



SAUNAS USER MANUAL

JFHL035BK

THE NEW GENERATION SAUNA IN THE WORLD!



FOR INDOOR USE ONLY
120VAC 20AMP DEDICATED CIRCUIT



AT LEAST 2 PEOPLE ARE NEEDED TO WORK TOGETHER



REQUIRED TOOLS

Owner's Manual

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A.Preview

A.1 Operating Conditions:

- Temperature: 15°C to 40°C (59°F to 104°F)
- Relative Humidity: ≤85%
- Atmospheric Pressure: 700- 1060hpa
- Power Supply: AC 120V,60HZ.
- The sauna cabin must be at least 35mm (1.377 inches) away from the wall.

A.2 Features

- Wooden Construction
- Digital microprocessor Controlled
- Temperature Adjustable from 18°C-65°C (65°F to 150°F)
- Adjustable timing range from 1 to 90 minutes
- Temperature sensor
- Touch-tone keypad
- Long-life carbon heating elements and glass heater
- One ventilator on the roof

B.General Safety Rules

B.1 Installation Requirements:

B.1.1 Usage & Environmental Requirements:

• This sauna is exclusively for Residential Use (not for commercial purposes). It shall only be installed and used in a closed, dry, and controlled indoor environment. Installation or use in any outdoor or semi-outdoor locations is strictly prohibited, including but not limited to courtyards, balconies, terraces, garages, sheds, awnings, or any areas exposed to rain, snow, moisture, condensation, or extreme weather.

• Obtaining a permit from the local electrical inspection authority is required before installation.

• Route all wiring for the sauna heater and accessories away from direct heater radiation.

- Do not install receptacles where they could be sprayed with water.
- Do not install shower heads above sauna heaters.
- Do not install electrical receptacles inside the heated sauna room.
- Do not install plumbing fixtures (taps, etc.) inside the sauna room.
- The sauna door must NOT include any locking or latching systems that could trap someone inside.
- Ensure the sauna room has adequate ventilation.
- Do not place carpet or other fabric products on the sauna floor. They can block heat dissipation and cause mildew.
- Prevent water or other liquids from entering the heating unit to avoid affecting normal operation.

B.1.2 Electrical System Pre-Checks:

This product is a high-power electrical device with specific safety requirements for the home power system. Before installation and use, the user must have a qualified electrician conduct a comprehensive evaluation and confirmation of the electrical conditions at the installation site, including but not limited to:

- Wire diameter, aging degree, and insulation status of indoor wires;
- Rated current and load capacity of wall sockets;
- Rated current, type, and continuous load capacity of circuit breakers;
- Availability of a compliant dedicated independent circuit.

If the home or installation site has aging wires, insufficient line load capacity, inadequate circuit breaker rating, or an electrical system that does not meet requirements, the qualified electrician must rectify and confirm compliance before powering on the product. The product must not be powered on until professional evaluation and rectification are completed.

B.2 Health Precautions:

Hyperthermia occurs when the body's internal temperature rises significantly above the normal 98.6°F. Symptoms include dizziness, lethargy, drowsiness, and fainting. Effects of hyperthermia can include:

- Reduced ability to perceive heat.
- Failure to recognize the need to exit the sauna.
- Unawareness of impending danger.
- Risk of fetal damage in pregnant women.
- Physical inability to exit the sauna.
- Loss of consciousness.

WARNING: Consuming alcohol, drugs, or certain medications can significantly increase the risk of fatal hyperthermia.

B.3 Safety Precautions:

- Do not dry clothes or leave towels on the heater inside the sauna.
- Do not touch the heater tube with fingers or metal tools.
- Do not touch the light while it is on.
- Do not splash water or other liquids onto the heating tube.
- **DO NOT USE THE SAUNA IF YOU:**

1. Have open wounds, eye infections, or severe burns.
2. Are an infant. Pregnant women, the elderly, frail individuals, or those with serious medical conditions should avoid use or consult a doctor.

3. Have heat sensitivity, obesity, heart disease, hypertension, circulatory problems, or diabetes. Consult your doctor before use.

- Do not place pets in the sauna.
- Do not use while under the influence of excessive alcohol.

- Children aged 6 and older, and persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, may use the appliance only if supervised or instructed on safe use and if they understand the hazards involved.

- Cleaning and user maintenance must not be performed by unsupervised children.
- Supervise children to ensure they do not play with the appliance.
- Inspect the sauna room before restarting the timer.
- Do not clean using steam cleaners, high-pressure cleaners, or by spraying water.
- If the power cord is damaged, it must be replaced by the manufacturer, its service agent, or a similarly qualified person to avoid hazards.

- This appliance has a non-self-resetting thermal cut-out.
- The heater must be used alone. (Do not connect other high-power devices to the same circuit while the sauna is operating).

- Do not connect, modify, or adjust the home power system by yourself.
- Do not replace, upgrade, or bypass circuit breakers or safety protection devices without authorization.

- Do not use power strips, extension cords, adapter plugs, adapter sockets, or any non-matching intermediate power supply methods. The product must be directly connected to a fixed wall socket that fully matches the rated specifications and connected to a dedicated independent circuit.

- Do not disassemble, modify, repair, or rewire any electrical components of the product by users or unauthorized personnel, including but not limited to plugs, sockets, wires, circuits, controllers, heating elements, and internal wiring. All electrical installation, inspection, and rectification work must be performed by a qualified electrician in accordance with local electrical codes.

WARNING: Power line connection must be performed by a qualified electrician!

WARNING: Disconnect all power circuits before accessing terminals.

WARNING: Covering the heater or infrared emitters creates a fire risk.

TIPS:

Do not push the door forcefully during sauna assembly.

The door must open outward.

Main Components

PARTS LIST				PARTS LIST			
PART NO	DESCRIPTION	QUANTITY	PART NAME	PART NO	DESCRIPTION	QUANTITY	PART NAME
A		1	Floor	K		1	Cup Holder
B		1	Back Board	L		14	M3.5*15MM
C		1	Left Board	M		4	M3.5*25MM
D		1	Right Board	N		6	M3.5*30MM
E		2	Seat and Seat Holder	O		6	M4*40MM
F		1	Backrest	P		4	M4*50MM
G		1	Front Board	Q		1	Gloves
H		1	Top Board	R		1	Towel
I		1	Oxygen bar	S		1	Adapter
J		1	Door Handle				

C:Installation

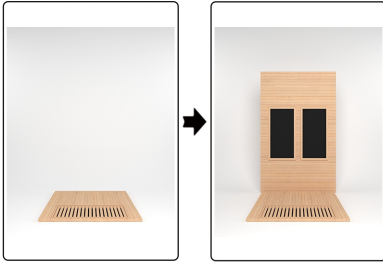


No.	Corresponding annotations	No.	Corresponding annotations
1	Dust Cover plate	7	Part E-Seat
2	Battery Box	8	Part E-Seat Holder
3	Part H	9	Part A
4	Part B	10	Part J
5	Part C	11	Part G
6	Part D	12	Part F

1 STEP

PART A: Floor*1
PART B: Back Board*1

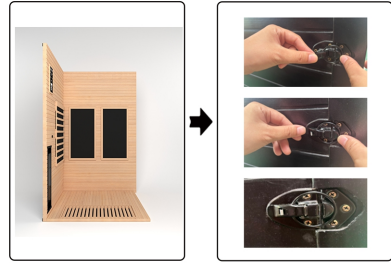
1. Install Floor and Back Board.



2 STEP

PART C: Left Board*1

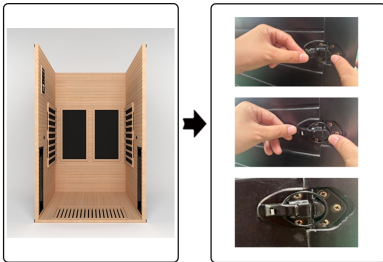
1. Install the Left Board.
2. Fasten the sauna plate with hasp.



3 STEP

PART D: Right Board*1

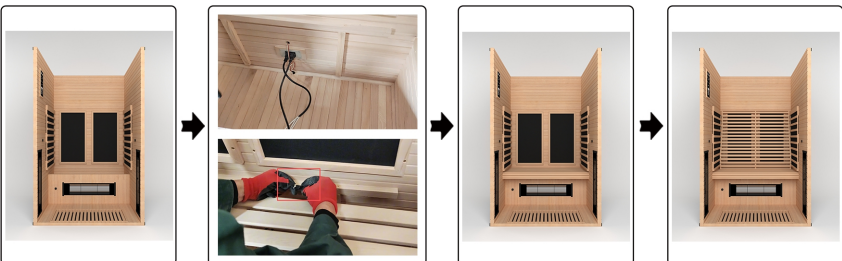
1. Install the Right Board.
2. Fasten the sauna plate with hasp.



4 STEP

PART E: Seat*1 and Seat Holder*1
PART O: M4*40MM*4 PART P: M4*50MM*2

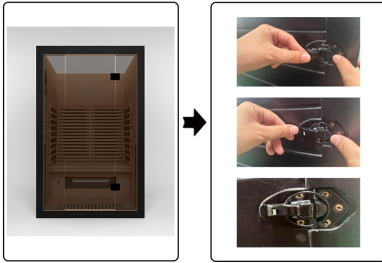
1. Install the seat holder with screws.
2. Connect the two wires to the plug.
3. Install the seat with screws.
4. Adjust the backrest to a comfortable position



5 STEP

PART G:Front Board*1

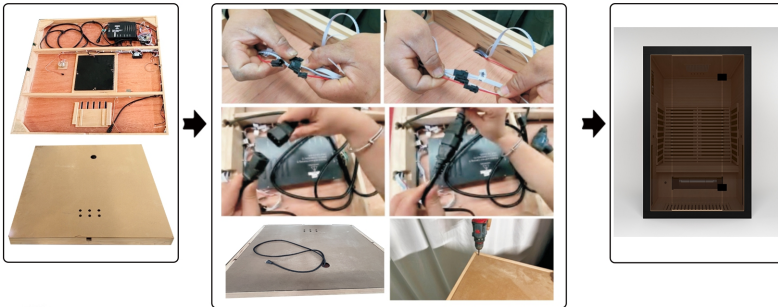
1. Install the Front Board .



6 STEP

PART H:Top Board*1
PART L: M3.5*15MM*8 PART N: M3.5*30MM*4

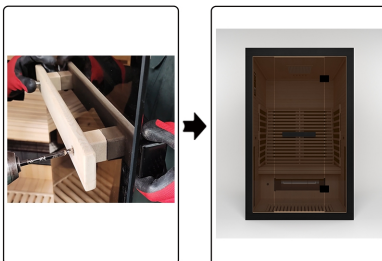
1. Open the roof dust cover.
2. Install the top board.
3. Connect all the roof plug together and fix roof with Part N.
4. Install the screws to fix the roof
5. Install the dust cover with Part L.



7 STEP

PART J:Door Handle*1

1. Install the Door Handle.



8

STEP

PART K:Cup Holder*1
PART M:M3.5*25MM*2

1. Install the Cup Holder in the left board or right board with screws.

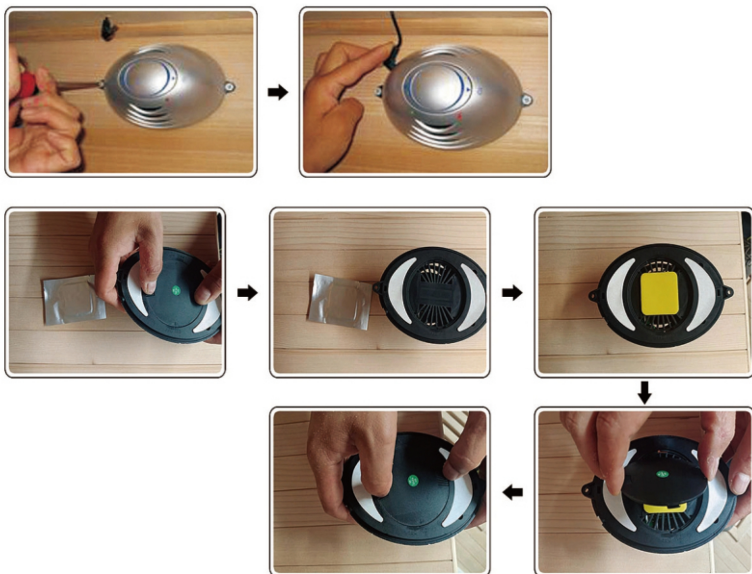


9

STEP

PART I:Oxygen Bar*1
PART M:M3.5*15MM*2

1. Replace the fragrance sheet.
2. Install the Oxygen Bar.
3. Plug in the power supply.



- Press the ion button: it extremely purifies the air and removes toxic substances including the dust and odors mold.

- Press the ozone button: ozone could kill virus and will be deoxidized into oxygen in the end without secondary pollution, which the chemical agents can not achieve.

D.Operation

D.1 In use of sauna room, please pull the temperature sensor vertical downward, as shown in the figure below to ensure the accuracy of the temperature display on control panel.



D.2 Plug the power cord into the wall outlet.



Sauna Plug
120V/20A
(5-20P)

D.2.1 NEMA 5-15P to 5-20R Adapter Cable Instructions for Use.

If the plug cannot be inserted into the socket at home, an adapter of 5-20R type can be used.

This adapter is provided free of charge as a courtesy. Customers are normally responsible for purchasing suitable adapters and verifying circuit compatibility and safety.

⚠ IMPORTANT PROFESSIONAL ADVICE

Consult a licensed electrician before use to inspect wiring, outlets and circuits to ensure they can support the equipment load.

You may also purchase code-compliant adapters per professional advice.

DO NOT use if wiring, wire gauge or circuit capacity is insufficient, to avoid overheating, damage or hazards.



Before use, confirm:

- Household outlet meets requirements
- Wiring and circuit capacity match sauna power demand
- Supply wire gauge $\geq$ 12 AWG
- Circuit breaker / fuse matches circuit rating
- Wiring complies with local electrical codes

For indoor dry use only.

DO NOT expose to rain or moisture.

DO NOT modify or disassemble.

Stop use if damaged, overheating or odor occurs.

Ensure adapter is plugged firmly. Loose connections may cause overheating and fire.

For homes over 20 years old, ensure wiring shows no signs of aging. Aged wiring may not handle the required current safely.

The home wiring must be copper.

DO NOT use aluminum or other materials

Keep out of reach of children. Do not overload.

Special note:

Outlet wiring must be at least 12 AWG (#12).

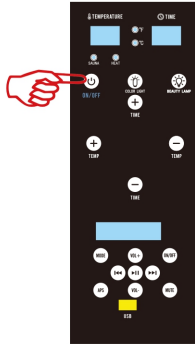
Liability Disclaimer

The factory is not liable for any electrical issues, equipment damage or losses caused by use of this adapter.

D.3 Control Panel Operation

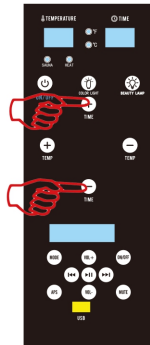
a. Power

Press  . The POWER indicator lights up and the temperature display shows the current room temperature. Press  again to turn the sauna off.



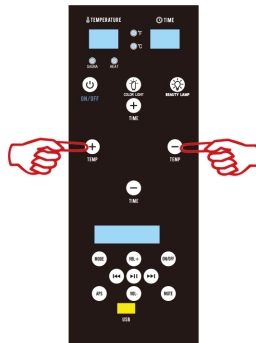
b. Time

Press  or  to set the session time. Heating stops when the timer counts down to 00.



c. Temperature Unit (°F / °C)

Press and hold both  and  to switch between °F and °C. Press  or  to adjust the desired temperature.



d. Light

d.1 LED Color Lights

Press  to turn all LED light strips on or off.

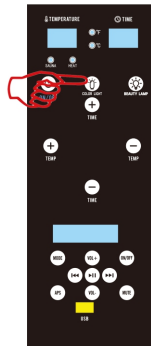
Press and hold  until the display shows "L" followed by a number and "2n" (for example, "L5 2n").

Press  repeatedly to cycle through the settings.

L1–L7: Fixed colors (7 colors)

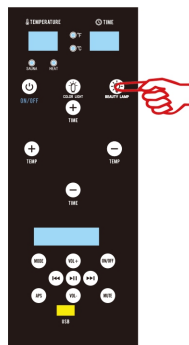
L8: Fast auto color change

L9: Slow auto color change



d.2 Red Light Therapy Panel

Press  to turn the red light therapy panel on or off.

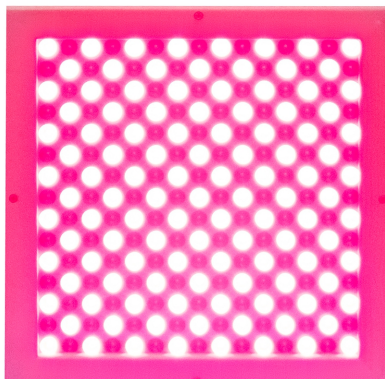


Red Light Therapy Panel Usage Guidelines:

Use 1–2 times daily.

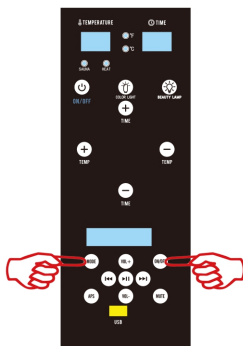
Limit each session to 30 minutes.

First-time users: Start with 10–15 minutes to prevent skin sensitivity.



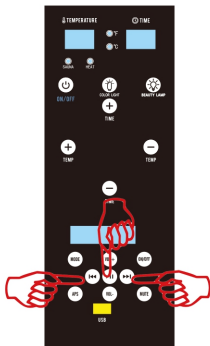
e. Audio Mode

Press  to turn the music on or off. Press  to switch between FM Radio, USB, and Bluetooth (device name: G811).



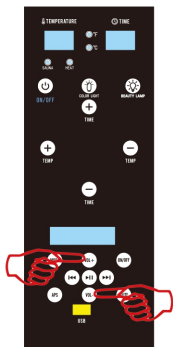
f. Audio Control (USB / Bluetooth Mode)

Press  for the previous track,  for the next track, and  to play or pause.



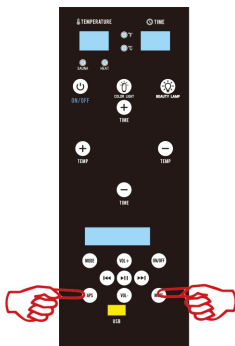
g. Volume

Press  to increase the volume, and  to decrease it.



h. Sound Settings

Press  to mute the sounds, and press  to adjust the sound effect.



D.4 Oxygen Ionizer Operation



a. Ozone Mode

Press the Ozone button. The left indicator light will turn red, indicating that the ozone mode is active. Press again to turn it off.

This mode releases ozone that may help temporarily reduce certain airborne microbes. Ozone naturally decomposes into oxygen, leaving no harmful residues.

b. Negative Ion Mode

Press the Ion button. The right indicator light will turn green, indicating that the negative ion mode is active. Press again to turn it off.

This mode generates negative ions, which may help reduce airborne particles such as dust and mold-related odors.

c. Operating Rules

⚠ **DO NOT use the Ion mode for more than 20 minutes continuously. Overuse may cause dizziness or discomfort.**

⚠ **DO NOT enter the sauna during ozone operation.**

After using the sauna, you can activate the Ozone mode for sanitization. Allow it to run for 15 minutes, then turn it off and disconnect the power supply to the entire sauna.

Negative Ion and Ozone modes cannot run at the same time. The Ozone mode will automatically shut off after 15 minutes, and the Negative Ion mode will then turn on automatically.

D.5 Ventilation

The ceiling vent provides fresh air circulation.



E. Disclaimer

Research conducted worldwide over the past 40 years suggests the infrared rays emitted by your sauna may offer various potential wellness benefits. These benefits are presented for informational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease. If you have a medical condition, take prescription drugs, or have acute joint injuries, consult your physician before use. Individuals with surgical implants (metal pins/rods, artificial joints, silicone, etc.) or medical devices should consult their physician before using the sauna.

F. Tips For Use

- Set a comfortable temperature, typically 104°F to 122°F.
- At an ambient temperature of 59°F, warm-up takes 8–15 minutes. The lower the ambient temperature, the longer the warm-up time.
- Perspiration usually begins within 6-15 minutes. Sessions should not exceed 30 minutes.
- Heaters cycle on and off automatically to maintain the set temperature.
- Open the door or ceiling vent at any time for fresh air.
- Drink plenty of water before, during, and after your session to stay hydrated.
- A hot shower or bath before your session may increase perspiration. Dry off completely before entering to prevent water stains or wood warping. A shower afterward is refreshing.
- Place towels on the bench to absorb sweat and keep the sauna clean. Keep an extra towel handy to wipe sweat.
- Avoid heavy meals right before your session. Do not use the sauna if you feel hungry or weak.
- Avoid using the sauna immediately after strenuous exercise.
- Position areas needing deep heating closer to the heaters.
- After your session, remain seated briefly to allow continued sweating. You may then finish with a warm shower followed by a cool shower.

G. Frequently Asked Questions

IMPORTANT: Always shut off power at the source before performing any inspection or maintenance.

If the power cord is damaged, it must be replaced by the manufacturer, its service agent, or a similarly qualified person to avoid a hazard.

G.1 Heating Problems

Symptom	Possible causes	Solution
Heaters continue operating after the set timer ends.	Control panel or power supply box faulty.	Replace the control panel or power supply box. (The normal procedure is to replace the control panel first.)
After turning on all heaters, one or more heaters do not work.	The heater is faulty, or the heater's power cord is not connected properly.	Replace the corresponding heaters, or check and reconnect the heater power cord.
The entire sauna room does not heat up.	The relay in the power supply box is faulty / the control panel is faulty / electrical connections are loose or not fully seated.	Replace the control panel or power supply box, or check and secure all electrical connections.

G.2 Control Panel Problems

Error / Symptom	Cause	Solution
EP	Temperature sensor open circuit or short circuit	Replace sensor
H	Overheat protection activated	Disconnect the power, allow the sauna to cool down for at least 2 hours, then reconnect and resume use.
Control panel buttons unresponsive	—	Unplug sauna, wait 1 minute, then reconnect.

H. Maintenance

- Clean interior and exterior surfaces with a soft, damp cloth.
- NEVER use gasoline, alcohol, benzene, or strong or corrosive chemicals.

I. Transportation and Storage

- Protect from rain, snow, and strong impacts during transport.
- Store in a dry place. Avoid damp or wet locations.

J. Limited Warranty

We warrant this sauna against defects in materials and workmanship for the following periods, subject to the terms below:

- **Heaters: 12 months**
- **Wooden Structure (Workmanship): 12 months**
- **Electrical Components: 12 months**

This warranty applies only to the original retail purchaser and is valid only at the original installation address. It terminates upon transfer of ownership.

This sauna is designed for personal, in-home use only. Use in commercial settings (e.g., hotels, gyms, spas) will void this warranty.

The customer is responsible for freight charges for shipping to and from the service location, including parts shipping.

This warranty does not cover:

- Improper installation or unauthorized modifications
- Commercial use
- Normal wear and tear, or wood cracking
- Use of unauthorized accessories or replacement parts
- Damage resulting from misuse, abuse, or operation/maintenance contrary to instructions
- Aging home wires, insufficient load capacity of lines or circuit breakers
- Users connecting or modifying electricity by themselves, or bypassing safety protection devices
- Use of power strips, extension cords, or other non-recommended connection methods
- Failure to configure the power system in accordance with the product's power requirements
- Installation or use in outdoor, semi-outdoor, or carpeted environments

This warranty covers manufacturing defects only, not damage from owner mishandling.

We are not liable for loss of use, incidental, or consequential damages. Under no circumstances are we liable for personal injury or property damage.

All risks, losses, and legal liabilities arising from the above excluded circumstances shall be borne solely by the user.

Specifications are subject to change without notice.