

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

Plastic Hammer × 1


2. Tools you need to prepare

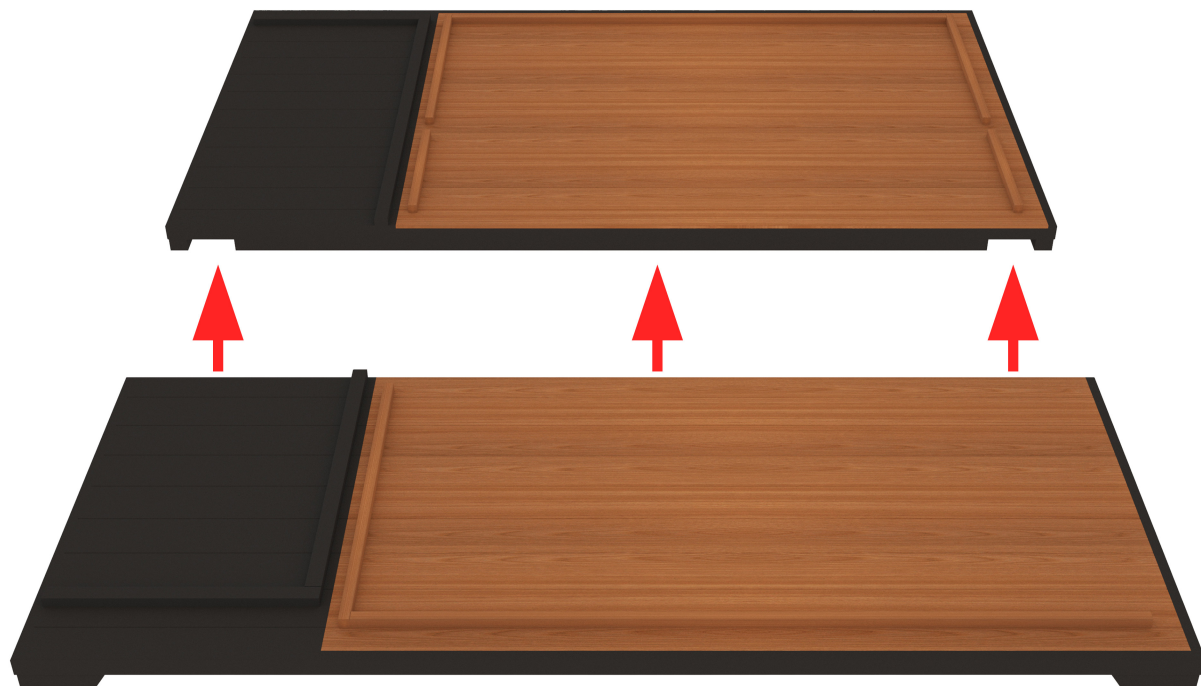
Power Drill × 1	Adjustable Wrench × 2	Tape × 1	Bar Level × 1	Pencil × 1
				

Instructions before Use

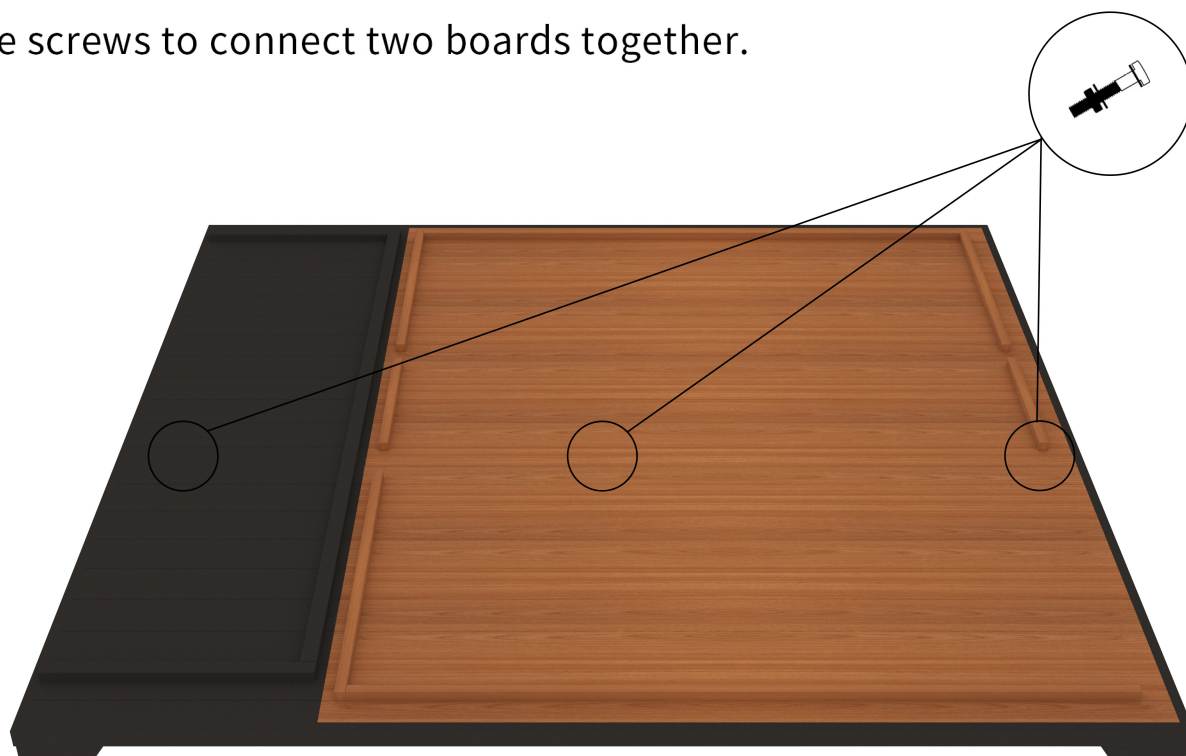
1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't 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

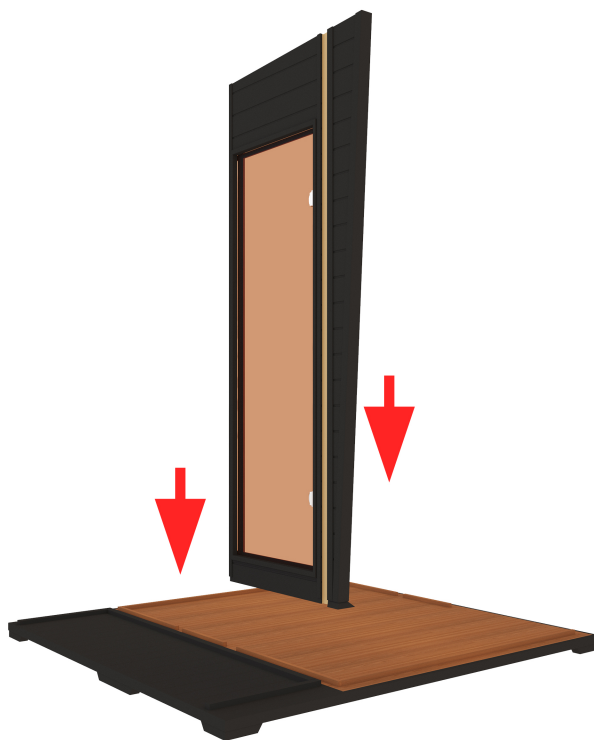
- ① Place the base plate on a flat surface.



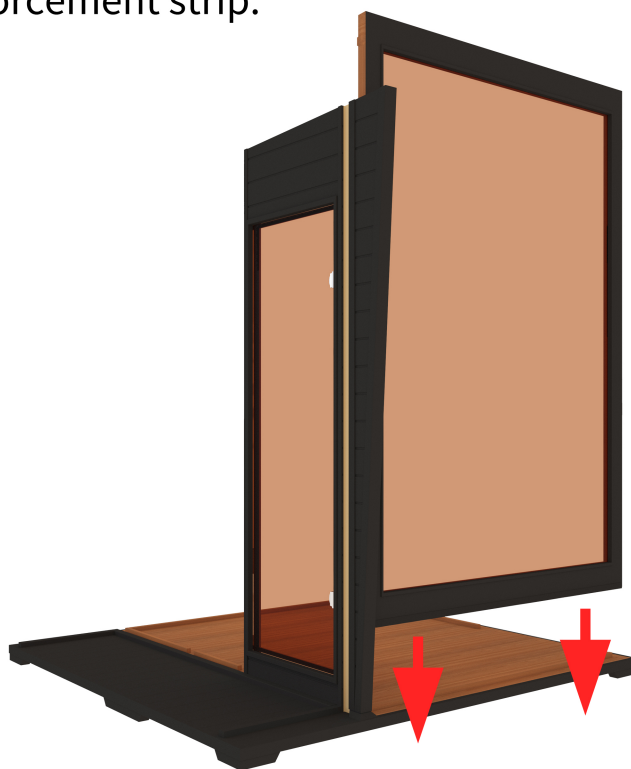
- ② Use screws to connect two boards together.



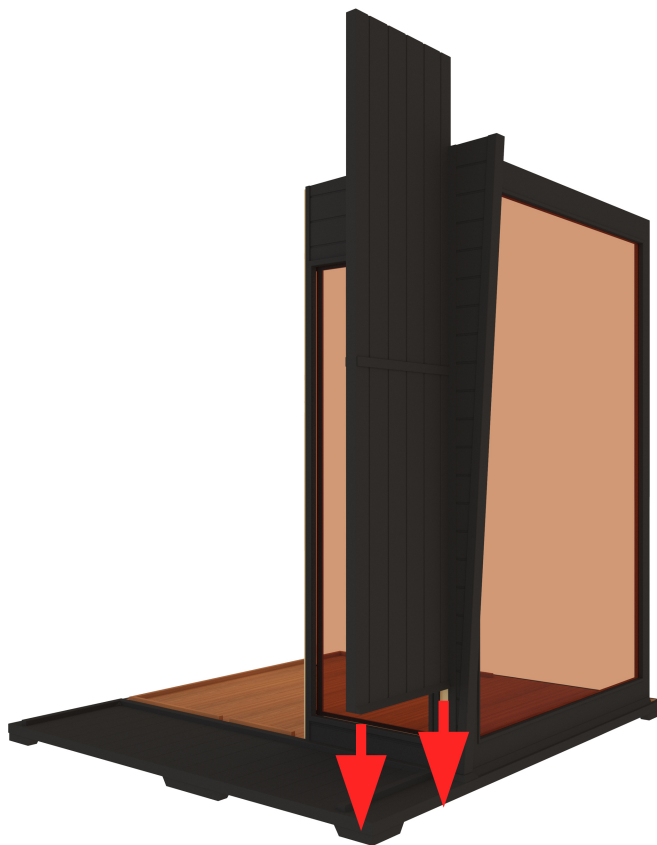
- ③ As shown in the following figure, place the door panel along the groove.



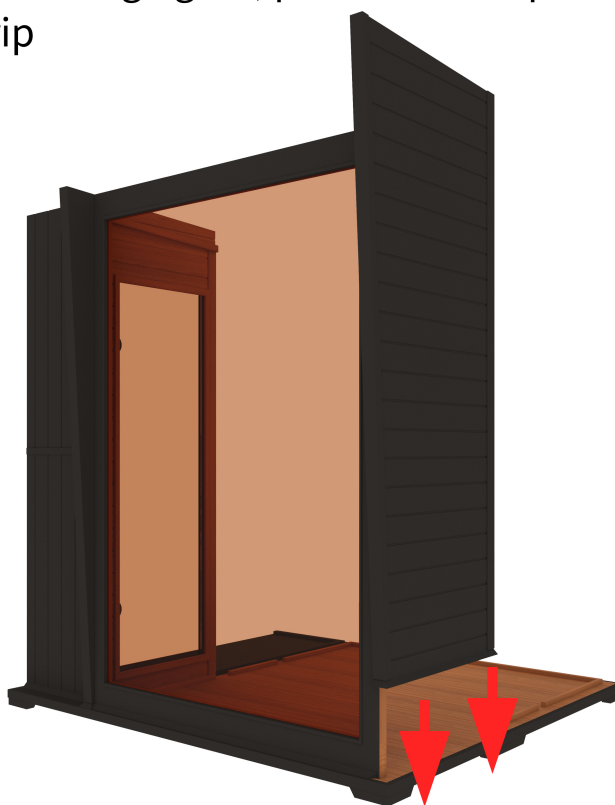
- ④ As shown in the following figure, place the right board along the bottom reinforcement strip.



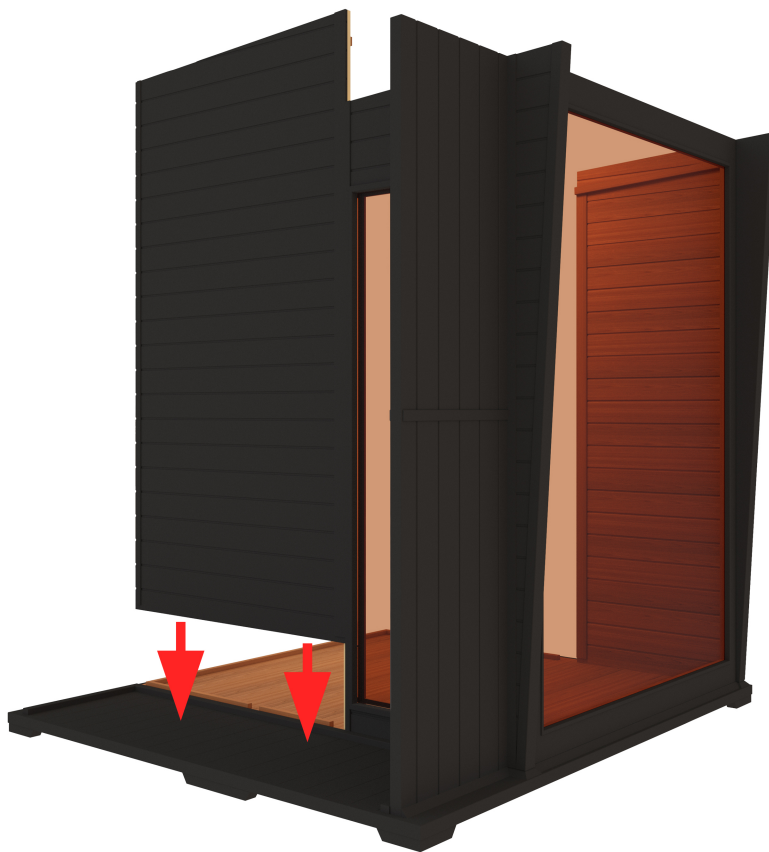
- ⑤ As shown in the following figure, place the right porch panel along the slot.



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



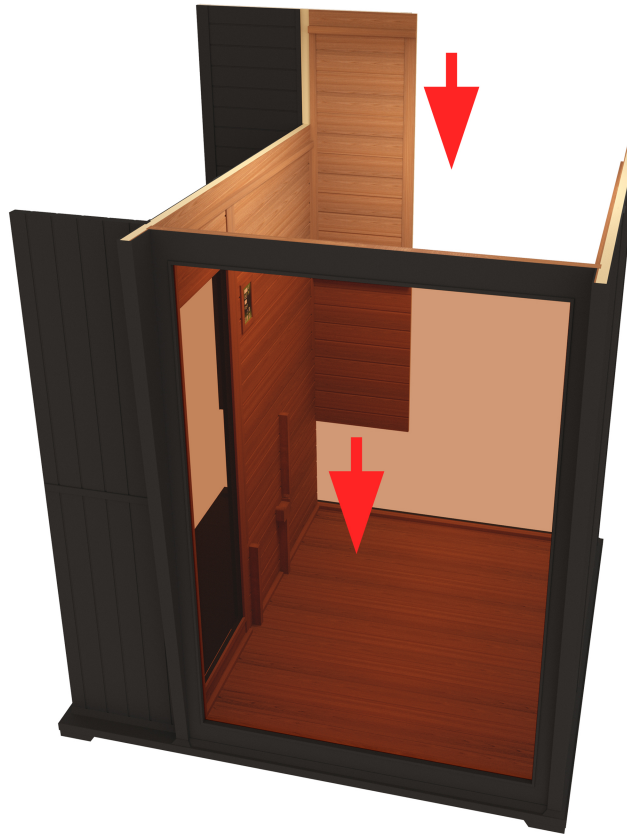
- ⑦ As shown in the following figure, place the front panel along the groove.



- 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

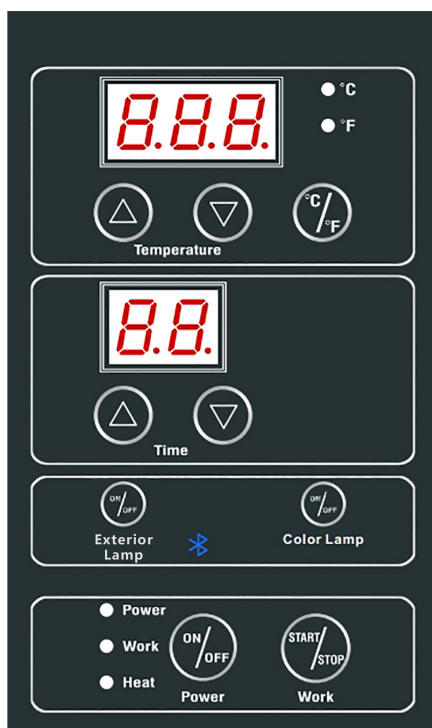


Using the sauna room

Note: Before turning on the sauna room, please remove the plastic protective cover on the control panel. Please check and confirm that the power connection (including the power cord), the speaker, the light strip, and the temperature sensor are all correctly connected and firmly fixed. The power voltage and frequency must be consistent with the requirements of the sauna room (special circuit: 120VAC 20A). Any electrical modification or repair work requires consultation with a certified electrician.

The thermometer is only a safety reference indicator. It is recommended to drink water before, during, and after using the sauna to prevent fluid loss due to sweating; however, it is not recommended to take a shower immediately after use, as at this time the pores on the skin are open and may absorb any substances in the water.

Warning: If you feel dizzy, drowsy, or experience any discomfort, please leave the sauna room immediately.



Control Panel

Power On/Off: Press to control the main power of the sauna

Power Indicator: Indicates the status of the sauna's main power

Work Start/Stop: Press to control the working functions of the sauna

Work Indicator: Indicates the working status of the sauna

Heat Indicator: Indicates the status of heating function

Light: Press to control the lighting function

Time Display: Displays the heating time of the sauna in minutes

Time: Press to adjust the setting of the timer

Temperature Display: Displays the actual interior temperature of the sauna room in 0C/0F

Temperature: Press to adjust the temperature setting

0C/0F: Press to change the temperature display between 0C/0F

Control Panel Styles Vary

1. Plug the sauna into the wall outlet.
2. Press the POWER button once. The POWER light will come on, the TIME DISPLAY will show 90 (minutes), the TEMPERATURE DISPLAY will show 1510F / 660C, and the control panel will flash.

3. Press the up/down arrows under the TIME DISPLAY to adjust the amount of time you want the sauna to remain on. Press the C/F button to choose between Celsius and Fahrenheit. Press the up/down arrows under the TEMPERATURE DISPLAY to adjust the temperature setting. Once you have set these adjustments to the desired settings, press the START/WORK button. If you do not press the button for 5 seconds, the control panel will stop flashing and the set-up values will be memorized. The WORK and HEAT lights will now be on and the emitters will now be generating heat. You can either pre-heat the sauna to the set temperature before entering or sit inside the sauna as the temperature rises to the set temperature. Please keep in mind that you will increase the time it takes for the sauna to reach the set temperature if you enter the sauna room before it has reached the set temperature.
4. During your sauna session, set-up time will count down the minutes one by one. You can use the up/down arrows to adjust the time. If you do choose to adjust the time, the control panel will flash and the emitters will stop generating heat. Once you set the time to the desired setting, then press the START/WORK button twice and the control panel will stop flashing and heat will begin coming from the emitters once again.
5. Heating times do vary. Generally, it will take approximately twenty to thirty minutes to preheat the sauna to the average used temperature range of approximately 118 degrees Fahrenheit / 48 degrees Celsius. When the ambient temperature is low, heating requires additional time. For the first few times of use, you may use 115 degrees Fahrenheit / 46 degrees Celsius as a reference starting point for a time period of about 20 to 30 minutes (this represents the actual time you are in the sauna at the desired temperature). As you become more comfortable and familiar with the sauna, you can increase the temperature and time period according to your personal preference.
6. When the temperature is at the set-up value, the digital control will maintain the set temperature. The WORK light will remain on and the HEAT light will turn off. The emitters will stop generating heat. Once the inside temperature drops approximately 4 degrees Fahrenheit, the HEAT light will turn back on and heat will again be generated by the emitters. With the digital control, the inside temperature will always remain around the set-up value.
7. Reading lamps and/or roof lamps and/or color therapy lamps are operated by pressing the respective buttons located towards the center of the control panel. These lamps are offered on some models and are not available on all models.