

# Infrared Sauna User Manual



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## A) INTRODUCTION

### A1. Welcome!

We strive to create the perfect balance of superior craftsmanship, therapeutics, and value. We would like to thank you for trusting our Saunas with such an important part of your health. We are confident that your new infrared sauna will provide you with years of faithful service and satisfaction as you continue your journey for better health and wellness.

### A2. Infrared Benefits

All growth depends on sunlight, yet 40% of the sun's ultraviolet and high-energy rays are harmful to the human body. The remaining 60% of the sun's energy, which is comprised of infrared rays, is beneficial. Our infrared sauna uses these invisible (5.6-15 $\mu$ m) infrared rays to increase cell tissue resonance, accelerate blood circulation, and improve organic functions. Infrared sauna therapy is becoming increasingly popular and accepted by the medical field, with more studies now supporting the science behind this exciting new technology. An infrared sauna has been shown to increase blood circulation, which can help relieve pain and improve wound healing and recovery. It has also been known to increase metabolic rates and help the body burn calories as you sweat. In fact, a 30-minute session in an infrared sauna can burn the same number of calories as a six-mile run. It aids fat burning, enhances cardiac fitness, strengthens the heart, helps eliminate toxins, and improves cellulite and general skin tone. The chromotherapy (i.e., color light therapy) in our saunas also offers many benefits, ranging from emotional to physical health.





## B) SAUNA SPECIFICATIONS

### B1. Operating Conditions

- **Temperature:** 41°F – 104°F (5°C – 40°C)
- **Relative Humidity:** below 86%
- **Barometric Pressure:** 700 – 1060 hpa
- **Main Supply:** Refer to your specific sauna model specification for power requirements.

### B2. General Sauna Features & Components

The following are sauna features and components offered by the manufacturer. However, your sauna model may not contain ALL of these features:

1. Dual-walled cabin for insulation and strength
2. High quality craftsmanship
3. Dual controllers
4. Full-surround, high quality infrared heaters
5. Full spectrum options
6. Automatic thermostat for constant temperature
7. Timer and buzzer that sounds 5 minutes before the sauna session ends
8. Ergonomic backrest
9. Media player with Bluetooth
10. Oxygen ionizer
11. Chromotherapy (i.e., color therapy lights)
12. LED reading lights
13. Outside vanity lights
14. Controlled digital microprocessor

## **B3. Safety Warnings**

### **3.1 User Safety Guidelines**

- 1. READ INSTRUCTIONS:** All the safety and operating instructions should be read before the sauna is installed and operated.
- 2. HEED WARNINGS:** All warnings on the sauna should be read and followed.
- 3. CLEANING:** Unplug the sauna from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna. After each sauna session, use a damp cloth to wipe down any surfaces (the bench, floor heater, etc.) that have sweat.
- 4. ACCESSORIES:** Do not use accessories that are not recommended by the manufacturer because they may cause a hazard.
- 5. WATER OR MOISTURE:** Do not use the sauna in high moisture environments, such as in bathrooms without ventilation, near swimming pools, and in wet basements.
- 6. GROUNDING OR POLARIZATION:** The sauna is intended to be used with a three-wire, properly-grounded power receptacle. Do not alter the power cord.
- 7. POWER SOURCES:** The sauna should be operated only from the type of power source indicated on the label. If you are not sure of the type of power source you have, please consult a licensed electrician.
- 8. POWER CORD PROTECTION:** Power supply cords should be routed so that they are not likely to be walked on or pinched by items placed on or against them.
- 9. LIGHTNING:** For added protection during a lightning storm or when the sauna is left unattended and unused for long periods of time, unplug the sauna from the wall outlet. Surge protection is also recommended to help protect the circuits from voltage spikes.
- 10. OVERLOADING:** Do not overload wall outlets, as this can result in increased risk of fire or electrical shock. A dedicated circuit is recommended for most sauna models. However, refer to your specific sauna model specifications for power requirements.
- 11. SERVICING:** Always unplug the sauna from the wall outlet before servicing it.
- 12. POWER SUPPLY:** Do not remove electrical power supply covers without authorization from the manufacturer. This could void your sauna's warranty.



13. **REPLACEMENT PARTS:** When replacement parts are required, only use replacement parts specified by the manufacturer. Unauthorized parts may result in fire, electrical shock, or other hazards.

### ***3.2 General Health & Safety Precautions***

- Do NOT leave damp or wet clothes / towels in the sauna because this could cause a fire or damage the wood cabin.
- To prevent burns or electric shock, do NOT touch or use metal tools on the net cover of the far infrared heating elements.
- Do NOT touch or attempt to change light bulbs until the sauna is off and the light bulb has cooled.
- Do NOT spray water on the heating elements or any other components of the infrared sauna. This may result in electric shock or fire. The infrared sauna is a “dry sauna,” and excessive moisture can damage circuit boards, heating elements, and accessories. For proper cleaning guidelines, see section G1 “Maintenance: Cleaning.”
- Do NOT use the infrared sauna if you have any of the following conditions:
  1. Open wounds or severe sunburns
  2. Eye diseases
  3. Pregnancy
  4. Under the influence of alcohol or drugs
  5. Over-the-counter or prescription medications without doctor’s consent
- Elderly, young children, and people suffering from acute or chronic diseases/illnesses should NOT use the sauna without first consulting a doctor. Children over the age of 6 should only use the sauna with adult supervision.
- Do NOT allow pets in the sauna without first consulting a veterinarian.

### ***3.3 Hyperthermia (Heat Exhaustion / Heat Stroke) Warning***

If you have heat sensitivity or any other medical conditions, please consult a doctor before using the sauna. Hyperthermia (also heat exhaustion / heat stroke) occurs when the internal temperature of the body increases several degrees above the normal body temperature of 98.6°F (37°C). The symptoms of hyperthermia include: increased heart rate, dehydration, dizziness, lethargy, drowsiness, and fainting. The use of alcohol, drugs, or medication can greatly increase the risk of hyperthermia.

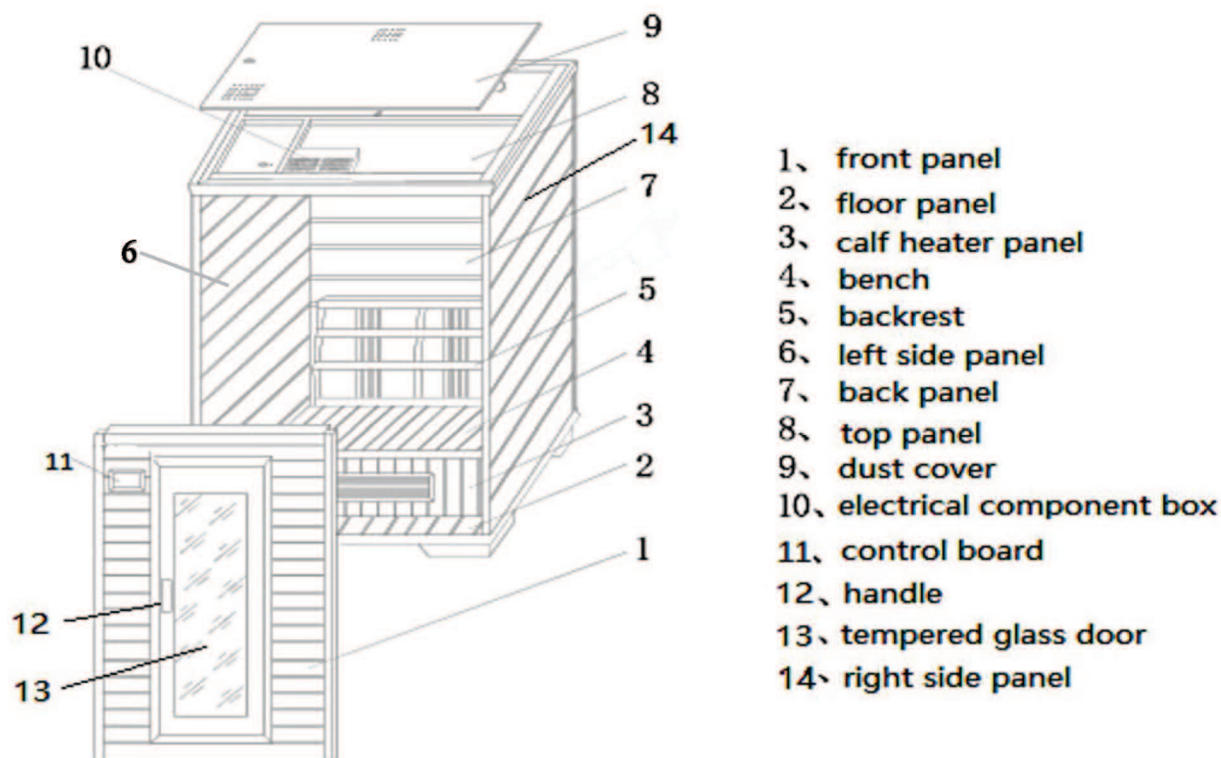
## C) INSTALLATION

### C1. Installation Requirements

- Do not plug any other appliances into the same outlet as the sauna.
- Install the sauna on a completely dry, level floor.
- Do not spray water on the exterior walls of the sauna. If the exterior walls need cleaning, wipe them down with a damp cloth.
- The sauna is for indoor use only. Do not install the sauna in a location exposed to rain or snow.
- Do not store flammable objects or chemical substances in or near the sauna.

### C2. Installation Guidelines

#### 2.1 Infrared Sauna Cabin Diagram





## ***2.2 Delivery & Packaging***

The sauna will be delivered on a custom pallet to your driveway in either two or three large boxes, depending on the sauna cabin size. Please make sure that there is no noticeable damage to the boxes before accepting delivery. If damages are noticed, contact the manufacturer immediately for further instructions. Also, check to verify that each box has the same serial number. It may be easier or even necessary to open the boxes outside and carry each piece individually to the setup location inside.

## ***2.3 Installation Materials***

Make sure all of the following parts are present before you begin installing the sauna:

1. Front Panel
2. Floor Panel
3. Calf Heater Panel
4. Bench
5. Backrest
6. Left Side Panel
7. Back Panel
8. Top Panel
9. Dust Cover (optional)
10. Right Side Panel
11. Handles (x2)
12. Hardware (in plastic bag)

## ***2.4 Installation Steps***

1. Place the floor panel in the desired location of your sauna, making sure the floor heater is towards the front.



2. Place the back panel so that it is aligned with the floor panel and is sitting against the border trim on the back side of the floor panel.



3. Place the left-side panel so that it is aligned with the floor panel and is sitting against the border trim on the left side of the floor panel. The left-side panel should also be aligned with the back panel.

*(\*Note: This step will be easier with two people, one person to hold the back panel while the other person sets the left-side panel into place.)*



4. Latch the three locking buckles (as pictured below). This will create an airtight seal, so you may have to maneuver the two panels until they are perfectly aligned.



5. If your sauna model has a calf-heater panel, insert it so that it is held in place between the two wood trim pieces on the left-side panel. The calf heater should be facing forward and standing right behind the floor heater.

*(\*Note: If your sauna model does not have a calf-heater panel, complete Step 8 before installing the bench.)*



6. There are two cords: one connected to the floor and one connected to the calf-heater panel. Plug both of these cords into the power cords located on the back panel. You can plug the floor cord or the calf-heater panel cord into either of the corresponding wall cords; the specific order placement does not matter. If your sauna model does not have a calf-heater panel, there will only be a floor cord to plug into the wall cord.

*(\*Note: Make sure the plugs are connected tightly, or the heaters may not work.)*



7. Place the bench horizontally on top of the calf-heater panel so that the finished sides face up and out. If your sauna model does not have a calf-heater panel, complete Step 8 first, and then the bench will slide into place between the left-side panel and the right-side panel.



8. Place the right-side panel so that it is aligned with the floor panel and is sitting against the border trim on the right side of the floor panel. The right-side panel should also be aligned with the back panel. Latch the two panels together with the locking buckles.





9. If your sauna model has full spectrum or ceramic heaters on the back wall (above the bench), use the provided hardware to screw the backrest into the back panel and directly over the back wall heaters. If your sauna model has carbon heaters on the back wall, skip to Step 10.

*(\*Note: You will need a screwdriver to screw the backrest into place.)*



10. On the front panel, screw the handles into the tempered glass door with the hardware provided. This will make it easier to open and close the tempered glass door for when you install the front panel.

*(\*Note: You will need a screwdriver to screw the two handle pieces into place.)*

11. Place the front panel so that it is aligned with the floor panel and is sitting against the border trim on the front side of the floor panel. The front panel should also be aligned with the two side panels. Latch the front panel to both the left-side panel and the right-side panel with the locking buckles.

*(\*Note: The front panel will be the heaviest panel because of the tempered glass door. We recommend it is carried by two people. Also, use caution when handling the tempered glass door to avoid damage!)*



12. There will be several wires feeding out of the top of all four wall panels. Place these wires outside of the sauna cabin so that they are hanging down in easy view for installing the top panel.

13. While installing the top panel (with the outside vanity lights facing forward and down), make sure all of the wires and connecting plugs from Step 12 are fed through the corresponding holes in the top panel. All of these wires will be connected to the top panel in the next step.

*(\*Note: This step requires two people in order to hold the top panel up while feeding the wires through.)*



14. Connect all of the wires from the four wall panels to the corresponding wires located on the top panel. Be careful not to bend any pins when plugging in the 7-pin ribbon cable for the control board.

*(\*Note: Make sure the plugs are connected tightly, or the heaters and other components may not work.)*





15. All of the wires from the top panel should now be linked with the corresponding connectors of the electrical component box, oxygen ionizer, etc. The sauna will not function properly if any plugs are loose or left unconnected.

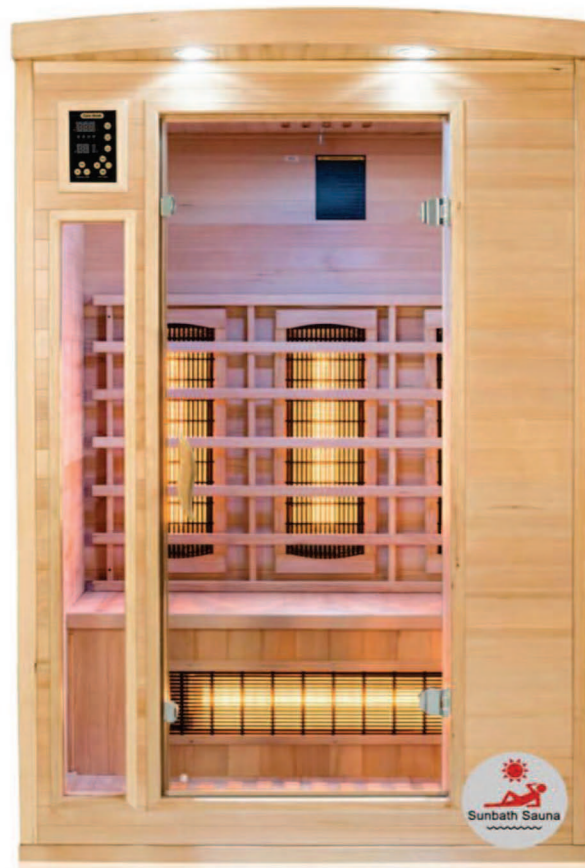
16. Plug in the power cord, and turn on the power from the control board. This will allow you to test the sauna and make sure all of the above steps have been completed correctly. Then, place the dust cover over the top panel, and pull the power plug through the corresponding hole in the dust cover. Use the set of screws affixed to the dust cover to attach it to the top panel using a screwdriver.

*(\*Note: Installing the dust cover is optional because the sauna cabin will vent more effectively without it. Also, the main circuit board and power supply will stay cooler without the dust cover, possibly extending the life of these components. The dust cover is mainly available for cosmetic purposes and easier cleaning.)*

17. The black wire coming out of the top panel near the right-side panel plugs into the oxygen ionizer. Mount the oxygen ionizer within easy reach of this wire, and plug the black wire into the oxygen ionizer.



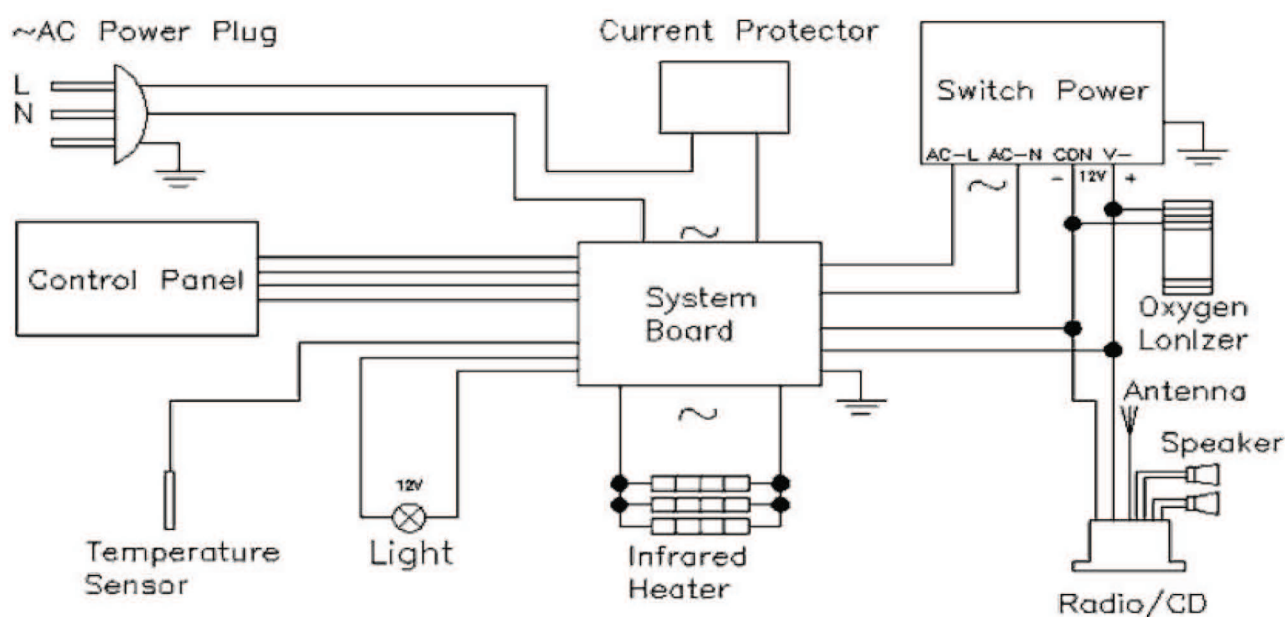
18. Enjoy your new infrared sauna!



*2.5 Installation Diagram for Corner Model (if needed)*



## D) CIRCUIT DIAGRAM



## E) SAUNA ACCESSORIES

### E1. Oxygen Ionizer

The oxygen ionizer purifies the air in the sauna by producing negative ions and ozone. Each oxygen ionizer comes with one scent pack. To install the scent pack, open the lid at the back of the oxygen ionizer, place the scent pack in, and close the lid. We recommend using the oxygen ionizer as follows:

1. The green (ion) light should be turned on when you are using the sauna. Negative ions will be released into the air to help purify the air and remove dust, bacteria, and other microbes.
2. The red (O3) light should be turned on when you are finished using the sauna. Ozone will be released into the air to help kill bacteria/viruses and sterilize the sauna.



## E2. Control Board

### 2.1 Style 1: Double Control Boards (inside & outside)



(inside control board,  
labeled for chart below)








(inside control board)



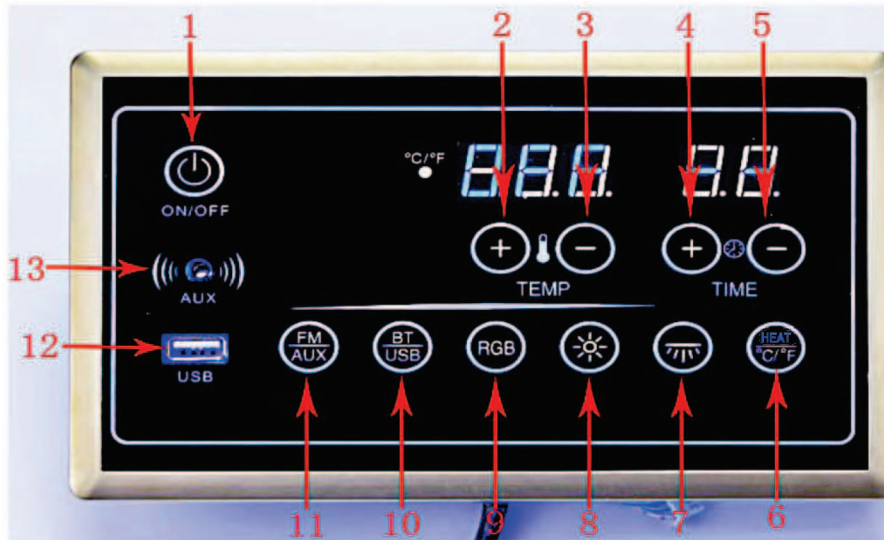
(outside control board)

#	Button	Function
1	TEMP (+)	<ul style="list-style-type: none"> <li>• When in sauna mode, press this button to decrease the temperature.</li> <li>• When in media mode, press this button to go to the previous song.</li> <li>• When in radio mode, press this button to scan radio channels backward.</li> </ul>
2	TEMP (-)	<ul style="list-style-type: none"> <li>• When in sauna mode, press this button to increase the temperature.</li> <li>• When in media mode, press this button to go to the next song.</li> <li>• When in radio mode, press this button to scan radio channels forward.</li> </ul>
3	TIME (+)	<ul style="list-style-type: none"> <li>• When in sauna mode, press this button to increase the time.</li> <li>• When in media or radio mode, press this button to increase the volume.</li> </ul>






4	TIME (-)	<ul style="list-style-type: none"> <li>• When in sauna mode, press this button to decrease the time.</li> <li>• When in media or radio mode, press this button to decrease the volume.</li> </ul>
5	FM/ AUX	<ul style="list-style-type: none"> <li>• Press this button for FM mode.</li> <li>• Press and hold this button for 3 seconds for AUX mode.</li> </ul>
6	BT/ USB	<ul style="list-style-type: none"> <li>• Press this button for BT (Bluetooth) mode.</li> <li>• Press and hold this button for 3 seconds for USB mode.</li> </ul>
7		Press this button to control the chromotherapy (i.e., color therapy lights).
8		Press this button to control the inside reading lights.
9		Press this button to control the outside vanity lights.
10		<ul style="list-style-type: none"> <li>• Press this button to switch the sauna heaters ON or OFF.</li> <li>• Press and hold this button for 3 seconds to switch from Celsius (°C) to Fahrenheit (°F).</li> </ul>
11		Press this button to switch the power ON or OFF.
12	USB	The USB port allows you to listen to music via a USB flash drive.

## 2.2 Style 2: Single Control Board (inside only)



(inside control board, labeled for chart)

#	Button	Function
1		<ul style="list-style-type: none"> <li>Press this button to switch the power ON or OFF.</li> </ul>
2	TEMP (+)	<ul style="list-style-type: none"> <li>When in sauna mode, press this button to decrease the temperature.</li> <li>When in media mode, press this button to go to the previous song.</li> <li>When in radio mode, press this button to scan radio channels backward.</li> </ul>
3	TEMP (-)	<ul style="list-style-type: none"> <li>When in sauna mode, press this button to increase the temperature.</li> <li>When in media mode, press this button to go to the next song.</li> <li>When in radio mode, press this button to scan radio channels forward.</li> </ul>
4	TIME (+)	<ul style="list-style-type: none"> <li>When in sauna mode, press this button to increase the time.</li> <li>When in media or radio mode, press this button to increase the volume.</li> </ul>

5	TIME (-)	<ul style="list-style-type: none"> <li>• When in sauna mode, press this button to decrease the time.</li> <li>• When in media or radio mode, press this button to decrease the volume.</li> </ul>
6	HEAT / °C / °F	<ul style="list-style-type: none"> <li>• Press this button to switch the sauna heaters ON or OFF.</li> <li>• Press and hold this button for 3 seconds to switch from Celsius (°C) to Fahrenheit (°F).</li> </ul>
7		Press this button to control the inside reading lights.
8		Press this button to control the outside vanity lights.
9	RGB	Press this button to control the chromotherapy (i.e., color therapy lights).
10	BT / USB	<ul style="list-style-type: none"> <li>• Press this button for BT (Bluetooth) mode.</li> <li>• Press and hold this button for 3 seconds for USB mode.</li> </ul>
11	FM / AUX	<ul style="list-style-type: none"> <li>• Press this button for FM mode.</li> <li>• Press and hold this button for 3 seconds for AUX mode.</li> </ul>
12	USB	The USB port allows you to listen to music via a USB flash drive.
13	AUX	The AUX port allows you to listen to music via external devices.



## F) USING THE SAUNA

1. Set the temperature to a comfortable level, normally 100°F – 140°F (37°C – 60°C).
2. Allow approximately 10-15 minutes for the sauna to warm up.
3. You should begin sweating within 10 to 15 minutes after stepping into the sauna. We recommend each sauna session does not exceed 30-40 minutes. Also, consult a doctor if you have any health problems prior to using the sauna.
4. When the sauna reaches the temperature set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature inside the sauna.
5. The front door and ceiling vent can be opened at any time to allow fresh air into the sauna.
6. Drink plenty of water before, during, and after each session to stay hydrated.
7. A shower should be taken immediately after each sauna session to cleanse the skin of sweat and toxins. Letting sweat dry can cause pores to become clogged and toxins to be reabsorbed into the body.
8. To keep the sauna dry, lay a towel down on the bench so that sweat is absorbed. Keep a towel handy to wipe sweat from your body during the sauna session. If your sauna model does not have a floor heater and you notice that you are a heavy sweater, you should also lay a towel down on the floor.
9. To prevent your hair from drying out, you can apply coconut oil to your hair and wrap it up in a towel. Then, rinse your hair thoroughly in the shower after using the sauna.
10. Do not eat at least an hour before your sauna session. It is better to go in the sauna with an empty stomach.
11. Do not use the sauna immediately after strenuous exercise.
12. Massage sore muscle areas while in the sauna to help relieve tension.
13. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of viruses.
14. If there is a specific area of your body in which you would like to achieve deeper infrared penetration, you should move this area closer to the heaters during your sauna session.

## G) MAINTENANCE

### G1. Cleaning

1. Clean the face plate of the control board with a damp cloth. If necessary, you can mix a small amount of Dawn soap with warm water.
2. After each sauna session, wipe down the sauna with a damp cloth, and then dry it with a clean, dry towel. Do not use benzene, alcohol, or any other strong chemical cleaners to wipe down the sauna. These chemicals can damage the wood's protective layer and, in turn, damage the sauna.
3. If necessary to remove stubborn stains, use a mixture of 1/3 organic white vinegar and 2/3 distilled water.

### G2. Storage

1. The sauna is not designed for outdoor storage or use.
2. Avoid exposure to rain, snow, or extreme weather conditions.
3. Do not store the sauna in damp environments.



## H) LIMITED WARRANTY

The limited warranty on the sauna covers defects in material and workmanship:

1. Heaters: 12 months
2. Workmanship: 18 months
3. Electrical Components: 12 months

This does not include freight charges for parts shipped while servicing the sauna. This warranty is void if the sauna has been altered, misused, or abused. This includes operating or maintaining the sauna in a manner that is not described in this user manual. The warranty extends only to manufacturing defects and does not cover any damages as a result of the owner mishandling the sauna, natural disaster, or modification/repair that has



not been authorized by the manufacturer. This warranty also does not cover any damages caused by natural weather conditions, even when the sauna is covered by the manufacturer-authorized outside cover. The sauna is not meant for outdoor use and should not get wet. Broken glass and light bulbs, whatever the cause, are not covered by this warranty. This warranty does not cover any normal wear and tear due to usage of the sauna.



## D) TROUBLESHOOTING

	Problem	Possible Reason	Troubleshooting
1	The green indicator light for the power supply on the control board is not on?	Check to make sure the sauna is plugged in with the proper input voltage.	Plug in the sauna, check the house breaker, and verify the proper voltage with a meter.
		The control board ribbon cable is damaged or loose.	Unplug the ribbon control cable on top of the sauna and reconnect, checking to make sure no pins are bent.
		There is no input power to the power supply.	Check the input wires to the power supply. Replace the circuit board.
		The indicator light is broken.	If all systems in the sauna still work, then the control board could be replaced if the indicator light is needed.
2	The indicator light for "function" is not working?	The heating indicator light is broken.	Replace the control board.
		The circuit board or components are broken.	Replace the circuit board.
		The temperature sensor is broken. The control board will usually display two dashes.	Check the connection, and replace the temperature sensor if required.



3	Sauna is not heating up properly?	The ambient air is too cold.	Put the sauna in a warmer area, or heat the space with an external heater.
		The temperature sensor probe is not inside the cabin.	Pull the temperature sensor probe down inside the cabin 3-4 inches.
		The heaters are not all heating up.	Feel each carbon heater for warmth. If one of the heaters is cold, proceed to #4 to check the heater.
4	Infrared heating panel is not heating up?	The heater plug on top of the sauna is loose or not connected properly.	Check the heater cords on top of the sauna for loose, improper, or unconnected plugs.
		The heater connection clip is loose or not connected.	Remove the heater grid from the wall, and make sure the heater clip is properly connected.
		The heater is defective.	Replace the heater.
5	Burning odor from the sauna?	Turn off and unplug the sauna. Check for burned wires or circuit boards.	Contact the manufacturer for technical assistance.
6	Light bulb is not working?	The light bulb is burned out.	Replace the light bulb.
		The light bulb wiring is loose.	Replace or tighten the connector.
		The control board ribbon cable is damaged or loose.	Unplug the ribbon control cable on top of the sauna and reconnect, checking to make sure no pins are bent.
		There is a problem with the electrical control panel.	Replace the control board.

7	Stereo is not working?	The input power connection is loose or not connected.	Check the stereo connections on top of the sauna and on the back of the sauna by removing the stereo from the wall.
		The stereo is defective.	Check the input feed voltage on the back of the stereo with a meter. If you have 12 volts DC and the stereo still doesn't work, then replace the stereo.
8	Oxygen ionizer is not turning on?	There is a loose connection.	Make sure the input power plug in connected properly.
		The oxygen ionizer is defective or broken.	Check the input power with a meter. If the supply voltage is 12 volts DC and the oxygen ionizer still doesn't work, then replace the oxygen ionizer.