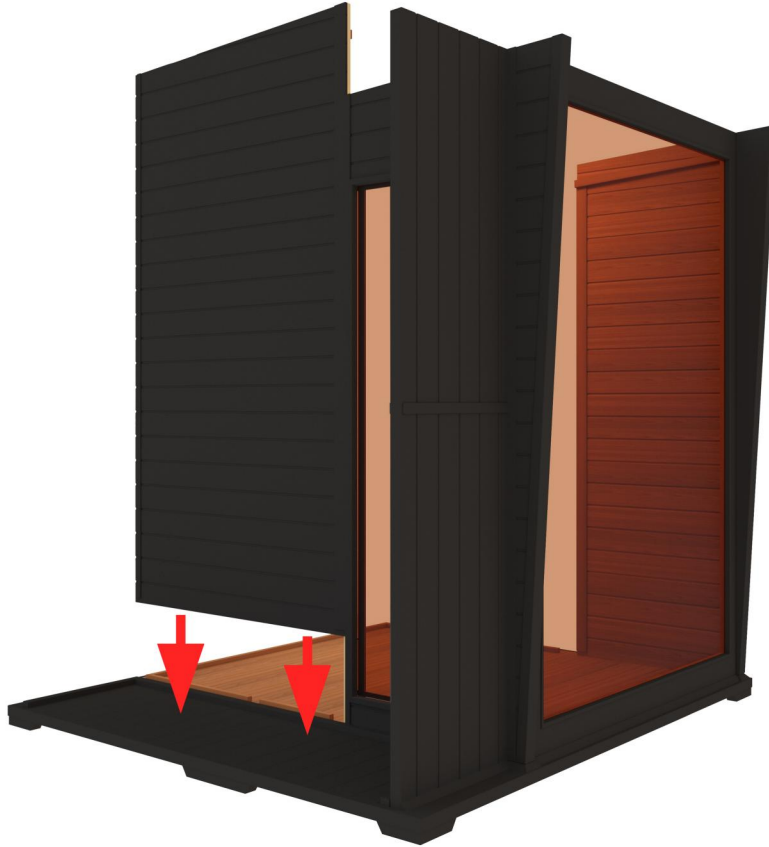
⑤ As shown in the following figure, place the right porch panel along the slot.



⑥ As shown in the following figure, place the rear panel along the bottom reinforcement strip



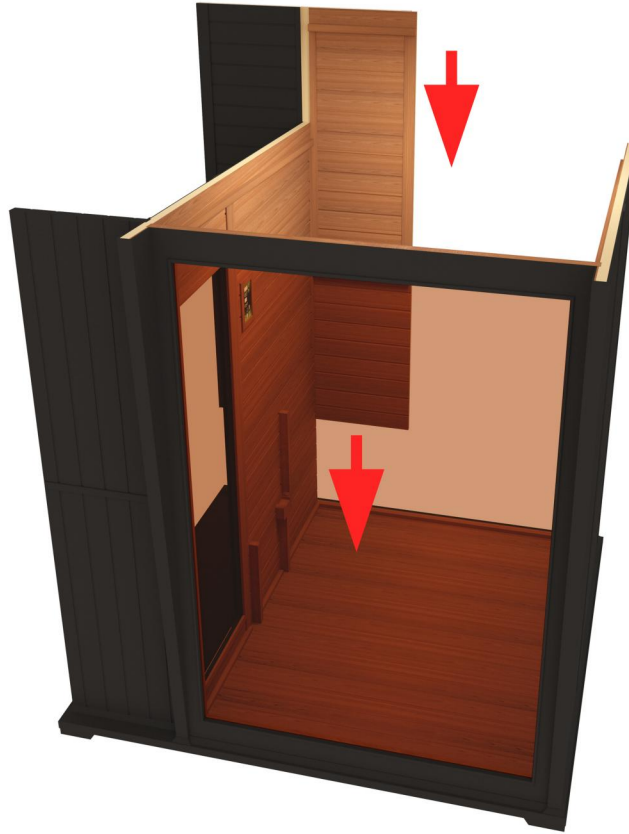
- ⑦ As shown in the following figure, place the front panel along the groove.



- ⑧ As shown in the following figure, place the rear panel along the bottom reinforcement strip



- ⑨ As shown in the following figure, place the left plate along the groove.



- ⑩ As shown in the following figure, place the left plate along the groove.



## 2. Roof assembly steps

- ① As shown in the following figure, place the top cover of the first floor.



- ② Connect the two boards to the large board with screws



### 3. Bench assembly steps

- ① As shown in the picture, place the first layer at the bottom.



- ② As shown in the figure, place the seat board and the seat board, and fix them with screws.



# 4.Sauna stove assembly steps

① As shown in the figure, install the stove.



②

