

1-2 Person Wellness Sauna

Operating Manual

wellness saunas

Important Safeguards

READ INSTRUCTIONS
All the safety and operating instructions should be read before the sauna is installed and operated.

RETAIN INSTRUCTIONS
The safety and operating instructions should be kept in a safe place for future reference.

FOLLOW INSTRUCTIONS
All operating and usage instructions should be followed at all times.

CLEANING
Unplug the sauna from the wall outlet before cleaning. DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.

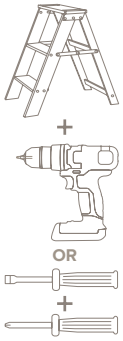
POWER-CORD PROTECTION
Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.

OVERLOADING
Do not overload the wall outlet as this can result in a risk of fire or electric shock.

GLASS DOOR
DO NOT remove glass door from frame when disassembling.

<u>IMPORTANT:</u> Failure to comply with the aforementioned safeguards may void your warranty.

Installation Requirements

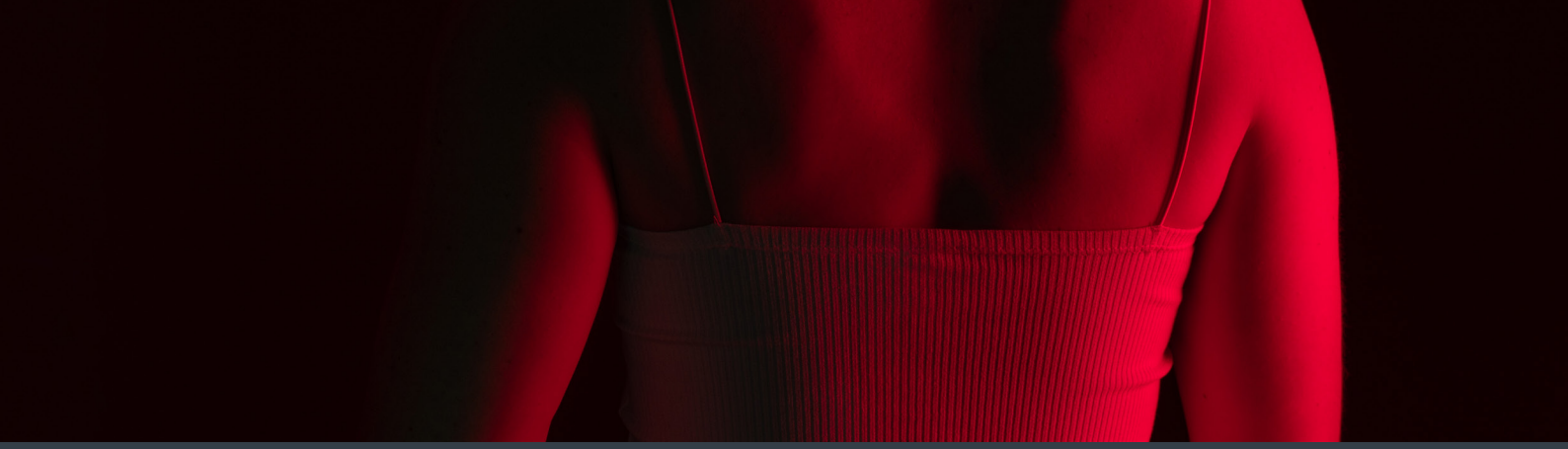


To properly install the Wellness Sauna, it is necessary to have at least two adults for the assembly. It is advised to carefully read and follow the instructions before and during the assembly process.

To complete the task, you will need a power drill or a Phillips-head screwdriver. Additionally, you will require a 3-step ladder or a ladder of equivalent height.

Use a standard 10 Amp 230V socket within your home and avoid running any other devices from the same power source. If you plan to install it indoors, ensure that the outlet is shielded from all weather elements to prevent the warranty from becoming invalid.

Before setting up the sauna, make sure that the floor is even. If the floor in the intended location is damp, hold off on assembling the sauna until the area has completely dried out and is free of any moisture.



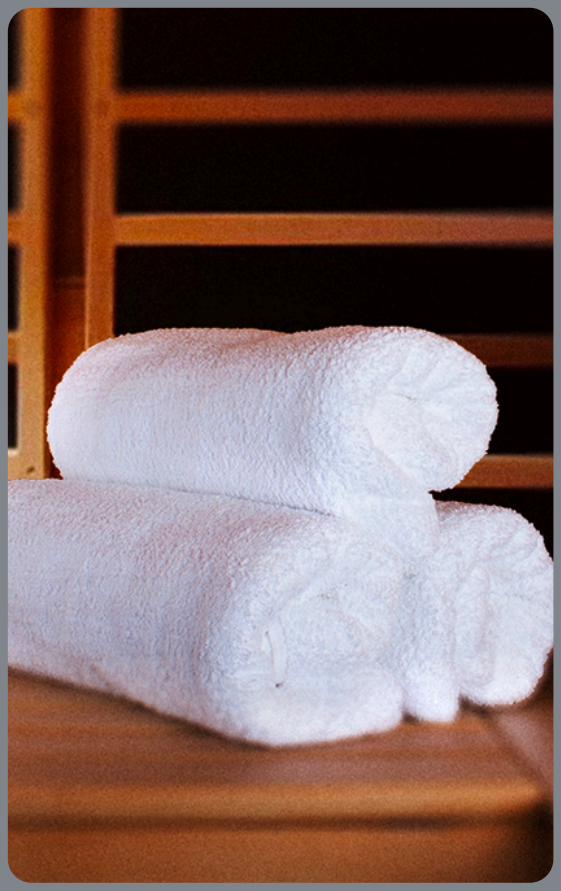
SAFETY (Please read all health and safety instructions)

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge or experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should not be permitted to play in or with the appliance.
3. If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
4. Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.
5. Do not cover Infrared Emitters. Covering the infrared heaters causes fire risk.
6. Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
7. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of sauna.
8. If you experience reddening (erythema) of the skin lasting more than a day after exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema ab igne.
9. If you are a person with sensitivity to heat or under the influence of alcohol or tranquilisers you should not use an infrared sauna.
10. When installing and using the sauna, basic safety precautions should always be followed.
11. Infants, pregnant women and elderly people suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna.
12. Persons using medications should consult their health care professional before using the sauna.
13. Never sleep inside the sauna while the unit is in operation.
14. DO NOT use any type of chemical cleaning agents on the interior or exterior of the sauna or you will void the warranty.
15. DO NOT stack or store any object on top of or inside the sauna.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the warranty.
18. If replacement of heaters is required only use original manufacturers (OEM) parts.

Cleaning & Maintenance

Maintaining your sauna is a straightforward process that doesn't require much time, yet it's crucial to keep it functioning well and safe to use. It also helps to maintain its cleanliness and hygiene for a space everyone can find their wellness.

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If you experience a strong smell at first, do not be concerned as this is normal. Open the door while the sauna is working.
- To clean the exterior use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration.
- Scratches and stains on the sauna can be removed by simply using a fine grade sandpaper over the damaged area. We recommend sealing with a wood preserver, wood oil or furniture polish if needed.



Some Useful Tips

Here are some useful tips to optimise your sauna benefits

- We recommend your sauna sessions should be between 30 - 45 minutes at between 45°C – 55°C, however you should set the temperature at what you feel comfortable with.
- Drinking some hot tea before your sauna session can assist with inducing a deeper sweat.
- The ceiling vent in your Wellness Sauna can be opened at any time for air circulation. If you are still too warm, open the door until you feel comfortable or turn the set temperature down.
- To absorb perspiration and keep the sauna clean during your session, place a towel on the bench and floor of the sauna and then keep an extra towel handy to wipe excessive sweat from your body.
- Try not to eat at least an hour before your sauna session. It is better to use the sauna on an empty stomach, as you are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- To maximise your sauna benefits, ensure you drink plenty of water before, during and after your sauna sessions. We recommend 1litre before, 1litre during and half a litre after every session to avoid dehydration.
- Taking a hot shower or spa prior to your sauna session will further promote perspiration. Once finished, sit in the sauna with the door open and allow your body to cool off. Once you've completed your sauna session, take a shower to rinse the sweat off your body.
- To help relieve sore and tense muscles, massage the affected areas while in the sauna.
- Treat your ankles and feet more effectively by elevating them while inside the sauna. Any area that you wish to achieve a specific deep heating effect on should be moved as close to the heaters as feels comfortable.

*Disclaimer If you are a person with sensitivity to heat or under the influence of alcohol or tranquilisers you should not use an infrared sauna. Infants, pregnant women, elderly people or any individual suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna and persons using medications should consult their health care professional before using a sauna.

1-2 Person Sauna Parts List

The Base
Place the base on the floor making sure the FRONT is in the correct position for easy access. Ensure you allow sufficient room for the door to fully open. You will also need room behind the sauna to allow access to bolt in the back panel. (Sauna can be slid back after installation). We recommend you assemble the sauna as close to its permanent position as possible.

PARTS LIST


Base Panel X 1


Front Panel X 1

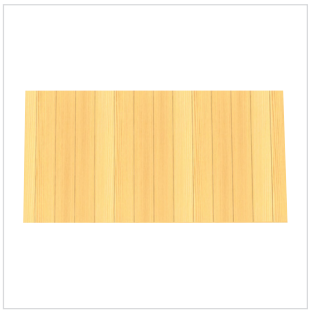

Side Panel (Left) X 1


Back Panel X 1

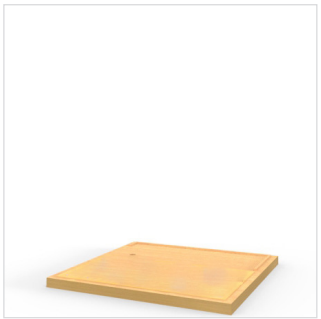

Side Panel (Right) X 1


Top Panel X 1


Bench Heater Panel X 1


Top Bench Panel X 1

ASSEMBLY ORDER


1. Place Bottom Panel


2. Add Front Panel


3. Add Side Panel (Right)


4. Add Back Panel

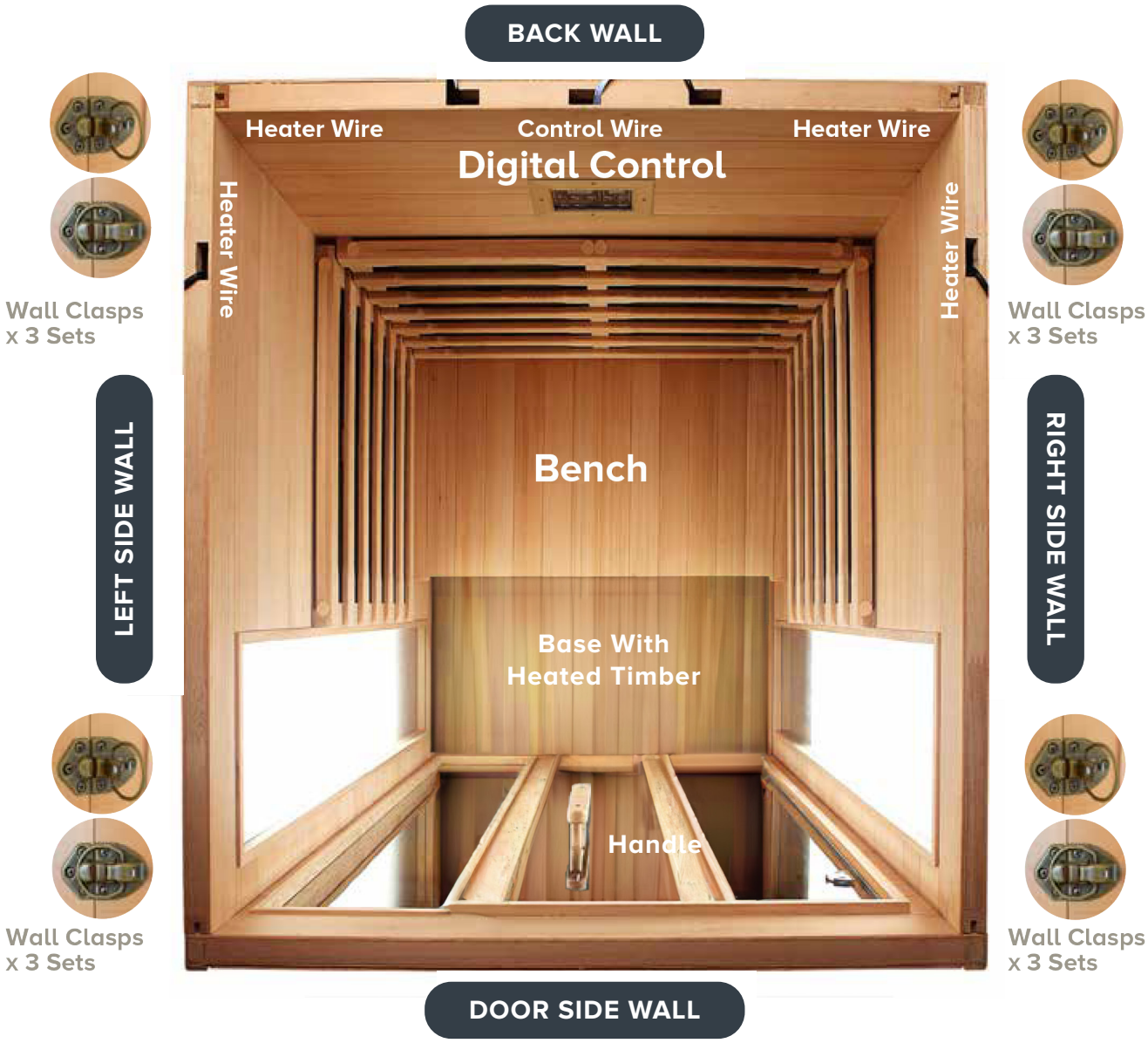

5. Add Side Panel (Left)


6. Add Top Panel


7. Add Bench Heater Panel


8. Add Top Bench Panel

Assembly





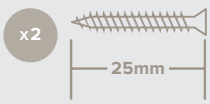
HANDLE ASSEMBLY

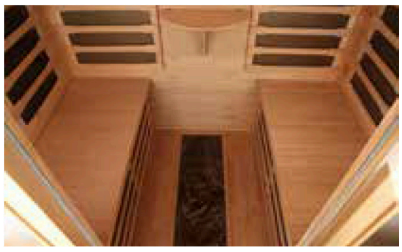
Cool Handle system stainless steel door exterior handle and wood interior handle.



AROMATHERAPHY

Attach the aromatherapy mount block to the sauna wall. The aromatherapy unit can be placed anywhere within the sauna. For best results place above a heater panel.

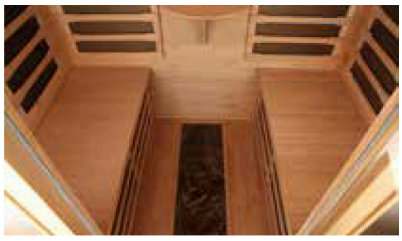




The Seat

Position the seat on the inside supports of the side panels. You will need to open the walls to fit the upright seat panel into the grooves in the side panels, then slide top of bench on to back support.

IMPORTANT: It is important that you position the seat unit before attaching the door panel - then install the door panel and finally screw down the seat.



Bench Heater Panel

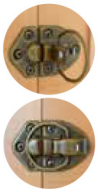
Slide into groves by pulling the walls slightly apart then connect the heater cables for the leg heater.



Bench Panel

Slide along the top of the upright panel and the back support and then secure with provided screws.



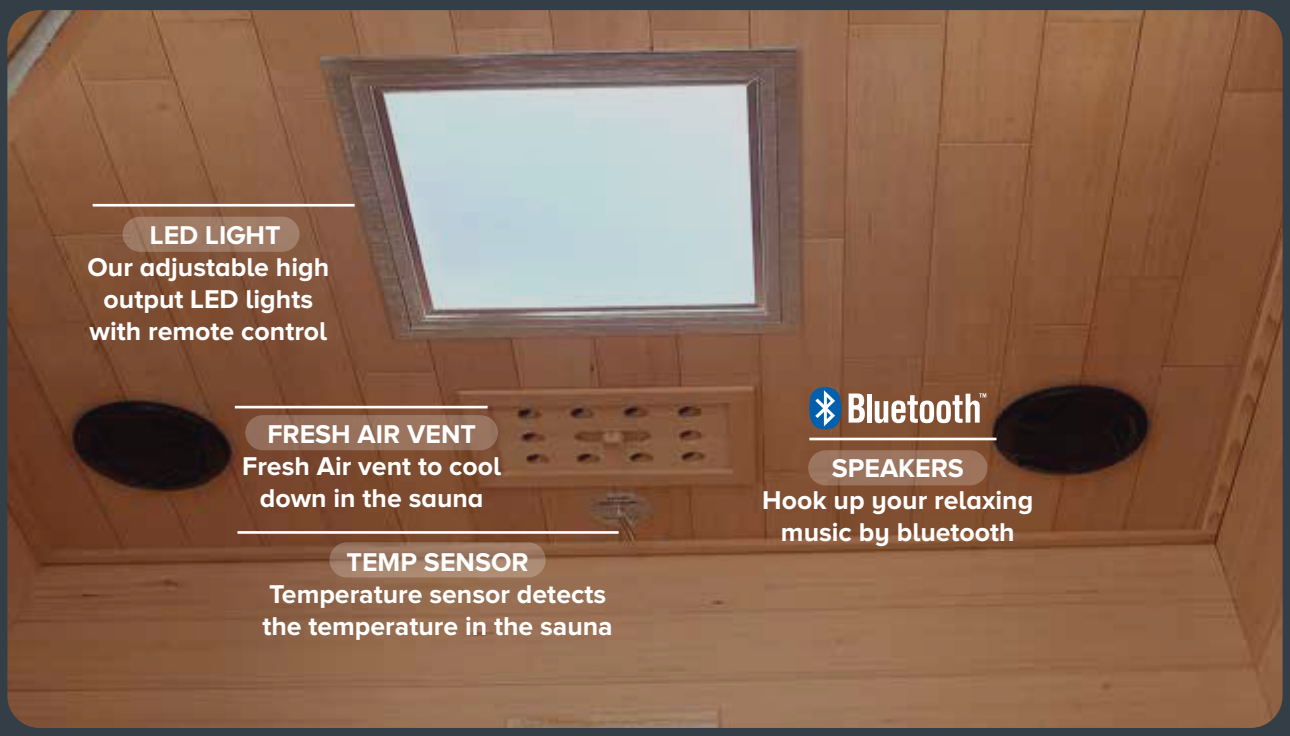


Wall Clasps
x 3 Sets

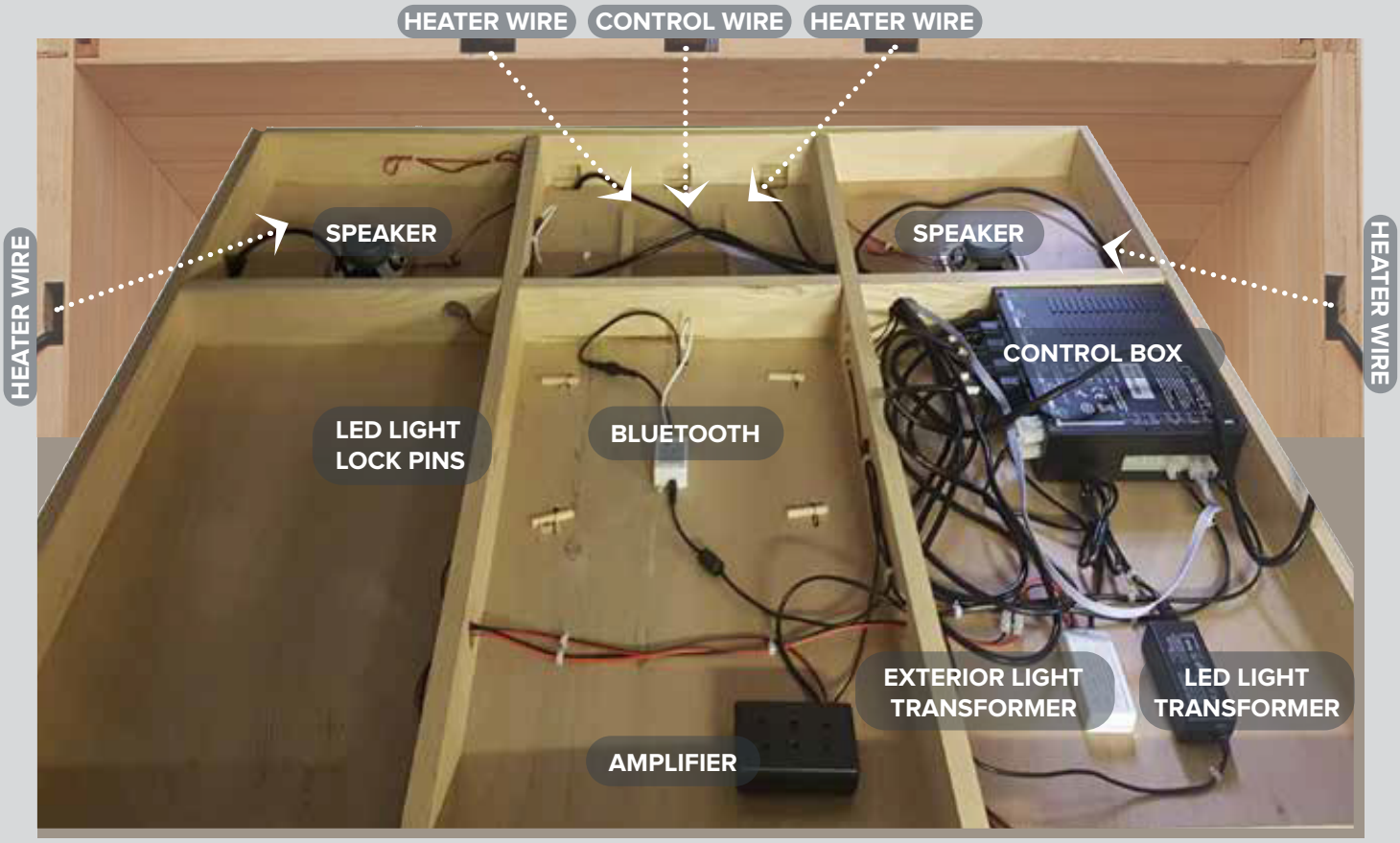
The Door Panel

Place the door panel on the base and align the clips on each side and attach.

Roof features

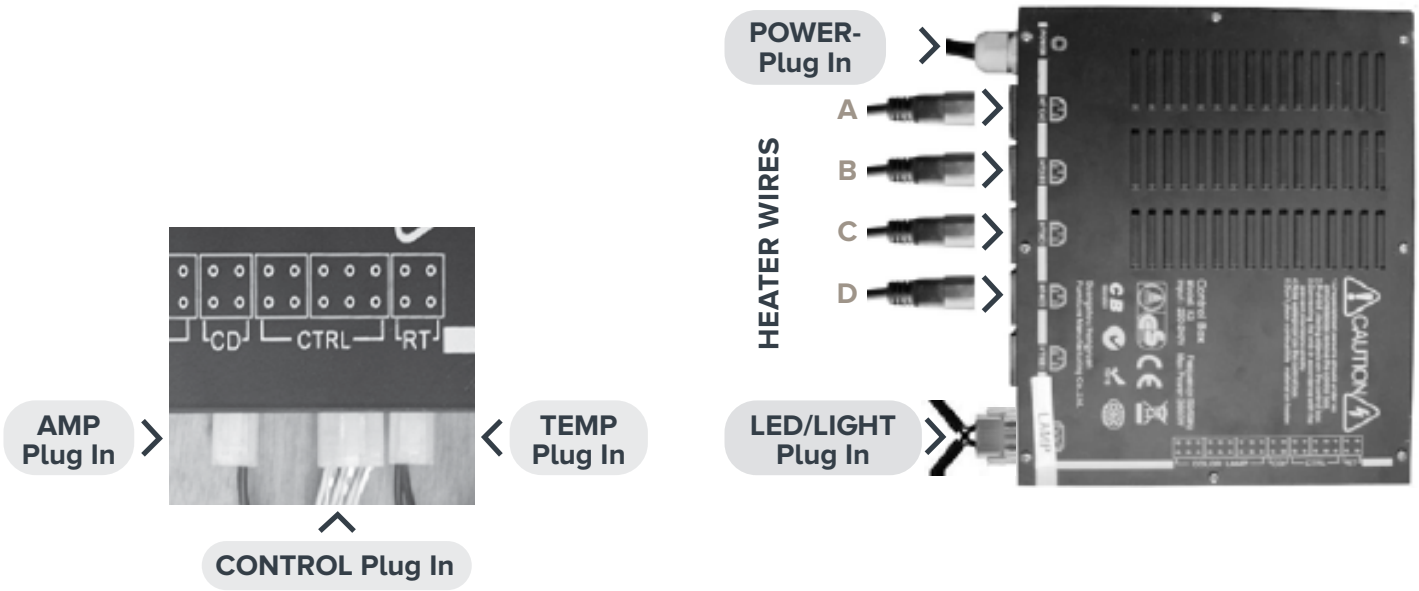


Roof Power Connections



Main Power Connection

All heater cable plug-ends are clearly marked: **A B C D** - the outlets on the main control unit are universal and can be plugged into any outlet - they all have the same power output. Each of the outlets is fused separately.



Control Panel Operating Instructions

1. POWER ON

Plug the main power cord into the wall outlet. Press the “power” button one time, the control panel is now operable, but the heaters are not on. You can now use the radio/Bluetooth and lights.

2. WARMING

Press “power” button again, then the “heating” light is on, which indicates the heaters are working. To turn off the sauna, press the power button.

3. LIGHTING

The Therapy/Color light can be turned on or off by pressing “light A” button at any time. The Outside light can be turned on or off by pressing “light B” button at any time.

4. PRE-SETTING

“Set” button is for pre-setting the time you want your sauna to turn on. Press “set” button once. Pre-set the time you want your sauna to turn on with the UP/DOWN ARROWS. TEMP UP/DOWN ARROWS are for hour setting and TIME UP/DOWN ARROWS are for minute setting. The setting range is 00:00-23:59.

5. HOW TO USE BLUETOOTH CONNECTOR FOR MUSIC

a). Turn on your sauna, then its inside Bluetooth device would be discoverable automatically.

b). For your cell phone, Turn on Bluetooth, then select add Bluetooth or other device > Bluetooth. Choose the device name”HY”, then select. Done.

6. SAUNA TIME ADJUSTMENT

Session time can be set between 0 and 90 minutes.

a). Press TIME UP/DOWN ARROWS to adjust time, time value will increase or decrease by 1 minute at a time.

b). By holding down the UP/DOWN ARROWS you can speed up the rate of change.

c). Time light will be lit to indicate changes being made to time setting.

d). If you don’t input anything during 5 seconds, the TIME DISPLAY will stop flashing; the value will be stored in memory as preset value. Then the TIME DISPLAY value will show how much time is left in your sauna session decreasing 1 minute at a time.

7. SAUNA TEMPERATURE ADJUSTMENT

Session temperature can be set between 20°-50°C. Recommend environment temperature is 20°C and Recommend temperature settings are between 38°-54°C. For heating times and temperature ranges please refer to page 4.

a). Press TEMP UP/DOWN ARROWS to adjust temperature, temperature value will increase or decrease by 1 degree at a time.

b). By holding down the UP/DOWN ARROWS, you can speed up the rate of change.

c). °F(or °C) will be lit to indicate changes being made to temperature setting. If you don’t input anything during 5 seconds, TEMPERATURE DISPLAY will stop; present value will be stored in memory as preset value and will be displayed at next start up. And the TEMPERATURE DISPLAY value shows the sauna room inside current temperature.

d). During session time, when the temperature reaches the setting level on the control panel, “Warming” indicator light will be off, micro-control will force the heaters to stop heating and keep a constant-temperature status. The heaters will turn off and on periodically in order to maintain the desired temperature inside the sauna.

8. SWITCH BETWEEN °F AND °C

You can alternate between Fahrenheit and Celsius while in setting mode by pressing “TEMP UP/DOWN ARROWS” 2 buttons together.



Troubleshooting

PROBLEM	EXPLANATIONS	SOLUTIONS
1. POWER INDICATOR LIGHT NOT ON OR BEEPING SOUND COMING FROM SAUNA	• Power cord is not plugged-in • The fuse is burned out • Check or replace the fuse • Check temp probe in correct location.	• Check for power to the outlet • Check connection between power cord and main control unit • Remove temperature sensor and reinstall.
2. FUNCTION INDICATOR LIGHT NOT ON	• The corresponding indicator light is broken or burned out. • The wiring or some electronic component in the circuit has failed.	• Repair or replace the control panel • Repair or replace what has failed in that circuit.
3. INFRARED HEATER WILL NOT HEAT UP	• The heater is broken its life will be shortened gradually from excessive use • The fuse is burned out • The wiring connection for the heater is loose or in the wrong location.	• Replace with a new heater of the same specifications • Check or replace the fuse • Check it, and reconnect tightly.
4. SAUNA ROOM NOT MAINTAINING CORRECT TEMPERATURE	• The circuit board is not functioning. • Problem with heater. • Incorrect setting on control panel • The temperature sensor wire may be loose or broken.	• Check power output on the circuit board • See item #3 • Power sauna off and on to reset • Check sensor wire connection and condition • Check to see if sensor head is visible inside the sauna room.
5. BURNING SMELL	• Circuit problems causing burning of components in the electrical system.	• Unplug sauna, check the voltage • Call your local service technician.
6. THE LIGHT NOT WORKING	• The light bulb is burned out • The bulb is not secured in the base • The socket is broken • Problems with electrical control panel.	• Replace light bulb • Make sure the bulb is tight enough to make good contact in the light fixture • Replace it • Check or replace the panel.

WARRANTY

INFRARED SAUNA LIMITED WARRANTY

We warrant our products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired or replaced except for damage due to negligence, abuse, misuse, misapplication, unauthorised modifications, improper installation, or normal wear and tear.

NOTE: THIS UNIT IS RECOMMENDED FOR INDOOR USE ONLY. THE SAUNA MUST BE COVERED IF USED OUTDOORS.

EXTENT OF WARRANTY

This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it. Nor for injury to any person, any claims for damages arising from the use, installation or servicing of the product.

The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense.

DISCLAIMER:

We will not cover any labour costs attributable to disassembly and reassembly of the unit. We will not be responsible for labour costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

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wellness saunas

Bluetooth™

WEEE compliant

RoHS compliant