CONTENT

INSTRUCTIONS FOR PRODUCT INSTALLATION AND USE

1. Precautions for purchasing a sauna room ------------------------------------Page 1-2

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Thanks for choosing infrared sauna room!

Warning: Before assembly, please inspect all heaters meticulously toensurethere isno damage. Any excessive vibration during transportation might cause damage to the heater element. Do not initiate the sauna operation if damage is identified! Please contact your dealer or manufacturer for troubleshooting and parts 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 disease. If you have a health issue, are taking prescribed medication, 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 notencounter any adverse effects, but they should also consult their doctor or surgeon prior to initiating infrared therapy. Please note that models are subject to change without notice. Pictures shown are for display purposes only andmay deviate from your exact 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. Please refrain from 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. Caution! HIGH HEAT HAZARD: The normal body temperature should not exceed 103°F. Symptoms of excessive heat therapy encompass dizziness, drowsiness, and fainting. Effects of excessive heat therapy may include the inability to perceive heat, the inability to physically exitthe sauna, the lack 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 replenish body fluids before, during, and after the sauna.
7. After two hours 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 consume medications or alcohol before or during the sauna as they may cause unconsciousness and/or other detrimental physical injuries. Ifabsolutely necessary, individuals using medications should consult a doctor prior to the sauna. Some medications may induce drowsiness, while others may impact heart rate, blood pressure, and/or circulation.
10. Caution! Please ensure your hands are 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.

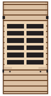
13. Individuals who are obese or have a history of heart disease, low or high blood pressure, circulatory problems, or diabetes should consult a doctor before utilization.
14. Do not pour water or any other liquid onto the infrared emitter.
15. Do not position flammable materials in proximity to or on 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 and a doctor's prescription.
18. If the power cord is damaged, it should be replaced immediately by the manufacturer or their authorized agent.
19. If you notice the power cord overheating or suspect technical issues, contact the manufacturer or their agent promptly to prevent any potential dangers.
20. Pregnant women or those who may become pregnant should consult their doctor before using the sauna, as excessive heat can harm the fetus.
21. Avoid sleeping in the sauna.
22. Do not stack or store items on or inside the sauna.
23. 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 there is a problem with 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. Some 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. Avoid installing 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 wall outlet adapters or extension cords with the sauna power cord. If necessary, have a certified electrician create the shortest extension cord possible to prevent safety hazards.
34. Do not modify the sauna, its structure, or components in any way.

MS-101-2

FAR INFRARED SAUNA

Sample mini model

Model: 101-2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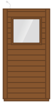
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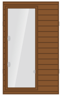
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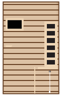
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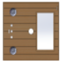
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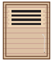
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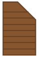
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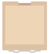
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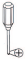
Part Number	Name	Number
A	Back Piece	1
B	Front Piece	1
C	Right Piece	1
D	Left Piece	1
E	Top piece	1
F	Bottom Piece	1
G	Seat Baffle	1
H	Vertical Baffle	1
I	Vertical Baffle	1
J	Handle	1
K	Cup holder	1

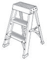
TOOLS REQUIRED (NOT INCLUDED)

At least need 3person-2person work together

Phillips screwdriver

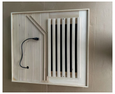


REQUIRED TOOLS



Installation

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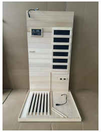
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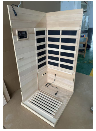
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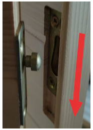


Figure3-4Snap sample drawing

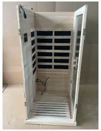
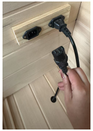


Figure 4

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)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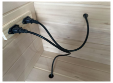
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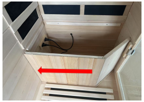
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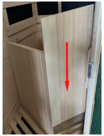
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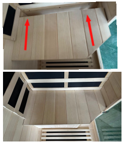
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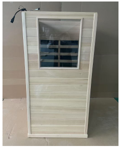
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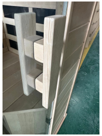
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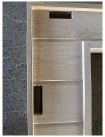
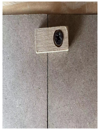


Figure 12

3. Connect the heating equipment of part A and part C. Corresponding interface connection. (Figure. 5-6)

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)



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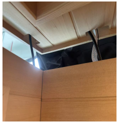

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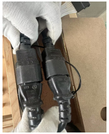

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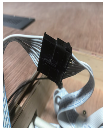

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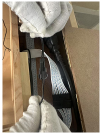

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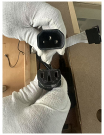

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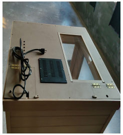


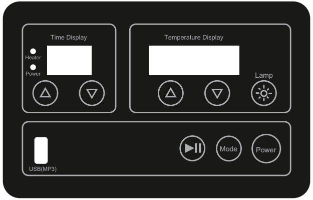
Figure 19

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 J.(Figure 11)
8.Wire goes through the hole in the top plate (E)and unscrews the button (13) asshown in (14)9.Link four wire sockets (15 16 17) pull the plug wire out of the hole and screw on the button (13)

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！！！

Device Structure



Control Panel:

Power on: after connecting the power, press button " Power " to start up.

Power off: press button " Power " 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 “SAUNABT ”equippment and connect with no password needed.

Application method of product

Instructions

1. Preheating
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 Use the TEMP adjustment button to set the temperature between 40-50°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 and maintain it automatically.
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
After preheating 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. Avoid placing combustibles or corrosive products in the product.
4. Do not touch the heating plate's protective cover when the product is hot.
5. No smoking or open flames in the product.
6. Maintain an indoor temperature of around 20°C during winter or cold weather.
7. Wait one hour after a meal before using the product.
8. Wait two hours after using the product before taking a shower.
9. Drink warm water to stay hydrated during use.
10. Stop using if you feel uncomfortable.
11. Wipe sweat after use to stay warm and avoid catching a cold.
12. Do not remove control panel or heating plate parts.
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. Keep plugs and gaps free of water or debris 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. Only allow professionals to replace the power cord. Contact maintenance service or electricians for replacement or maintenance.

Unsuitable Users

The following groups are strictly prohibited from using the product:

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

- Patients with glaucoma, cataract, and bleeding tendencies.
- Patients with active tuberculosis, severe arteriosclerosis, malignant tumors, and blood coagulation disorders.
- Patients wearing pacemakers or with steel plates or other metal inside the body.
- Patients with burns and fractures.
- Individuals with electromagnetic sensitivity.
- Individuals with a history of cerebral infarction or myocardial infarction.
- Individuals with lower than normal blood platelet levels.
- Individuals requiring frequent infusions within 2-5 years due to cardiovascular and cerebrovasculardiseases or easily damaged blood vessels.
- Individuals who have consumed a lot of 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 duster or soft hairbrush. Wipe the entire room, seat, and frame feet with a dry towel that has strong 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 Allow the machine to run idle for at least 30 minutes once a week to maintain the dryness of the inner room and reduce electrostatic induction.
1.3 If the room is frequently used, dehumidify it as mentioned above after each use. Thorough cleaning is also required after each day of use.
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.

●Please clean the product after it 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 Disconnect the power plug and arrange the power line.
2.1.2 Close and secure the room door.
2.1.3 When moving the product, lift the base of the room body instead of pushing the vertical plate forcefully.
2.1.4 Handle with care during movement to prevent any damage to the room.
2.2 Equipment 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 disassemble, repair, or modify 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.