

# Infrared Sauna

# User Manual

**SKU: JFHL010MS**

**Rated Voltage : 110V / Rated Power : 1380W/**

**Rated Current: 11A**

**Assembly Video**

BNEHS

# Why choose BNEHS?

**1. Ultimate relaxation experience**
We are well aware of the true essence of sauna. Our products have been meticulously tuned to reproduce stable, uniform and moist Nordic-style hot steam, avoiding a dry and burning sensation. This is not merely an increase in temperature; it's a warm embrace that wraps around the entire body.

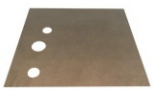
**2. Carefully selected natural materials and meticulous**
craftsmanship guaranteeWood: Carefully selected compact-grained Canadian hemlock/spruce. All the wood has undergone anti-cracking and anti-deformation treatment, with natural grain, being environmentally friendly and non-toxic. It can continuously emit a pleasant natural fragrance at high temperatures..

**3. Humanized design, safe and worry-free**
Ready-to-use: The modular design makes installation extremely simple, and you don't need complex civil engineering works.Intelligent control: The intuitive touch panel enables you to easily preset temperature, time and lighting, with everything at your fingertips. Comprehensive safety: Equipped with multiple safety mechanisms such as overheat protection and leakage protection, all products have passed international safety certifications like FCC, CE, and ETL, ensuring the safety of you and your family.

**4. A home oasis created for modern life**
We understand your longing for personal space. Whether placed in a garden, on a balcony, or in a corner of the living room, the BNEHS sauna can quickly create a private oasis for you. Here, you can put aside the fatigue of the day, relieve stress, improve sleep, spend high-quality time with your family, or enjoy a rare moment of solitude.

BNEHS is not merely selling a product;
it is also sharing a healthy and peaceful lifestyle.

## Part List

| Carton A | | | |
|---|---|---|---|
|  P1: Floor panel |  P8: Ceiling |  P5: Bench support |  P6: Seat panel |
|  P9: Dust-proof cover |  P10: Door handle |  P11: Oxygen ionizer |  P12: Cup holder |
|   1.6cm x 10pcs, assemble the dust-proof cover<br>2.5cm x 2pcs, install the cup holder<br>3.5cm x 10pcs, fix the ceiling with rear, side,<br>P13: Screws | |  P14: Glasses for LED beauty lamp |  Individual On/Off switch on bench support, please switch the bench heater on or off at your request. |

| Carton B | | | |
|---|---|---|---|
|  P2: Rear panel |  P3: Left panel |  P4: Right panel |  P7: Front panel |

# Installation Procedure





*Fasten by buckles*

**Step 1,** Part 1: Floor panel



**Step 2,** Part 2: Rear panel



**Step 3,** Part 3: left panel



**Step 4,** Part 5: Bench support



**Step 5,** Part 4: Right panel



**Step 6,** Part 6: Seat panel

Connect all the wires under bench before Step 6



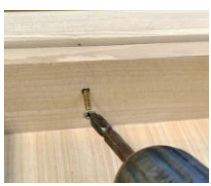


**Step 7,** Part7: Front panel



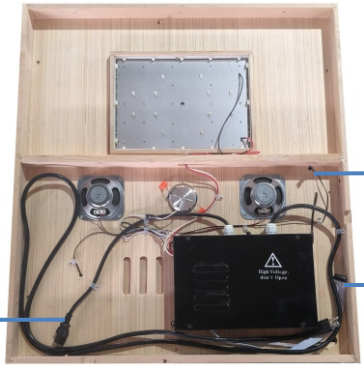
**Step 8,** Part 8: Ceiling





Fix the ceiling with rear, side, front panels via drilled holes with 3.5cm screws.

Connect wires on the ceiling as per the instructions continued on the next page.





Temperature sensor wire



Heater wire



Control panel wire

After assure everything works well, assemble Part 9: Dust-proof cover on ceiling with 1.6cm screws.



**Step 9:** Part 10: Door handle





## Accessories

**Step 10,** Part 11: Oxygen ionizer




Hang the oxygen ionizer to the screws on wall.
When preheating, press “O3” to release O3 to kill bacteria.
When heating, press “ion” to release negative ion.

**Step 11,** Part 12: Cup holder

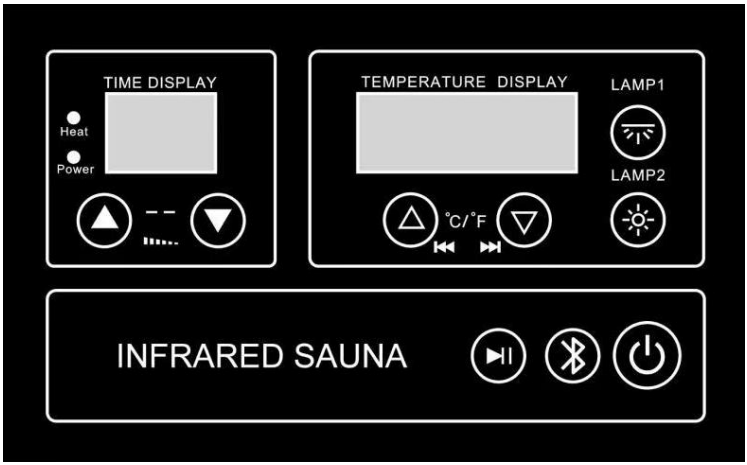
Install the cup holders at your desired location with 2.5cm screws. Make sure not to install on or in front of the heaters. If you don’t like or there is nowhere suitable to install it, just ignore it.



**Part 14:** Glasses for LED beauty lamp
When use the LED beauty lamp, please put on the glasses or no staring at the lamp to prevent your eyes from hurt.



## Operation Instructions of Control Panel






**Power Button (On/Off)**

This button turns the sauna on or off.



**Bluetooth Button**

Press this button to enter bluetooth mode, search for “Sauna BT” on your mobile phone and connect.

Tips: 1, Music playback can be controlled on control panel or mobile phone.
2, If there is no operation in bluetooth mode within 5 seconds, please press this button again, then adjust volume or change to the previous or next song.



**Music Control (Play/Pause)**

Press this button to pause or play when it is in bluetooth mode.



**Time Button (Increase/Decrease)**

Press  or  button to increase or decrease the sauna timer.

Tips:

1,Time setting ranges from 1 to 99 minutes.

2, The heaters will turn off when the timer counts down until 00.

3, Press and hold both and buttons to switch off the timer (no time limit, it displays two dashes --, utmost 4 hours). Press either or button to start the timer again.

4, Press / buttons to increase / decrease volume in bluetooth mode.




**Temperature Button (Increase/Decrease)**

Press or button to increase or decrease the sauna temperature.

Tips:

1, Temperature setting ranges from 15 to 65℃.

2, The heaters will turn off when the sauna reaches its desired temperature.

3, Press and hold both and buttons to switch the temperature display between Fahrenheit and Celsius.

4, Press / buttons to choose next or previous song in bluetooth mode.




**Dual Light Button**

1. Press this button shortly to switch on/off LED strips and change colors.

Tips: It changes 7 colors; the 8th mode is auto color changes, the 9th mode is off status.

2. Press this button over 3 seconds to switch on/off LED beauty lamp.




**Interior Light Button**

Press this button to switch on/off interior LED spot light.

Tips:

The interior lights are on status when the control panel is activated.

## Error code and solutions

Error code E0: The temperature sensor doesn't connect well, reconnect it.

Error code E1: There is a short circuit, replace a new temperature sensor or circuit board.

# Usage Guide

## Conditions to use the sauna:

1, Temperature range: +5~+40 ℃(41-104 F degrees).

2, Relative humidity: ≤85%

3, Depression: 700-1060 hPa

4, Main supply: AC 110V or 220V-240V  Frequency 50Hz ±1 or 60Hz ±1

Allow your sauna to warm up for 15-20 minutes or until it reaches 43℃ (110 F degrees). You may close the vent on the ceiling to speed up the preheating process.
Drink plenty of water to avoid dehydration during or after the sauna using. It is better not to exceed 40 minutes one time.
When you use the sauna, please switch on the oxygen ionizer. If you still feel stuffy, open the vent in the ceiling to allow fresh air into the sauna.

**Tips:**

- Start using the sauna within 10 ℃ before it reaches the set temperature in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52℃ (125 F degrees) , you'd better start using the sauna when it reaches 46℃ (115 F degrees) or 2-3 ℃ less.
- Customers reported an average use temperature of 52 ℃ (125 F degrees) .

# Precautions to Use the Sauna

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.

- Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek advice of a personal physician or a pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.
- Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.
- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If 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.
- Metal pins, rods, artificial joints or any other surgical implants should consult a surgeon prior to using an Infrared Sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier‘s representative; otherwise product warranty may be voided.

***In the rare event, you feel painful and/or discomfortable, immediately discontinue sauna use.***

## Cleaning and Maintenance

Use a clean damp towel to wipe off the bench, floor and around the back panel. Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.
Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use.
Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

## Wood Care

If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment.
The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding.
Please avoid any treatment containing benzene or a high concentration of alcohol.

# Troubleshooting

### The sauna does not power on

- Make sure the power cord of sauna is connected to the socket at your home.
- Make sure the power cord of sauna is connected well to the power box on the top of sauna.
- Make sure the overload protector did not turn off.
- Make sure the control panel wire is connected.
- Make sure the power socket at your home is working by trying a different device on the same socket.

### Control panel displays abnormal or has malfunction

- Make sure whether all the connections of wires for control panel connected well. There are 3 connections of the wires: to the control panel, to the circuit board, middle connection on roof.
- Replace a new wire for control panel.
- Replace a new control panel.

## LED Reading Light does not work

- Make sure the wires connected well.
- Replace the light bulb.

## One or a few heaters do not work

- Make sure the heaters' plugs are connected on top of the sauna.
- Make sure the heaters' plugs under the bench are connected.
- Floor heater is not as hot as other heaters (by design).
- Make sure the plug behind the heater is connected (you would need to unscrew the heater).
- Replace a new heater.

## The sauna temperature does not rise up normally

- Make sure all the heaters work well.
- Make sure temperature sensor works well.
- Make sure time and temperature set correctly on control panel.

## Power box makes abnormal beeps

- There is something wrong on the relays, replace a new circuit board.
- Replace a transformer.

## Oxygen ionizer does not work

- Make sure the cable is connected well in the power box and with the ionizer well.
- Replace a new ionizer.
- Replace a new cable.

## LED beauty lamp does not work

- Make sure the wires are connected well.
- Replace a new lamp.

## LED strip does not work

- Make sure the wires are connected well.
- Replace a new LED strip.

***For more troubleshooting advice or to report a problem, please contact with your supplier.***

# BNEHS

Join us and indulge in a session
that's tailored to your comfort!