



Infrared Sauna Instruction Manual

Models: GDI-6996-01
6 Person FAR Infrared Sauna



**INFRARED CARBON MODEL SAUNA
FOR INDOOR USE ONLY
REQUIRES 2 SEPARATE DEDICATED 120V/20 AMP OUTLETS**

Carefully and thoroughly read this Owner's Manual before using/operating the sauna. We recommend keeping this Owner's Manual for regular review and future reference.

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WARNING: Visually inspect all heaters before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the heating elements. DO NOT START the sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts.

Packing List (main panels)

| | | |
|---------------------|-------------------------------|----------------------|
| 1pc Front Panel | 1pc Rear Panel | 1pc Right Side Panel |
| 1pc Left Side Panel | 1pc Roof Panel | 1pc Roof Cover |
| 4pc Benches | 2pc Bench Heat Emitter Panels | 1pc Floor Panel |

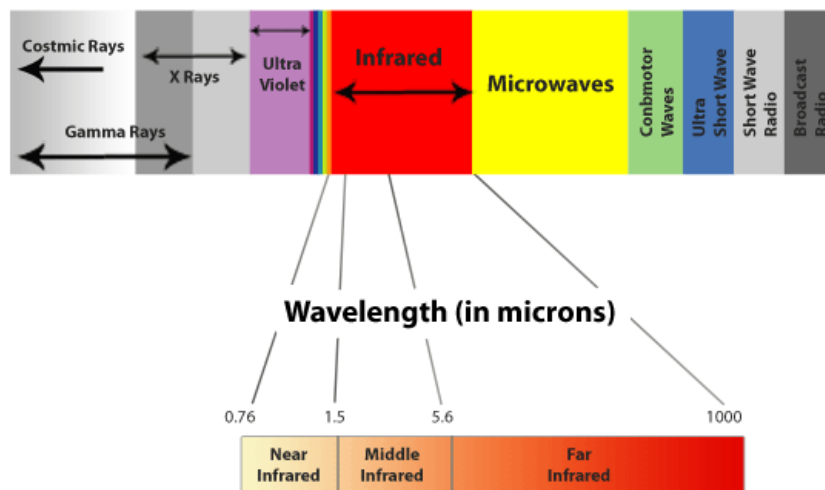
NOTE: Your model sauna has been completely assembled and tested prior to packaging. The rear wall panel is intentional warped as part of the overall design. Two adults will be needed to assemble the sauna room, but three adults will be ideal.

CAUTION: Exit Sauna Immediately If You Feel Dizzy, Sleepy, Or Any Discomfort.

What Are Infrared Rays?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called conversion.

The infrared is divided into 3 segments by wavelengths measured in microns: Near Infrared – 0.76-1.5 microns; Middle Infrared – 1.5-5.6 microns; and Far Infrared – 5.6-1000 microns. Among these segments, Far Infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



ARE INFRARED RAYS SAFE?

Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to **treat muscle and joint problems**. In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm**.

WHAT IS AN ELECTROMAGNETIC FIELD (also known as EMF)?

An Electromagnetic Field is a physical field produced by electrically charged objects. It is one of the fundamental forces of nature. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges and the magnetic field by moving charges referred to as currents. The magnetic field is measured in milligauss (mG). Our sauna products have been developed to have low EMF. Our Low EMF carbon heater panels range between an average of 5mG-10mG at about two inches from the heater panel, our Ultra Low EMF sauna models range between 3mG-5mG, and our Near Zero EMF models range at less than 3mG (NIR heaters range at about 5mG-7mG at the same approximate 2 inches).

EMF Levels from Common Homes Sources

| SOURCE | mG up to 4 inches | mG at 3 feet |
|------------------|-------------------|--------------|
| Blender | 50-220 | 0.3-3 |
| Clothes Washer | 8-200 | 0.1-4 |
| Coffee Maker | 6-29 | 0.1 |
| Computer | 4-20 | 2-5 |
| Flourescent Lamp | 400-4,000 | 0.1-5 |
| Hair Dryer | 60-20,000 | 0.1-6 |
| Microwave Oven | 100-500 | 1-25 |
| Television | 5-100 | 0.1-6 |
| Vacuum Cleaner | 230-1,300 | 3-40 |
| Airplane | 50 | |

Source: USA Environmental Protection Agency

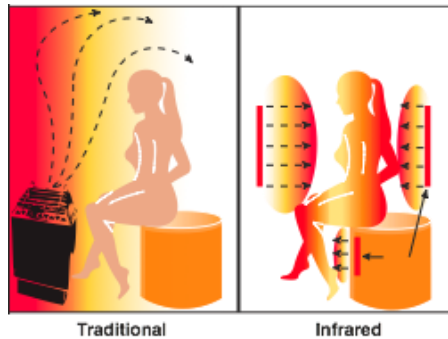
After many years and numerous studies on EMF exposure, no government body including the Occupational Safety and Health Administration (OSHA) have established permissible exposure limits (PEL). Currently, there is no consensus on the potential health hazard from any exposure to EMF. The mainstream scientific evidence suggests that low-power, low-frequency, electromagnetic radiation associated with household currents like that of the infrared sauna does not constitute a short or long term health hazard.

DISCLAIMER

The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 40 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for or treating any disease is implied nor should it be inferred. If you have a medical/health condition, are taking prescription drugs, or have acute joint injuries, please consult with your medical physician before using the sauna. Persons with surgical implants (metal pins/rods, artificial joints, silicone, or other types of surgical implants) typically do not experience any adverse effects, but should also consult their medical physician or surgeon before using the sauna room.

HOW IT WORKS

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration. Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.



Health Benefits

Because infrared rays penetrate the body through convection, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart.

Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, cadmium, etc.). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

Health Benefits Include, But Are Not Limited To:

- | | | |
|--|---------------------------|---------------------|
| *Pain relief from Rheumatoid Arthritis | *Relaxes muscle spasms | *Reduces cellulite |
| *Increases blood circulation | *Clears, rashes, acne | *Enhances skin tone |
| *Cardiovascular conditioning | *Reduces stress & fatigue | *Removes toxins |

Sauna Maintenance

Since infrared saunas do not require hot rocks, water, or steam to operate, they require very little maintenance. You can simply wipe it down with water – use a damp, soft, and clean cloth. **Do not use any chemical based cleaning agents** as they can be absorbed into the wood and be released into your sauna during use.

PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY

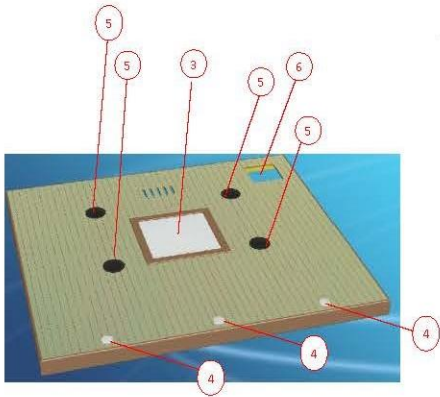
**Visual Assembly Diagram
GDI-6996-01**



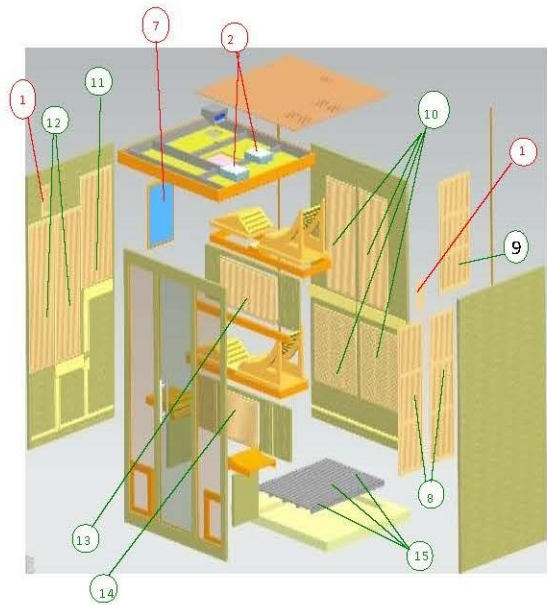
***The above assembly diagram is for a quick reference visual guide only. All sauna models are not shown. Parts and accessories may vary and are subject to change. Backrests are sold separately.**

PARTS DESCRIPTION

GDI-6996-01



| Roof panel (Upward View) | | | |
|--------------------------|----------------------|-----|-------------|
| No. | Name | No. | Name |
| 1 | Control Panel | 2 | Control Box |
| 3 | Color therapy lights | 4 | Roof Lamp |
| 5 | Speaker | 6 | DVD |
| 7 | TV Screen | | |



| Power Distribution | | | |
|--------------------|-----|------------------|--------|
| Location | No. | Dimension | Power |
| Right Panel | 8 | 39.37*15.75 inch | 300W*2 |
| | 9 | 29.53*19.69 inch | 300W*1 |
| Rear Panel | 10 | 29.53*19.69 inch | 300W*4 |
| Left Panel | 11 | 29.53*19.69 inch | 300W*1 |
| | 12 | 39.37*15.75 inch | 300W*2 |
| Bench Panel | 13 | 39.37*11.81 inch | 200W*1 |
| | 14 | 23.62*11.81 inch | 125W*1 |
| Bottom Panel | 15 | 39.37*11.81 inch | 300W*3 |
| TOTAL | | | 4225W |

NOTE: The pictures and diagrams shown within this owner's manual are representations of this model. Actual model may vary. Design and Construction are subject to change. Backrests are sold separately.

PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY

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GDI-6996-01 Visual Interior Diagram



***The above assembly diagram is a quick reference visual guide only. All sauna models are not shown. Model types, parts, and accessories may vary.**

I. Power Supply

Both POWER SUPPLY BOXES are the control centers of the sauna room. They are installed on the ROOF PANEL and have input/outputs connected to them. The two types of POWER SUPPLY BOXES can be seen below. (see Figure 1)



Power Supply 1



Power Supply 2

Figure 1

MAIN POWER - main power of the sauna room
HT1, HT2, HT3, HT4 – heater cords
LIGHT – chromotherapy lights
ROOF LAMP - roof lamp (optional)
CTRL - control panel connection
CD/SIG - signal cable group
FUSE RESET – protects against power surges

POWER IN - main power of the sauna room
HT1, HT2, HT3, HT4, HT5, HT6 – heater cords
LAMP/ROOF – roof lamp power (optional)
LIGHTING – chromotherapy lights
PANEL CONTROL – control panel connection
FUSE RESET – protects against power surges

II. FM/CD/DVD Player and Monitor (optional)

The FM/CD/DVD Player, Monitor, and Speaker System allow you to listen to music and watch DVD's during your sauna session at your own leisure. (see Figure 2)



Figure 2

III. Component Labeling

| | |
|---------------------------|---------------------------------------|
| POWER | Power Cord |
| HT1, HT2, HT3, HT4 | Emitter (heater) power cords |
| LIGHT | Reading lamp connector |
| CTRL | Control panel connector |
| CD/SIG | For CD/temperature sensor/buzzer/etc. |
| L/SPEAKER | Left speaker connector |
| R/SPEAKER | Right speaker connector |
| TEMP SENSOR | Temperature sensor |
| BUZZER | Buzzer connector |
| MP3 AUX INPUT | MP3 /radio connection |

IV. Guide & Guide Inserts and Buckles

The guide and guide inserts are used to connect the FRONT PANEL to the LEFT SIDE PANEL and RIGHT SIDE PANEL. The buckles are used to connect the REAR WALL to the LEFT SIDE PANEL and RIGHT SIDE PANEL. (see Figure 3 and 4)

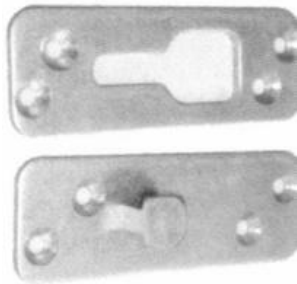


Figure 3



Figure 4

V. Panel Descriptions

For easier installation, please understand and distinguish the differences between each panel.

A. Floor Panel

When the FLOOR PANEL faces upward, you will find (3) heat emitter panels in the center of the FLOOR PANEL and a power cord at the rear. (see Figure 5)



Figure 5

B. Understanding The Difference Between The Top And Bottom Of The Wall Panels

The top of the wall panels will have heat emitter power cords and control panels coming from them. The control panels will be at the top of the side wall panels. Also, the power outlets will be at the bottom of the REAR WALL PANEL. (see Figure 6)

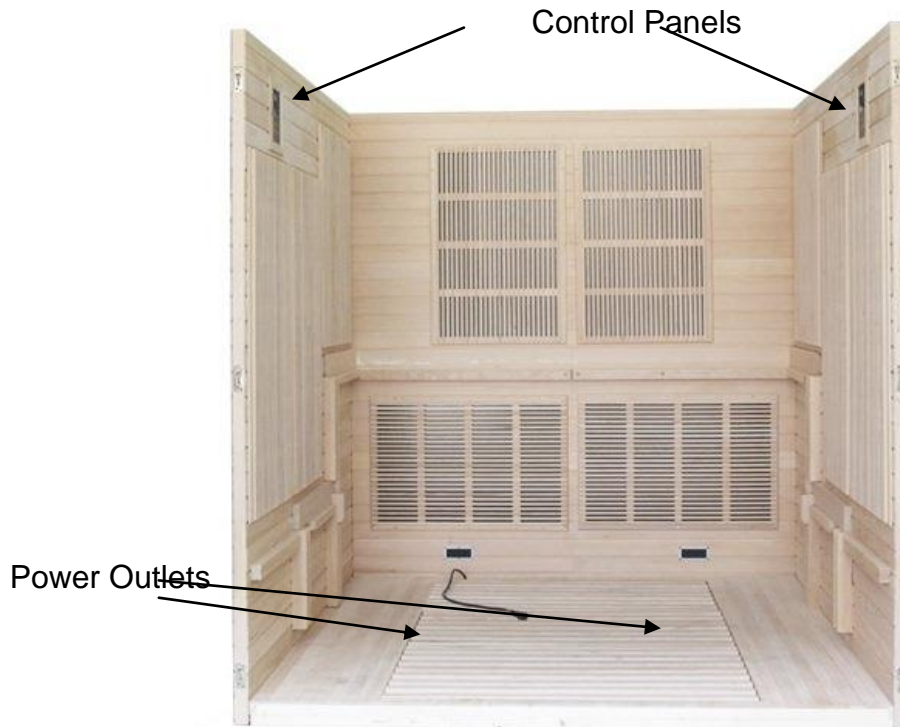


Figure 6

Assembly Instructions

A. Choose a good location to install the sauna

1. The location must be dry, leveled, and away from any source of water
2. MAIN POWER cord must be easily accessible
3. Two adults are required for installation
4. Wood cabin installation order: Floor Panel ▶ Rear Wall Panel ▶ Left Side Panel ▶ Right Side Panel ▶ Lower Bench Heater Panel ▶ Wood Brace (fixed frame) ▶ Middle Level Bench Heater Panel ▶ Center Bench Guides ▶ Benches (large) ▶ Bench Supports ▶ Benches (small) ▶ Front Wall Panel ▶ Roof ▶ Roof Cover
5. Tools Required: Philips Screwdriver and Ladder

B. Installing the FLOOR PANEL

1. Place the FLOOR PANEL on the floor. Turn the FLOOR PANEL so that the heater power cord is at the rear. (see Figure 7)



Figure 7

C. Installing the REAR PANEL and SIDE PANELS

1. Place the REAR PANEL up against the FLOOR PANEL. Attach the REAR PANEL to the SIDE PANELS using the buckles as seen in Figure 8. Connect the floor heater cord into the rear wall outlet.



Figure 8

D. Installing the LOWER BENCH HEATER PANEL and WOOD BRACE (fixed frame)

1. Insert the correct LOWER BENCH HEATER PANEL. Please note that the LOWER BENCH HEATER PANEL and MIDDLE LEVEL BENCH HEATER PANEL are not the same. Proceed in inserting the WOOD BRACE (fixed frame). (see Figure 9 and 10) Connect LOWER BENCH HEATER cord into the rear wall outlet.



Figure 9

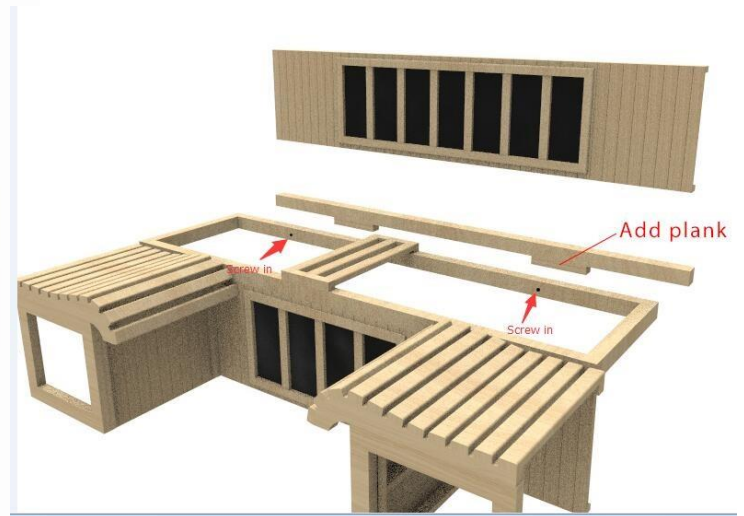


Figure 10

E. Installing the MIDDLE LEVEL BENCH HEATER PANEL

1. Insert the MIDDLE BENCH HEATER PANEL and connect the MIDDLE LEVEL BENCH HEATER into the rear wall outlet. (see Figure 11)



Figure 11

F. Installing the CENTER BENCH GUIDES and BENCHES (large)

1. Locate the (2) CENTER BENCH GUIDES. Place them in the correct positions as seen in Figure 12.
2. Next, locate the BENCHES (large). Insert them into their correct positions. They can be inserted facing upward which will allow you to lay down. They can also be inserted facing downward which would allow more seating. (see Figures 13 and 14)



Figure 12



Figure 13

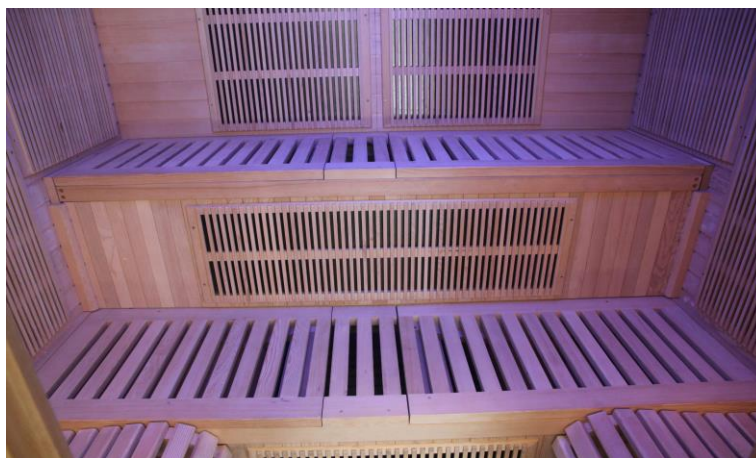


Figure 14

G. Installing the LOWER BENCH SUPPORTS and LOWER BENCHES

1. Place the LOWER BENCH SUPPORTS as seen in Figure 15. **Do not screw in the LOWER BENCH SUPPORTS until after the FRONT WALL PANEL is installed.**
2. Next, place the LOWER BENCHES onto the top of the LOWER BENCH SUPPORTS. (see Figure 16)



Figure 15



Figure 16

H. Installing the FRONT WALL PANEL

1. Place the FRONT WALL PANEL up against the FLOOR PANEL. Attach the FRONT WALL PANEL to the SIDE PANELS using the guide and guide inserts as seen in Figure 17. **After the FRONT WALL PANEL is installed, the LOWER BENCH SUPPORTS can be screwed in.**



Figure 17

Please note that the black protection corners used to protect the corners of the glass door can be removed and discarded once the sauna room is assembled.

I. Installing the ROOF PANEL

1. Carefully lift the roof panel up and over the sauna room. Gently sit the roof panel on top of the sauna room. (see figure 18)
2. Connect the plugs according to the respective labels. (see Parts Description above and J below)



Figure 18

J. Connecting the plugs on the ROOF PANEL

1. Connect the plugs according to their respective labels up on the rooftop.
(see Figure 19)

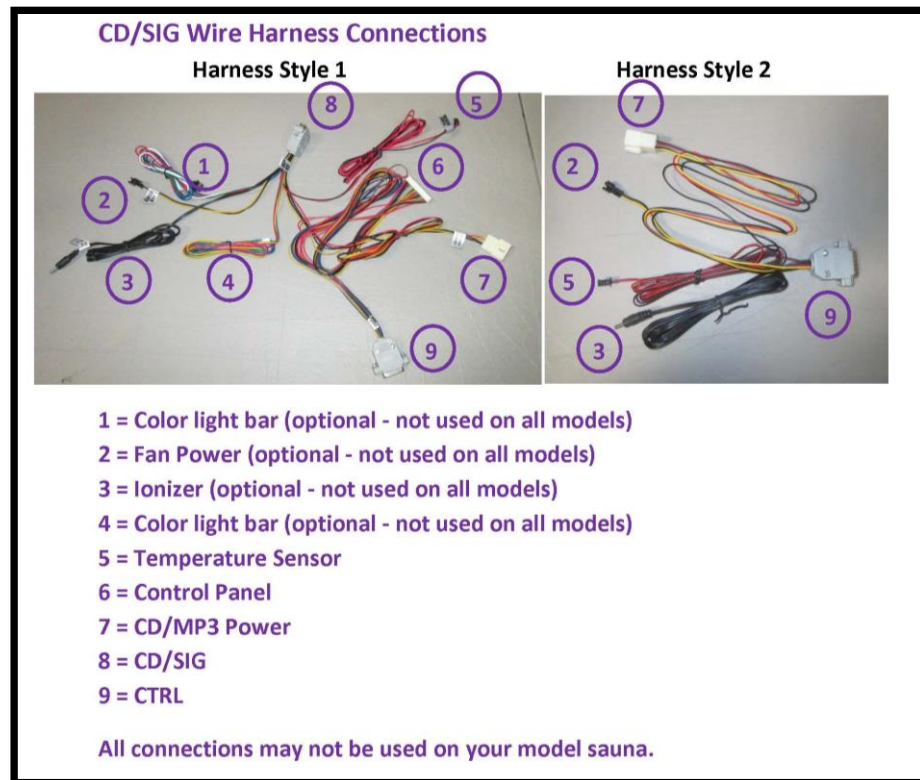


Figure 19

2. You will need to connect the right and left speaker connectors, the MP3 connector, and the CTRL harness wire connector.



Before Connecting



After Connecting

Figure 20

K. Installing the TEMPERATURE SENSOR

1. Enter the sauna and remove the protective covering from the TEMPERATURE SENSOR. Situate the TEMPERATURE SENSOR so that it is vertical, pointing downward. (see Figure 12)



Figure 21

Note: Some sauna models are shipped with a spare TEMPERATURE SENSOR in case the TEMPERATURE SENSOR is damaged in transit. The manufacturer decides this according to sauna models and packaging.

L. Installing the Radio

1. Locate the hole in the ceiling where the RADIO WOOD BOX HOUSING is going to be placed. Use the provided screws to screw

- the RADIO WOOD BOX HOUSING into place. (see Figure 22)
2. Next, remove the two TRANSPORT screws from the top of the CD player and discard. One person will need to be on a ladder and above the roof and another person will need to feed the radio wires through the RADIO WOOD BOX HOUSING and onto the roof.
 3. Attach the radio bracket using the screw provided. This will hold the radio in place.
 4. Plug in the CD/radio power. (see Figure 23)
 5. Attach the L/speaker and R/speaker connections. (see Figure 24)
 6. Plug in the CD/radio antenna connector.
 7. Connect the (yellow) Video Out connection from the radio to one end of the extension which is mounted on the roof. (see Figure 25)



Figure 22

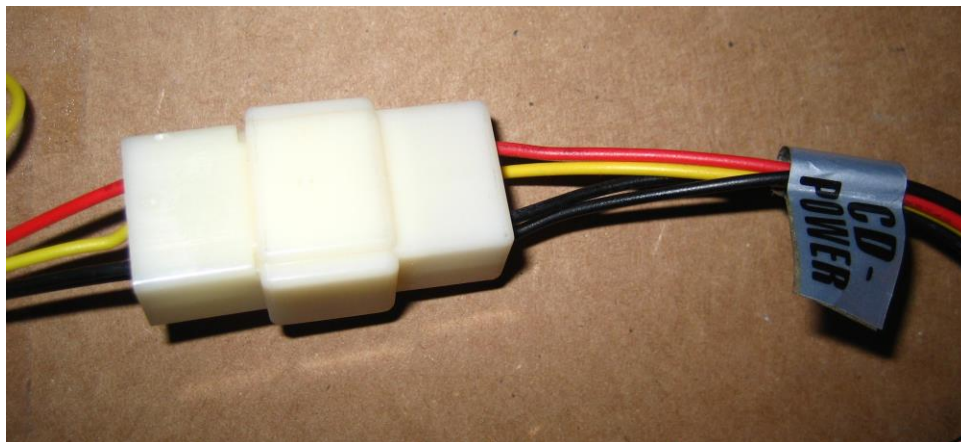


Figure 23

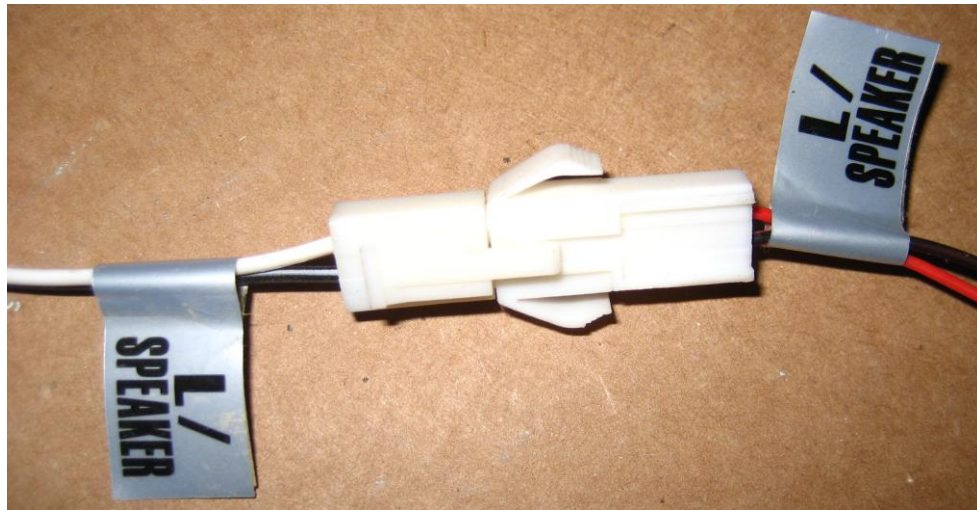


Figure 24



Figure 25

M. Installing the Monitor (optional)

1. **If the 15" Monitor is already installed, please proceed to Step L.**
2. Locate the Monitor. Open the Monitor up and locate the screw holes. You will need to mount the unit to the metal plate that is already attached to the ceiling using the provided screws. You will need to feed the wires through the holes in the ceiling before

mounting the monitor to the metal plate. Figure 26 shows how the monitor will look (viewing it from the bench and looking upward) after the monitor has been installed.

3. Again, there should be a Video Out extension mounted on the roof. Connect the (yellow) Video Out connection from the extension to the Monitor. (see Figure 25)
4. There will be a red and black wire harness coming from the Monitor that will need to be connected to the connection that is already up on the roof.
5. **PLEASE NOTE: There is a black ground wire pre-installed on the roof leading from the power supply. Once installed and if your monitor shows an unclear picture as a result of interference (horizontal lines showing on the screen), you will need to connect the other end of the ground wire to the wire coming from the back of the DVD Player labeled “Steering Wheel GND”. If you have a clear picture on your monitor, you will not need to connect the black ground wire. For a video on how to connect the black ground wire, please visit the video “DYN-6996-01 and GDI-6996-01 Monitor Interference Resolution” at the website link below:**

https://www.youtube.com/watch?v=qalKIZkm0_k



Figure 26

N. Putting on the ROOF COVER (optional to install)

1. Place the ROOF COVER over the top of the sauna. Take care in pulling the power cord through the hole in the roof cover. Gently place the ROOF COVER onto the ROOF PANEL. When the edges are aligned, screw the ROOF COVER to the roof panel. (see Figure 27)



Figure 27

O. Installing the FRONT GLASS DOOR HANDLE

1. Next, the inner and outer door handles need to be mounted to the GLASS DOOR. Please see Figure 28 and Figure 29. The GLASS DOOR must sit between the (2) white washers. The screws are inserted from the inside of the GLASS DOOR and screwed into the outer handle. **BE SURE NOT TO OVER TIGHTEN THE SCREWS OR YOU WILL SHATTER THE GLASS DOOR.** Next, the inner door handle needs to be inserted over the screws. Used the provided Hex Wrench to tighten the (4) hex screws. (see Figure 30)



Figure 28



Figure 29



Figure 30

P. MP3 Shelf (Optional – not available on all models)

1. If your sauna comes with the optional MP3 shelf, use the two screws provided to mount the self on either the side panels or front panel. (see Figure 31)



Figure 31

Assembly Completed

Operating the Sauna

NOTE: Before the sauna is turned on, remove plastic protective covering from the CONTROL PANELS. Please check and confirm that the connections to the POWER SUPPLY, HEAT EMITTERS, CD/RADIO, and TEMPERATURE SENSOR are connected properly. The power supply voltage and frequency must match the requested voltage and frequency of the sauna (2 Separate 120VAC 20AMP Dedicated Circuits).

Since many materials absorb the infrared rays, minimal clothing is recommended for maximum effect. The infrared sauna emitters are designed to heat you and not necessarily the air inside the sauna. It is not a hot box like a traditional sauna. The temperature gauge is a guide for your safety. It is recommended that you drink water before, during, and after sauna use to prevent dehydration since body fluids will be lost through perspiration. It is not recommended to shower after use since the pores in your skin will be open and could possibly absorb anything in the water.

1. Plug the sauna into the outlet receptacle.
2. Press the POWER button once. The POWER light will come on, the TIME DISPLAY will show 90 (minutes), the TEMPERATURE DISPLAY will show 66 (degrees Celsius), and the control panel will flash.
3. Press the up/down arrows under the TIME DISPLAY to adjust the amount of time you want the sauna to remain on. Press the C/F button to choose between Celsius and Fahrenheit. Press the up/down arrows under the TEMPERATURE DISPLAY to adjust the temperature setting. Once you have set these adjustments to the desired settings, press the START/WORK button. If you don't press the button for 5 seconds, the control panel will stop flashing and the set-up values will be memorized. The WORK and HEAT lights will now be on and the emitters will now be generating heat. You will need to pre-heat the sauna room to the set temperature before entering. Please keep in mind that you will increase the time it takes for the sauna room to reach the set temperature if you enter the sauna room before it has reached the set temperature.
4. Please note that if your sauna has the Bluetooth feature, then it will not have the buzzer feature. During your sauna session, set-up time will count down the minutes one by one. When the time remaining is 5 minutes, the buzzer will make a warning sound for approximately 15 seconds letting you know you only have 5 minutes remaining. At this point, you can let the time run out or adjust the time by pressing the up/down arrows under the TIME DISPLAY. If

you do choose to adjust the time, the control panel will flash and the emitters will stop generating heat. Once you set the time to the desired setting, then press the START/WORK button twice and the control panel will stop flashing and heat will begin coming from the emitters once again.

5. Heating times do vary. Generally, it will take approximately twenty to thirty minutes to preheat the sauna to 50 degrees Celsius / 122 degrees Fahrenheit. When the ambient temperature is low, heating requires additional time. For the first few times of use, you may use 46 degrees Celsius / 115 degrees Fahrenheit as a reference starting point for a time period of about 15 minutes (this represents the actual time you are in the sauna at the desired temperature). As you become more comfortable and familiar with the sauna, you can increase the temperature and time period according to personal preference.
6. When the temperature is at the set-up value, the digital control will maintain the set temperature. The WORK light will remain on and the HEAT light will turn off. The emitters will stop generating heat. Once the inside temperature drops approximately 4 degrees, the HEAT light will turn back on and heat will again be generated by the emitters. With the digital control, the inside temperature will always remain around the set-up value.
7. Reading lamps and/or roof lamps and/or color therapy lamps are operated by pressing the respective buttons located towards the center of the control panel. These lamps are offered on some models and are not available on all models.
8. **Chromotherapy/Color Therapy Lighting (optional)** can be operated as follows. First, you will need to install the battery. Once the battery has been inserted into the remote, you are ready to operate the chromotherapy/color therapy lighting system. Press the READING LIGHT button on the sauna control panel. The white light will come on. While pointing the remote at the ceiling light, you can press any of the colors on the remote and that color will be displayed. You can use the SHADE button on the remote to go through a sequence of colors. If you want to turn the light off during your sauna session, you can press the POWER button on the remote. **Please note: You must be inside the sauna room for the remote to work.**



- To operate the radio, press the power button to turn on the CD/RADIO player. Press the band to choose between the FM/AM frequency on the radio. You must place the radio antenna above the roof cover to receive a radio station signal. To use the CD function, insert the CD disk into the top (into the CD slot) of the radio. If the CD player does not work, make sure the set screws on the top of the CD/RADIO player have been removed. For more detailed instructions, please see the CD/radio owner's manual.

CONTROL PANEL



Power : Press to control the main power of the sauna (also turns the DVD player ON/OFF)

TFT Power ON/OFF: Press to turn ON/OFF the DVD display screen

Power Indicator: Indicates the status of the sauna's main power
Work Start/Stop: Press to control the working functions of the sauna
Work Indicator: Indicate the working status of the sauna

Heat Indicator: Indicate the status of heating function

Exterior Light: Press to control the lighting function

Color Light: Press to control the chromotherapy lighting function

Time Display: Display the heating time of the sauna in minutes

Time: Press to adjust the setting of the timer

Temperature Display: Display the actual interior temperature of the sauna room in $^{\circ}\text{C}/^{\circ}\text{F}$

Temperature: Press to adjust the temperature setting

$^{\circ}\text{C}/^{\circ}\text{F}$: Press to change the temperature display between $^{\circ}\text{C}/^{\circ}\text{F}$

Tips for using Your Sauna

1. If you take a hot/warm shower or bath before using your sauna, you may perspire more and experience more comfort.
2. Drink water prior to, during, and after your sauna session to replenish body fluids.
3. To regulate the set temperature inside the sauna to your comfort level, use the movable roof vent or leave the door slightly open. The roof vent is installed on the sauna and used based on personal preference.
4. Use 2 towels during your sauna session. Fold the first towel several times and place it on the bench. As you sit on this towel, it will absorb a majority of your perspiration while adding comfort as you sit on the bench. Use the second towel to either constantly wipe the perspiration from your body to perspire faster and also to avoid having too much perspiration dripping onto the floor or placing it on the floor to catch your dripping perspiration. If your legs become cold, you can use a third towel to drape over your legs to trap the heat.
5. This is a non-commercial sauna. For every three hours ON, the sauna must be turned OFF for one hour to cool down.

6. At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the virus.
7. To help relieve sore and tense muscles, massage the affected areas during your sauna session.
8. To treat your ankles and feet more effectively, you can elevate them and move them close to one of the heat emitters to achieve a deep heating effect.
9. To utilize the sauna's heat therapy effect, put oil and treatment into your hair and wrap it with a towel. After your sauna session is over, rinse your hair thoroughly.
10. The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
11. To conserve energy consumption, please unplug your sauna when not in use – especially if you do not plan on using the sauna for an extended period of time.
12. After the sauna session is over, do not jump into the shower or bath immediately. Because your body was heated up during the sauna session, it will continue to perspire even after the heat emitters are off. Sit in the sauna with the door slightly opened and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about fifteen minutes and when your body has completely cooled down, you can take a shower or bath to clean your body.

Safety Instructions

1. Read and follow all instructions carefully before using the sauna.
2. When assembling and using the electrical equipment, safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times by an adult. Children should not use the sauna unless prescribed or advised by their medical doctor.
4. Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
5. Pregnant or possibly pregnant women should contact their medical physician prior to using the sauna. Excessive temperatures have a high potential for causing fetal harm during pregnancy.
6. **Hyperthermia Danger:** The normal body temperature can't rise above 103°F (39°C). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and/or fainting. The effects of excessive hyperthermia may include, but are not limited to failure to perceive heat, physical inability to exit the sauna, unawareness of impending hazards, unconsciousness, and/or fetal harm in pregnant women. Hyperthermia could make your body's core temperature rise. Setting the desired temperature to an excessively high temperature is not recommended.
7. The use of alcohol, drugs, or medications (prescribed or non-prescribed) prior to or

- during the sauna session may lead to unconsciousness and/or other harmful physical injuries.
8. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, diabetes, or other medical conditions should consult with a medical physician prior to using the sauna.
 9. Persons using medications should consult with a medical physician before using the sauna. Some medications may induce drowsiness while other may affect the heart rate, blood pressure, and/or blood circulation.
 10. Use care when exercising before and after sauna use.
 11. Never sleep inside the sauna
 12. Do not use any type of cleaning agents on the interior of the sauna. Only wipe down the sauna room with water and a damp cloth. Never use any chemical based cleaners.
 13. Do not stack or store any objects on top of or inside the sauna.
 14. If the power supply cord becomes damaged, it must be replaced immediately by the manufacturer or its agent. If you find the power cord is too hot (normally it will become warm) or that the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid hazardous situations.
 15. Make sure that the electrical outlet is in good working order. A common problem with electrical outlets is loose wiring on the connection points of the terminals of the outlet. A loose wire will also make for a bad connection and cause an unusual amount of heat buildup. Loose connections can also cause sparking in the junction box that can result in arcing. You'll likely see burn marks around the terminals if this occurs. If this happens, do not use the sauna and have the outlet replaced by a certified electrician. If the power cord is damaged, please contact Customer Support.
 16. Do not use the sauna during an electrical storm to avoid risk of shock or injury.
 17. Do not continuously switch the power ON and OFF excessively as it will compromise the life of the electrical components.
 18. Your hands must be dry and free of moisture before plugging and unplugging cords and wiring harnesses from the power supply and circuit boards. Never operate the sauna with wet hands or wet feet to avoid the risk of electrical shock or injury. Never touch the metal prongs of the plug.
 19. Do not attempt to make any repairs yourself unless authorized by the manufacturer or its agent. If a problem occurs with the sauna, please contact the manufacturer or its agent immediately to avoid safety risks. Unauthorized repair attempts will void the manufacturer's warranty.
 20. Please make sure the outlet power supply meets the specifications required. Failure to meet the requirements may cause safety risks.
 21. Some sauna models are equipped with reading and/or roof lamps. Because the lamp temperature will become very hot once powered ON, do not attempt to touch the lamp to avoid being burned. Do not attempt to touch it for at least 20 minutes or until it cools down completely if a need to touch it arises.

22. Do not pour water or any other liquids onto the infrared heat emitters. Do not bump, hit, or break the heating elements as it may cause an electrical short and pose a safety risk.
23. Do not make any modifications to the sauna, the sauna structure, or the sauna components.
24. Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna does not seem to be operating properly, discontinue use and contact Customer Service.

Safeguards For Your Sauna

1. Do not install the sauna near water, near a bathtub (if water will splash on the sauna), near a shower (if water will splash on the sauna), in a wet basement, or near a swimming pool (if water will splash on the sauna).
2. Do not use liquid cleaners or aerosol cleaners on the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft damp cloth for cleaning.
3. The power supply cord should be routed so that it is not walked on or pinched by any object that may be placed against it.
4. When replacement parts are required, be sure they meet the specified requirements of the manufacturer. Unauthorized substitutes may result in a fire, electrical shock, or other hazardous situations. After any repairs, please ask the service technician to perform a safety check to determine that the sauna is in good working order.
5. Do not use any wall receptacle adapter, surge protector, or extension cord between the sauna cord and wall outlet.

Troubleshooting

| | 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 your circuit breaker to confirm power at the wall outlet |
| | | Indicator light is broken | replace the circuit panel |
| 2 | Indicator light for function is not working | The heating indicator light is broken | Replace the relevant control panel |
| | | The circuit board or components are broken | Replace the circuit board |
| | | The temperature sensor is broken | check the connection of the temperature sensor |
| 3 | Infrared Heater not heating up | The heater is broken | Replace heater panel |
| | | The wire junction or the heater's wire is not connected | Check that the connections are snug and tight |
| | | The temperature sensor is broken | check the connection of the temperature sensor |
| | | The circuit board or the relay is not working | replace the circuit board |
| 4 | Odor from the sauna | Power supply problem | Power supply may need to be replaced |
| 5 | Light bulb is not working | Light bulb is burned out | Remove burned out light bulb and replace it |
| | | Light bulb wiring is loosen | Check connection and/or replace the lamp assembly |
| | | Problems with electrical control panel | Replace the relevant control panel |
| 6 | Sauna is not powering up | Power cord is unplug | Plug the power cord into wall outlet |
| | | Outlet has no power | Check your circuit breaker to confirm power at the wall outlet |
| | | Power supply or circuit panel is broken | Replace the power supply or related circuit board |

| | | | |
|----|------------------------------------|---|--|
| 7 | The temperature display shows "EP" | The connector of temperature sensor is loose, not connected, or sensor is damaged | Disconnect and reconnect the connector of temperature sensor or change to a new temperature sensor |
| 8 | The temperature display shows "H" | The temperature inside the sauna room is too high | Turn off the unit, and contact the manufacturer |
| 9 | Speaker does not work | The speaker is broken | Replace with a new one of the same specifications |
| | | The speaker wire is loose | Disconnect and reconnect the speaker connections |
| | | The power indicator light for CD is off | Turn on the switch to start work |
| 10 | CD-Player doesn't work | Power connector is loose or damage | Disconnect and reconnect the connection |
| | | DC power supply has 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 |

Maintenance

Cleaning

Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft cloth for cleaning. **Do not use benzene, alcohol, or strong cleaning chemicals in or on the sauna. NOTE: Any chemical that can damage wood or be absorbed into the wood will damage the sauna.**

Limited Lifetime Warranty

5 Year Limited Warranty: Golden Designs, Inc. under the Dynamic brand name warrants the wood, structure, heating elements, and electronics against defects in material and workmanship for a period of 1 to 5 years from the original date of purchase. **This sauna is for INDOOR use only. Placing your sauna outdoors will VOID this warranty. Any damage due to exposure to outdoor elements such as rain, snow, sun, wind or extreme temperatures will not be covered by this warranty. Any damages as a result of modifications made to the sauna or its components will void this warranty.**

Extent of Warranty: This limited warranty applies to products manufactured or distributed by Golden Designs, Inc. under the Dynamic brand name, delivered in the continental United States or Canada and extends to the original purchaser at the original site of installation only. This warranty becomes valid at time of purchase and terminates either by specified time frame listed above, owner transfer, or relocation. **Your sales receipt showing the date of purchase of the product is your proof of purchase. Warranty is not transferable.**

Manufacturer Warranty

All Golden Designs, Inc. products are manufactured with the highest quality appliances and are warranted to be free from defects in material and workmanship at the time of delivery. The appliance warranty is extended through the manufacturer for the product including, but not limited to: stereos, CD/DVD players, etc. All exchanged parts and products replaced under this warranty will become the property of Golden Designs, Inc. Golden Designs, Inc. reserves the right to change manufactures of any part to cover any existing warranty. Any parts determined to be defective must be returned to Golden Designs, Inc. to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with the transportation of the parts. In addition you are responsible for insuring any parts shipped or returned. You must present Golden Designs, Inc. with proof of purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to **VOID** this limited warranty. Products on which the serial number has been defaced or removed is not eligible for warranty service. This warranty covers parts, but does not cover labor.

Warranty Limitations

This warranty does not apply if the unit has been subject to full commercial use, negligence, alteration, modification, misuse, abuse, repairs by non-Golden Designs, Inc. authorized personnel, inappropriate installations, or any case beyond the control of Golden Designs, Inc. invalidating this warranty including but are not limited to:

- Use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications
- Normal wear and tear or weathering
- Use of product not in accordance with instructions
- Worn out receptacle

Surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all woods. This includes minor cracks due to wood expansion and contraction. Note: Since the wood used in construction has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment.

Disclaimers

Golden Designs, Inc. shall not be liable for loss of use of sauna or other Golden Designs, Inc. products or other secondary or incidental or consequential costs, expense or damages - which may include the removal of permanent deck or other custom fixtures or the necessity for crane removal - arising directly or indirectly out of the use or inability to use the product. Any implied warranty shall have duration equal of the applicable warranty stated above. Under no circumstances shall Golden Designs, Inc. or any of its representatives be held liable for injury to any person or damage to any property, however arising. Specifications are subject to change without notice or obligation.

Legal Remedies

This limited warranty gives you specific legal rights. You may have other rights, which may vary from state to state.

Customer Service

For customer service, contact your authorized dealer. If you need additional information or assistance, please email Golden Designs, Inc. at info@goldendesignsinc.com or call (909) 212-5555.

*Limited Lifetime Warranty of Sauna Products is 5 years on heating elements and electronics from the date of purchase. The radio and wood structure have a 1 year limited warranty.

WARRANTY CARD

Congratulations on your purchase of an Infrared Sauna from Golden Designs, Inc. Please take the time to complete the following Warranty Card and mail it back to:

**Golden Designs, Inc.
3550 Jurupa Street, Unit B
Ontario, CA 91761**

Please include a copy of your sales receipt showing date of purchase as this will serve as proof of purchase.

Warranty will be VOID if the following warranty card is not mailed back within 60 days of purchase date along with proof of purchase.

****Serial number (S/N) is located on the sauna’s front panel, rear panel, or on the carton.****

DETACH HERE



WARRANTY CARD

All fields must be completed to validate the warranty.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

Purchase Date: _____

Purchase From: _____

Serial Number: _____