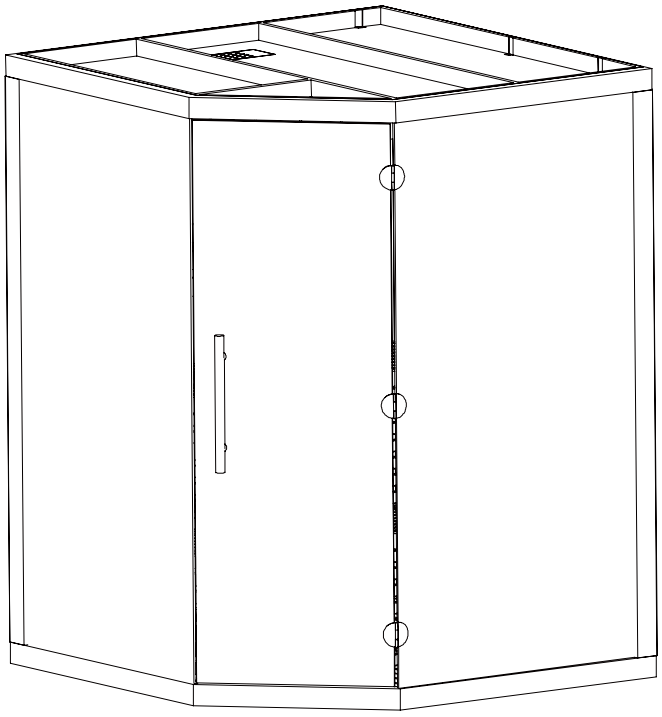
Instruction Manual



Thank you for choosing our Traditional Sauna!

IMPORTANT SAFETY GUIDES

READ AND FOLLOW ALL INSTRUCTIONS

A) Extending Socket or other electric appliance is forbidden to be used inside the cabin.

B) Any lock or latch system must not be fixed to the door of the sauna room, malfunction of which may cause entrapment inside the sauna room.

C) Open the ventilation window if you feel choking when using sauna room.

D) Don't use infrared sauna when you are hyperthermia.

The occurrence of hyperthermia:	Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6℉ (37℃).
The symptoms of hyperthermia:	The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
The effects of hyperthermia:	Failure to perceive heat. Failure to recognize the need to exit the room. Unawareness of impending hazard. Fetal damage to pregnant women. Physical inability to exit the room. Unconsciousness.

WARNING: The use of alcohol, drugs, or medication may lead fatal hyperthermia.

E) Without authorization from the local electrical inspection institution, any modification to the sauna room is illegal.

F) Warning: To avoid electric shock or burns, do not operate the sauna room unless heating safety guard is properly installed.

G) Do not take any flammable materials into sauna room at any time to avoid fire.

H) Other safety warning:

a) Exit immediately when feels uncomfortable, dizzy, or sleepy if stay in the sauna room too long time.

b) Supervise children and retarded persons when they are using sauna room at all times.

c) Pregnant woman, who in poor health or under medical care should follow the doctor's advice before using the sauna room.

d) Using sauna room will cause unconsciousness if over drunk or over taken medicines.

e) Please contact maintenance person if sauna room has problems.

f) Disconnect sauna room power supply from wall socket before maintaining.

THE MANUAL MUST BE KEPT AVAILABLE FOR FUTURE MAINTENANCE.

1. Introduction

We welcome you to the most affordable traditional sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of traditional saunas every day. Traditional saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of traditional heat within the privacy of your own home.

We strive to deliver superior home health products at an affordable price. Our list of clients grows daily and we believe that your success is our success. Our staff has over 15 years of combined professional experience and is ready to provide you with excellent customer service.

2. Health & Beauty Benefits

Relieve pain : The heat energy of our traditional sauna accelerate the blood circulation and supply more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Traditional saunas have also been used to treat bursitis, rheumatism, arthritis, and hemorrhoids. Increased blood circulation not only alleviates internal ailments, but also skin conditions such as psoriasis, eczema and scars. Good circulation is essential for smooth and firm skin.

Burn calories & fat : The steam of the traditional sauna eliminate extra salt and subcutaneous fat. Burn up to 600 calories in one half hour session versus a half hour of jogging which burns 300 calories, and a half hour of cycling burns 225 calories.

Relax your body and mind : It supplies you for a special environment with 30℃-85℃. It passes through your body, speed the metabolism, accelerate the blood circulation, bring the fresh oxygen and nutriment into the organization, the rubbish expel from body along with the sweat, renew the energy quickly, then relieve tiredness.

Installation

1. Installation requirements

a. Do not plug any other appliances into the outlet with your traditional 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.

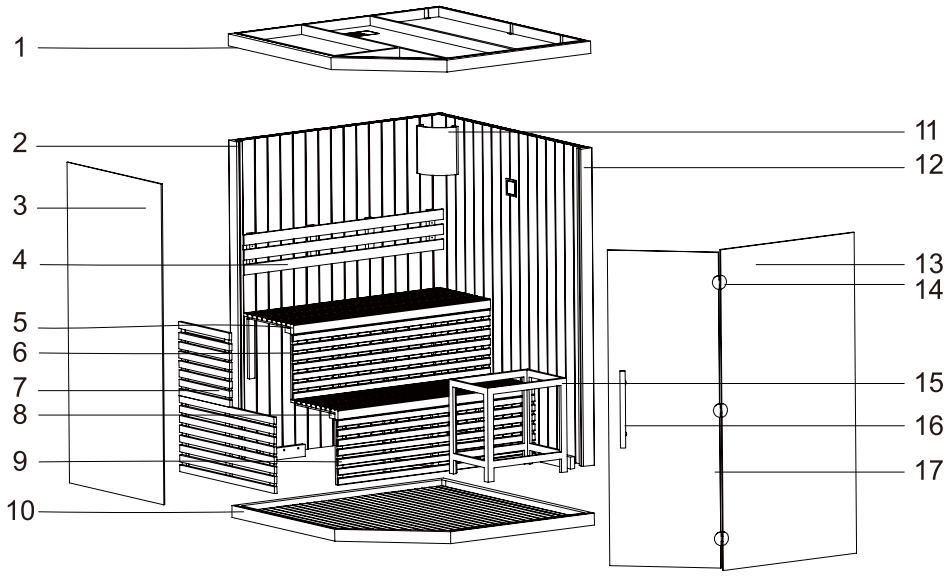
d. Do not store flammable objects or chemical substances near the sauna.

Installation procedure

Sauna Room:

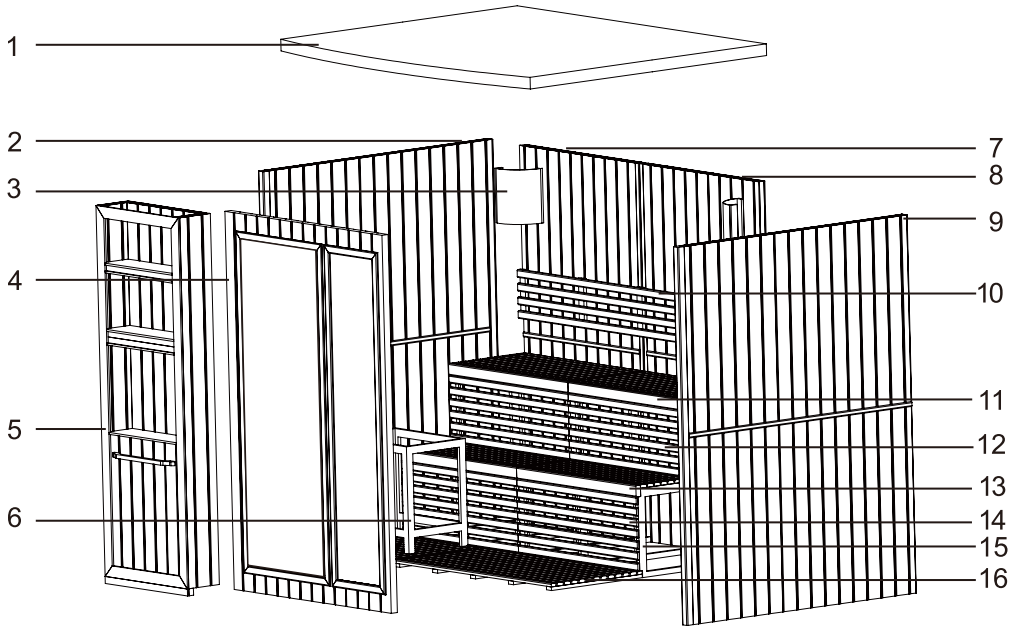
1. Structure of Infrared Sauna.

eg.1(Corner sauna room)



1	Top board	6	Upper sitting baffle	11	Sauna light	16	Handle
2	Left back board	7	Bench support	12	Right back board	17	Glass door
3	Left window glass	8	Bench	13	Right window glass	18	
4	Backrest	9	Sitting baffle	14	Hinge	19	
5	Upper bench	10	Bottom board	15	Heater wooden frame	20	

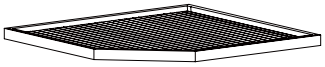
eg.2(Square sauna room)



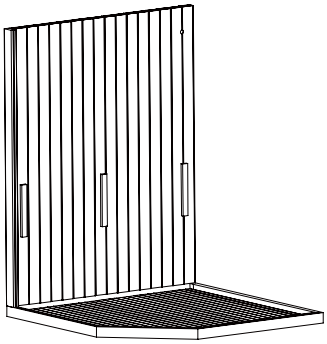
1	Top board	6	Heater wooden frame	11	Upper bench	16	Bottom board
2	Left board	7	Left back board	12	Upper sitting baffle	17	
3	Sauna light	8	Right back board	13	Bench	18	
4	Front board	9	Right board	14	Sitting baffle	19	
5	Wine cabinet	10	Backrest	15	Bench support	20	

Installation procedure

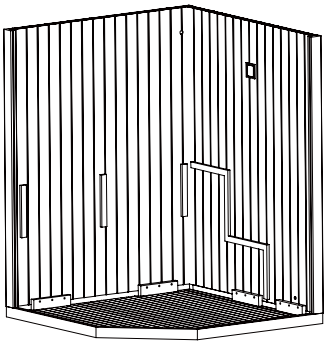
eg.1(Corner sauna room)



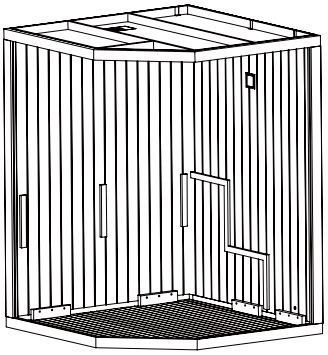
1.Bottom board



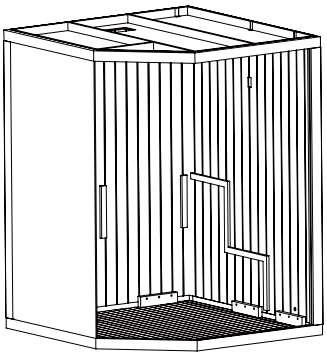
2.Left back board



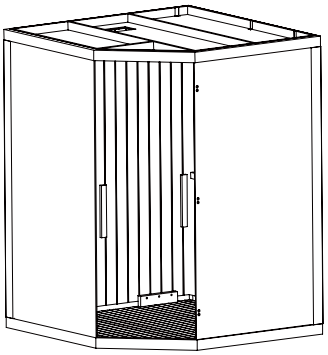
3.Right back board



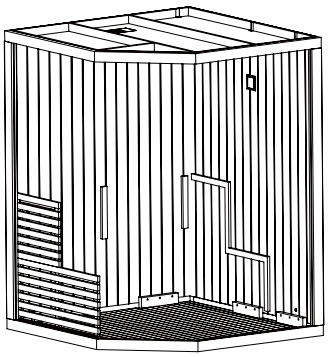
4.Top board



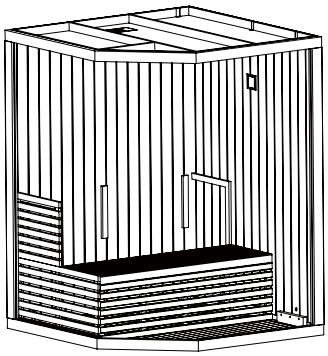
5.Left window glass



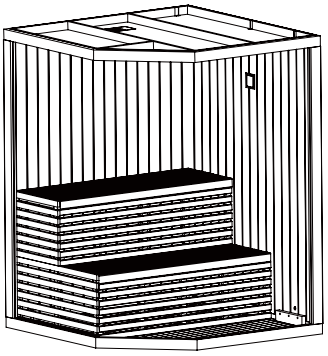
6.Right window glass



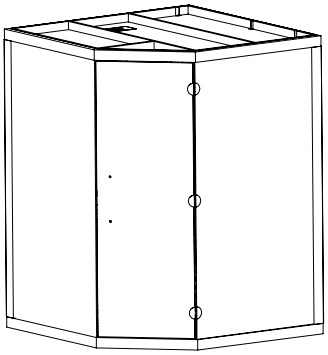
7.Bench support



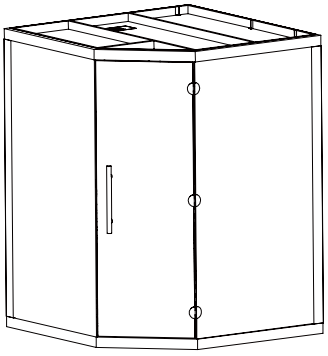
8.Bench ,Sitting baffle



9.Upper bench,Upper sitting baffle



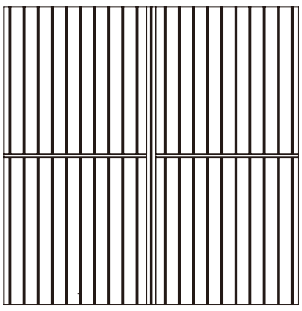
10.Glass door



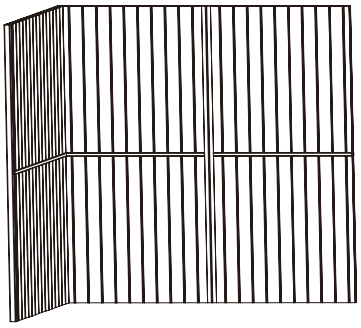
11.Handle

Installation procedure

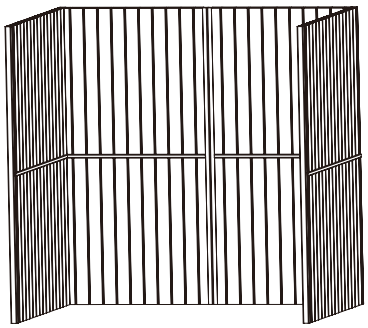
eg.2(Square sauna room)



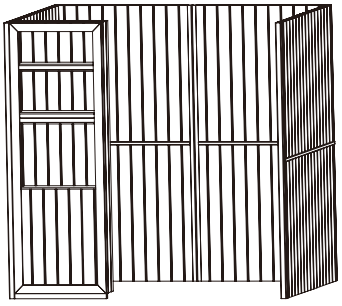
1.Back board



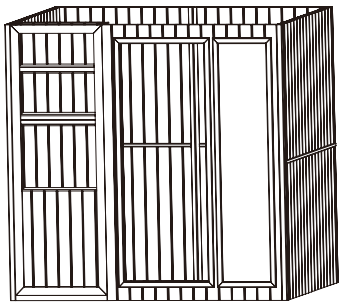
2.Left board



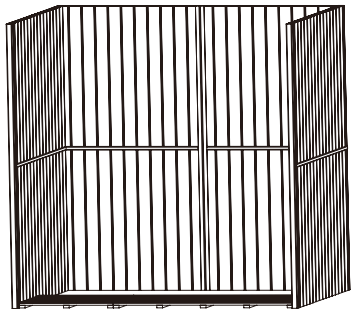
3.Right board



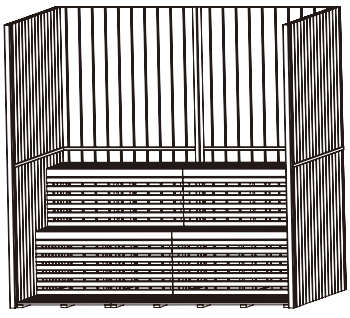
4.Wine cabinet



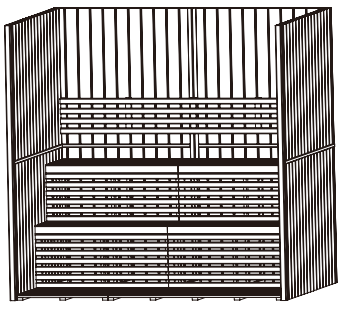
5.Front board



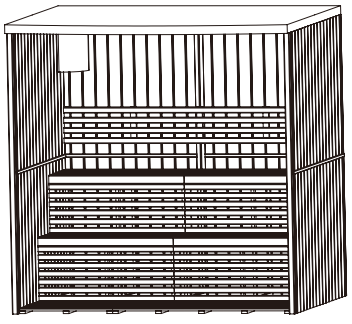
6.Bottom board



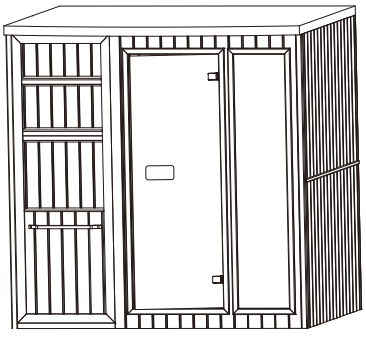
7.Bench ,Sitting baffle



8.Backrest



9.Top board



10.Handle

Assembling the light

Assembling the light

Install the lampshade

1.First, fix the lampholder with screws, and connect the power supply lines. Then lock the lamp and glass cover tight, then lock it with screw.

2.After that, put the lampshade under the glass cover(be moderate),then lock it with screw.

Examine the stove

1.Take out the warm barothermohygrogram, and put it on the level of panel. Note: do not put the warm barothermohygrogram under the heat stove.

2.Take out the sauna heat stove, and examine the equipment.

disassemble the wooden frame

connect the power supply line of stove

3.Then disassemble one side batten of the wooden support frame,then lock it with screw.

4. After that, upend the sauna stove into the wooden frame, and disassemble the right aluminum board, then connect the power supply line of the sauna stove.（Note: reference stove manual)Keep the power supply line away stove and lock them tight with screws.

location of the stove

place sauna stone

5.After assembling the wires, install the right aluminum board and wooden bat ten, and place the stove on the right location.

6.Place sauna stone. Put bigger stones on the bottom and smaller stones on the upper.Also can not be too tight in order to facilitate the air circulation. And fix the baffle.

Operation

1. Precautions

a. Check all the circuitry and the plug meet all requirements.
b. Set the temperature and time to a comfortable level.
c. Drink a cup of water before the 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. Plug the sauna into a outlet which is stated in nameplate. Do not share the outlet with any other appliances.
   Sauna should be unplugged when not in use.
b. Press the lamp switch to turn the interior light on and off.
c. After your sauna session, turn off, and unplug the power cable.
d. See the user manual of sauna stove to use it.

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 net cover of the sauna heater 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 use the traditional sauna if you have any of the following conditions:

1. Open wounds
2. Eye diseases
3. Sever sunburns
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:

	problem	possible reason	countermeasure
1	Indicator light for power supply not working	The connector is not connected properly	Check the connector or replace a new one
		No power supply input	Check the circuitry
		Indicator light is broken	replace the outer controller
2	Sauna stove is not heating up	The heater is broken	Replace with a new one Of the same specifications
		The wire junction or the heater's wire is loosen	Check and make them tight
3	Odor from the sauna	The circuit's problems	1) there is eye winker around, remove it 2）parts on the circuit is broken
4	Light bulb is not working	Light bulb is burned out	Replace the light bulb
		Lamp holder is broken	Replace the lamp holder