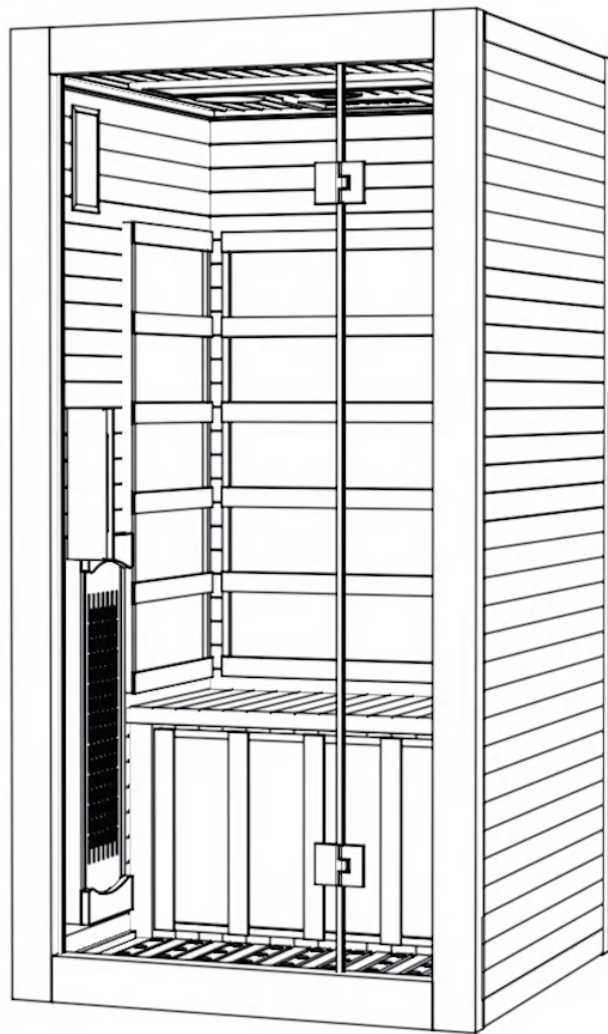


User's Manual



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WARNING: SAUNA SAFETY INSTRUCTIONS

1. DO NOT place towels or any flammable materials against heating elements. Fire hazard.
2. Never spray or pour water onto heating elements; this may cause electric shock or equipment damage.
3. DO NOT lean or rest directly against heating elements to prevent scald burns.
4. Never touch heater guards with any metal tools. Electric shock hazard.
5. DO NOT touch sauna power controls during operation. Cut off all power before maintenance.
6. DO NOT operate the sauna while under the influence of alcohol or drugs.
7. No pets permitted inside the sauna at any time.
8. DO NOT use the sauna if you have traumatic injuries, eye diseases, severe burns, cardiovascular or respiratory diseases.
9. For elderly, pregnant, or temperature-sensitive individuals, use the sauna with care and consult your medical practitioner prior to use.
10. Children or individuals with cognitive or physical disabilities must only use the sauna with constant adult supervision.
11. Leave the sauna immediately if you feel unwell, dizzy or drowsy; prolonged exposure to elevated temperatures may result in overheating.
12. Sauna equipment max continuous runtime: 99 minutes. Equipment requires a 30-minute rest after each cycle.
13. Turn off the power plug when the sauna is not in use. If power remains connected, a responsible adult must be present on-site. The manufacturer assumes no liability for injuries or damage resulting from unattended use.
14. For household use only.

By using this sauna, the user acknowledges and accepts all associated risks. Failure to follow these warnings may result in severe injury or death.

Electrical requirements

Each sauna will require a dedicated circuit when plugged into an outlet, as shown in the chart below. A dedicated circuit requires that no other appliance share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards. Please make sure the sauna is properly grounded. Serious injury may result if the proper electrical requirements are not met.

Please follow all instructions carefully. Keep the sauna away from any potential hazards including any water sources or liquids. Select a suitable dry location for the sauna installation. Do not expose the heater elements to any water sources or liquids as this may cause electrical shock. Should you have any questions, please do not hesitate to contact the supplier.

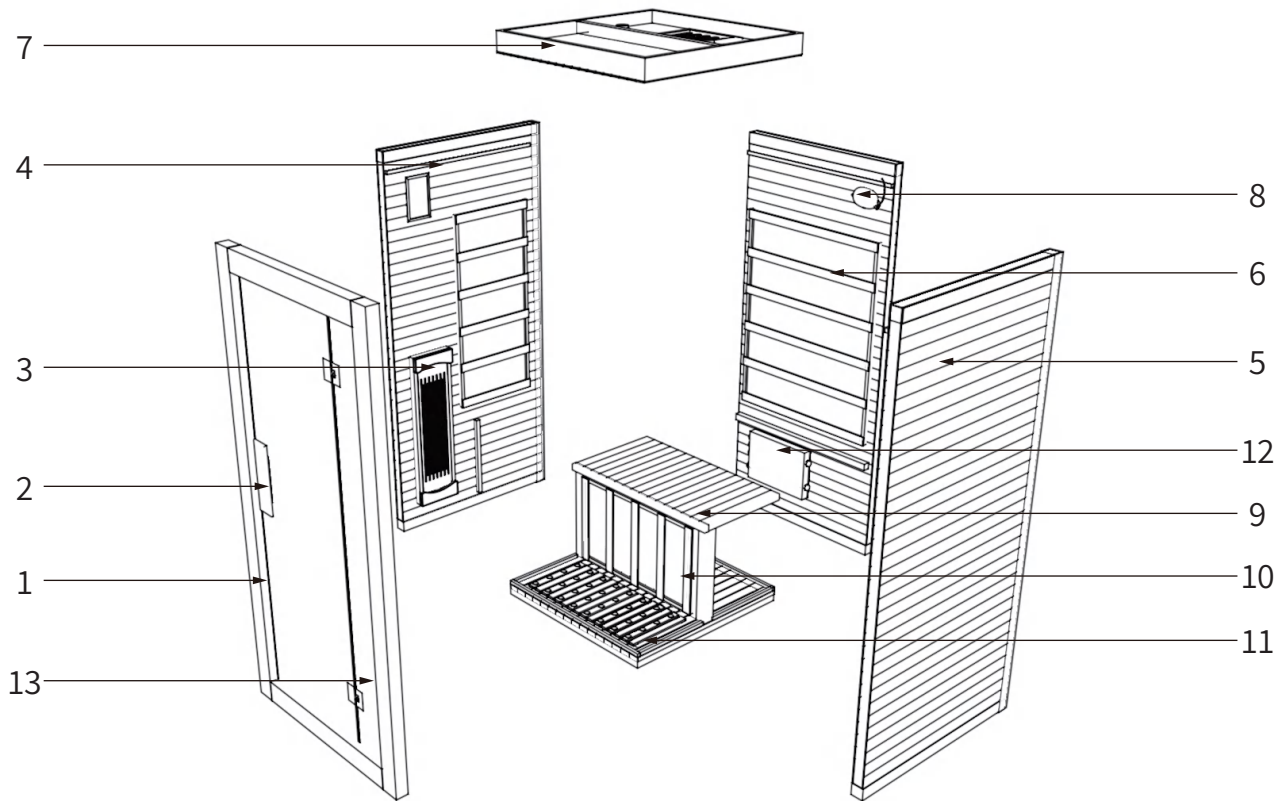
Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: Check whether the ground or platform is horizontal. A slight slope will not affect assembly or use of the sauna, however, if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads used to assemble the sauna must be completely inserted into the wood to avoid scratching skin during use. If you want to install accessories provided by other manufacturers on the sauna, try to avoid metal accessories, or insulate them.
4. Please have a qualified electrician install the electrical elements in the sauna.

Tools you need to prepare

Power drill x1	A-frame ladder x2
	

Components of sauna room



No.	Part name
1	Front panel frame
2	Door handles
3	Infrared red light tube
4	Left panel
5	Right panel
6	Back panel
7	Roof

No.	Part name
8	Ionizer
9	Bench
10	Bench support
11	Floor
12	Electrical control box
13	Front glass panel

Installation Instructions

1. Base assembly step:

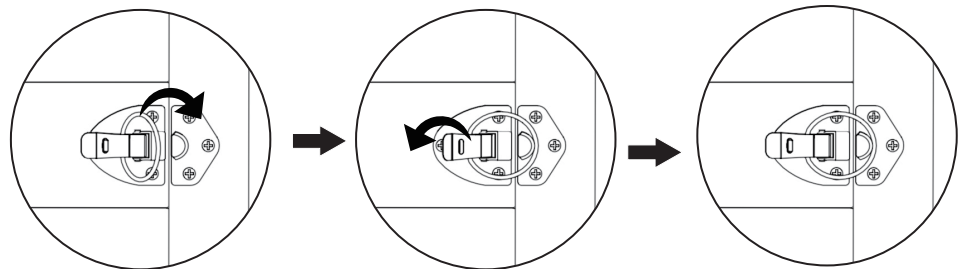
- ① Position the base panel in the desired location. Make sure the base is level and stable before continuing.



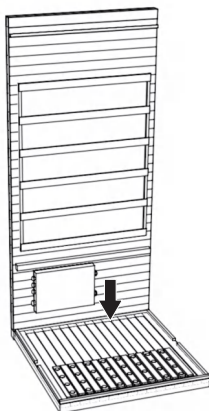
2. Back and side panels assembly step:

Installation steps for buckles.

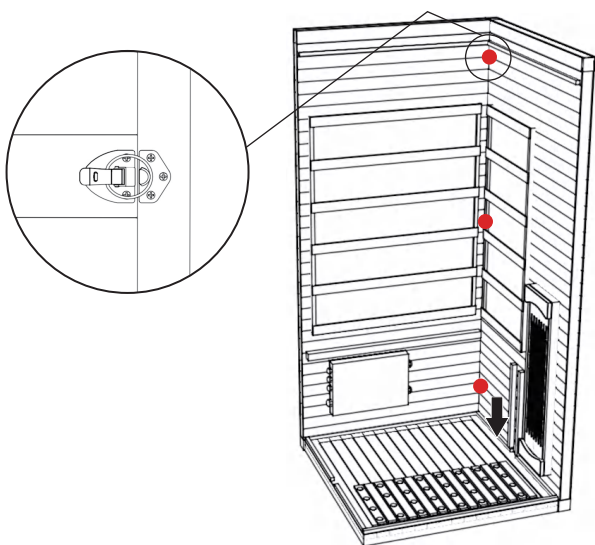
Locking system:



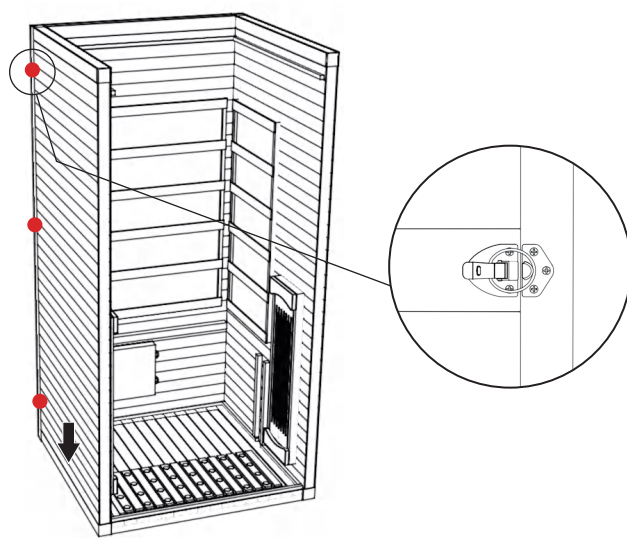
① Position the rear wall panel onto the base panel. Ensure the panel is fully seated and standing upright. Hold the rear wall panel in place while installing the side panels.



② Stand the right side panel upright on the floor, positioning it flush against the edge of the base panel.

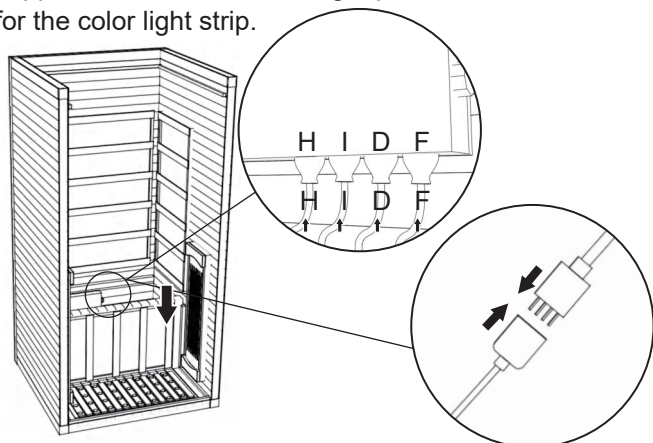


③ Same as above, install the left side panel.

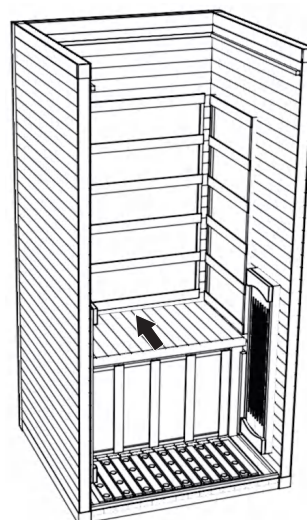


3. Install the bench:

① Place the bench support. Insert the plugs on the bench support and base into the sockets on the back panel. (Insert according to the letter) Connect the colored wires on the right side of the seat support to the wires on the right panel — these are for the color light strip.

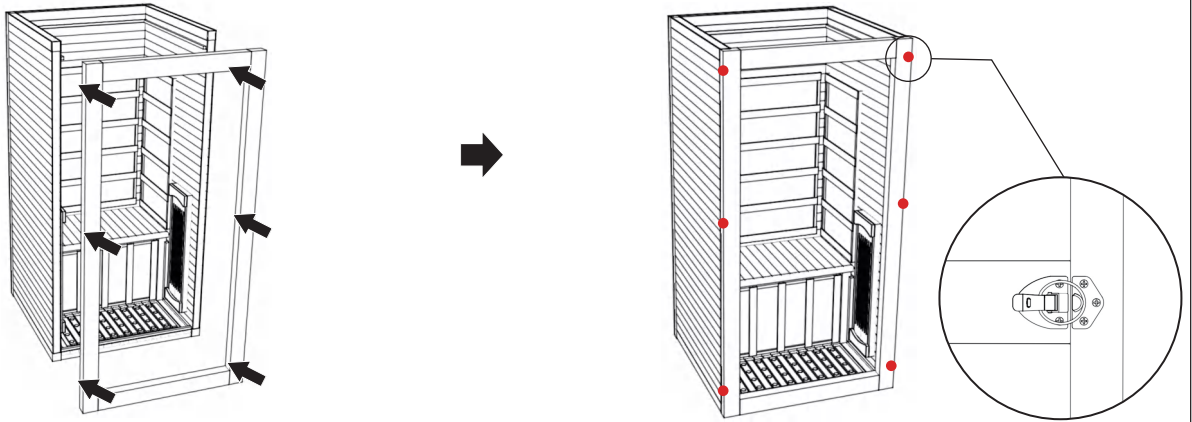


② Install the seat panel.



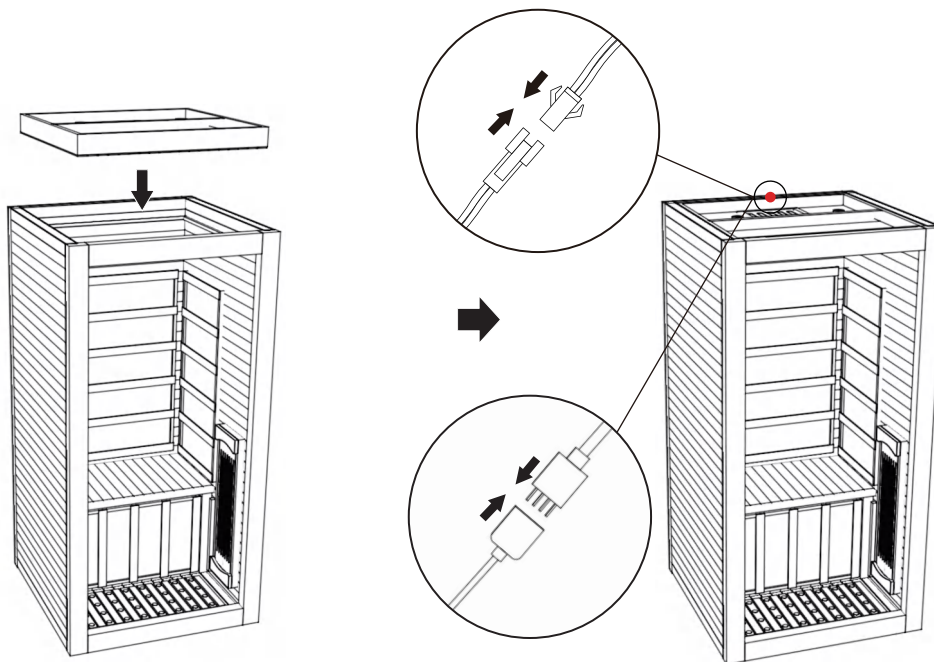
4. Front wall assembly step:

① Stand the front frame upright. Position the front frame flush against the edges of the side panels. Secure the front frame to both side panels using the locking clips.



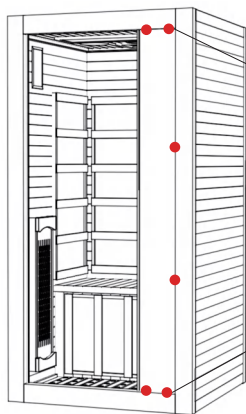
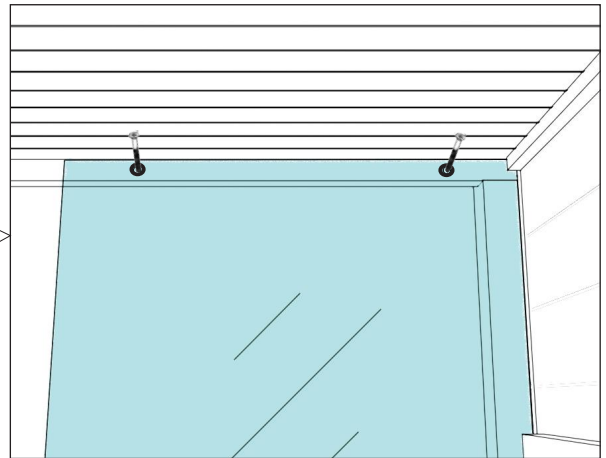
5. Roof assembly step:

① Place the roof, and link the wires at the top. (link wires with the same letter markings together)



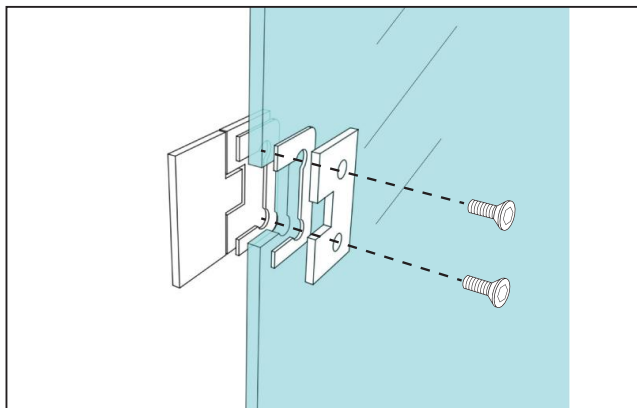
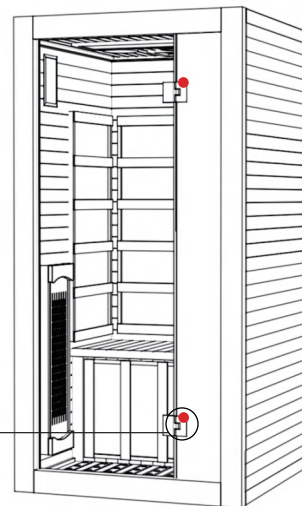
6. Front door glass assembly step:

- ① Install the front glass and secure it with screws.

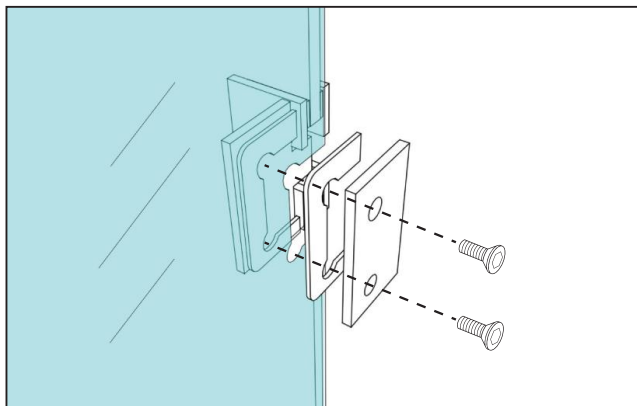
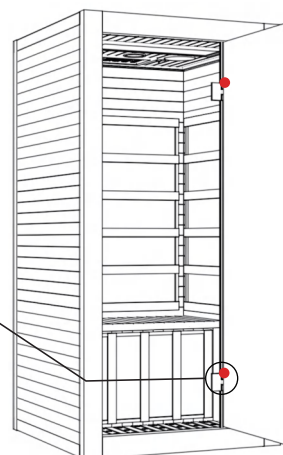


Note: The screws used to secure the glass have plastic washers.

- ② Door Hinge Installation. Install the door hinges onto the designated mounting points.

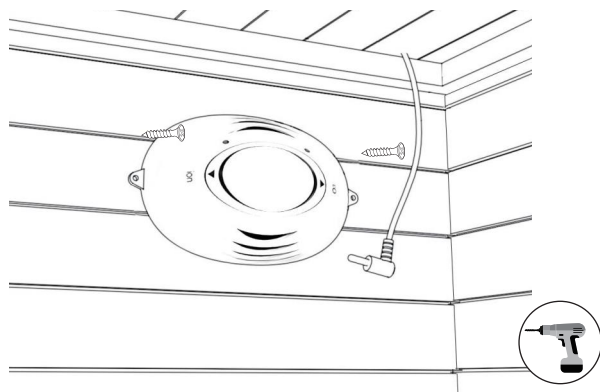


- ③ Glass Door Installation. Mount the glass door onto the installed hinges. Check alignment and ensure smooth opening and closing.

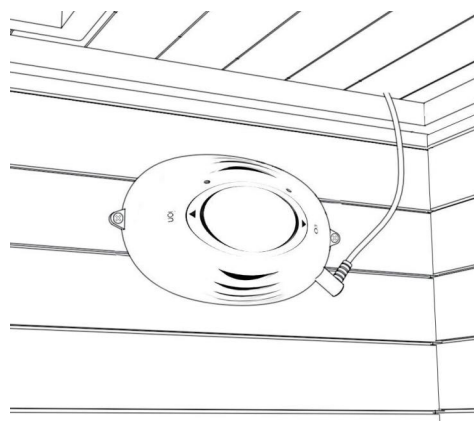


7. Internal accessories assembly step:

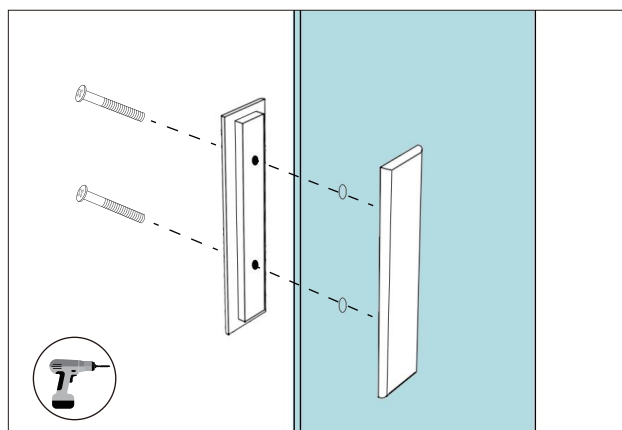
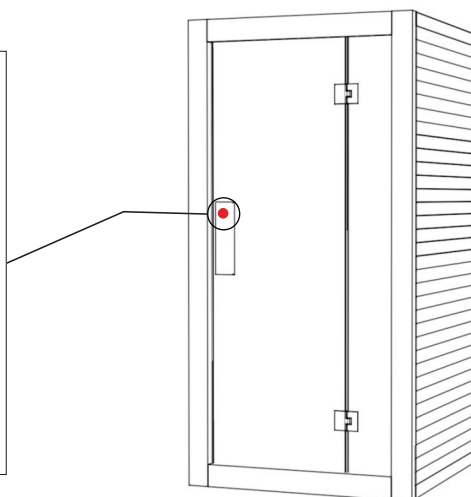
① Choose a location and use screws to fix the oxygen ionizer to the sauna.



② Connect the top wire to the oxygen ionizer.



③ Door handle assembly.



Accessories

Oxygen ionizer

Locate the ionizer plug that extends out of the sauna ceiling (1-pin plug). Connect the oxygen ionizer and screw it onto the back panel.

The oxygen ionizer is used to refresh the air inside the sauna by killing odor-causing bacteria and removing airborne particles.

Use:

Before and while using the sauna, please select the “Ion” option to remove airborne particles by attaching them to the ionizer. After using the sauna, select the “O3” option to kill odor-causing bacteria in the sauna air.



Color therapy lights

Some models will include color therapy lights (or chromotherapy lights). The color lights are operated by the remote control only. Press any color on the remote control to turn the lights on and select a color. Press the “Cycle” button (lower right button) to cycle through the colors. Press the “Power” button to turn the lights off.



Control panel operation instructions



No.	Function	No.	Function
1	Temperature control(increase temperature)/ Song selection(previous song)	8	Timer control(decrease time)/ Volume control(decrease volume)
2	Temperature control(decrease temperature)/ Song selection(next song)	9	Timer control(increase time)/ Volume control(increase volume)
3	AUX audio input	10	AUX
4	FM	11	Bluetooth
5	USB port	12	Floodlight
6	USB mode	13	Power button(on/off)
7	Light	/	/

1. On/Off button

Press the "  " button to turn the sauna on or off. When the power is on, the first press turns the sauna on, and the second press turns the sauna off. After setting the temperature (86°F-149°F), the system has a temperature memory function and will remember the last set temperature, and the default time is the maximum value of 60 minutes.

2. Temperature setting

After turning on the sauna, press the temperature + and temperature - buttons to adjust the temperature of the light wave. The temperature adjustment range is 86°F-149°F; when the temperature is below 86°F, it will display --.

Fahrenheit and Celsius conversion: Press and hold the TEMP + button for 20 seconds to convert between Fahrenheit and Celsius.

3. Time setting

The time can be adjusted from 5 to 60 minutes, with a step of 1. When the countdown reaches 0 minutes, the buzzer will sound 3 times, with an interval of 1.5 seconds between each sound.

4. Press the "  " button to turn the light on or off.

5. Press the "  " button to turn on the radio function, the temperature area displays the frequency, the clock area displays "XX", the time +/- adjusts the volume, the temperature +/- adjusts the frequency, if no button is pressed for 8 seconds, the display switches back to the temperature and time.

6. Press the "  " button to turn on the AUX function, the temperature area displays AUX, the clock area displays "XX", the time +/- adjusts the volume, if no button is pressed for 8 seconds, the display switches to temperature and time.

7. Press the "  " button to turn on the USB function, the temperature area displays USB, the temperature +/- adjusts the previous and next songs, the clock area displays "XX", the time +/- adjusts the volume, if no button is pressed for 8 seconds, the display switches to temperature and time.

Note: The USB disk reading time is 2-3 seconds.

8. Press the "  " button, the backlight is on, turn on Bluetooth, turn on the Bluetooth of the mobile device at this time, and search to complete the Bluetooth pairing. After the pairing is successful, you can play songs. The pairing time is 6-7 seconds, the temperature area displays "T B", the clock area displays "XXdb", and the time +/- adjusts the volume. If no button is pressed for 8 seconds, the display switches to temperature and time.

Note: During the Bluetooth pairing process, you cannot switch between Bluetooth, USB, and radio immediately. The switching time must be 6-7 seconds. If you switch immediately, you can switch after 6-7 seconds.

High temperature protection function:

When the sensor's detection temperature exceeds 149°F (infrared), the two digital tubes display HH at the same time, alarm and flash, all functions stop, even if the temperature drops below 149°F, the function cannot be restored, and the power must be turned off and then on again to use it normally.

Sensor fault detection:

Open circuit: The two digital tubes display " 00 " and flash, the buzzer alarms, the function cannot be turned on normally, and it can be used normally after the fault is eliminated.

Short circuit: The two digital tubes display " 11 " and flash, the buzzer alarms, the function cannot be turned on normally, and it can be used normally after the fault is eliminated.

Temperature sensor failure: The temperature digital tube displays " E0 ", the time digital tube displays normally, the buzzer alarms, and the function cannot be used normally. Check whether the wiring of the temperature sensor is normal. If it is normal, the temperature sensor needs to be changed.

WiFi network configuration:

When the mobile phone APP cannot search for the sauna, you need to debug the sauna without turning on the sauna to put it into network configuration mode.

Long press the "  " button, and hear the "di di di" sound, the sauna room network configuration is successful.

Special note: The three major functions of this system, heating, lighting, and sound can be controlled independently and are not related to each other.

Sauna contraindications & medication / health warnings

Saunas and medications

Individuals taking prescription medications should consult their physician or pharmacist regarding potential changes to drug effects when the body is exposed to far-infrared radiation or elevated core temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat dissipation mechanisms. Certain over-the-counter medications such as antihistamines can also increase susceptibility to heatstroke.

Saunas and children

Children's core body temperature rises far more rapidly than adults'. This is caused by a higher metabolic rate relative to body mass, limited circulatory capacity to meet increased cardiac demand, and immature thermoregulation via sweating. Consult a pediatrician prior to sauna use for children.

Saunas and the elderly

The body's capacity to stabilize core temperature declines with age, mainly due to circulatory issues and reduced sweat gland function. Safe sauna use relies on the body being able to activate its natural cooling responses.

Saunas and cardiovascular conditions

Individuals with cardiovascular disorders (hypertension / hypotension), congestive heart failure, impaired coronary circulation, or those taking medications that affect blood pressure, must exercise extreme caution with prolonged heat exposure. Heat stress raises cardiac output and blood flow to dissipate internal heat through the skin (perspiration) and respiratory system. This process is accompanied by significant heart rate elevation, which may increase by up to thirty (30) beats per minute for each 1°C rise in core body temperature.

Saunas and alcohol

Contrary to common misconception, saunas cannot "sweat out" a hangover and this practice is not recommended. Alcohol intoxication impairs judgment, so users may fail to notice adverse reactions to high heat. Alcohol itself elevates heart rate, and heat stress can further exacerbate this effect.

Saunas and chronic conditions with impaired sweating

Conditions linked to reduced perspiration include parkinson's disease, multiple sclerosis, central nervous system tumors, and diabetes with neuropathy.

Saunas and bleeding disorders / individuals prone to bleeding

Sauna use is not recommended for anyone predisposed to bleeding.

Saunas and fever

Individuals with a fever must not use any type of sauna.

Saunas and heat insensitivity

Individuals with reduced heat sensation must not use any type of sauna.

Saunas and pregnancy

Pregnant women should consult a physician prior to using any sauna. Elevated core body temperature to a certain level may cause harm to the fetus.

Saunas and menstruation

Heat applied to the lower back during menstruation may temporarily increase menstrual bleeding. Some people use saunas for menstrual pain relief and tolerate this effect, while others choose to avoid sauna use during their period.

Saunas and joint injuries

For acute (recent) joint injuries, do not apply heat within the first 48 hours after injury or until inflammation and swelling subside. Chronic joint conditions with persistent heat and swelling may react negatively to any intense heat therapy.

Intense heating is strictly contraindicated for localized abscess/infection, including infections in teeth, joints or other bodily tissues.

Saunas and surgical implants

Metal pins, rods, artificial joints and other surgical implants generally reflect far-infrared rays and will not be heated by this system. Even so, consult your surgeon before sauna use. Immediately stop using the sauna if you feel pain near any implanted hardware.

Silicone absorbs far-infrared energy. Silicone implants or prostheses (e.g., nasal and ear implants) may warm up under far-infrared radiation. Since silicone melts above 200°C (392°F), sauna temperatures will not cause damage to silicone components. Nonetheless, it is recommended to confirm safety with your surgeon and the implant manufacturer.

Should you feel pain or discomfort at any point, discontinue sauna use immediately.

Warranty policy

Dear customer,

First of all, thank you for purchasing our products!

To guarantee product quality and safety, we hereby provide the following warranty terms:

Warranty coverage

All accessories of the sauna room, including wooden planks, slats, etc.: 1 year warranty from the date of goods arrival.

Warranty terms

(1) Within the 1-year warranty period: any damaged accessories caused by non-human factors will be replaced free of charge, with freight borne by the seller.

(2) Within the 1-year warranty period: if accessories are damaged due to human error/misuse, replacement service is available at cost price, and freight shall be borne by the buyer.

(3) After the 1-year warranty expires: if accessories are damaged due to non-human factors, we can provide replacements at cost price, and freight shall be borne by the buyer.

(4) After the 1-year warranty expires: if accessories are damaged due to human misuse, replacement is available at cost price, and freight shall be borne by the buyer.

The company reserves the right of final interpretation of this warranty policy.