Thank you for choosing our infrared sauna!

REV 4
## Index

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important Safety Guidelines</td>
<td>2</td>
</tr>
<tr>
<td>Installation Requirements</td>
<td>3</td>
</tr>
<tr>
<td>Installation Procedure</td>
<td>3-8</td>
</tr>
<tr>
<td>Operation</td>
<td>9</td>
</tr>
<tr>
<td>Warnings</td>
<td>10</td>
</tr>
<tr>
<td>Trouble Shooting</td>
<td>10-11</td>
</tr>
<tr>
<td>Maintenance</td>
<td>12</td>
</tr>
<tr>
<td>Transportation</td>
<td>12</td>
</tr>
</tbody>
</table>
IMPORTANT SAFETY GUIDELINES

READ AND FOLLOW ALL INSTRUCTIONS

A) Reference the warning label provided with the heater, indicating the importance of attaching the label. Listed are the relevant explanations for the various warnings on the label. The requirements for the location of warning notice is stated below:

1) The hyperthermia warning label should be located on the outside of the door at eye level.
2) The fire warning label should be located on the interior wall above the heater at eye level.

B) A receptacle shall not be installed inside the heated room.

C) The door of the heated room does not include any locking or latching system, if it malfunction it could cause entrapment inside the sauna.

D) Keep the vents open as intended when using the dry-bath sauna.

E) CAUTION: Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

   The effects of hyperthermia include:
   a) Failure to perceive heat.
   b) Failure to recognize the need to exit the room.
   c) Unawareness of impending hazard.
   d) Fetal damage in pregnant women.
   e) Physical inability to exit the room.
   f) Unconsciousness.

WARNING – The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

G) WARNING: REDUCE THE RISK OF ELECTROCUTION AND BURNS. DO NOT OPERATE UNLESS GUARDS ARE IN PLACE.

H) CAUTION: EXCESSIVE EXPOSURE CAN BE HARMFUL TO HEALTH. PERSONS WITH POOR HEALTH SHOULD CONSULT THEIR PHYSICIANS BEFORE USING SAUNA.

I) CAUTION: REDUCE THE RISK OF FIRE. DO NOT PLACE COMBUSTIBLE MATERIAL ON HEATING ELEMENTS AT ANY TIME.

J) WARNING: REDUCE THE RISK OF OVERHEATING:

   a) EXIT IMMEDIATELY IF UNCOMFORTABLE, DIZZY, OR SLEEPY. STAYING TO LONG IN A HEATED AREA CAN CAUSE OVERHEATING.
   b) SUPERVISE CHILDREN AT ALL TIMES.
   c) CHECK WITH A DOCTOR BEFORE USE IF PREGNANT, IN POOR HEALTH, OR UNDER MEDICAL CARE.
   d) BREATHING HEATED AIR IN CONJUNCTION WITH CONSUMPTION OF ALCOHOL, DRUGS, OR MEDICATION CAN CAUSE UNCONSCIOUSNESS.

K) WARNING: REDUCE THE RISK OF ELECTROCUTION. DISCONNECT THE POWER SUPPLY CONNECT BEFORE SERVICING.

SAVE THESE INSTRUCTIONS
Installation

Installation requirements
a. Do not plug any other appliances into the outlet with your infrared sauna.
b. Install the sauna on a completely level floor.
c. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
d. Do not store flammable objects or chemical substances near the sauna.

Installation procedure

Sauna Room:
1. Structure of Infrared Sauna. See FIG-1

---

FIG-1

1. One person and two person saunas are packed into two cartons.
See FIG-2 For example: C/NO: 002. 1 OF 2 and C/NO: 002. 2 OF 2 are for one unit.

FIG-2 Two cartons

FIG-2.1 C/No.

3. Three person and four person saunas are packed in three cartons.

For example: C/NO: 002. 1 OF 3. C/NO: 002. 2 OF 3 and C/NO: 002. 3 OF 3 are for one unit.

3 Make sure all parts are present before installing the unit. See packing list below.

A. User Manual  B. Bottom Board  C. Back Board  D. Left Side Board  E. Right Side Board
F. Bench Skirt  G. Bench Top  H. Back Rest  I. Front Board  J. Internal Top Board
K. External Top Board

4. Place the bottom board (section 4, Sauna room diagram, p.3) in the desired location for your sauna. Make sure which side is the front and which side is the back. See FIG-3.

FIG-3 Placing bottom floor

FIG-4 Assembling back board

5. Align the backboard with bottom board's corresponding quarter round molding; make sure they are in line. See FIG-4

6. Align the left board with bottom board's corresponding quarter round molding; make sure left board fits flush into backboard. See FIG-5

FIG-5 Assembling left board

FIG-6 Latching
7. The latch has a guide tab that must be placed in the guide slot for alignment. Pick up the back panel (hold it upright to the floor panel) and place the tab in the slot, do not latch at this time. When the back wall and the front wall/side wall are set together on the floor panel, close and latch it. See Figure 6

![FIG-7 Assembling right board](image)
![FIG-8 Assembling bench skirt support](image)

8. Align the right board with bottom board's corresponding quarter round molding; make sure right board fits flush into backboard and latch together. See FIG-6 and FIG-7

9. Slide the bench skirt down vertically into the slot within left and right panel. Next, connect the bench skirt’s heating element wire to corresponding wire from the back wall. Next locate bench top and slide into place. See Figure 8-9

Note: Make sure the wires are connected lightly; otherwise the heating element will not work.

![FIG-9 Connecting wire](image)
![FIG-10 Assembling bench top](image)

10. Put the bench top horizontally on corresponding bench support on the backboard. See FIG-10

![FIG-11 Assembling front board](image)
11. Align the front board (section 3) with bottom board's corresponding quarter round molding; then latch the left and right boards respectively. Note: Take caution of the glass door to avoid damage. See FIG-11.

12. Put the wires of front board and backboard over top of the board to the outside to avoid pressing the wires during installing. See FIG-12. Open the door, raise the top board high enough to see if it fits with the surrounding boards, then put down.

![FIG-12 Setting the top board](image)

![FIG-13 Leading the wires of heaters onto the top board through the corresponding hole](image)

13. During the course of putting down the internal top board, make sure all the wires (mentioned above) and connecting plugs are slipped through the corresponding holes of the top board. All these wires will be connected with the controller on the internal top board. See FIG-13

14. See FIG-14. Connect all the wires and connectors to the corresponding outlets on the top board. Please be sure all the plugs are connected tightly.

![FIG-14 Connectors on the internal top board](image)

![FIG-15 Place the wires into the sauna cabin](image)

15. After that, place the power plugs of the speakers, temperature sensor, control panel and CD player through the hole near the fan on the top board. See FIG 15

16. Take out the car stereo with CD player (section 2), check its hardware and place the stereo into the CD frame. See FIG-16.1. Then screw the attached stereo support to the stereo. See FIG-16, 16.1 Note: CD player on selected model only.
17. All the wirings from top board should be linked with corresponding connectors from the control panel, the CD player, the temperature sensor and the radio antenna. The sauna will not function if any connections are missed. See FIG 17-18.

FIG-17 Connect the antenna connectors

FIG-18 Connect the power connectors
18. Take down the bag of screws affixed to the CD player back cover; use a cross screwdriver to screw the CD player back cover over the CD player. See FIG-19-20
19. Make sure all steps are finished correctly. Then plug in the power and verify the sauna works properly. Then put the external top board (section 10) over the internal top board, and place the power plug through the corresponding hole in the external top board. See FIG-21

20. Use the screws affixed on the external top board to attach the external top board using the cross screwdriver. See FIG-22
Installation Completed.
1. Precautions
   a. Ensure all connections are complete and connect room to electrical power.
   b. Set the temperature and time to a comfortable level, normally, 60 minutes at 122°F-140°F.
      Note: If ambient temperature is lower than 65°F, please set the temperature at about 122 °F; and if ambient
temperature is higher than 65°F, please set the temperature at about 140 °F.
   c. Drink a cup of water before each sauna session.
   d. After 2 hours of continuous use, shut the sauna down for one hour.
   e. To avoid burns, do not touch the heating element.

2. Operation
   a. See electrical label on the unit, and plug the sauna into a proper wall outlet. Do not share the outlet with any
      other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should
      be unplugged when not in use.
   b. Press the ‘temperature’ button to increase or decrease the temperature. If the ‘heat’ light is on, the temperature
      setting will increase one degree every time the ‘+’ button is pushed. If pressed for three seconds, the setting will
      increase quickly. Decrease the temperature in the same manner by pressing the ‘-’ button. After the sauna
      reaches the desired temperature, the ‘heat’ light turns off.
   c. Press the ‘light’ button to turn the light on and off.
   d. If the sauna is too stuffy, open the vent in the ceiling or open the front door.
   e. After your sauna session, turn sauna off, and unplug the power cable.
   f. To set the time press the ‘function’ button until the ‘time’ button blinks. Press the ‘+’ and ‘-’ buttons to set the timer
      from 5 to 60 minutes. If pressed for three seconds, the timer will increase quickly. When the display reads ‘05’,
      the timer will buzz. The sauna will shut off automatically after 5 minutes. To extend the sauna session, reset the
      timer again.
   g. The Fahrenheit and Centigrade display can be switched: press the temperature button ‘+’ and ‘-’ at the same
      time, then press the ‘light’ button to make change.
   h. CD Player (CD is the optional part)
      Please read the instruction of the stereo with CD player
Warnings

1. Safety precautions
   a. To avoid fire, do not dry clothes or leave any towels in the sauna.
   b. To prevent burns or electric shocks, do not touch or use metal tools on the wood grill which covers the far infrared heating elements.
   c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool.
   d. Do not spray water on the far-infrared wood grill and heater elements. This activity may result in electric shock or damage to the heater elements.
   e. Do not use the infrared sauna if you have any of the following conditions:
      1. Open wounds
      2. Eye diseases
      3. Severe sunburn
      4. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years may use the sauna under the supervision of adults.
      5. If suffering from a disease directly related to temperature, seek the advice of a doctor before using.
      6. Do not place pets in the sauna.
      7. Do not use the sauna if you are under the effects of alcohol.

Trouble Shooting:

<table>
<thead>
<tr>
<th>problem</th>
<th>possible reason</th>
<th>countermeasure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Indicator light for power supply not working</td>
<td>The connector is not connected properly</td>
<td>Check the connector or replace a new one</td>
</tr>
<tr>
<td></td>
<td>No power supply input</td>
<td>Check the circuitry (especially whether there is power supply input)</td>
</tr>
<tr>
<td></td>
<td>Indicator light is broken</td>
<td>Replace the circuitry panel</td>
</tr>
<tr>
<td>2 Indicator light for function is not working</td>
<td>The heating indicator light is broken</td>
<td>Replace the relevant control panel</td>
</tr>
<tr>
<td></td>
<td>The circuit board or components are broken</td>
<td>Replace the circuit board</td>
</tr>
<tr>
<td></td>
<td>The temperature sensor is broken</td>
<td>Check the connections if loose and replace it</td>
</tr>
<tr>
<td>3 Infrared Heater not heating up</td>
<td>The heater is broken</td>
<td>Replace with a new one of the same specifications</td>
</tr>
<tr>
<td></td>
<td>The wire connections or the heater's wire is loose</td>
<td>Check and make them tight</td>
</tr>
<tr>
<td></td>
<td>The temperature sensor is broken</td>
<td>Check connections of the temperature sensor is loose and replace it</td>
</tr>
<tr>
<td></td>
<td>The relay of the circuit board is not working</td>
<td>Replace the circuit board</td>
</tr>
<tr>
<td></td>
<td>Odor from the sauna</td>
<td>The circuitry's problems</td>
</tr>
<tr>
<td>---</td>
<td>---------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1) there is over the element, remove it</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2) some heater's temperature over high, cut off the power supply, replace it</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3) parts on the circuitry is broken</td>
</tr>
<tr>
<td>5</td>
<td>Light bulb is not working</td>
<td>Light bulb is burned out</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace the light bulb</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Light bulb wiring is loose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace the lamp holder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Problems with electrical control panel</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Repair or replace it</td>
</tr>
<tr>
<td>6</td>
<td>Sauna is not powering up</td>
<td>Power cord is unplugged</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plug back power cord into outlet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Outlet has no power</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check outlet or circuit breaker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Power supply or circuit panel is broken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace the power supply or related circuitry board</td>
</tr>
<tr>
<td>7</td>
<td>The temperature display show &quot;EP&quot;</td>
<td>The connector of temperature sensor is loose or sensor damaged</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tighten the connector of temperature sensor or change to a new temperature sensor</td>
</tr>
<tr>
<td>8</td>
<td>The temperature display show &quot;H&quot;</td>
<td>The temperature inside the sauna room is too high</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turn off the unit, and contact the manufacture</td>
</tr>
<tr>
<td>9</td>
<td>Speaker does not work</td>
<td>The speaker is broken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace with a new one of the same specifications</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The speaker wire is loose</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reconnect the speaker wire</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The power indicator light for CD is off</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turn on the switch to restart</td>
</tr>
<tr>
<td>10</td>
<td>CD-Player doesn't work</td>
<td>Power connector is loose or damaged</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check connector or replace it</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DC power supply has no power to the CD-player</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check DC power supply wiring or replace the power supply</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CD-player is defective</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace the CD-player</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CD-player protection fuses are burnt out</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Replace the fuses</td>
</tr>
</tbody>
</table>

For further troubleshooting assistance please obtain the room information and email techsupport@saunatec.com or call (888) 780-4427 and ask for Technical Support.
USER MAINTENANCE INSTRUCTIONS
(CLEANING AND MAINTENANCE)

Cleaning
Clean the faceplate with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary. Clean the sauna room with a wet cotton towel, dry with a clean dry towel. **Do not use benzene, alcohol, or strong cleaning chemicals on sauna.** NOTE: Any chemical that can damage wood material will damage the sauna and the protective layer that is on the wood.

***Suggest do not leave the sauna or CD player on for more than 2 hours at a time.***
(This will extend heater elements and CD player lifetime.)

Transportation and Storage
1. Avoid exposure to rain, snow or strong collisions during transport.
2. Do not store in damp environments.