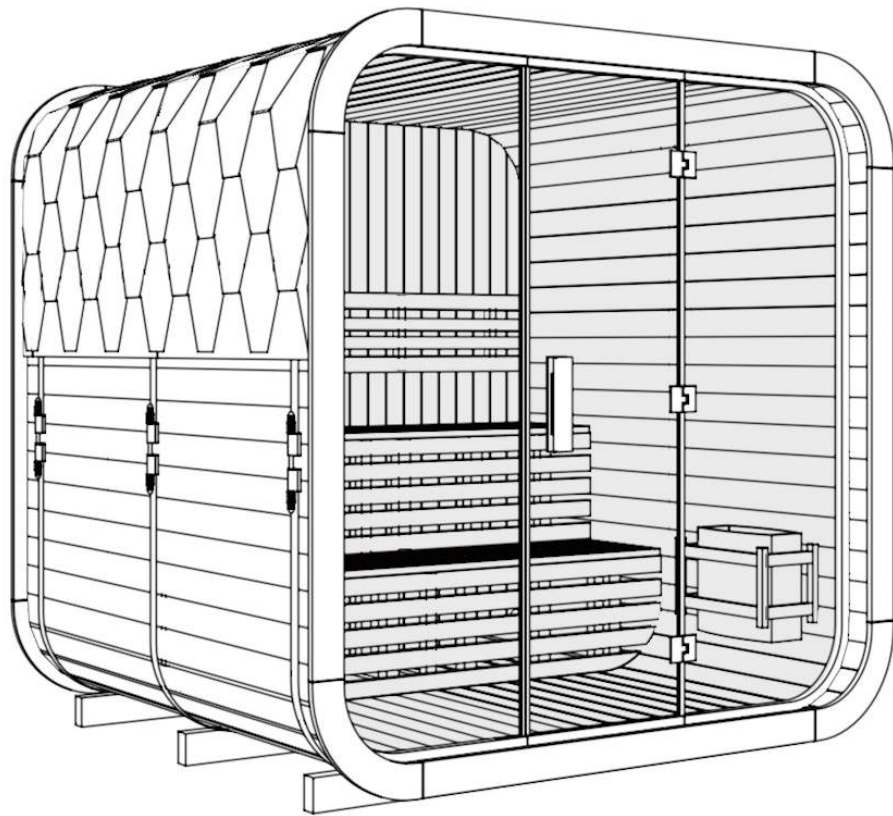


User's Manual



Cube Barrel Sauna

Contents

Sequences and contents of sauna assembly	Page
Instructions before Use	- 3 -
1.Base assembly step	- 6 -
2.Front and back wall assembly	- 7 -
3.Stave assembly	- 9 -
4.Seat installation	-12-
5.Door installation	-13-
6.Accessories installation	-14-
7.Waterproof layer installation	-15-
8.Asphalt shingles installation	-16-
9.Filled with waterproof glue	-16-
Saunas and Contraindications	-17-
Warranty Policy	-19-

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 ofbreath, 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.

Introduction:

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.

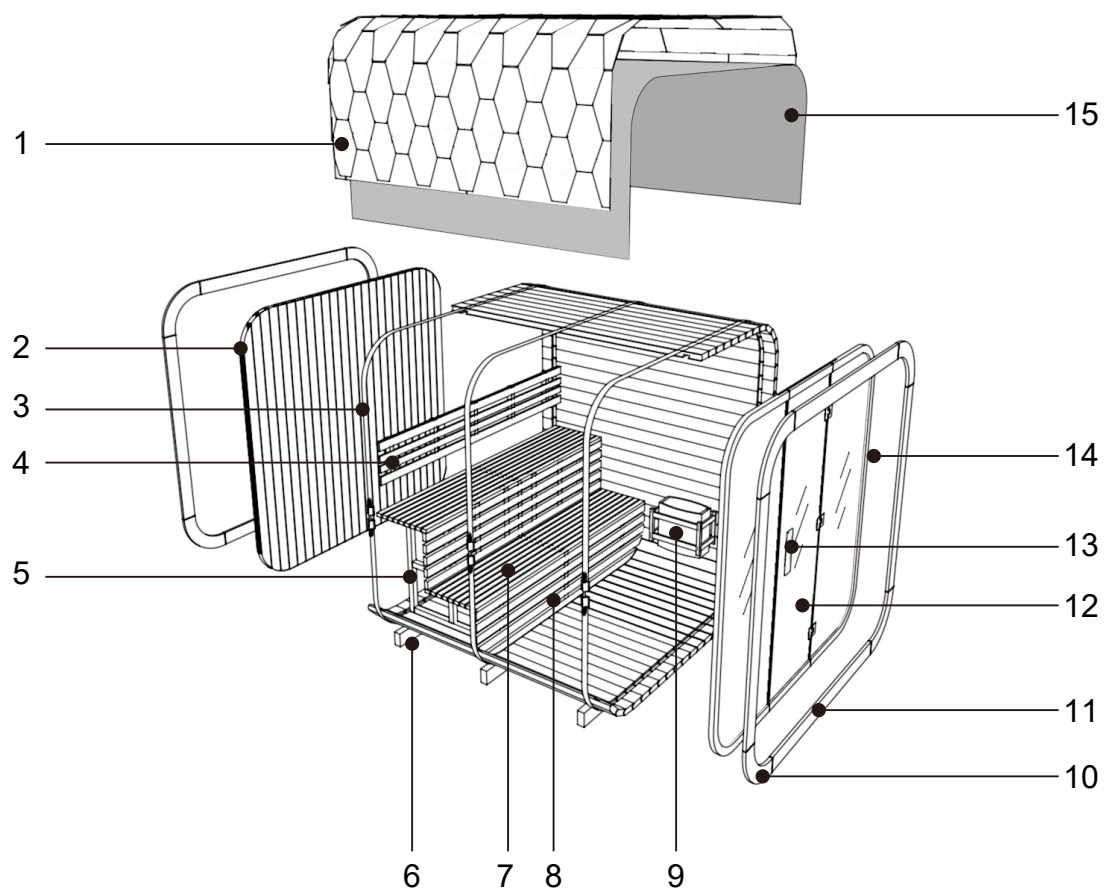
1.Tools we prepare

Plastic Hammer × 1	Glue gun × 1	Waterproof glue
		

2.Tools you need to prepare

Power Drill x 1	Adjustable Wrench x 2	Tape x 1	U-shaped nail gun x 1	Scissors/Utility Knife x 1	Herringbone ladder x 1
					
Bar Level × 1					
					

Components of sauna



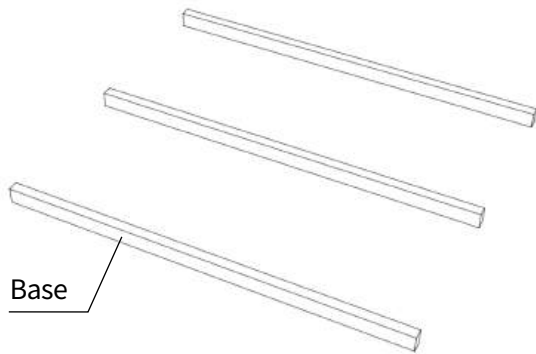
No.	Name	Quantity
1	Asphalt shingles	/
2	Back Wall	1
3	Steel Belt	2/3
4	Backrest	1
5	Support	2/3
6	Base	3
7	Bench	2
8	Bench Side Support	2

No.	Name	Quantity
9	Sauna Stove	1
10	Arc Decorative Board	8
11	Long Decorative Board	8
12	Glass Door	1
13	Door Handle	1
14	Glass Frame	2
15	Waterproof sheet	1

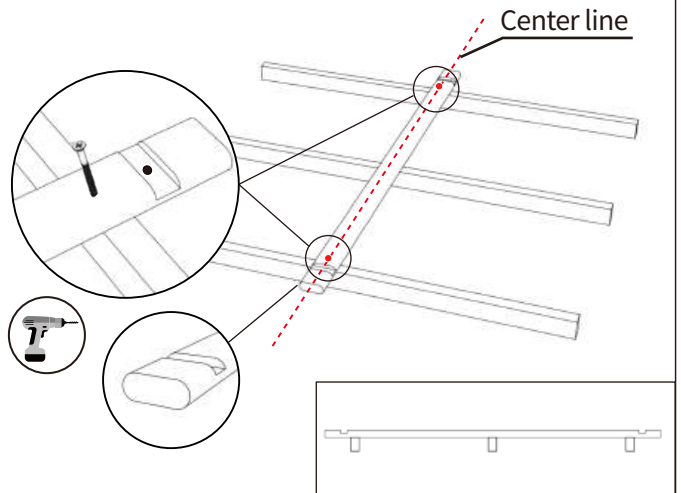
1. Base assembly step

① Place the two/three base supports on the floor where the sauna will be installed. Make sure each base is level. Confirm the spacing between the bases meets installation requirements. (Letter number A).

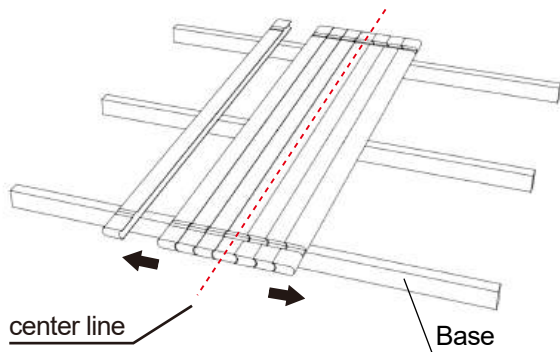
For sizes below 71" / 180 cm: 2 bases
For sizes above 71" / 180 cm: 3 bases



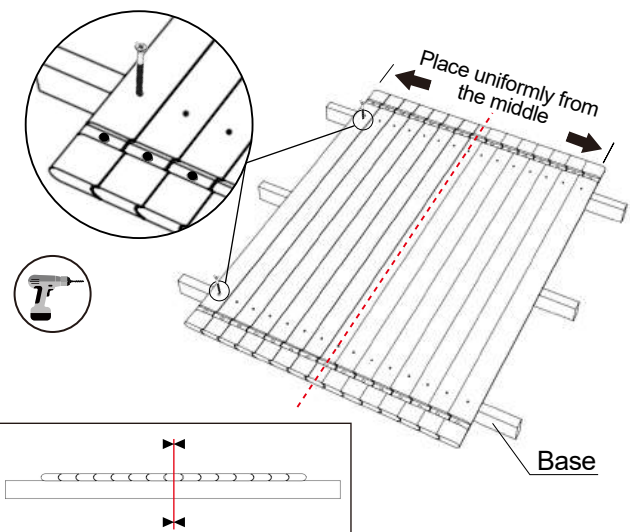
② Place the wooden strips that are convex on both sides in the middle of the foundation and secure with screws. (Letter number: B)



③ Place the wooden strips with screw holes (labeled with "T" stickers) onto the base. Start laying the floorboards from the center and work your way toward both sides. Align the two small holes of the slats with the bases.



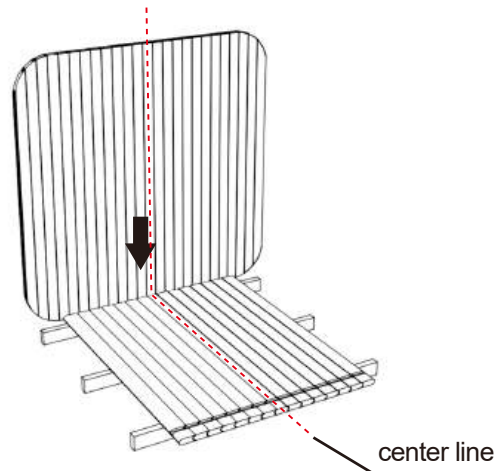
④ Fix the staves to the base with screws.



2. Front and back wall assembly

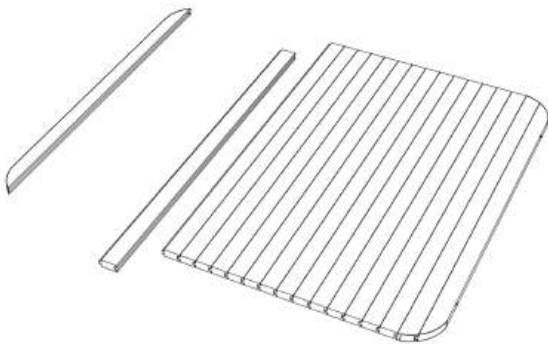
(1) For sizes below 71"/180cm

- ① Place the back panel into the groove on the base, ensuring it fits securely.

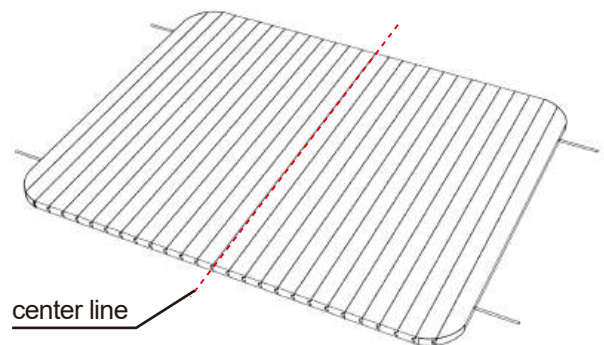


(2) For sizes above 71"/180cm

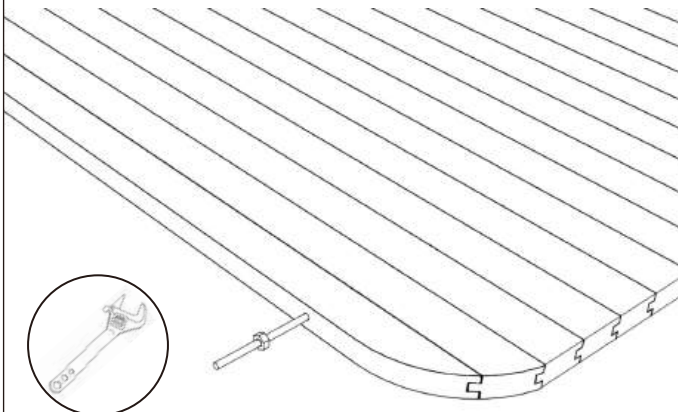
- ① Splice the back panels together to ensure that all the planks are on the same horizontal line at the head and tail. (Letter number: E)



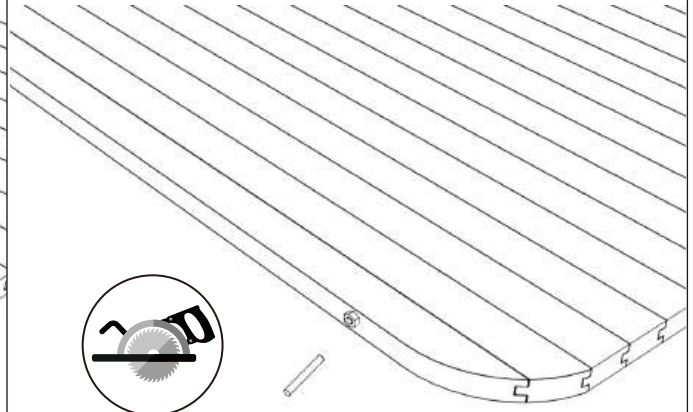
- ② Pass the 2 steel rods (letter number: Q) through the holes on the side of the back plate respectively.



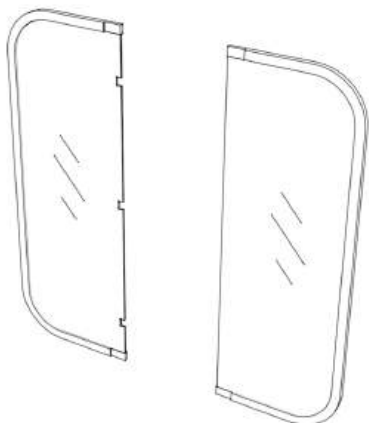
- ③ Tighten the screws.



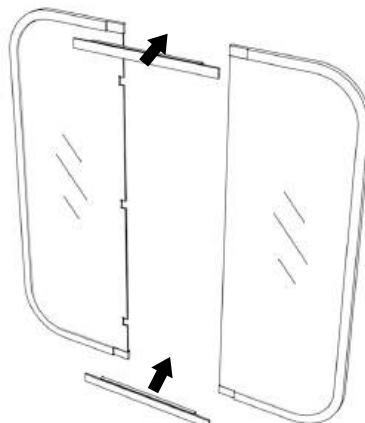
- ④ Subtract the excess with a handheld cutter.



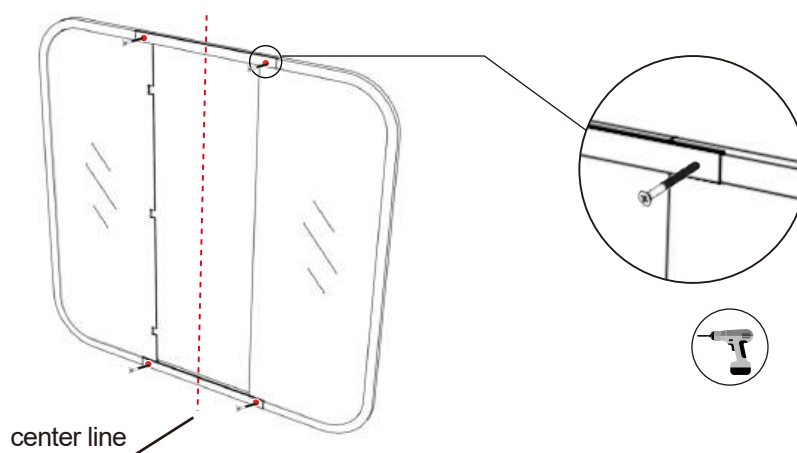
⑤ Position the front as shown.



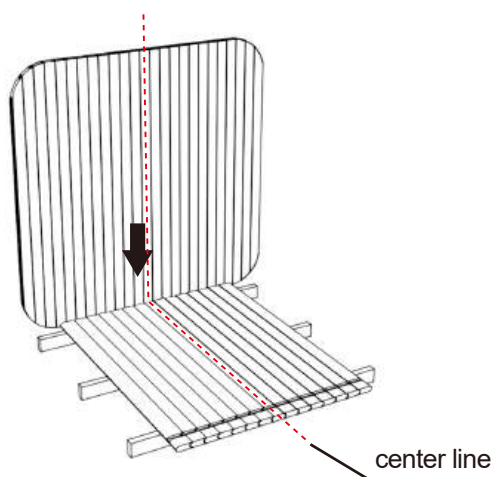
⑥



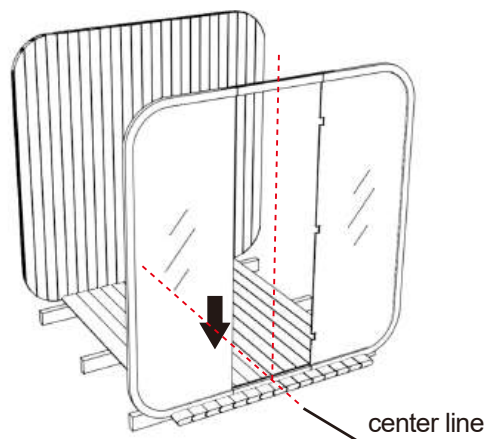
⑦



⑧ Put the back plate into the groove.

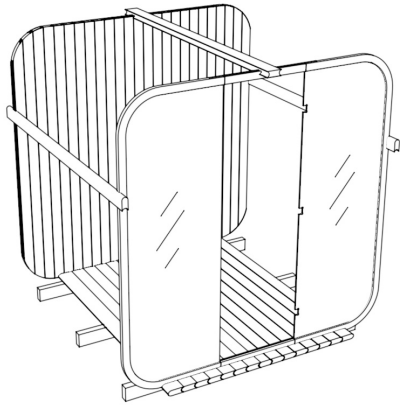


⑨ Place the front plate into the groove.

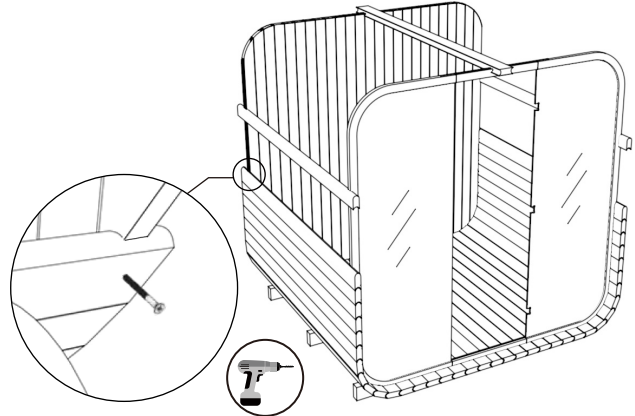


3. Stave assembly

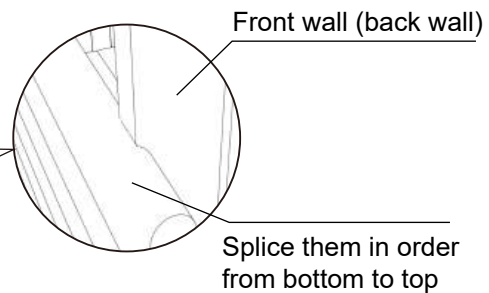
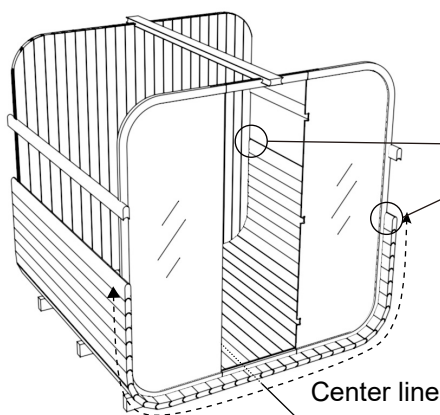
① Install 3–5 wooden support strips evenly around the perimeter of the sauna. These strips help to secure and stabilize the entire frame structure.



② Install the slats below the side panels of the sauna to cover the lower fillet. Fasten the slats securely with screws.

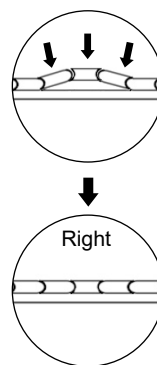
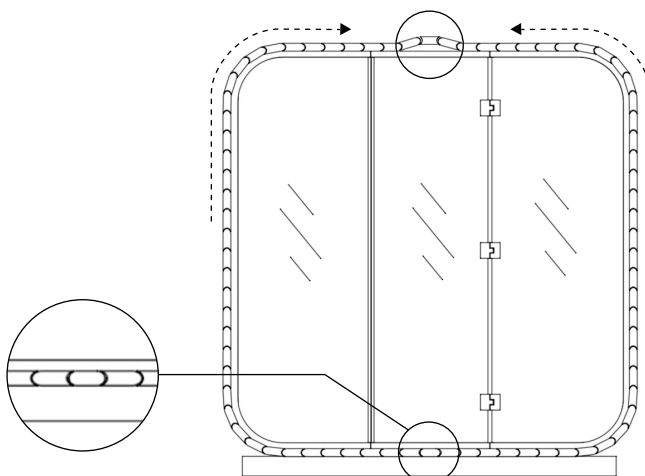


③ Position the left and right side panels starting from the bottom and continue upward. Tip: Secure the side panels with screws every 1–2 rows to maintain frame stability during assembly.



The staves on both sides are arranged to the top at the same time. During splicing stave, plastic hammers are used for fixation.

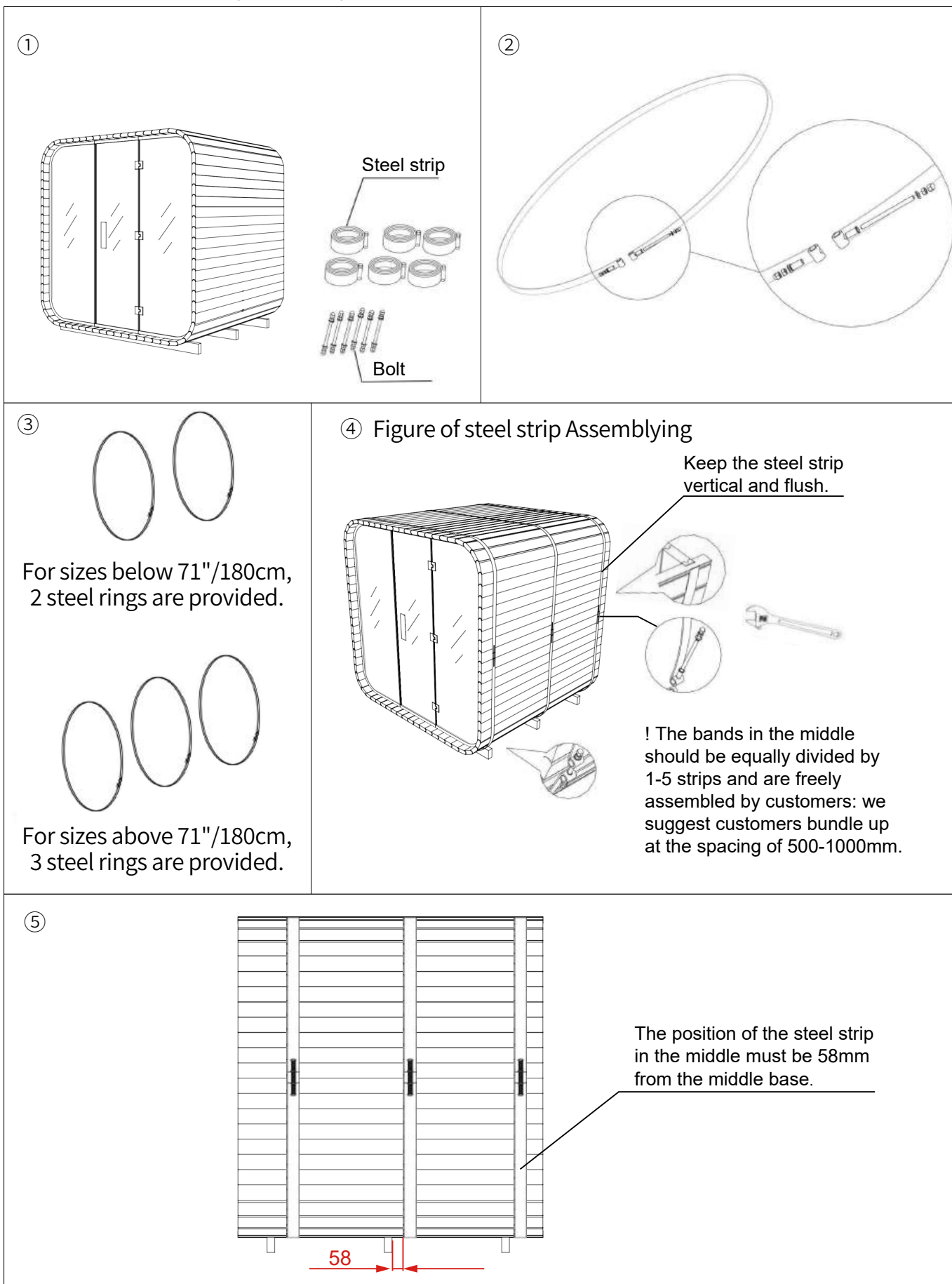
④



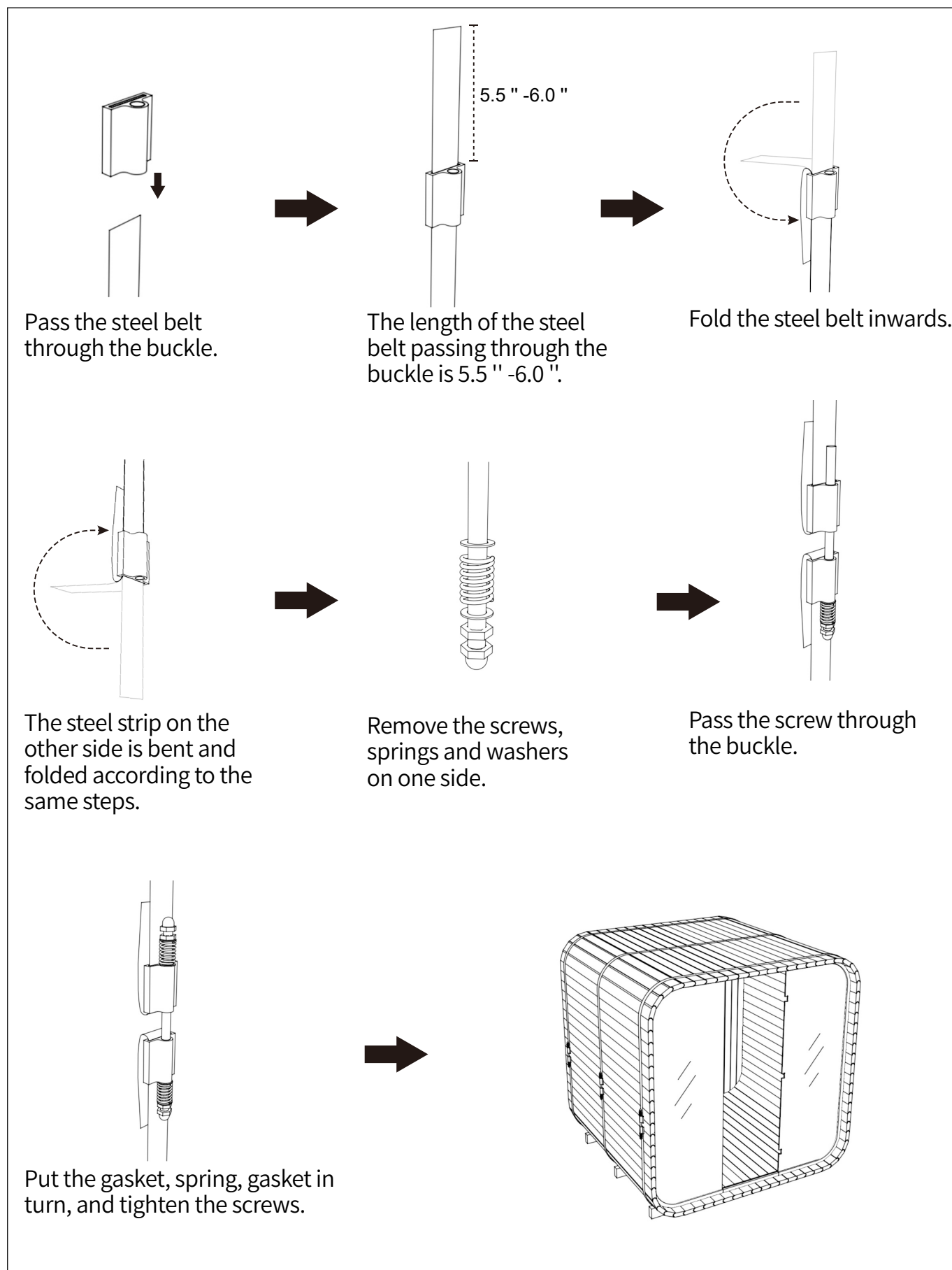
The last three staves are fixed in position as shown in the picture, and lightly tapped with a plastic hammer until they are completely anastomos.

Note: After laying all the staves, there will generally be 1-2 more staves.

Steel strip assembly step (type I)

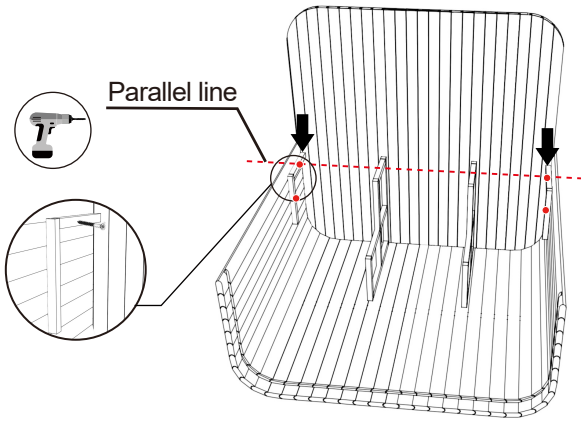


Steel strip assembly step (type II)

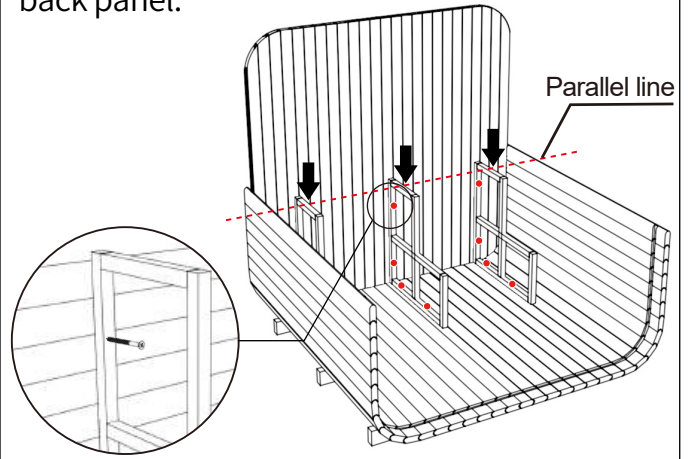


4. Seat installation

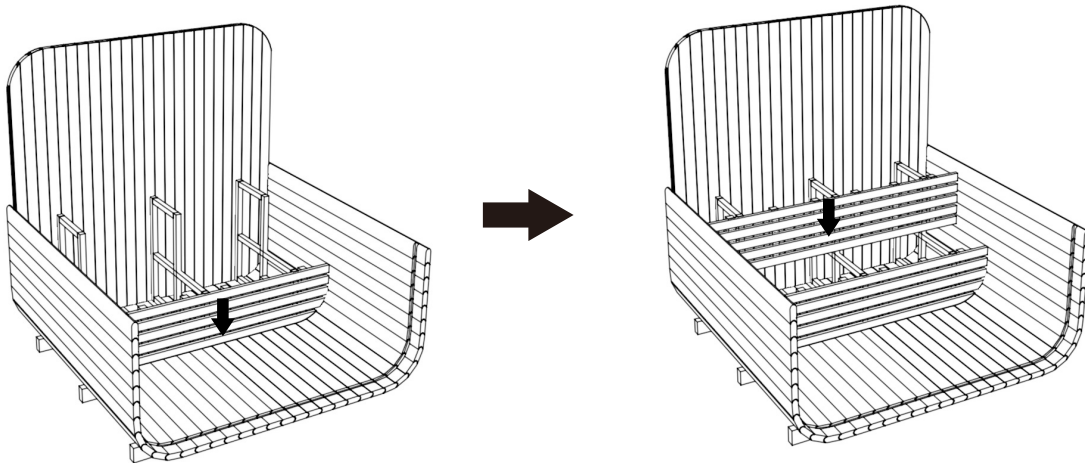
① For sizes below 71"/180cm: Evenly place two supports near back, keep parallel and screw. Screw L-brackets to sides, keeping all supports flush.



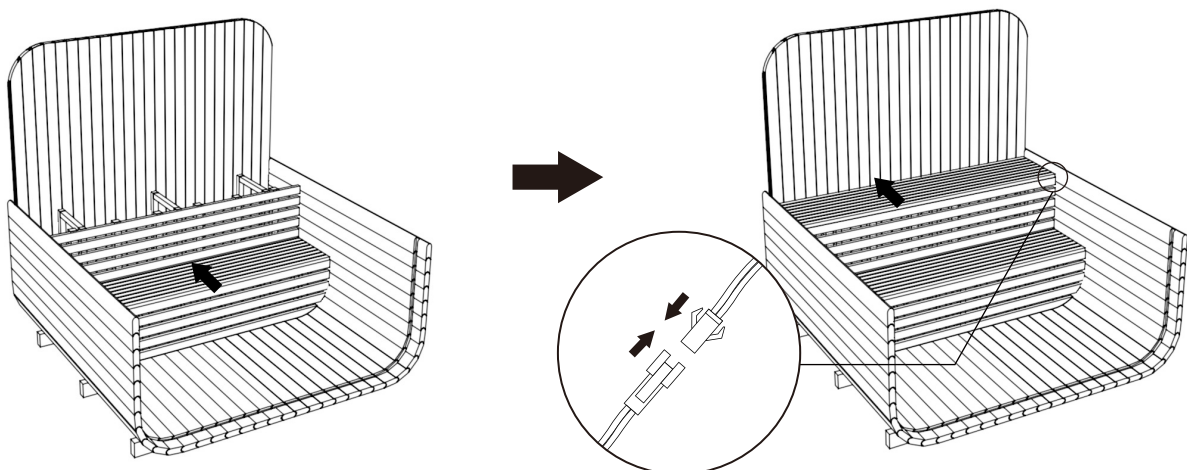
② For sizes above 71"/180cm: Position the three (two/three?) stool supports one by one, aligning them parallel and close to the back panel.



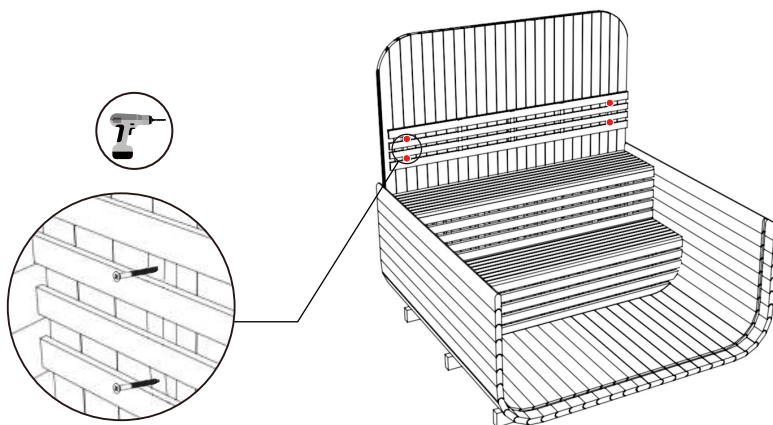
③ Install the seat and risers of the first stool tier.



④ After completing the first tier, continue with the seat and risers of the second stool tier. (Optional: The transformer for the light strip is typically placed under the sitting bench.)

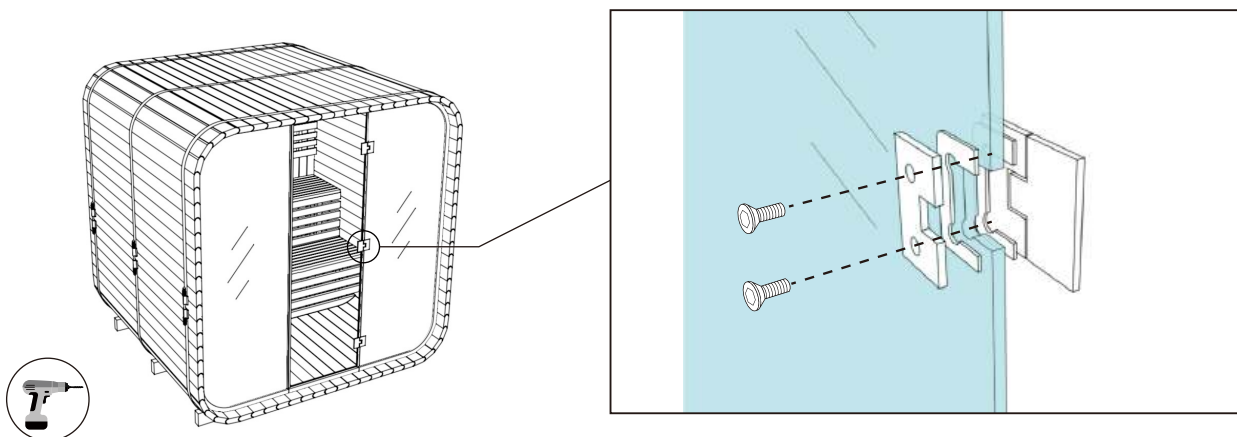


⑤ Installing the backrest, Fix with screws, the bracket has reserved holes.

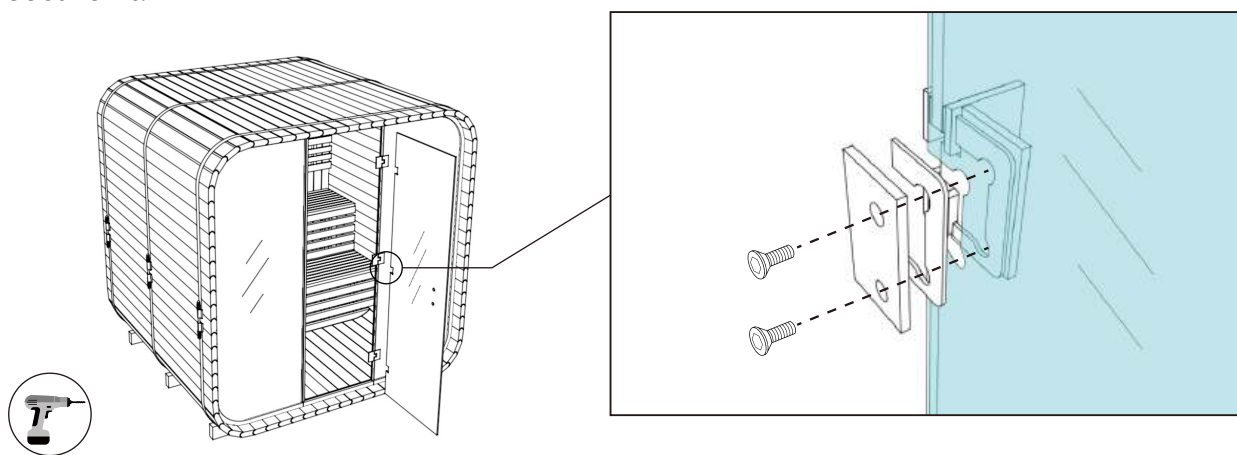


5. Door installation

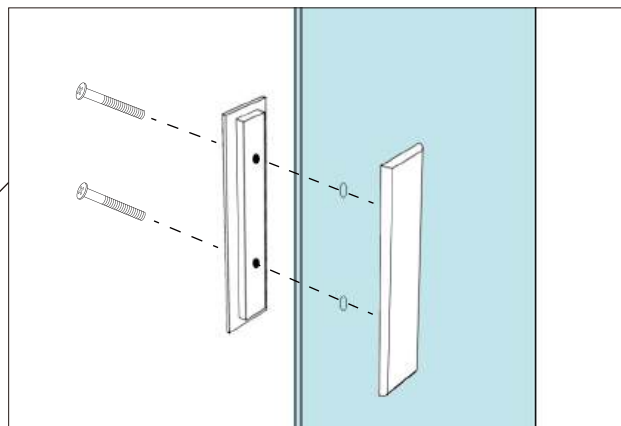
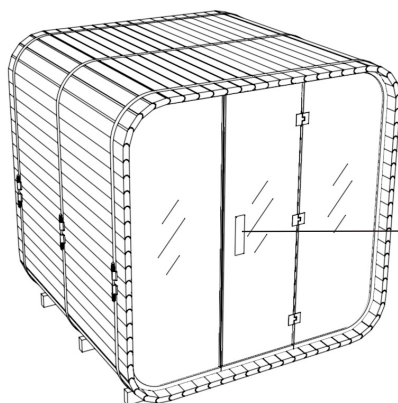
① Install door hinges. Align them properly and tighten the screws to ensure a firm and secure fit.



② Install the door. Align them properly and tighten the screws to ensure a firm and secure fit.

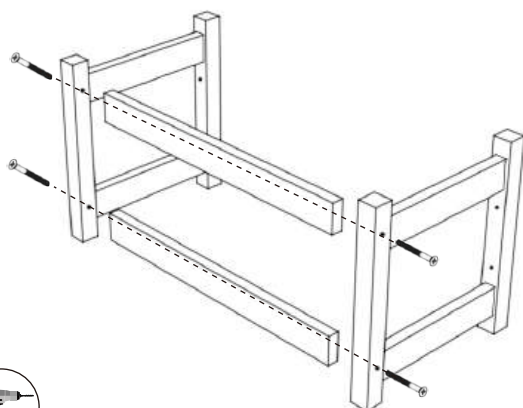


- ③ Install the wooden door handles on both the inside and outside of the door. Align them properly and tighten the screws to ensure a firm and secure fit.

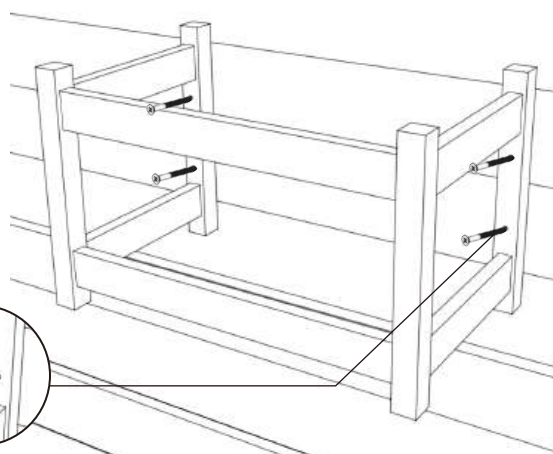


6. Accessories installation

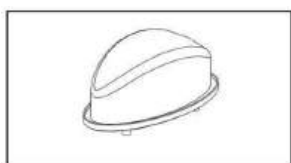
- ① The heater fence has reserved holes and is fixed with screws.



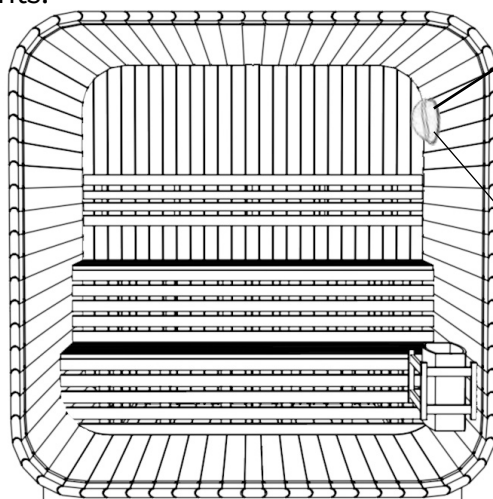
- ② Position the heater frame against the inner wall of the sauna. Secure it through the holes provided in the heater guard.



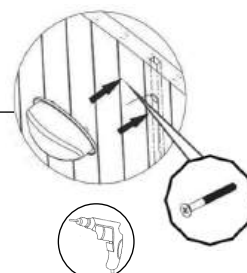
- ③ Install explosion-proof lights.



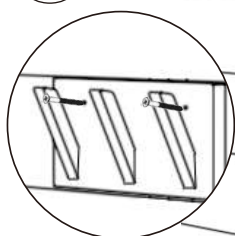
Accessories of lamp



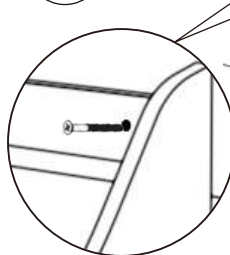
Sauna Light



- ④ The storage rack has reserved holes and is fixed with screws. (Letter number: P)

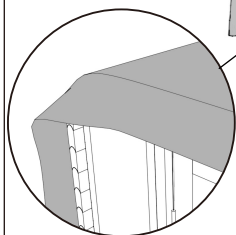


- ⑤ The storage rack has reserved holes and is fixed with screws. (Letter number: M)



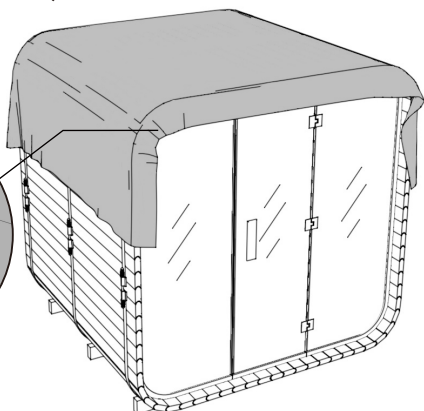
7. Waterproof layer installation

- ① Spread the tarp over the top of the sauna. (Letter number: R)

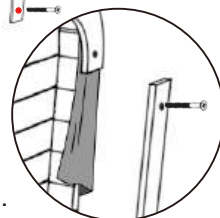


NOTE:

The tarp should extend beyond the outside of the sauna's slats, as shown in the photo.

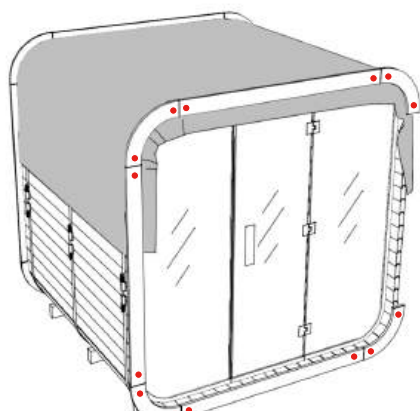


- ② Fasten the front and rear decorative strips with screws. (Letter number: F and G)

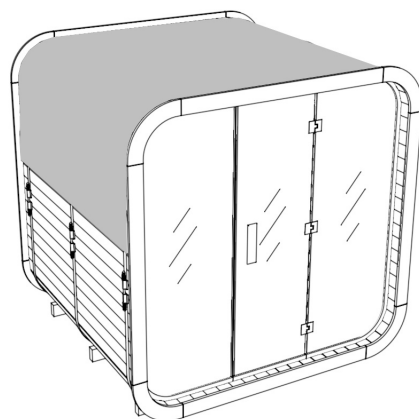
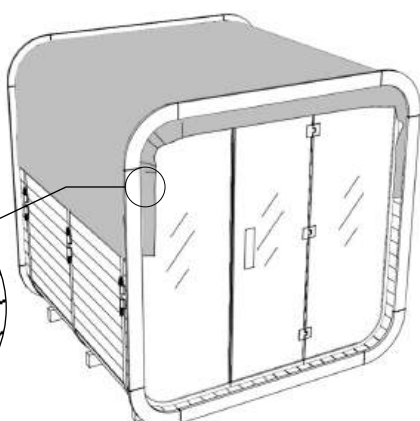
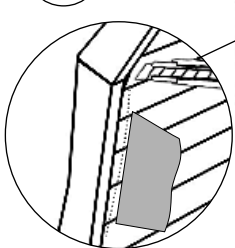


NOTE:

Use the outer decorative strips to hold down the extended tarp.

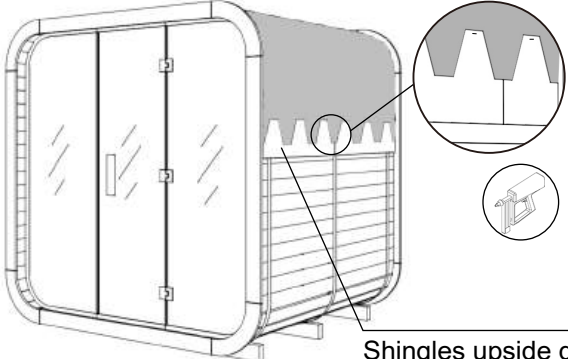


- ③ Cut off excess tarp.



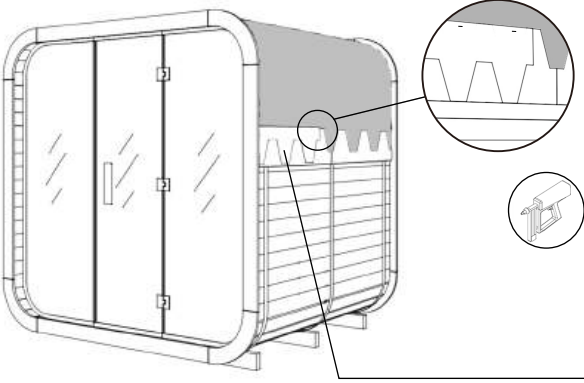
8. Asphalt shingles installation

① Suggestion: Use a nail gun to fix the three places in the middle of the head and tail of each piece.



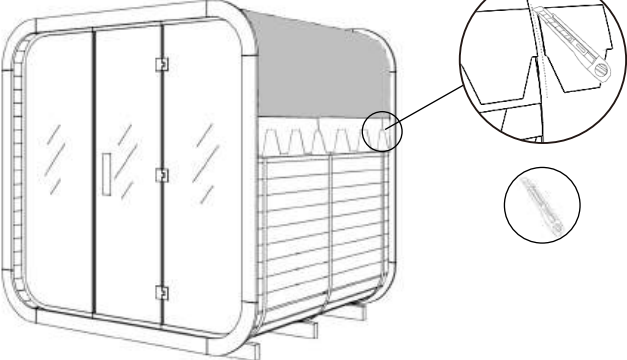
Shingles upside down

②



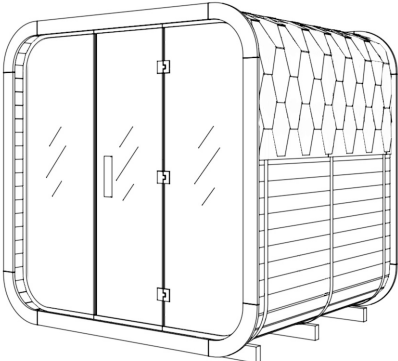
Install asphalt shingles

③ Cut off excess asphalt shingles.



Cut off excess asphalt shingles.

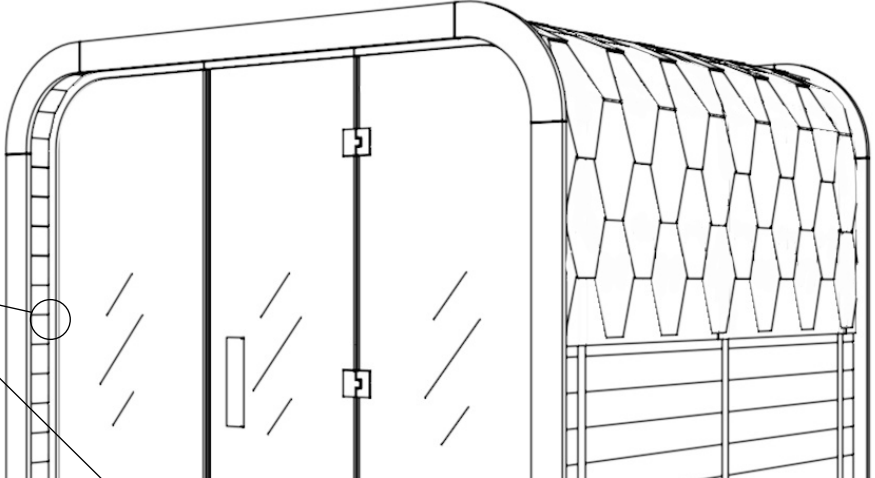
④



9.Filled with waterproof glue



Seal the joints between the front and back panels with glue to ensure the sauna is watertight.



Saunas and Contraindications

Saunas and Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas and Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas and the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Saunas and Alcohol

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas and Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas and Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

Saunas and Fever

An individual that has a fever should not use any type of sauna.

Saunas and Insensitivity to Heat

An individual that has insensitivity to heat should not use any type of sauna.

Saunas and Pregnancy

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas and Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas use during that time of the month.

Saunas and Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas and Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system; nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

In the rare event, you experience pain and/or discomfort, immediately discontinue sauna use.

Warranty Policy

Dear customer:

First of all, thank you for choosing to buy our products!

In order to ensure product quality, specify product quality.

The responsibility of both parties is to ensure that the product quality is qualified, and to ensure product safety, the following guarantees are hereby made:

Warranty scope:

All accessories in the sauna room including wooden planks and slats, etc.

Warranty period for wooden planks, wooden accessories (stools, backrests, headrests) :
3 years from the date of arrival;

Warranty period for lamps, control boards, oxygen bars, reading lights, etc.: 3 years from the date of arrival.

Warranty:

(1) During the 1-year warranty period, in the case of non-human damage, all accessories, free replacement, and the shipping cost will be borne by the seller.

(2) During the 1-year warranty period, if all accessories are due to human factors, our company will be responsible for free replacement, and the freight will be borne by the buyer.

(3) During the warranty period of more than one year (not including one year), if all accessories are damaged due to non-human factors, our company can replace them for the customer at the cost price, and the freight will be borne by the seller.

(4) During the warranty period of more than one year (not including one year), if all accessories are damaged due to human factors, our company can replace them for the customer at the cost price, and the freight will be borne by the buyer.

The final interpretation of this warranty policy belongs to the company.