

Usage Guide

Allow your sauna to warm up for 30 minutes at 120 F (43 C). You may close the vent on the ceiling to speed up the preheating process.

Drink plenty of water to avoid dehydration before and after the sauna session. It is recommended not to exceed 40 minutes per session.

If the sauna becomes stuffy, open the vent on the ceiling to allow fresh air into the sauna.

After 2 hours of continuous use, shut the sauna down for one hour.

To avoid burns, don't touch the heating elements.

Precautions

- 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 intoxicated.
- Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek advice of a personal physician or a pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.
- Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- The use of Steam saunas should be avoided by anyone who is predisposed to bleeding.

- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If have a recent acute joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside.
- Metal pins, rods, artificial joints or any other surgical implants should consult a surgeon prior to using an Infrared Sauna.
- Do not splash water on the heaters or any electrical components inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier's representative; otherwise product warranty may be voided.

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

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 can drip water inside the sauna and do not use cleaning agents inside the sauna.

Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use. Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

Wood Care

If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding. Please avoid any treatment containing benzene or a high concentration of alcohol.

Troubleshooting

The sauna does not power on

- Make sure the main power plug of the sauna is connected to the socket well.
- Make sure the main power plug is connected to the electric box on the top of sauna.
- Make sure the overload protector did not turn off.
- Make sure the control panel white ribbon wire is connected.
- Make sure the power socket at your home is working by trying a different device on the same socket.

Reading Light does not work

- Replace the light bulb.

Chromo therapy light does not work

- Make sure the wire is inserted into the electric box correctly.
- Replace a new therapy light.

Stove do not work

- Make sure the stove plug or wires are connected on top of the sauna.
- Make sure the sauna is connected to the recommended power supply.
- Make sure the heat sensor is connected.

One or a few heaters do not work

- Make sure the heaters' plugs are connected on top of the sauna.
- Make sure the heaters' plugs under the bench are connected.
- Floor heater and bench heater are not as hot as other heaters (by design).
- Make sure the plug behind the heater is connected (you would need to unscrew the heater).

Control panel display is abnormal

- If the control panel temperature display is over 150 or 230, make sure the temp sensor is connected well.
- If the control panel time display is -- (two dashes), the sauna is on continues working mode. Press the timer button to return to timed working mode.

For more troubleshooting advice or to report a problem, please contact with the supplier.