

# INFRARED SAUNA ROOM

**PRECISION THERAPY**

**4 PERSON SAUNA USER MANUAL**

**Thank You for purchasing  
Our American Made Product!**

**Proudly Made in the USA!**

**Dear Valued Customer:**

Congratulations and thank you for purchasing our product! For optimum performance and safety, please read this user manual carefully and enjoy it.

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## **I. Preview**

### **1. Far Infrared Technology**

“All things that grow depend on sunlight”. At the lower frequencies of sunlight below visible light, the light rays change to gentle infrared waves which benefit the human body.

Scientific research proves that the human body both absorbs and produces infrared heat within the body, when the infrared wavelengths are the same, beneficial infrared waves penetrate safely and comfortably up to 4.5 cm or 1.75 inches inside your body, even deep tissues and organs are stimulated, and get the effect of strengthening the body and beautifying the skin.

The major energy of the infrared sauna room is the invisible waves, it can make the cell tissue resonate, improving cell function, increase cell function, increase blood circulation which exercises and strengthens the cardiovascular system, improve your immune system, and effortlessly removes stored toxins to detoxify your body which helps you feel younger, reduces stress, and fatigue.

The infrared sauna room is very popular in Europe and America. It makes people perspire at 104°F~140°F, which eliminates impurities and reveals younger looking skin. Create a home spa retreat where you pamper yourself, enhance other beauty treatments, experience relaxation and enjoyment.

### **2. Characteristics**

- Controlled by microprocessors
- Alarm warning
- Single operating
- High-quality digital temperature sensor
- Electronic soft touch key
- Ceramic infrared heater
- Temperature adjustable from 65 degrees Fahrenheit~140 degrees Fahrenheit
- Adjustable dwell time from 0-60 minutes

### 3. Condition of Use

Temperature: 65°F~140°F;

Humidity: ≤85%

Pressure: 700~1060hpa

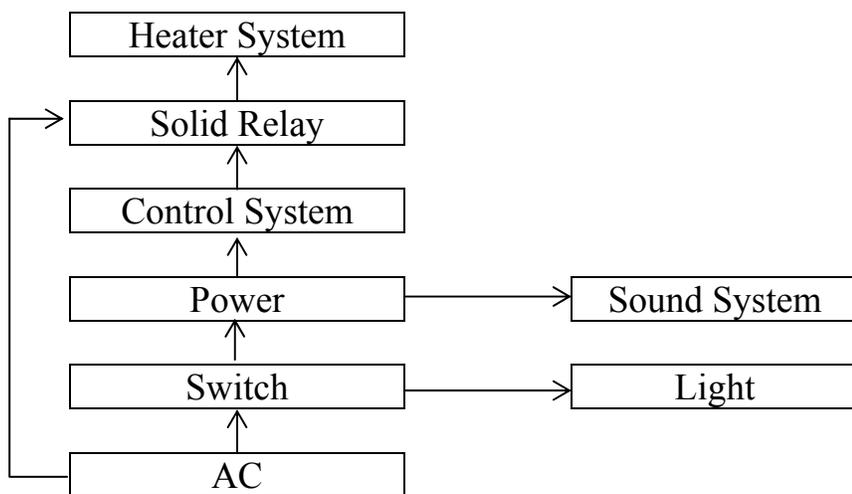
Power Supply: AC120V

### 4. Model

Style	Dimensions (WxDxH) inches	Rating (v)
1-person style		
2-person style	48x40x71	120VAC / 13A / 60HZ
3-person style	60x40x71	120VAC / 16A / 60HZ
4-person style	72x48x71	120VAC / 16A / 60HZ
4-person style (corner)		

Note: Dimensions can be ranged from ±50mm

## II. Power Flow



### **III. Getting Started**

#### **1. Requirements**

1. Make sure the mains are earthed and the same voltage as voltage required for the device.
2. The independent three-hole wall outlet is required. Protector of electrical leakage should be equipped on mail circuit.
3. Position the infrared sauna room on hard, level ground. Don't position it on leaning ground.
4. Don't expose the appliance to rain, splashing, or dripping.
5. Keep away from fire and explosives.

#### **2. Installation**

Open Boxes A, B

“A” box includes – Floor panel, roof panel, seating back if required, complete infrared heaters, bench seat, kick board, handles, power supply and other accessories.

“B” box includes – front wall, back wall, left, and right side wall panels.

#### IV.

### ASSEMBLY STEPS 2 PEOPLE REQUIRED

A: Lay back panel on floor control panel facing the ceiling on protected surface. Surface must be flat and level. (**NOTE**) Take into consideration unit will need to be tipped forward upon completion, allow enough clearance for unit to tip forward.

B: Install pins into predrilled holes in Left side panel with screwdriver. Slide panel with pins installed into predrilled holes on edge of back panel, install cams tighten with screwdriver. Top of panels WILL NOT have any predrilled holes. **When installing cams tighten top and bottom then tighten middle cams.**

C: Install Right side panel in same order as left panel.

D: Install pins into predrilled holes in floor panel. Front of panel WILL NOT have predrilled holes. Slide floor panel pins into predrilled holes in back panel and side panels. Install cams into front left and right side and tighten with screwdriver.

E: Proceed with standing unit upright then install remaining cams and tighten with screwdriver. This requires 2 people to perform task safely.

F: Install supplied Black grommet in rear panel in supplied hole. Run Power Cord off White Power Box through the black grommet in back wall allowing enough room not to pinch power cord.

G: Set White Power Box on floor and connect preinstalled wiring to harness exposed on lower left corner of back wall.

H: Installation of BACK WALL Heaters,

Heaters will be installed in provided screw holes in the back and sidewall panels as required. This applies to Ceramic or Carbon heaters. Chase each heater Power Cord through supplied holes in back panels starting with the top hole pushing cord into and out of the lower hole in the back wall. Connect heater cords to white power box (SEE CIRCUIT DIAGRAM page 11) using either of the 2 adjustable heating rod receptacles.

I: Install Seat riser board into channel on side walls then install Seat board on top of riser board and into channel on back wall. Seat board has wooden channel on bottom

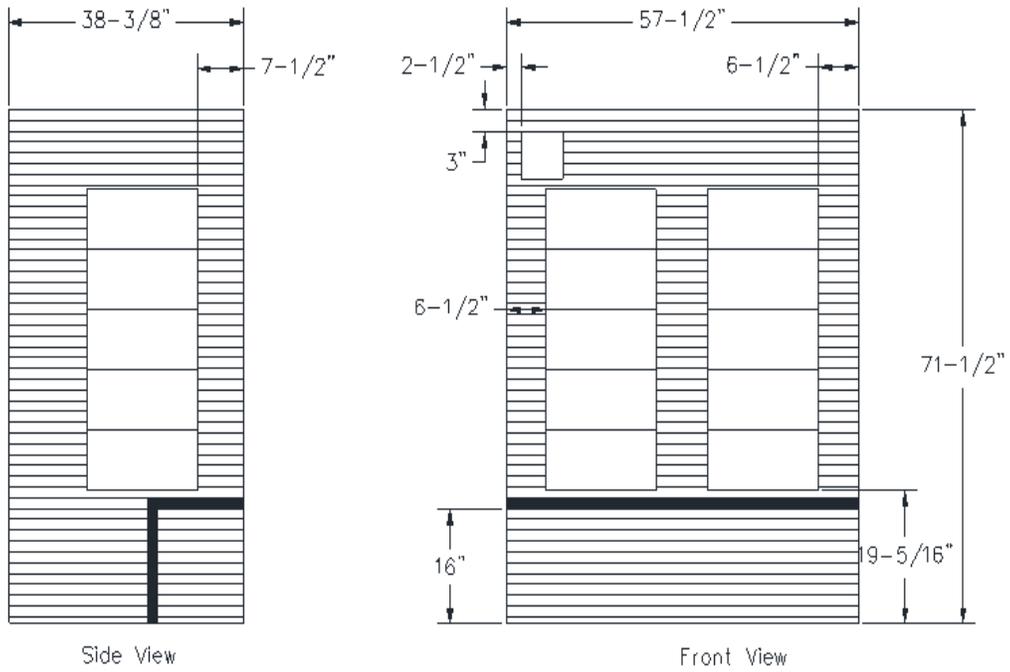
surface to lock into riser board. Riser has a smooth surface. Installation of side wall heaters if provided can now be installed in the same order as back wall heaters. Viewed from outside, the heater on left side will have the power cord exiting off the heater on the right side of center back support. The remaining heaters should have the power cord exiting off the heater on the left side of center back support. (See page 8 for finished heater layout)

J: Front wall assembly with door, install pins into predrilled holes, slide door assembly into predrilled holes in both side panels install cams into predrilled holes on sidewalls tighten with screwdriver. Tighten top and bottom cams first then proceed to remaining cams.

K: Remove plywood top from roof assembly. Lift roof assembly up over wall panels. Pull wiring harness exposed at top left corner of back wall up through supplied hole on roof panel. Position roof to allow fascia to overhang all walls with 5" exposed light bar on front side of unit. Connect wires from Interior and Exterior lights, speaker wires, fan cable to color correlated wiring connection. Remove set screw on round housing and then install thermostat cable with silver probe end into supplied round housing. Extend probe into sauna exposing 1 ½ inches of the thermostat cable. (If you cannot extend thermostat cable to achieve 1 ½ inch exposure, then trim crimped edge of black shield to allow cable to extend the required 1 ½" exposure.) Install wood panel on top of roof assembly to protect wiring assemblies.

L: Install door pull handles into supplied holes.

# Assembly finished



## **V. OPERATING INSTRUCTIONS**

### **1. Safety Precautions**

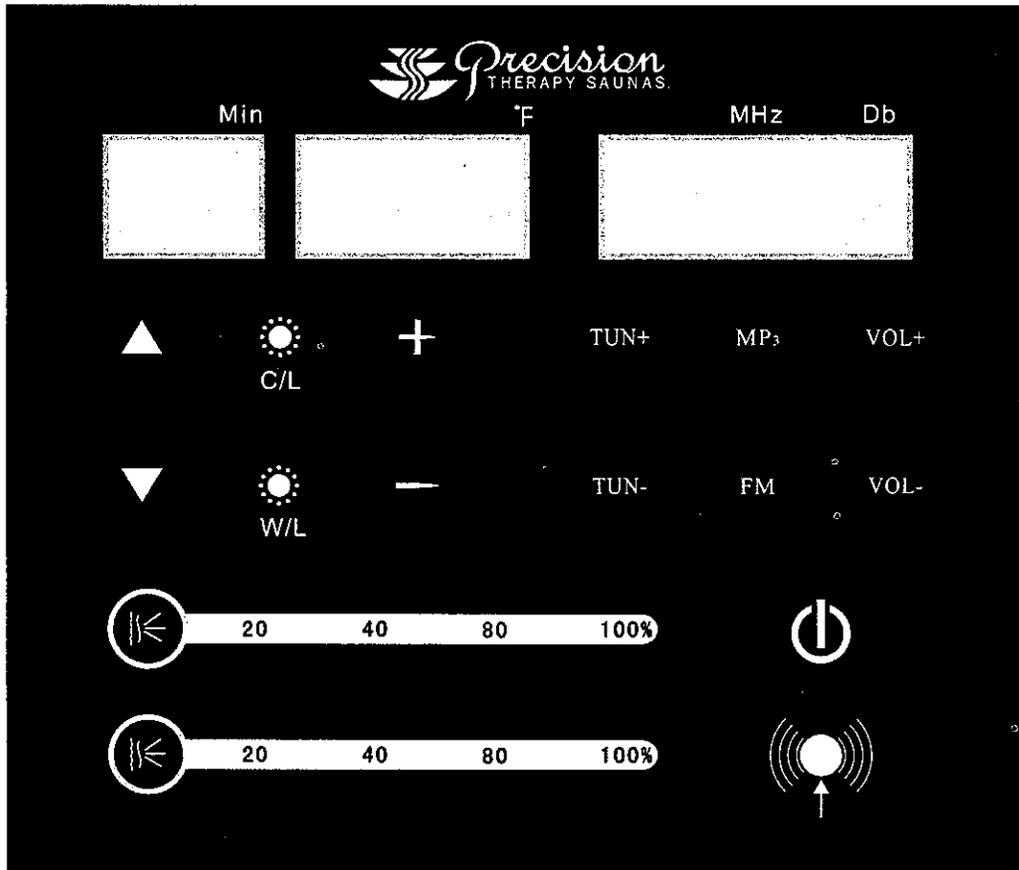
- i. Check the outlet and voltage is sufficient to power the sauna.
- ii. The user can adjust the time and temperature.
- iii. Drink at least 8 oz. of water prior to use.
- iv. After 2 hours of continuous use, turn the sauna off for at least one hour.
- v. Do not attempt to change the power plug.
- vi. Disconnect power when not in use.
- vii. Assemble the sauna away from fire or explosives.
- viii. Never put clothes or towels on heating elements.
- ix. Never touch the heating elements with your fingers or metal tools.
- x. Never lean on the heaters.

Note: Do not allow children or elderly to use the sauna without supervision.  
Keep pets and babies out of the sauna.

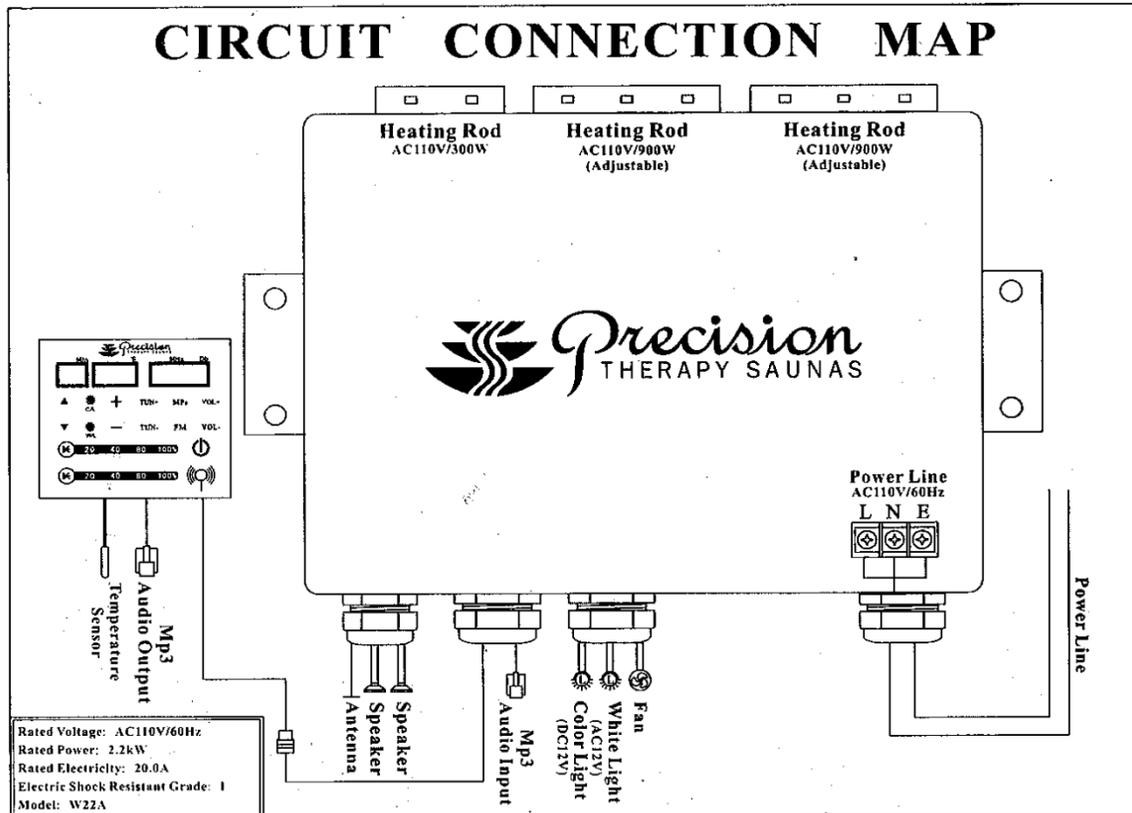
## **VI. Sauna Operation**

Plug the sauna into a dedicated outlet that has enough power to support your sauna. Plug the sauna into the outlet the press the on/off switch for 2-3 seconds to turn the sauna on. Sauna should be unplugged when not in use. After starting the sauna, the digital display for time and temperature are lit. The temperature can be changed by pressing the “▲” or “▼” button to increase or decrease the temperature. Time can be changed by pressing the “+” or “-” button to increase or decrease the time. After 5 seconds, the digital light in temperature flashes 2 times and then returns to display the current temperature in the sauna. When pressing the “▲” or “▼” button for temperature will display “set temperature” and can be set before the light changes back to display the current temperature. The tuner can be tuned using the “TUN+” or “TUN-“ buttons, You can select MP<sub>3</sub> or radio by pushing the “MP<sub>3</sub>“ or “FM” button respectively. The volume can be adjusted up or down by pushing the “VOL+” or “VOL-“ buttons respectively. To toggle the color or white lights on or off, press the C/L or W/L buttons respectively. The top Heater button controls the front heaters and the bottom heater button controls the rear heaters. The heater power can be adjusted from low to high by pressing the button repeatedly to toggle through the power settings.

## VII. Control Panel



## VIII. Circuit Diagram



## IX. Maintenance

1. Clean the sauna with a wet cloth then wipe dry. Never use gasoline, alcohol, benzene, or any other flammable liquid to clean the sauna.
2. Turn the power off before unplugging the sauna.

## X. Locating the Sauna

1. The sauna should be placed where water or corrosive liquids cannot get to it.
2. You should not store corrosive liquids in the vicinity of the sauna.

## XI. TROUBLE SHOOTING GUIDE

Problem	Possible Reason	Solution
Indicator light for Power supply not Working	The connector is not connected properly	Check the connector or replace with a new one.
	No Power Supply Input	Check the circuitry
	Indicator Light is Broken	Replace the circuit panel.
Indicator lights are not working	The heating indicator light is broken	
	The circuit board or components are broken.	Replace the circuit board.
	The temperature sensor is broken.	Check the connector and tighten or replace as necessary.
Heater not heating up.	The heater is broken	Replace with a new one with the same specifications.
	The wire junction or the heater's wire is loose.	Check and tighten the connections.
	The temperature sensor is broken.	Check the connection of the sensor and replace if necessary.
	The circuit board or the relay is not working.	Replace the circuit board.
Odor from the sauna	Electrical Problems	Some heaters are overheating, so shut off power supply.  The circuit board is broken.
The speaker is not working	The speaker is broken	Replace with a new speaker with the same specifications.
	The speaker wire is loose	Reconnect the speaker wire.
	The power indicator light for is off.	Turn on the power switch.

Problem	Possible Reason	Solution
Sauna is not turning on.	Power cord is unplugged.	Plug the power cord into the proper outlet.
	Outlet has no power.	Check outlet or circuit breaker.
	Power supply or circuit panel is broken	Replace power supply or related circuit board.

## **XII. Health Considerations**

Prolonged exposure is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal temperature of 98.6 degrees F. 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 room,
- C, Unawareness of impending hazard.
- D, Fetal damage in pregnant women,
- E, Physical inability to exit room,
- F, Unconsciousness.

**WARNING** - The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.<sup>2</sup>