



FAR INFRARED SAUNA

»»
OPERATION MANUAL

CONTENT

INSTRUCTIONS FOR PRODUCT INSTALLATION AND USE

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Thanks for choosing infrared sauna room!

Warning: Please inspect all heaters to ensure there is no damage before assembly. Any excessive vibration during transport may cause the heater to damage the element. Do not start the sauna if damage is detected! Please contact your dealer or manufacturer for troubleshooting and parts replacement.

Disclaimer: The infrared rays emitted by your sauna are reported to provide a wide range of possible therapeutic benefits, according to studies completed around the world over the past 25 years. These benefits are only for reference and do not imply that infrared sauna will cure or treat any disease. Please consult your physician before beginning infrared therapy if you have a health problem, are taking prescription medication, or have an acute joint injury. People with surgical implants (metal pins and rods, artificial joints, silicone, or other types of surgical implants) usually do not experience any adverse effects, but they should also consult their doctor or surgeon before starting infrared therapy. Please mention models are subject to change without notice. Pictures shown are for display purposes only and may differ from your exact model.

Please read and follow all instructions before use.

1. Please follow all warning labels and marks in sauna room.
2. Please do not install any sockets on the inside or outside walls of the sauna room.
3. Sauna doors should not be fitted with locking devices that could result in getting stuck inside the sauna.
4. Ceiling vents can be left in the open position during use.
5. Caution! HIGH HEAT HAZARD: Normal body temperature should not exceed 103°F. Symptoms of excessive heat therapy include dizziness, drowsiness, and fainting. Effects of excessive heat therapy may include inability to perceive heat, inability to physically leave the sauna, lack of awareness of impending danger, loss of consciousness, and foetal damage in pregnant women. Heat therapy raises your body's core temperature. It is not recommended to set the desired temperature too high.
6. Hydrate to replenish body fluids before, during and after the sauna.
- 7 After 2 hours of continuous use, the sauna needs to be switched off for 1 hour.
8. To avoid burns, do not touch the heating elements.
9. Do not use drugs or drink alcohol before or during a sauna as they may cause unconsciousness and/or other harmful physical injuries. If absolutely necessary, people using medications should consult a doctor before a sauna. Some medications may cause drowsiness, while others may affect heart rate, blood pressure and/or circulation.
10. Caution! Please make sure your hands are dry and free 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 avoid electric shock.
12. Do not touch the metal pins of the plug.
13. People who are obese or have a history of heart disease, low or high blood pressure, circulatory problems or diabetes should consult a doctor before use.
14. Do not pour water or any other liquid on the infrared emitter.
15. Do not place flammable materials near or on the heater.
16. Do not strike or damage the heating element as this may cause an electrical short circuit and induce a safety risk.

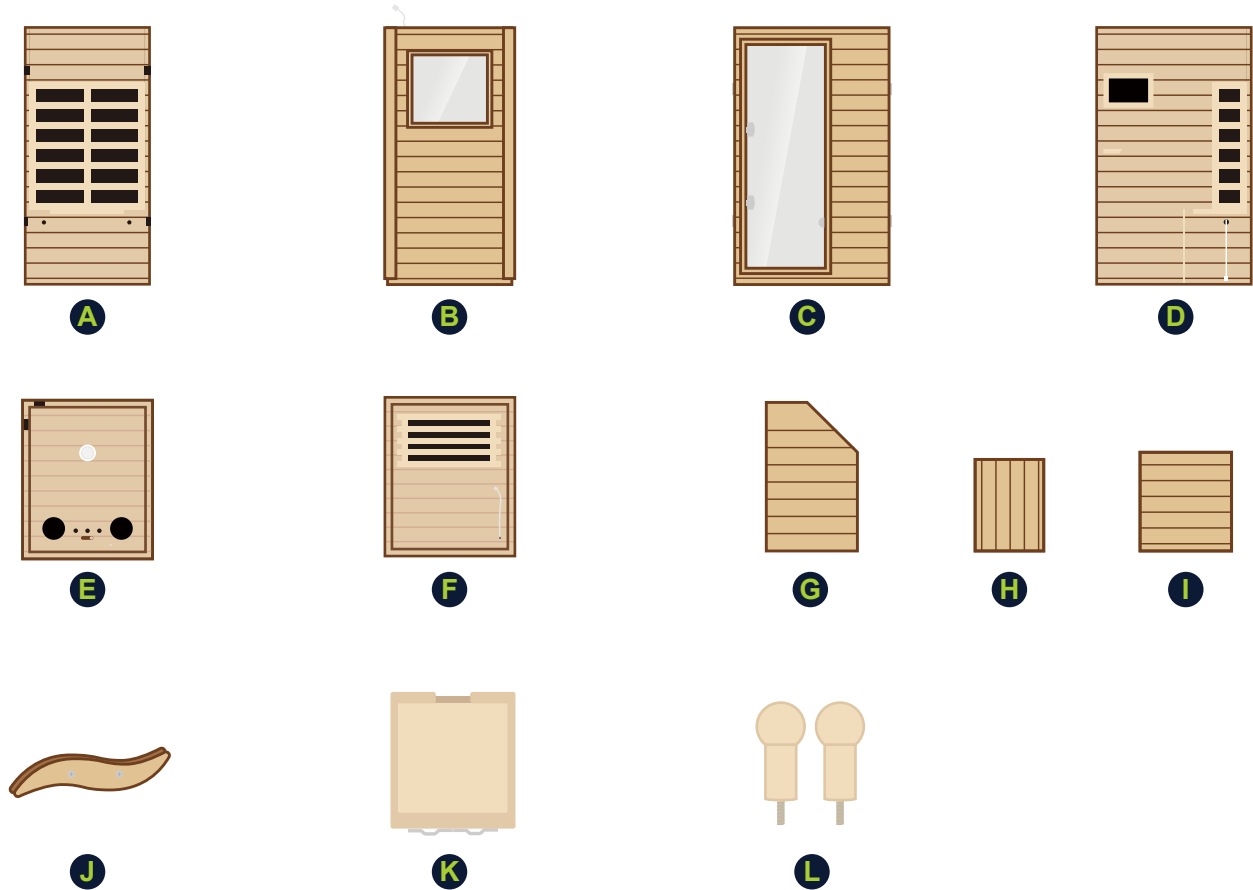
17. To reduce the risk of injury, do not allow children to use saunas unless they are closely supervised by adults and have a doctor's prescription for sauna use.
18. If the power cord is damaged, it must be replaced immediately by the manufacturer or its agent.
19. If you notice that the power cord is too hot or the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid a dangerous situation!
20. Women who are pregnant or may become pregnant should contact their doctor before use. Excessive temperatures are likely to cause foetal damage during pregnancy.
21. Do not sleep in it.
22. Do not stack or store anything on top of or inside the sauna.
23. Do not use during lightning storms to avoid electric shock!
24. Do not attempt to make any repairs yourself.
25. If there is a problem with the sauna, please contact the seller, dealer or manufacturer to avoid a safety hazard.
26. Unauthorized repair attempts will void the manufacturer's warranty.
27. Please make sure the outlet power supply meets the required specifications. Non-compliance may pose a safety risk.
28. Some sauna models are equipped with reading and roof lamps. Do not attempt to touch the lamp as it becomes very hot when energized to avoid burns. Do not attempt to touch it for at least 20 minutes after turning off the power.
29. Do not install the sauna near water, near a bathtub (if water will splash on the sauna), near a shower (if water will splash on the sauna), in a wet basement or near a swimming pool (if water will splash on the sauna).
30. Do not use liquid cleaners or aerosol cleaners in the sauna. Unplug the sauna from the wall socket before cleaning. Use plain water and a soft cleaning cloth.
31. When replacement parts are required, make sure they meet the manufacturer's specified requirements.
32. Unauthorized substitutions may result in fire, electric shock or other hazardous conditions. After making any repairs, have a service technician perform a safety inspection to determine if the sauna is in good working order.
33. Do not use any wall outlet adapters or extension cords between the sauna power cord and the wall outlet. If you must use an extension cord, have a certified electrician make the shortest extension cord possible. Make sure it is not wired in such a way that it could cause a safety problem, such as someone tripping over it.
34. Do not make any changes to the sauna, sauna structure or sauna components!



HBu001E

FAR INFRARED SAUNA

•———— Sample mini model

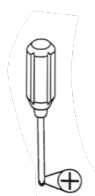


Part Number	Name	Number
A	Back Piece	1
B	Front Piece	1
C	Right Piece	1
D	Left Piece	1
E	Top piece	1
F	Bottom Piece	1
G	Seat Baffle	1
H	Vertical Baffle	1
I	Vertical Baffle	1
J	Handle	1
K	Square Shelving	1
L	Hanger Hook	2

TOOLS REQUIRED (NOT INCLUDED)



Safety goggles



Phillips screwdriver

Installation

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



Figure 1



Figure 2



Figure 3



Figure 3-4 Snap
sample drawing



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 15 degrees in sequence. (figure 2-4)

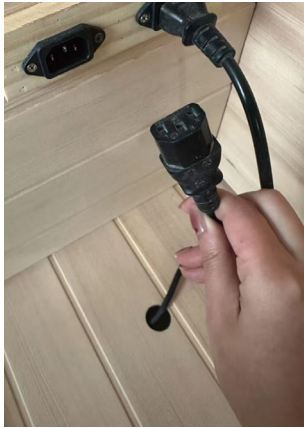


Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11

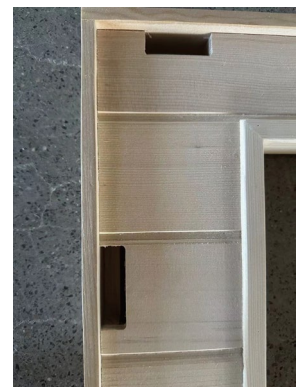


Figure 12

3. Connect the heating equipment of part A and part C. Corresponding interface connection. (Figure. 5-6)
4. Insert part I and H into the groove of part C, D and F respectively.(Figure 8-9)
4. Link Part I to Part D concave-convex position, install downward, link part H to parts I and C concave-convex position, install downward (Figure 7-8)
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 J.(Figure 11)

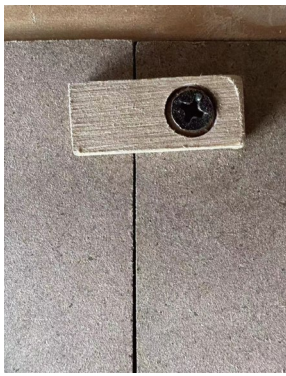


Figure 13



Figure 14



Figure 15



Figure 16



Figure 17



Figure 18



Figure 19



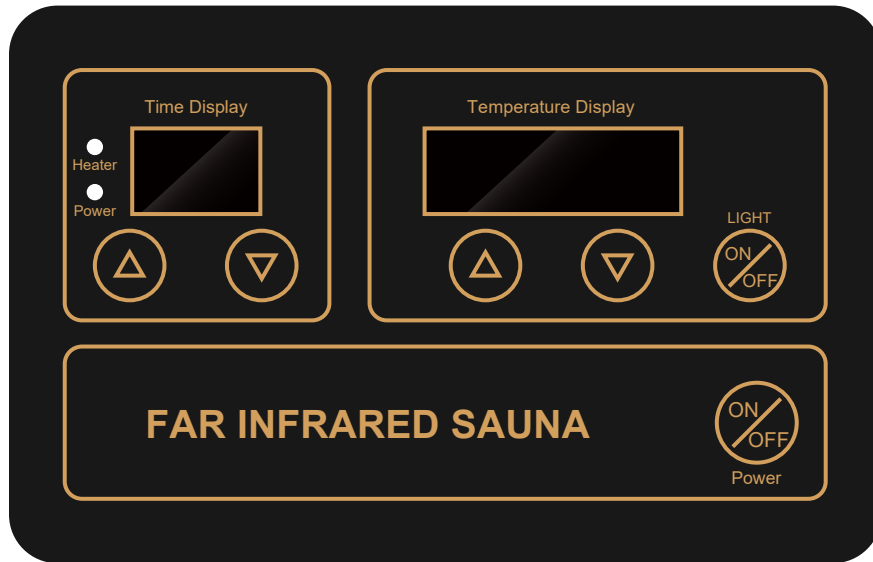
Figure 20

8. Wire goes through the hole in the top plate (E) and unscrews the button (13) as shown in (14) 9. Link four wire sockets (15 16 17) pull the plug wire out of the hole and screw on the button (13)

9: Install part , K and L respectively. (Figure 20)

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.
6. Please use 110V voltage! ! !



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.

Press the two buttons simultaneously so as to achieve switch between Celsius and Fahrenheit.



Celsius Range: 25-65 °C ;

Fahrenheit Range: 77-149 °F .

If the set temperature doesn't flash, it's actual indoor 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 "SAUNABT "equipment and connect with no password needed.

Application method of product

1. Instructions

- 1.1 Preheating
 - 1.1.1 Close the air hole on the top of the product
 - 1.1.2 Start operation by pushing the power button on the control panel.
 - 1.1.3 Press TEMP adjustment button to set temperature, temperature can be set up to 40-50°C.
 - 1.1.4 Press the time adjustment button to set the required time (about 20-30 min) and enter the preheating state. After about 20 min, the room reaches the set temperature and keeps constant automatically.
 - 1.1.5 Please don't open the product door frequently.
 - 1.1.6 After the temperature is constant, change the set temperature and open the product door temporarily to accelerate cooling while reducing the internal temperature of product
- 1.2 Timing
After preheating to the set temperature, adjust the timing switch to adjust to the preset time; Close the product door after entering.
- 1.3 Finish using. Press the power switch to turn off the power supply.

2. Precautions During Use

- 2.1 When using the product, please check whether the power supply meets the requirement (whether there is a grounding device).
- 2.2 Please don't take clothes, shoes, metal jewelry, watches and other items into the product
- 2.3 Don't put combustibles such as a lighter, liquefied gas, gasoline and alcohol and corrosive products such as strong acid and alkaline in the product
- 2.4 Please don't stretch fingers into the heating plate's protective cover in the hot product.
- 2.5 Don't smoke in the product or bring any fire.
- 2.6 The product may not be made so hot during use in winter time or cold weather or low indoor temperature (lower than 10°C). To ensure the internal temperature of the product, please keep the indoor temperature at about 20°C.
- 2.7 In principle, don't use the product immediately after a meal, but actually one hour after the meal.
- 2.8 In principle, don't take a shower immediately after using the product, but two hours after using
- 2.9 When using the product, please drink more warm water to supplement the water lost during perspiration.
- 2.10 Stop using if it is uncomfortable when using the product
- 2.11 Please wipe sweat after using, keep warm to avoid catching a cold.
- 2.12 Don't remove the parts such as a control panel and heating plate arbitrarily.
- 2.13 It is suggested that the product shall not be used continuously for more than 2 hours.

3. Power Safety

- 3.1 The power supply and power circuit must be provided with reliable grounding during use; the power cord is equipped with a reliable grounding wire to avoid excessive use of product producing a large amount of water vapor and causing electrostatic induction, voltage increase, short circuit, smoking, tripping and other phenomena.
- 3.2 Please don't use the power supply beyond the national standard voltage (e.g. 220V for China, 240V for Malaysia and 120V for America) to avoid fire and electric shock.
- 3.3 Do not work on, curl, or damage the power cord to avoid sparking and electric shock.
- 3.4 Make sure that there is no water or debris in the plug or in the gap to avoid electric shock or other malfunctions.
- 3.5 When plugging in or unplugging the power cord, please hold the head of the plug and ensure your hands are dry to avoid the risk of electric shock
- 3.6 Families with pets should pay attention to prevent the pets from biting the power cord or urinating on the plug, which may cause fire or other accidents. When going out, be sure to unplug the device and place the product in a place beyond reach of pets.
- 3.7 Replacement of the power cord other than by professionals is strictly prohibited. Please contact professional maintenance service or electricians for replacement or maintenance.

4.Unsuitable Users

The following groups are strictly prohibited from using the product:

- 4.1 Patients with diabetic foot,severe cardiovascular and cerebrovascular disease.
- 4.2 Patients with cancer in the process of radiotherapy and chemotherapy.
- 4.3 Infants and young children,pregnant women,and menstruating women.
- 4.4 Patients with glaucoma,cataract and bleeding tendencies.
- 4.5 Patients with active tuberculosis,severe arteriosclerosis,malignant tumor,and blood coagu-lation disorders
- 4.6 Patients wearing pacemakers,orwith steel plates or othermetal inside the body.
- 4.7 Patientswith burns and fractures.
- 4.8 People with electromagnetic sensitivity.
- 4.9 People with a history of cerebral infarction or myocardial infarction.
- 4.10 People with the lower than normal blood platelets.
- 4.11 People requiring frequent infusionswithin 2-5 years owing to cardiovascularand cerebrovas-cular diseases or easily damaged blood vessels.
- 4.12 People drinking a lot of alcohol or taking sleeping pills within thelast 24 hours.
- 4.13 Patients with mental disorders,patients who can not take care of themselves,have noself-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 the dust,hair and small sundries in the room with a dusteror soft hair brush;wipe the whole room,seat and frame feet with a dry towel that has strong waterabsorption,discharge the moisture in the room and disinfect and sterilize.Power cords should berouted so as not to be stepped on or pinched byany object that may be resting on them.
- 1.2 Enable the machine to run idle at least once a week (30 min each time),so as to keep thedryness of the inner room and reduce the electrostatic induction.
- 1.3 If the room is frequently used,dehumidify it as stated above after each use.A thoroughcleaning is also required after each day of use.
- 1.4 If the room is not used or you plan to be away for long periods,ensure that the power isunplugged to avoid potential safety risks.
 - Please clean after the product is powered off.
 - Please maintain the product when the temperature of the inner room is reduced to the indoor temperature.

2.Precautions for Product Maintenance

- 2.1 Overall movement
 - 2.1.1 Pull out the power plug and arrange the power line.
 - 2.1.2 Close and fix the room door
 - 2.1.3 When moving the product,pleaselit the base of the room body rather than push the verticalplate ofthe room forcibly.
 - 2.1.4 Handle with care during movement to avoid room damage.
- 2.2 Equipment cleaning
 - 2.2.1 When wiping the room wall and protective cover,please avoid touching the frequencyspectrum plate.
 - 2.2.2 Don't wipe the product with a chemical cleaner.
 - 2.2.3 Don't wash and sprinkle the interior and exterior of the product or wipe the control paneland knob with alcohol or other solvent.
 - 2.2.4 Don't dismount,repair and transform the product on its own;ifit is necessary to change thecontrol-ler,please operate when the product is powered off.
 - 2.2.5 Don't use the product as storage space.

Specifications

Technical Data

This product is designed and manufactured according to the safety requirements of relevant standards.

Technical Data

Type: HBU001E

Data:

Type	Rated power	Overall dimension
HBU001E	800W	700*895*1565mm

Working Conditions

Ambient temperature: $-5^{\circ}\text{C} \sim +40^{\circ}\text{C}$

Relative humidity: $\leq 75\%$

Rated power: 50-60Hz

AC100V AC110V AC120V AC220V AC230V AC240V

Note

- Improvements and changes to the data may be made without further notice.
- Damaged parts or expired components should be disposed of according to the regulations for disposal of general electrical waste.
- In case of any problems, please contact the local dealer or manufacturer.

After-sales Service Guide

1. Free warranty period of product:

12 months or accumulated use of 2000 hours

The free warranty period starts from the date of receipt. Users can enjoy 12 months of free warranty and life-long paid maintenance (during the free warranty period, if the accumulated use time reaches 2000 hours, then the accumulated use time shall prevail).

2. The following conditions are excluded from the scope of the warranty:

- 2.1 Failure caused by force majeure factors (such as war, earthquake, flooding, mudslide, typhoon, lightning, etc.), improper use/maintenance, abnormal operation and modification, or other accidents
- 2.2 Failure to provide the warranty card and proof of purchase, and product damage caused by disassembly without consent of our technical service personnel.
- 2.3 After the warranty period expires, the Company will provide lifetime paid maintenance and will only charge the maintenance costs.

3. Maintenance Method

- 3.1 Warranty service: Within the free warranty period, in case of a malfunction caused by the product itself, customers can get in touch with our service staff to help you solve problems. Meanwhile, the detailed reasons you should provide so that we can better assist you in dealing with your issues. If needed, we will send the relevant replacements for troubleshooting. Please feel free to contact us for any issues it may cause before or after your purchase through our website. We are here glad to serve you all the time! (sincereservice@hotmail.com)

Share the warmth with family