



USER MANUAL



Congratulations on choosing our sauna! Please take the time to read through the following pages carefully, and retain this manual for future reference and service calls.

Electrical requirements	4
Installation instructions	5
Connecting the panels	6
Sauna assembly	7
Using your sauna	13
Chromotherapy lighting	15
Control panel operation	16
Cleaning and maintenance	19
Wood care	19
Safe sauna use	20
Troubleshooting	24
Warranty information	26

ELECTRICAL REQUIREMENTS

Each sauna will require a dedicated circuit when plugged in an outlet according to the chart below. A dedicated circuit requires that no other appliance should 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 proper electrical requirements are not met.

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

Please read the following directions carefully. The sauna installation requires a minimum of 2 people. You should not try to install the sauna on your own as damage will easily occur.

INSTALLATION INSTRUCTIONS

Please read the following directions carefully. The sauna installation is recommended for a minimum of 2 people.

CAUTION

- **No plumbing or plumbing fixtures should be installed in the sauna.**
- **Keep all liquids away from the heating panels.**
- **Install the sauna on a completely level surface.**
- **Install the sauna in an area that is dry and protected from weather conditions.**
- **Flammable objects and corrosive chemical substances should be kept far away from the sauna.**

Your sauna will be packaged in four boxes; please make sure to open the boxes facing up. Take care when opening the boxes as they contain fragile parts and glass.

CONNECTING THE PANELS

Your sauna uses a latch locking system to connect the different sides. Please use the instructions below as a reference guide on how to connect the panels.

Latch locking system:

The latch locking system uses two brackets that lock together by passing the main loop over the opposite side and securing the latch down in a fixed position (**fig. A**).



Figure A: Latch locking system

SAUNA ASSEMBLY

Lay the boxes flat on the ground and open them carefully, with the box facing up. The accessories, hardware and smaller components are located under the dust cover component, inside the box that includes the top and bottom panels of the sauna (**fig. B**).

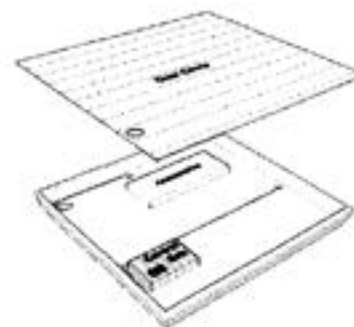


Figure B: Removing the dust cover to reveal accessories

Place the floor panel in the desired installation location, making sure to leave space around the perimeter for one person to stand and install the side panels (**fig. C**). Once completely assembled you will be able to slide the sauna closer to the wall, if desired.



Figure C: Floor panel

Next, place the rear panel on the back end of the floor panel (**fig. D**). At this point, it is recommended to have a second person hold the rear panel in place until the next connection is made. Install the left panel, making sure the top of both panels is flat and levelled. Secure the panels using the latch system.

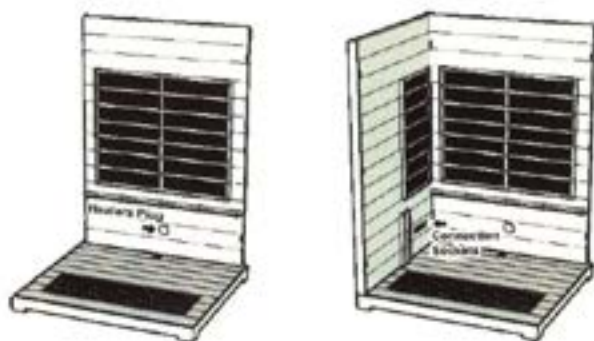


Figure D: Rear and left panels

Slide the bench stand panel between the two vertical guides on the side panels. Connect the heaters' plugs under the bench to the appropriate sockets. The matching plugs and sockets are labelled alphabetically - e.g. connect "A" plug to "A" socket.

Install the bench top by placing it on top of the bench stand and the horizontal guide on the rear panel. Make sure the smooth and finished side is facing up and forward (**fig. E**).



Figure E: Installing the bench

Install the right panel as shown below (**fig. F**), making sure the top of all panels is flat and levelled.

Tip: Have someone stand inside the sauna to align the bench stand with the vertical guide on the right panel and level the corners for easier installation. If the lower lock is not latching smoothly, make sure the bench stand is aligned with the vertical guide.



Figure F: Right panel installed

Before installing the front panel, first install the door handle.

Tip: For Elite models, the wooden handle should be installed on the inside of the sauna, and the metal handle on the outside.

Once the handle has been installed, connect the front panel to both side panels as shown below (**fig. G**).

Tip: Make sure to align the corners of the two side panels with the edges of the front panel. The glass panel is heavy and two people are required to lift it safely.



Figure G: Front panel installed (Core model)

For **Elite models** featuring the full glass front panel, first slide in the fixed panel with hinges, and screw the panel in to the base of the sauna. Use the provided screws and black rubber grommets to secure the panel, and cover them with the provided chrome finishing caps. Be sure to install the remaining screws in the top of the panel once the roof panel has been installed in the next steps.

Next, unscrew the rear hinge plate from the glass door and align the door with the front hinge plates of the fixed panel on the sauna. It is recommended to have someone hold the door in place for correct alignment of the hinges. Adjust the hinges as needed for smooth door opening and closing.

Raise the top panel over the sauna and insert the wires for the control panel, temperature sensor and heaters through the openings in the ceiling.

Connect the control panel wire (white ribbon) and the heat sensor (2-pin wire) on top of the sauna.

Connect the heaters' plugs into the control box. The heaters' plugs can be connected into any of the control box sockets (**fig. H**).

Place the dust cover over the sauna roof and pass the main power plug through the opening. Make sure to match the holes for the vent on the dust cover with the sauna vent holes. Fix the dust cover in place using the black screws provided.



Figure H: Top panels and connections

Your sauna assembly is now **complete!**

USING YOUR SAUNA

Unlike heating in a traditional sauna, infrared heats the body directly. Air temperature in an infrared sauna is not as important as the type and quality of infrared being received. Infrared heaters warm your body directly and you will always have a higher body temperature than the air temperature displayed on the panel.

- Allow your sauna to warm up for 20-30 minutes, or until it reaches at least 45°C. Warm up times will vary depending on the ambient air temperature; for sites such as a garage or covered patio you should expect longer times.
- You may close the vent on the ceiling to speed up the pre-heating process. Once in use, if the sauna becomes too stuffy, open the vent on the ceiling to allow fresh air into the sauna.
- It is recommended to start using the sauna within 10°C of reaching the set temperature in order to receive the optimum benefits of the infrared heaters; we recommend using your sauna between 45-65°C, as you prefer.
- To ensure the longevity of your sauna, use a towel on the bench during the session and remove once finished.

Precautions

- Drink plenty of water to avoid dehydration, before and after the session. It is not recommended to exceed 40 minutes per sauna session.
- 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 whilst under the influence of alcohol.
- Do not splash water on the heaters or electrical components inside the sauna.
- Do not bring wet towels into the sauna or any substances that could harm the interior surfaces. Dry your body prior to entering the sauna.
- Do not touch or lean against the heater panels.
- Do not install a lock on your sauna.
- All repairs need to be authorised by our technician; failure to do so will void the sauna's warranty.

CHROMOTHERAPY LIGHTING

Chromotherapy, or colour therapy, lights offer a variety of therapeutic benefits depending on the colour you choose.

The lights are operated by the remote control included with your sauna. Simply press the colour on the remote to turn the sauna lights on. Press the "Cycle" button (lower right) to cycle through the colours randomly. Press the "Power" button to turn the lights off.



Red: Brings warmth, energy and stimulation; good for energy, fatigue, colds, chills and passive people. It energises heart and blood circulation, organ function and that of the senses.

Yellow: Increases neuromuscular tone. Purifies blood, helps digestion and has a cleansing effect. Strongly stimulates happiness, brings on a sense of security, as well as a strong feeling of well-being.

Green: A cooling, sedating colour, which helps reduce swelling of joints and tissues; it calms the body's nervous system. It's the colour of the relaxed heart.

Blue: A calming, cool colour that stimulates the parasympathetic system and reduces blood pressure. It calms both breathing and heart-rate, and helps treat sleep disorders and headaches.

Violet: Promotes awareness and consciousness, and amplifies the effects of medications. It also promotes proper function of the lymphatic system and is helpful with menopause symptoms.

CONTROL PANEL OPERATION



1	temperature control (reduce temperature) song select control (latter song)	8	timer control (reduce time)/ volume control (reduce volume)
2	temperature control (increase tempture)/ song select control (previous song)	9	timer control (increase time)/ volume control (increase volume)
3	AUX connect interface	10	AUX
4	FM	11	blue tooth
5	USB connect interface	12	Floodlight
6	USB	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 (32-140°F), the system temperature has a memory function, memorizing the last set temperature value, 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 86-140°F with a step of 5; when the temperature is below 86 degrees, it will display -

Fahrenheit and Celsius conversion: Press and hold the TEMP + button for 10 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, there is no button response for 8 seconds, and the display switches to 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, there is no button response for 8 seconds, and 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, there is no button response for 8 seconds, and the display switches to temperature and time.

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

8. Click 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. There is no button response for 8 seconds, and 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 140 degrees (infrared)/194 degrees (steam), the two digital tubes display HH at the same time, alarm and flash, all functions stop, even if the temperature drops below 140/194 degrees, 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 normal, 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.

Tip: To adjust the volume of the connected Bluetooth device, or to change song selection, do so directly on the device. It is not recommended to leave your electronic devices inside the sauna for the duration of the session, however short periods should not overheat the device.

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 that might drip water inside the sauna. **Do not use cleaning agents** inside the sauna.

Make sure to keep the sauna dry and clean between sessions. Do not leave towels or water vessels inside the sauna after use. Wipe the exterior surface of the sauna with a towel and clean the glass regularly. We recommend a glass-leaning mixture of 2 parts water to 1 part white vinegar.

WOOD CARE

If the sauna exterior is scratched or scuffed, it can be concealed by using a small amount of furniture polish or oil. Interior blemishes can be sanded out, but avoid using treatments containing benzene or high concentrations of alcohol.

SAFE SAUNA USE

Saunas and medications

Individuals using prescription drugs should seek the advice of their physician or a pharmacist for possible changes in the effects 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 that of adults. This occurs due to a higher metabolic rate per unit of body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with your child's paediatrician before allowing them to use 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/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medication which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and 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 heart rate, which has the potential to increase by 30 beats per minute for each degree increase in core body temperature.

Saunas and alcohol

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

Saunas and chronic conditions/diseases

Chronic conditions and diseases associated with a reduced ability to sweat or perspire include Parkinson's, Multiple Sclerosis, Central Nervous System Tumours, Diabetes and Neuropathy.

Saunas and haemophiliacs

The use of infrared saunas should be avoided by individuals predisposed to bleeding, such as haemophiliacs.

Saunas and fever

An individual experiencing 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 as fetal damage can occur with elevated body temperature.

Saunas and menstruation

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

Saunas and joint injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after the injury, or until the hot

and swollen symptoms subside. If you have joints that are chronically hot and swollen, they may respond poorly to vigorous heating of any kind.

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, it should not be adversely affected by sauna use. It is still advised that you consult your surgeon and/or representative from the implant manufacturer to be certain.

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

TROUBLESHOOTING

The sauna doesn't power on

- Make sure the power cord is securely connected to the power socket and the control box on top of the sauna.
- Make sure the breaker did not turn off.
- Make sure the control panel white ribbon wire is securely connected.
- Make sure the power socket is working by trying a different device on the same socket.

Lamp is not working

- Replace the light bulb and test button again.
- Ensure the light and power cable are connected.

Chromotherapy light not working

- Ensure the remote battery is inserted correctly.
- Ensure to point the remote directly at the receiver (small rounded tip next to the colour lights).
- Try a new battery in the remote.
- Ensure the power cable in the roof is plugged into the light.

All heaters are not working

- Make sure to connect the heaters' plugs securely to the control box on top of the sauna.

- Make sure the sauna is connected to the recommended power supply.
- Make sure the heat sensor is connected securely.

Select heaters are not working

- Make sure to connect the heaters' plugs securely to the control box on top of the sauna.
- Make sure to connect the heaters' plugs securely under the bench.
- By design, the floor and under-bench heaters will not produce as much heat as the other heaters.
- Make sure the plug behind the heater is connected, by unscrewing the heater.

Control panel display issues

- If control panel displays excessive temperature reading, make sure to connect the heat sensor securely.
- If the control panel time display is '- -' (two dashes), the sauna is on continuous mode and will run indefinitely. Press the timer button to return to timed mode.
- If internal panel shows error on LCD, turn off sauna and unplug from wall outlet. Allow 10 seconds before plugging sauna back in and turning on.

For more troubleshooting advice or to report a problem, please contact our support team.

WARRANTY INFORMATION

Your sauna purchase includes a 3 year parts and labour warranty for **residential use**, unless otherwise stated. For **commercial use**, we provide a 2 year parts and labour warranty.

Our saunas feature the highest quality Canadian Hemlock wood; all structures using wood are susceptible to minor dents, scratches and scuffing. This is normal and will not affect the integrity or operation of your sauna.

This warranty is only valid for the original purchaser of the sauna and cannot be transferred by sale or other means to another party.

This warranty shall be null and void if the sauna is subjected to water damage or placed in an exposed, outdoor environment that has not been approved by our installation technicians.

This warranty shall be null and void if the sauna is moved from the initial installation location, without express permission by our installation technicians.

This warranty is valid from the original date of delivery/ installation. To receive warranty service, the purchaser must contact our service team.