



Infrared Sauna

Installation & Owner's Manual

Please read this entire manual thoroughly before proceeding with the assembly.

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PRECAUTIONS AND INSTRUCTION

ATTENTION

Please read all instructions thoroughly before using.

Serious injury may result if ignore the following warning and instruction. Basic precautions should always be followed when using this electrical equipment.

DANGER

To avoid the risk of causing burns, fire, electric shock, or other injuries:

- Connect the power cord to a properly grounded outlet.
- Using only for its intended use as described in this manual.
- Don't use accessories not recommended by the manufacturer.
- Please disconnect the power after using.
- Please keep the electrical cord away from heated surfaces.

If the sauna is faulty, the supply cord or plug is damaged, please stop using it immediately.

WARNINGS

- Don't stay longer than one hour.
- Don't put the sauna on a humid environment.
- Don't touch the heater directly with hands or body for a long time.
- Don't use any sharp tools on or near the heaters (severe damage may result).
- Placing the sauna on a flat surface.
- Unauthorized disassembly of the sauna is prohibited.
- People with health problems should consult a physician for prior to using the sauna. (Including acute diseases, malignant tumors, high blood pressure, heart disease, allergic dermatitis, pregnancy, etc.)
- This product is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of adequate

experience knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- Using a sauna after taking alcohol, drugs, or medication can lead to hyperthermia and increase the risk of death.
- If you are feeling uncomfortable, exit the sauna immediately and consult a doctor.
- Children should be supervised to ensure that they do not play with the appliance.

HYPERTHERMIA

Prolonged exposure in the sauna may cause hyperthermia. Hyperthermia occurs when body's core temperature rises above 98.6F. Symptoms of hyperthermia include a rise in body temperature, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia may include:

- a) Failure to perceive heat / Unawareness of impending heat
- b) Failure to recognize the need to exit the sauna
- c) Fetal damage in pregnant women
- d) Physical inability to exit the sauna
- e) Unconsciousness

INSTALLATION GUIDE

Each panel is heavy, especially the top panel. Be careful to avoid injury when installing. This sauna requires at least 2 adults to complete assembly. The panels should be install in the following order:

Floor Panel → Rear Panel → Left Panel → Right Panel → Bench Support Panel → Bench Surface Panel → Front Panel → Ceiling Panel

Step 1: Position the Floor Panel



(image1)

Place the floor panel on a flat surface. Before assembly, make sure the floor is flat so that you can maintain a comfortable subsequent installation. (image1)

Step 2: Position the Rear Panel



(image2)

Place the rear panel in place so that the wooden strip at the bottom of the rear panel is clamped to the floor panel. If your sauna is next to a wall, you can gently rest the rear panel against the wall of your home. (image 2)

Step 3: Position the Left Side Panel



(image3)

Place the left side panel in place so that the wooden strip at the bottom of the left side panel is clamped to the floor panel. Pay attention to whether the hooks of the rear and left side panel sub-button are up or down. (image 3)

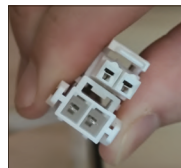
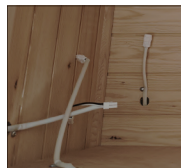
Step 4: Position the Right Side Panel

Place the right side panel in place so that the wooden strip at the bottom of the right side panel is clamped to the floor panel. (image 4)



Step 5: Place the Bench Support Panel and Connect the wire behind

Place the Bench Support panel (image5) and connect the wires behind (image6). Each two wires have corresponding unique interface shape (image7), hear a click to indicate th at the connection is completed (image8).



Step 6: Place the Bench Surface Panel

Please make sure to always install the Bench Surface Panel before installing the Front Panel, otherwise it will not fit inside due to space limitations. (image 9)



(image 9)

Step 7: Connect Front Panel

Place the front panel (image 10), and check if there is almost no visible gap between the outside and the inside of the sauna, then it is already fixed (image 11).



(image10)



(image11)

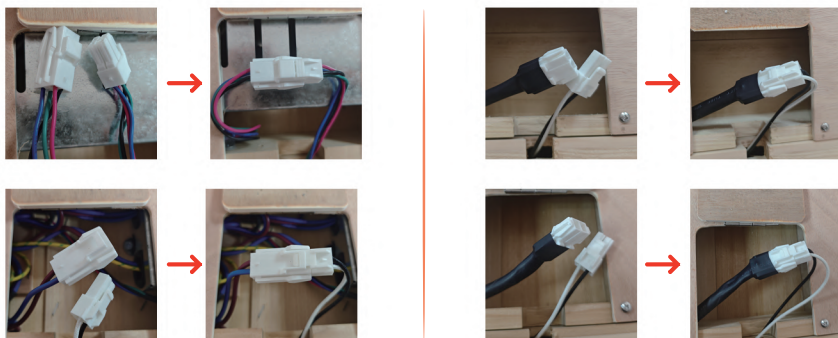
Step 8: Install Ceiling Panel

Lay the ceiling panel on top of the sauna. Please make sure the ceiling panel is placed on the support strip of surround panels.



Step 9: Wire Connection

Please make sure all wires from side panels are not pressed in the slot. Make sure that all wires in the top panel are connected.



Step 10: Screw Fixation

When you have finished assembling the sauna, you will need to secure the front & rear walls to side walls with matching screws to make the whole sauna more solid

- At the **BOTTOM** of the Front & Rear wall



- At the **TOP** of the Front & Rear wall



WARNING: Pay attention to the risk of electric shock. Don't connect the power supply until all wires are properly connected.

Step 11: Enjoy your Sauna

Congratulations, you have successfully assembled a sauna. Plug in the sauna, and enjoy your sauna time.



OTHER FUNCTIONS



Reading lamp



Red light



Bluetooth
SAUNA BT



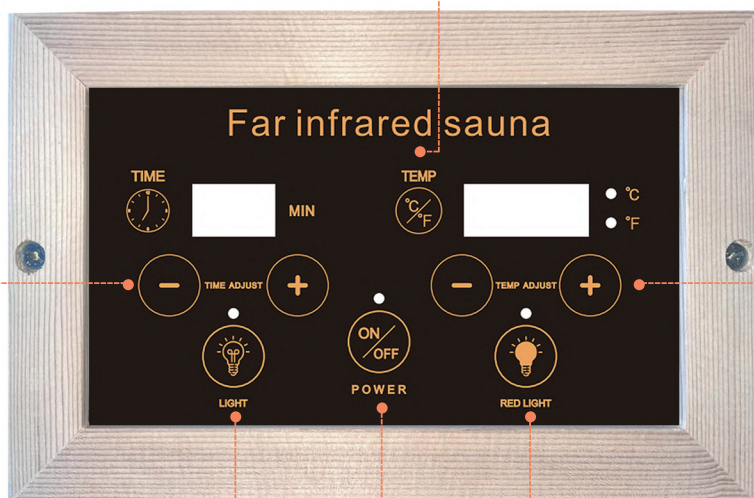
VGeading lamp

CONTROL PANEL INSTRUCTION

Pre-set Time
Up to 60Mins

°C/°F switching

Pre-set Temps
Up to 149°F



Reading
Lamps On/Off

Power On/Off

Red Light
Panel On/Off

SPECIFICATIONS

Dimensions	33.9*33.8*73 in
Voltage	110-120VAC
Plug Type	15 Amps
Wattage	1290 W
Number of Heaters	5 pcs
Raw Material	Hemlock
Location	Indoor