

OWNER'S MANUAL

STEAM SAUNA

BEAUTY & SAUNA

CONNECTION



Enjoy Health And Beauty In Your Life!

Sauna: the European secret for youthful vitality, now enjoy it for yourself!

Thank you for choosing our sauna and congratulations on your purchase. We are confident that your entire family will enjoy many benefits of using this product for coming years. Carefully and thoroughly read this manual before using the sauna for the first time. We recommend keeping this manual for regular review and future reference.

HOW IT WORKS – Your sauna uses sauna stove and stones to heat up. The stove has two functions in the sauna: heating the room and creating steam. Sauna stones can make the stove to retain its heat during the sauna session by throwing water on them to make steam.

HOW TO USE YOUR SAUNA – Turn the sauna on. You will want to wear a minimal amount of clothing into the sauna. Some people prefer to have some water with them to help replace the water that will be lost through perspiration. After about 5 minutes your sauna is ready to use.

Sauna stones store heat energy, which can then be increased by throwing water on them during bathing.

AFTER THE SAUNA – It is recommended that you towel off after your sauna session. It is NOT recommended that you take a shower immediately after as the pores in your skin will be open and could potentially absorb anything in your water; but if you do shower, do not use soap – just rinse off.

CARE FOR YOUR SAUNA – Your sauna does not require a lot of care. If desired, you can wipe it down with water and a clean cloth. Do not use oils or cleaning chemicals, as these items will then be released next time you are in your sauna and could potentially cause you health issues.

BENEFITS OF YOUR SAUNA The effects of the sauna on health are very personal. As a rule, everybody can safely enjoy the sauna if they feel ok about it.

- Weight Loss and cellulite reduction
- Increased cardiovascular conditioning
- Pain Relief
- Superior detoxification: removes heavy metals & fat-stored toxins
- Stimulated immune system
- Beautiful skin
- Improved circulation
- Stress reduction

DISCLAIMER – The steam sauna is reputed to offer an astounding range of possible therapeutic benefits and effects in research conducted around the world. These benefits are presented a reference purposes only, and no implication of saunas creating a cure for or treating any disease is implied nor should be inferred. If you have a health condition, are using prescription drugs or have acute joint problems, please consult your physician before beginning an sauna therapy routine. Persons with surgical implants (metal pins, rods, artificial joints, silicone or other) typically do not experience any adverse effects, but should also consult their surgeon before beginning sauna therapy.

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1.Product Introduction

The steam sauna room is composed of wood cabin, sauna tub and scoop, thermo-hygrometer(to inspect the temperature and humidity), time sandglass, sauna stove, sauna stones, explosion proof lamp and control system.

Switch box is the control center of the sauna room, it is installed outside of the right front panel. (see Figure 1)



FIGURE 1

2. All the components marking introduction

For easy and proper installation, please read below the information thoroughly to make sure all connections are correct. (see form 1)

MARKING	COMPONENT CONNECTION
POWER	Power cord
SAUNA STOVE	Sauna stove cord
N	Neutral wire terminal
L	Live wire terminal
G	Ground wire
INPUT POWER	Input power cord

Form 1

3. Buckle connection(see figure 2)

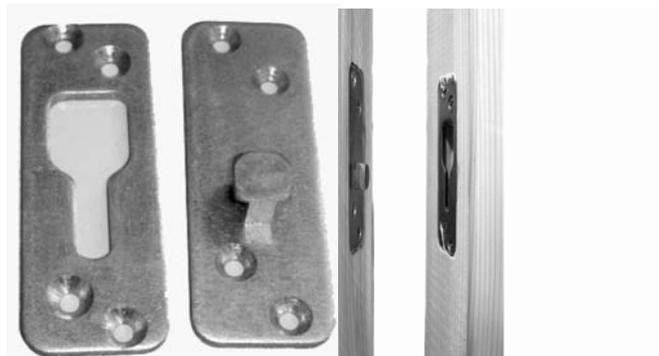


FIGURE 2

4. Install information

Choose a dry and leveled ground to install the sauna (far from any source of water). MAIN POWER cord must be easily accessible.

1) Place the **BOTTOM PANEL** on the floor

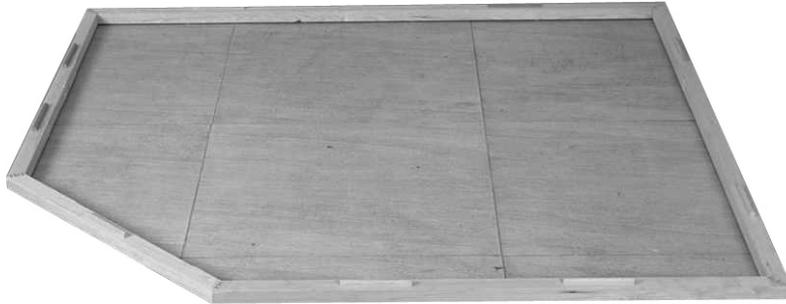


FIGURE 3

2) Put on the **LEFT BACK PANEL**

Place the LEFT BACK PANEL in the correct direction and connect on tightly with the BOTTOM PANEL (see FIGURE 4)



FIGURE 4

3) Install the RIGHT BACK PANEL

place the RIGHT BACKR PANEL in the correct direction and connect on tightly with the BOTTOM PANEL (see FIGURE 5)



FIGURE 5

4) Install the LEFT FRONT PANEL

put the LEFT FRONT PANEL on the BOTTOM PANEL in correct direction and connect on tightly (see FIGURE 6).



FIGURE 6

5) Install the RIGHT FRONT PANEL

place the RIGHT FRONT PANEL in the correct direction and connect on tightly with the BOTTOM PANEL (see FIGURE 7)



FIGURE 7

6) Put on the half DUCKBOARD FLOOR

Place the half DUCKBOARD FLOOR on the front side of the sauna, on bottom panel(see FIGURE 8)



FIGURE 8

7) Install the LOWER BENCH PANEL and HIGHER BENCH PANEL

Slide the LOWER BENCH PANEL down by lining up its sides with the vertical guides on the RIGHT BACK PANEL and the LEFT FRONT PANEL. Then push it all the way down until touching the BOTTOM PANEL. Install the HIGHER BENCH PANEL in the same way you did for the LOWER BENCH PANEL (see FIGURE 9-10).



FIGURE 9 FIGURE 10

8) Install LOWER AND HIGHER BENCH

Install the LOWER BENCH and HIGHER BENCH by sliding them over the horizontal bench guides on the RIGHT BACK PANEL and the LEFT FRONT PANEL. Push the LOWER BENCH all the way in until it can touch the HIGHER BENCH PANEL in place
Install the HIGHER BENCH. Please operate in the same way that you did for the LOWER BENCH until it can touch the LEFT BACK PANEL (see FIGURE 11).

9) Install the FRONT PANEL

Place it upright onto a leveled area. Align its inner buckles with LEFT/RIGHT FRONT PANELS. Then place the FRONT PANEL onto the recessed area on the BOTTOM PANEL. Align buckles with LEFT/RIGHT FRONT PANELS and secure in place by fastening them (see FIGURE 11).



FIGURE 11

10) Place the TOP PANEL.

The side with the frame is upside. Be careful of the wires on the TOP PANEL before you place the TOP PANEL. Please put the wires ends outward on all wall panels before you place the TOP PANEL, to avoid breaks or scratches of wires or plugs by the TOP PANEL. Lift the TOP PANEL, and then lower it onto the assembled panels generally. The power cord is taken out of the TOP COVER, do not power on during installation (see FIGURE 12).



FIGURE 12

11) Install the switch of power supply

- 1) Push the wire terminal of power supply into the upper holes of switch then screw them firmly, then connect wire terminals of sauna stove, explosion proof lamp in the same way and combine all ground wire terminal in a plastic tube in which hide a sheet metal in the closed end. (see FIGURE 13).
- 2) Screw the plastic cover on the switch, close the screw cover and switch door. (see FIGURE 14-15).



FIGURE 13



FIGURE 14



FIGURE 15

12) Install the sauna stove

- 1) Screw off the cover where connecting wire terminal. (see FIGURE 16)
- 2) Push the stove wire terminal into the hole at the bottom of the stove, then screw the wire terminal in the respective place, place 1 connect ground wire which is blue, place 3 connect live wire which is black, place 5 connect neutral wire which is white. (see FIGURE 17)
- 3) Screw on the cover of connecting wore. (see FIGURE 18)

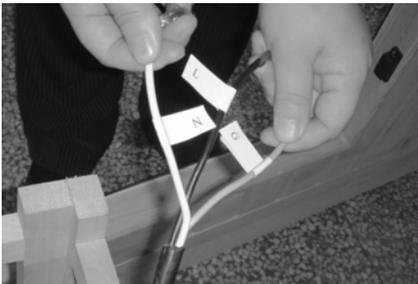


FIGURE 16



FIGURE 17



FIGURE 18

13) Install the time sandglass.

- 1) Screw the time sandglass on the inside wall of side panel. (see FIGURE 19)
- 2) Place the time sandglass in vertical direction, it will start to time by the sand dropping (see FIGURE 20)



FIGURE 19



FIGURE 20

14) Install the thermo-hygrometer

Nail a nail in the back panel and hang the thermo-hygrometer in it. (see FIGURE 21)

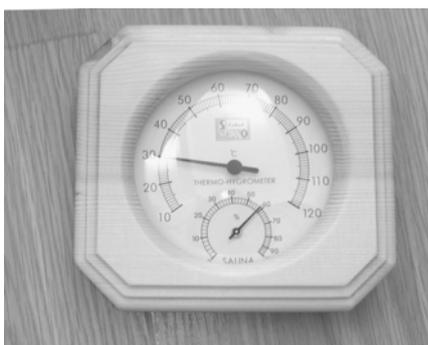


FIGURE 21

The control of sauna room and operating parameter set-up

Note: before power on, please check and confirm the connecting of SWITCH BOX, SAUNA STOVE, EXPLOSIONPROOF LAMP etc. is good and correct, and make sure the power supply voltage and frequency can match the requested voltage and frequency of sauna room, and supply power is enough then switch on.

1. Switch on

Plug on the power socket.

2. Power on

Push switch handle to be up, the sauna stove and explosion proof lamp start working, if it is down, power is off, while everything goes out.

3. Set up the heating time and temperature

The sauna stove controller can be adjusted to set up the heating time and temperature. The scale of heating time controller is 15 minutes, and the scope of regulation is 3 hours. Rotate the temperature controller clockwise, it will adjust the temperature of sauna room no grade, usually the temperature controller isn't setted up every time. (see FIGURE 22)



FIGURE 22

4. Place sauna stoves

Steam is an essential part of the steam sauna, but creating steam demands a lot of energy. The stones allow the stove to retain its heat during the sauna session and to release it quickly to make steam. It is important to choose good stones and place them in reason.

1) Place 5-10kgs sauna stone in the stove

2) Place the larger stones on the bottom and the smaller ones on the top. This will allow air to pass more easily through the stones. Also, when you throw water, the water will hit the denser layer of small stones first, creating a lot of steam, while the larger stones remain dry and hot.

3) The stones in the sauna heater are obviously under a lot of stress. Constant heating and cooling as well as water and steam are enough to crack normal stones. Some stone varieties support the heater better and will last longer than others.

4) Some good properties of a sauna stone are:

Heat resistance

Does not release acids or bad odors when heated or wet

No cracks

Good heat capacity

Not smooth surface: to release steam faster

5) Some good stone minerals are:

peridotite

olivine

Tips for Using Your Sauna

1) If you take a hot /warm shower or bath before your sauna session, you may perspire more and feel more comfortable.

2) Drink some water prior to, during, and after your sauna session to replenish body moisture.

3) Regulate the set temperature inside the sauna until you feel comfortable, or use the movable roof ventilation, or leave the door open (by setting it at an angle).

4) Use at least 2-3 towels .Sit on one towel folded over several times for added cushion. Put another towel on the floor to absorb extra sweat, a third towel draped over the knees to towel off sweat often for even sweating.

5) 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 the viruses.

6) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.

7) To treat your ankles and feet more effectively, you can elevate them and move as close to one emitter to achieve a specific deep heating effect as you feel comfortable.

8) To utilize the sauna's heat therapy effect, put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.

9) You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.

10) After the session is over, do not jump into the shower immediately. Since your body was heated up during the session, it will continue to sweat even after the emitters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body completely then leave.

Safety Instructions

Read and follow all instructions carefully before you use sauna.

1. When installing and using this electrical equipment, basic safety precautions should always be followed.
2. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
4. Pregnant or possibly pregnant women should contact their physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy.
5. **Hyperthermia Danger:** the normal body temperature can't rise above 39 °C (103°F). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, physical inability to exit sauna, unawareness of impending hazard, unconsciousness and fetal damage in pregnant women. Hyperthermia will make your body's core temperature rise, the high sauna temperature set-up is not recommended.
6. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
7. Persons suffering from obesity or with a medical history of heart or heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
8. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and blood circulation.
9. Exercise care before or after the sauna.
10. Never sleep inside the sauna while the sauna unit is working.
11. Do not use any type of cleaning agents on the interior of the sauna.
12. Do not stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged, it must be replaced immediately by the manufacturer or its agent or a similarly qualified person. If you find the power cord is too hot, the electrical equipment may be in trouble, please ask the manufacturer or its agent's to inspect the unit to avoid a hazard.
14. Do not use the sauna during an electrical storm to avoid risk of shock.
15. Do not switch on or off the power and heating system, it will destroy the electrical equipment easily.
16. Dry your hands before you plug in or pull out the power and control circuit. Never operate with wet hands or with wet bare feet to avoid risk of electric shock. Don't have your finger touch the metal pins of plug.
17. Do not attempt any repair by yourself, if you have a problem, please consult the selling distributor or the manufacturer to eliminate safety risks. Unauthorized repair attempts will void manufacturer's warranty.
18. Please make sure the outlet power supply is big enough for your sauna. An under rated outlet will cause the cord to heat and pose a safety risk.

Safeguards for Your Sauna

1. Do not use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool.
2. Do not take a shower near the sauna to keep the wood material dry enough in case of deformation under water. Do not pour the water or other liquids to emitters and electrical equipments.
3. Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use damp cloth for cleaning.
4. Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it. Please protect the power cord and do not step on it on the ground, as it is a hazard. If the outlet is not near your sauna, we recommend unplugging it and coiling the cord when not in use.
5. When replacement parts are required, be sure they are specified by the manufacturer or have the same

characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards. After repair, please ask the service technician to perform safety checks to determine that your sauna is in proper operating condition, and then you can use it.

Troubleshooting Guide

1. The switch is on, but explosion proof lamp is not on.

Solution:

- 1) Plug out the MAIN POWER
- 2) Open the switch door, and screw off the switch cover, check the wire connection, if the connecting is bad, please connect it again carefully
- 3) If wire connecting is good, open the explosion proof lamp to check the wire connecting on it. Confirm it is no trouble.
- 4) Plug in the main power and retry it, if the explosion proof lamp is still not on, please change a new one to try.

2. When sauna is working, but sauna stove is not heating up.

Solution:

- 1) Plug out the MAIN POWER
- 2) Check the wire terminal in the switch box. Confirm connecting is ok. Plug in the main power and push the switch handle on, if the stove still doesn't work, go to the next step.
- 3) Plug out the main power check the wire terminal in the stove, confirm connecting is right and firm. Plug in the main power and push the switch handle on, if the stove doesn't work, go to the next step.
- 4) Adjust the stove controller on the stove, change the control position of temperature and time, plug in the main power and restart the system, if the stoves is still not heating up, please change a new one or send it to a special technician for repair.

Note: You should keep the serial number for product warranty, (which is shown on the sauna Front Panel and outside package), and please give this information to your distributor for timely and efficiently after sale service.

Certificate of warranty

This product has completely passed tests on quality control and safety features, conducted by the technical department of the manufacturer.

It will be greatly appreciated to inquire and ask for required service work upon finding any defects by presenting the certificate of warranty to the authorized dealer in your area.

*Warranty information

1.Warranty period is 12 months from the purchased date.

2.This warranty is void if the sauna been altered ,misused, or has been repaired by an unauthorized person, or it is not installed according to stated instructions.

3.You will be charged a minimum repair cost in the following cases:

- a) When warranty period has expired.
- b) Force majeure.
- c) Rough and wrong operation on the sauna.

4.The warranty extends only to the manufacturing defects and does not cover any damage resulting from mishandling of the product by the owner.

Certificate to Warranty	
Model No	
Serial No	
Date of Purchase	
Name of Customer	
Dealer Information	

Distributor Contact Information for Customer Service

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