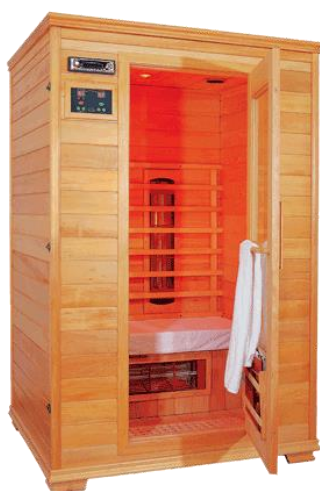


## **Instruction Manual**



Thank you for choosing our infrared sauna!

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## 1. Introduction

We welcome you to the most affordable infrared sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of infrared saunas every day. Infrared saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of far-infrared 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 far-infrared rays of a sauna accelerate the blood circulation and supply more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Infrared 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 far-infrared rays of the 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:** Use the built-in CD player to listen to your favorite music to relax and reduce stress. Infrared saunas also improve; often cure insomnia, and other stress related disorders.

**Reduce toxins and improve complexions:** Sweating in a lower temperature environment activates the sweat glands and expels toxins from the skin.

## 3. Highlights

- a. High quality craftsmanship
- b. Automatic thermostat for constant temperature
- c. Timer and buzzer: buzzer sounds 5 minutes before the end of session
- d. Digital sensor and thermometer
- e. Infrared heating pipes
- f. AM/FM Car Stereo w/ CD player and speakers (*room style model only*)

## Installation

### 1. Installation requirements

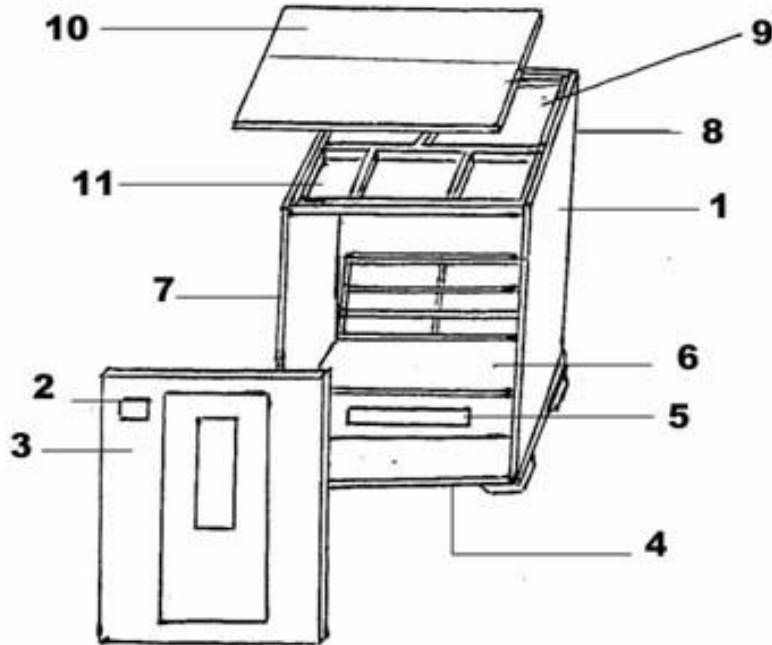
- a. Do not plug any other appliances into the outlet with your infrared sauna.
- b. Install the sauna on a completely level floor.

- 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**

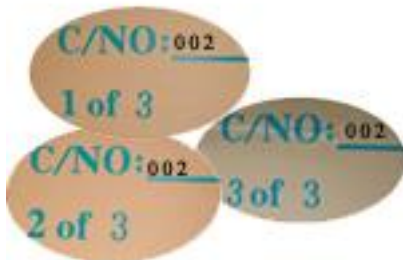
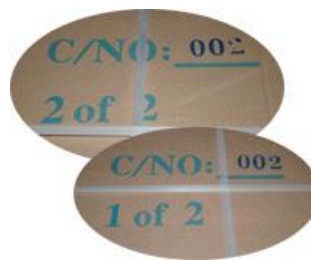
**Sauna Room:**

1. Structure of Infrared Sauna. See FIG-1



- |                               |                                   |                              |
|-------------------------------|-----------------------------------|------------------------------|
| <b>1. right side board</b>    | <b>2. digital panel</b>           | <b>3. front board</b>        |
| <b>4. bottom board</b>        | <b>5. sitting baffle</b>          | <b>6. sitting board</b>      |
| <b>7. left side board</b>     | <b>8. back board</b>              | <b>9. internal top board</b> |
| <b>10. external top board</b> | <b>11. electric control panel</b> |                              |

2. One unit is packed into two cartons. See FIG-2



**FIG-2** Two cartons

**FIG-2.1** C/No.

Check the C/NO. on both cartons if they are the same. If not, please notify the store/website you purchased your Infrared Sauna. **3-persons sauna, corner sauna and**

**4-persons sauna are packed in 3cartons**, for example: C/NO: 002 1OF 3, C/NO: 002 2 OF 3 and C/NO: 002 3 OF 3 are for one unit; **1-person sauna and 2-persons sauna are packed in 2cartons**, for example: C/NO: 002 1OF 2 and C/NO: 002 2 OF 2 are for one unit. See **FIG-2.1**

Make sure all parts are present before installing the unit. See packing list below.

- A. User manual   B. Bottom board   C. Back Board   D. Left side board   E. Right side board
- F. Sitting baffle   G. Sitting board   H. Back rest   I. Front board   J. Internal top board
- K. External top board   L. CD Player   M. CD player back cover   N. Screwdriver
- O. Towel shelf

#### **4. Installation procedure.**

Place the bottom board (section 4, Sauna room diagram, p.3) in the desired location of your sauna, and make sure which side is the front and which side is the back. See **FIG-3**.



**FIG-3** Placing bottom floor



**FIG-4** Assembling

back board

5. Align the backboard (section 8) with bottom board's corresponding battens; make sure they are in line. See **FIG-4**
6. Align the left board (section 7) with bottom board's corresponding battens; make sure left board fits flush into backboard. See **FIG-5**



**FIG-5** Assembling left board



**FIG-6** Latching

7. The latch has a guide tab that must be placed in the guide slot for alignment. Pick up the back panel (hold it upright to the floor panel) and place the tab in the slot, do not latch at this time. When the back wall and the front wall/side wall are set together on the floor panel, close and **latch it**. See **Figure 6**



**FIG-7** Assembling right board



**FIG-8** Assembling sitting

board's support

8. Align the right board (section 1) with bottom board's corresponding battens; make sure right board fits flush into backboard and latch together. See **FIG-6 and FIG-7**
9. Locate **sitting baffle** with heating element (section 5) and slide it down vertically into the slot within the inside wall. Next, connect the bench's heater element wire to corresponding wire from the back wall, then locate sitting baffle (section 5) and slide into place. See **Figure 7,8,9** Note: Make sure the wires are connected tightly, otherwise the heater will not work.



**FIG-9** Connecting wire



**FIG-10** Assembling sitting board

11. Put the sitting board (section 6) horizontally on corresponding battens of the backboard. **See FIG-10**

12. Screw the backrest onto the backboard. (section 12) **See FIG-11**



**FIG-11** Assembling sitting board



**FIG-12** Assembling front board

13. Align the front board (section 3) with bottom board's corresponding battens, and then latch it with the left and right boards respectively. Notes: Take caution of the glass door to avoid damage. **See FIG-12.**

14. Take out the car stereo with CD player (section 2), check its spare parts, put the stereo into the CD frame. **See FIG-13.1.** Then screw the attached stereo support to the stereo. **See FIG-13, 13.1, 13.2, 13.3** Note: CD player on selected model only.





**FIG-13** Checking stereo w/CD spare parts



**FIG- 13.1** Fixing stereo w/ CD



**FIG-13.2** Fix the CD to the metal support



**FIG-13.3** Lock the CD with its metal support

15. Put all of the wires outside to leave enough space for setting up the top board (section 9). See **FIG-14**. Open the door, raise the top board high enough to see if it fits with the surrounding boards, then put down.



**FIG-14** Setting the top board



**FIG-15** Leading the wires of heaters onto the board through the corresponding hole

16. During the course of putting down the internal top board, make sure all the wires (mentioned above) and connecting plugs are slipped through the corresponding holes of the top board. All these wires will be led into connecting with the controller on the internal top board. **See FIG-15**

17. All the infrared heaters are pre-assembled. **See FIG-16.** Connect all the wires and connectors to the corresponding outlets on the top board. Please be sure all the plugs are connected tightly.



**FIG-16** Connectors on the internal top board



**FIG-17** Put down the wires into the sauna cabin

18. After that, put down the power plugs of the speakers, temperature sensor, control panel and CD player through the hole near the fan on the top board. **See FIG 17**

19. All the wirings from top board should be linked with corresponding connectors of the control panel, the CD player, the temperature sensor and the radio antenna. Otherwise, the sauna will not function if any connections are missed. **See FIG 18-21.**



**FIG-18** Link the CD connectors



**FIG-19** Link the sensor connectors



**FIG-20** Link the control panel connectors



**FIG-21** Link the antenna connectors



**FIG-22** CD player back cover and screws



**FIG-22.1** Fix the CD player back cover with screws

20. Take down the bag of screws affixed to the CD player back cover; use a cross screwdriver to screw in the CD player back cover over the CD player. **See FIG-22, 22.1**

21. Making sure all steps are finished correctly, plug in the power and try using the sauna at first to make sure it will work properly. Then put the external top board (section 10) over the internal top board, and take out the power plug through the corresponding hole in the external top board. **See FIG-23**



**FIG-23** Slip the power plug through external top board    **FIG-24** Fix the external board with screws

22. Take the screws affixed on the external top board, then set up the board using the cross screwdriver. **See FIG-24**

### **Installation Completed.**

## **Operation**

### **1. Precautions**

- a. Check all the circuitry and the plug meet all requirements.
- b. Set the temperature and time to a comfortable level, normally, 30 minutes at 120°F.
- 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. Only plug the sauna into a 110-120volt-wall outlet. Do not share the outlet with any other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should be **unplugged** when not in use.
- b. Press the 'temperature' button to increase or decrease the temperature. If the 'heat' light is on, the temperature setting will increase one degree every time the '+' button is pushed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the '-' button. After the sauna reaches the desired temperature, the 'heat' light turns off.
- c. Press the 'light' button to turn the interior light on and off.

- d. If the sauna is too stuffy, open the vent in the ceiling or open the front door.
- e. After your sauna session, turn off, and unplug the power cable.
- f. To set the time press the 'function' button until the 'time" button blinks. Press the '+' and '-' buttons to set the timer from 5 to 90 minutes. If pressed for three seconds, the timer will increase quickly. When the display reads '05', the timer will buzzes then the machine will shut off automatically after 5 minutes. To extend the sauna session, reset the timer again.

**g. CD Player**

Please read the instruction of our car stereo with CD player

## 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 far infrared 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 spray water on the far-infrared tube. This activity may result in electric shock or damage to the heater elements.
- e. Do not use the infrared 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 Causes	What To Do
1	Indicator light for power supply not working	The connector is not connected properly	Check the connector or replace a new one
		The fuse is burned out	Change the fuse
2	Indicator light for function is not working	The corresponding indicator light is broken	Replace the relevant control panel
		The circuit board or components are broken	Replace the circuit board
3	Infrared Heater not heating up	The heater is broken	Replace with a new one Of the same specifications
		Its life will be shorted gradually for being used for many times	
		The fuse is burned out: L-Hand fuse holder: For back panel R-Hand fuse holder: For front panel	Replace with a new one of the same specifications
		The wire junction is loose or the heater's wire is loose	Check it, and reconnect them tightly
		The circuit board relay is not functioning	Replace circuit board

4	Malfunctioning of temperature setting	Some problems with heater	See the 3rd section of heater problem
		Senor wire is not functioning	Re-connect or replace the senor wire
		The circuit board for temperature controlling is not function	Replace the control panel circuit board
5	Odor from the sauna	The circuit problems (fuse holder wire is loose, junction wire is loose, circuit board components is broken)	1) disconnect the power, check the power supply and voltage; 2) Find the objects with problems 3) Replace the damage parts
6	Light bulb is not working	Light bulb is burned out	Replace the light bulb
		Light bulb wiring is loose	Check connector or reconnect the light bulb wiring
		The light bulb connector is broken	Replace it
		Problems with electrical control panel	Repair or replace it
7	Speaker is not functioning	The speaker is broken	Replace with a new one of the same specifications
		The speaker wire is loose	Reconnect the speaker wire
		The power indicator light for CD is off	Turn on the switch to start work
		Defected audio CD	Try a different CD
8	CD-Player is not functioning	Power connector is loose or damage	Check connector or replace it
		DC power supply is no power to the CD-player	Check DC power supply wiring or replace the power supply
		CD-player is defective	Replace the CD-player
		CD-player protection fuses is burnt out	Replace the fuses
9	Sauna is not power up	Power cord is unplug	Plug back power cord to outlet
		Outlet has no power	Check outlet or circuit breaker
		Fuses (F201) on the circuit board is burned out	Replace the 1A 250V fuse on the circuit board



## **Maintenance**

### **Cleaning**

Clean the faceplate with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary. Clean the sauna room with a wet cotton towel, dry with a clean dry towel. ***Do not use benzene, alcohol, or strong cleaning chemicals on sauna. NOTE: Any chemical that can damage wood material will damage the sauna and the protection layer that is on the wood.***

***\*\*\* Do not leave the sauna or CD player on for more than 2 hours at a time.  
\*\*\****

## **Transportation and storage**

- 1. Avoid exposure to rain, snow or strong collisions during transport.**
- 2. Do not store in damp environments.**

## **Packing list**

1X Infrared sauna room with floor  
3X Heating element tubes for FIR-023L serial  
5X Heating element tubes for FIR-022L serial  
6X Heating element tubes for FIR-033L serial  
6X Heating element tubes for FIR-044L serial  
2 X Cup shelves  
1X Light bulb  
1X CD player and 2X Speakers  
1X CD player back cover  
1X Backrest  
1X Bag of screws and bolts  
1X Hand screwdriver  
1X Instruction manual