

Red Cedar Barrel Sauna

2, 4, and 6-Person Saunas

SJ-2002/SJ-2004/SJ-2006



OWNER'S MANUAL

FOR TRADITIONAL MODEL SAUNAS

REQUIRES 240VAC /1PHASE (Saunacore Stove - 30/40AMP, depending on your electrical code) DEDICATED CIRCUIT FOR THE STOVE

REQUIRES 120VAC 15 AMP CIRCUIT (FOR THE LIGHTING)

Please Note: The stove must be installed by a certified electrician per the manufacturer's manual. The stove must be installed per the electrical code in your area with reference to the breaker and wire sizes. Models are subject to change.

Thank you for the purchase of your new traditional sauna! FOLLOW ALL INSTRUCTIONS AND BE CAUTIOUS OF SAFETY SYMBOLS. All electrical wiring must be performed by a qualified licensed electrician. While the barrel sauna comes in different sizes and features, the information within this manual is applicable to each.



High Voltage Symbol: Be cautious as there is the presence of a high voltage current that flows through the equipment!



General Caution Symbol: Be cautious as the equipment uses electrical current that can cause serious injury.

ATTENTION

⚠ WARNING

1. Please read this Operating Instruction Manual thoroughly before use. This will allow the user to become familiar with the operation of the control system. Please keep the Operating Instruction Manual available for future reference. If any technical assistance or repairing is needed, please contact the manufacturer.
2. The traditional sauna can be installed indoors or can be installed outdoors. If installed outdoors and over time, water may seep between the staves due to the porous nature of the wood. When not in use and placed outdoors, a rain cover is recommended to cover the sauna room. Please note that water seepage will not hurt the wood and will usually dry quickly due to the heated environment. If you want to keep the sauna completely dry, you will need to install the barrel sauna under a covered structure.
3. To reduce the risk of electric shock and/or fire, do not expose the control system to direct water contact or rain. Do not open the cover to the control system as there are high tension fittings that can be dangerous. Only dealer authorized qualified technicians should make any needed or necessary repairs at any time.
4. Any repairs, alterations, or modifications to the control system are not authorized unless by an approved repair technician. Any non-authorized repairs, alterations, or modifications can lead to serious injuries and can cause the unit to work outside its intended specifications parameters.
5. Any non-authorized repairs, alterations, or modifications will void the warranty.
6. Before connecting the unit to a power source, please make sure that all wires, cords, and connections are connected properly. If there are any concerns, please consult with a certified electrician.
7. Make sure that the barrel sauna is placed in a well-ventilated area. It should not be place in an area with other thermal-radiating objects.
8. When the equipment is not going to be used for an extended period of time, unplug the unit from the power source or turn OFF the dedicated circuit breaker.
9. Allow 30 seconds between turning the control system “On” and “Off”. By allowing 30 seconds between powering the control system “On” and “Off” will prolong the life of the unit.
10. Confirm that you adhere to the correct power requirements of the control system.

Connecting the control system to other than the required voltage can damage the control system and possibly cause serious injury. It is very important that the load parameters are consistent with that needed by the control system. Always consult with a certified electrician.

11. Canadian Red Cedar and its rich aroma can cause an extremely small percentage of the population to have an adverse reaction known as Multiple Chemical Sensitivity (MCS). While this is not an universally recognized disorder in the medical field, certain consumers have an adverse physical reaction to low levels of many common chemicals and cannot tolerate any aromatic oils, shampoos with perfumes infused or certain herbs with natural aromas. However, for the majority of the population, Canadian Red Cedar is the sauna wood of choice.
12. Children must use the barrel sauna under the care of adults. Never play in or around the barrel sauna.
13. The power cord and plug must be located out of the reach of children and away from any water source. Please consult with a certified electrician for safety concerns.
14. Never insert body parts or any other objects into the stove. Never put any foreign objects on or in the stove. Please follow the stove instructions and safety precautions.
15. Never use or store flammable liquids/gases near or inside the barrel sauna.
16. Never store items or objects on top of the barrel sauna.
17. Never use the barrel sauna or stove if the power cord is damaged. Contact Customer Service immediately and do not use the barrel sauna.
18. Never touch the control panel, stove parts, or any electrical parts with wet hands.
19. Never use the barrel sauna in a weather storm.
20. Make sure that the barrel sauna sits on a level surface and the surface can support the weight of the sauna (when filled with users) which can exceed 1000 lbs. A concrete slab, concrete pavers, gravel, or solid wood deck is always best for outdoor installations. In addition, be sure that the support cradles rest on cinder blocks or other structures so as to prevent sinking/settling into the ground.
21. For every (4) hours of use, the sauna should be shut down for (1) to prevent overheating.
22. Never complete unauthorized repairs on the barrel sauna or the stove.
23. Never use the barrel sauna in combination with alcohol, medication, or drugs.
24. Pregnant women should never use the barrel sauna. Women should also not use the barrel sauna during their menstrual cycle.
25. If you have any medical condition, you must consult with your medical doctor before using the barrel sauna.
26. Be cautious not to over extend yourself after an intense exercise workout by using the barrel sauna. You can let the body cool down for 10 - 20 minutes before entering the barrel sauna.
27. Prolonged exposure to high temperatures can cause burns. Stop using the barrel sauna immediately if you experience overheating, dizziness, weakness, sleepiness, or fainting.
28. Consult with your medical doctor before using the barrel sauna if you suffer from diabetes, blood circulation disease, blood pressure issues, heart disease, or obesity.
29. Watch your head when enter and exiting the barrel sauna.
30. Never clean the barrel sauna with chemical based cleaners or detergents. You can clean the barrel sauna with any non-toxic, water based cleaner.
31. Make sure the vents are always unobstructed.

TABLE OF CONTENTS

Components	5
Basic Dimensions	12
Assembly Instructions	15
Using the Barrel Sauna	28
Basic Sauna Dimensions	29
Tips for Using Your Sauna	32
Safety Instructions	32
Safeguards for Your Sauna	33
Troubleshooting	34
Warranty	36
Warranty Card	39

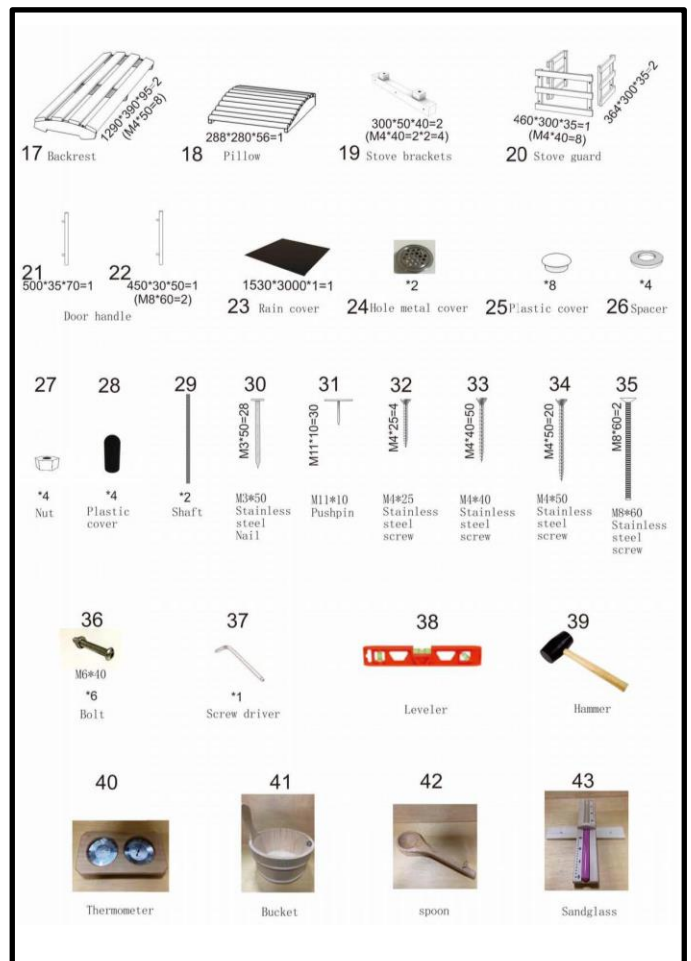
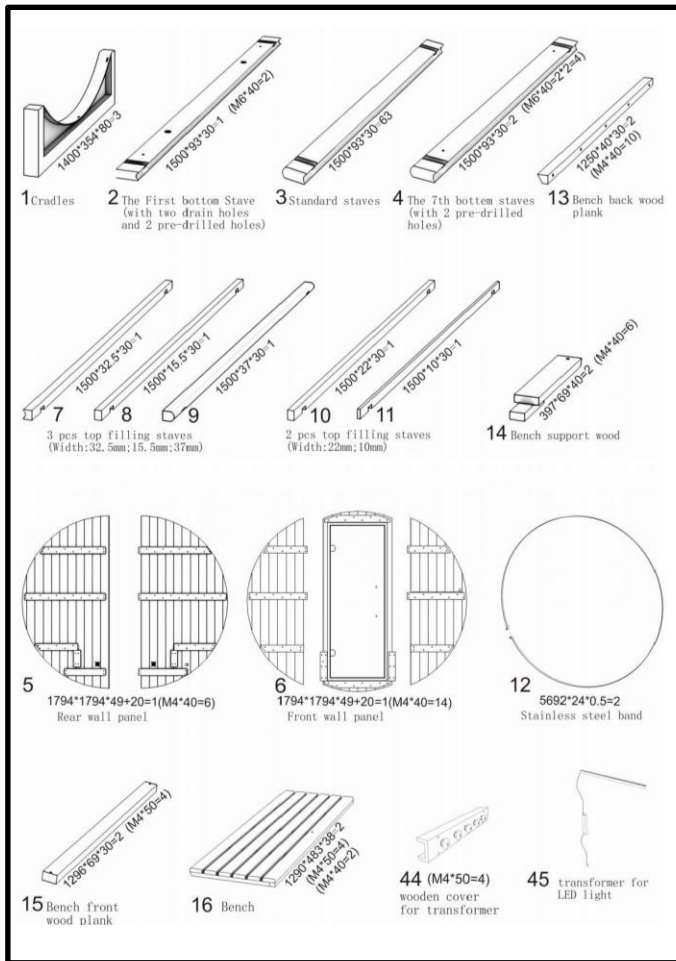
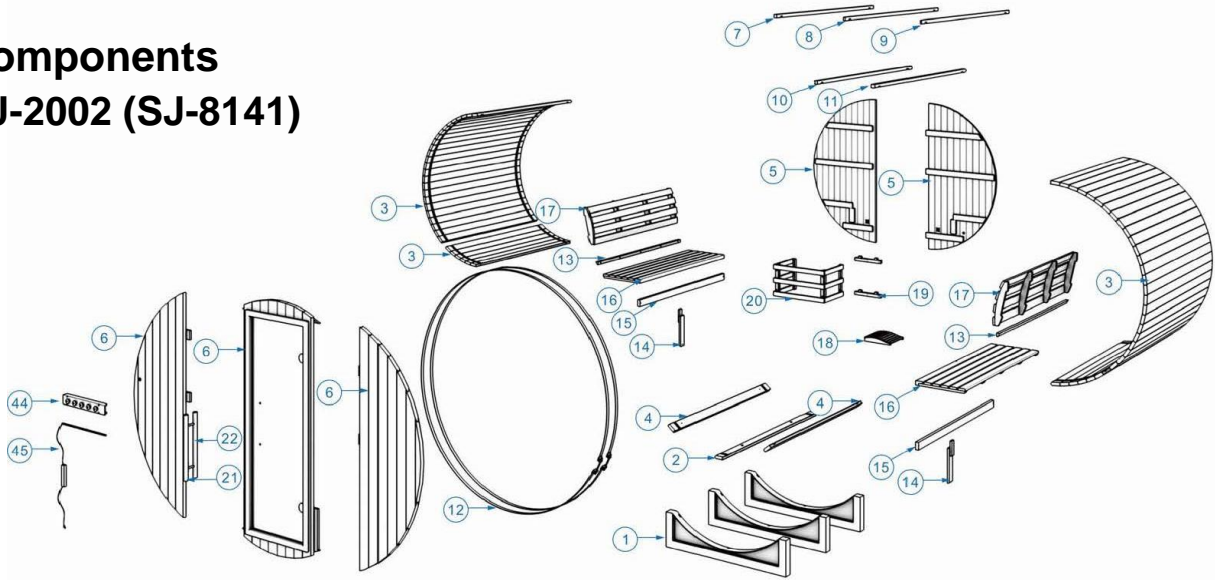
READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY.

WARNING: Visually inspect all parts before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the sauna components. **DO NOT USE** the barrel sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts. The wood is naturally resistant to the weather elements, but the weathering elements can affect the wood over time.









PLEASE 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. If installed outdoors and over time, water may seep between the staves due to the porous nature of the wood. When not in use and placed outdoors, a water proof cover is recommended to cover the barrel sauna.

CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

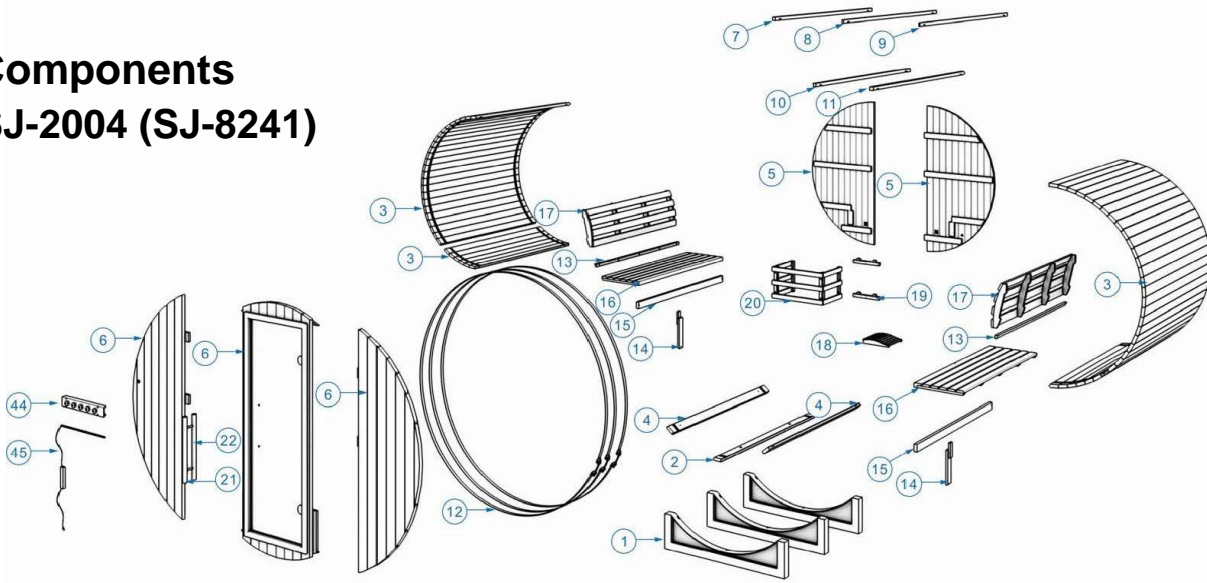
Components SJ-2002 (SJ-8141)



*The above Components diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.

ITEM#	IMAGE	PARTS LIST FOR SJ-2002(SJ-2002)
1		M3*50=28pcs The 9th stave in every other stave through 21th stave: 14pcs
2		M11*19=30pcs Rain cover:30pcs
3		M4*25=4pcs Sandglass: 2pcs Thermometer:2pcs
4		M4*40=48pcs Stove guard: 8pcs Bench wood back plank:10pcs Stove brackets:4pcs Bench support panel:6pcs front wall panel: 14pcs rear wall panel: 6pcs
5		M6*40 bolt=6pcs The First bottom Stave: 2pcs The 7th bottem staves:4pcs
6		Hex screw driver=1pc For bolts
7		M4*50=16pcs Bench: 4pcs Backrest:8pcs Bench front wood plank: 4pcs Transformer wood cover: 4pcs
8		M8*70=2pcs Door handle: 2pcs









Components SJ-2004 (SJ-8241)



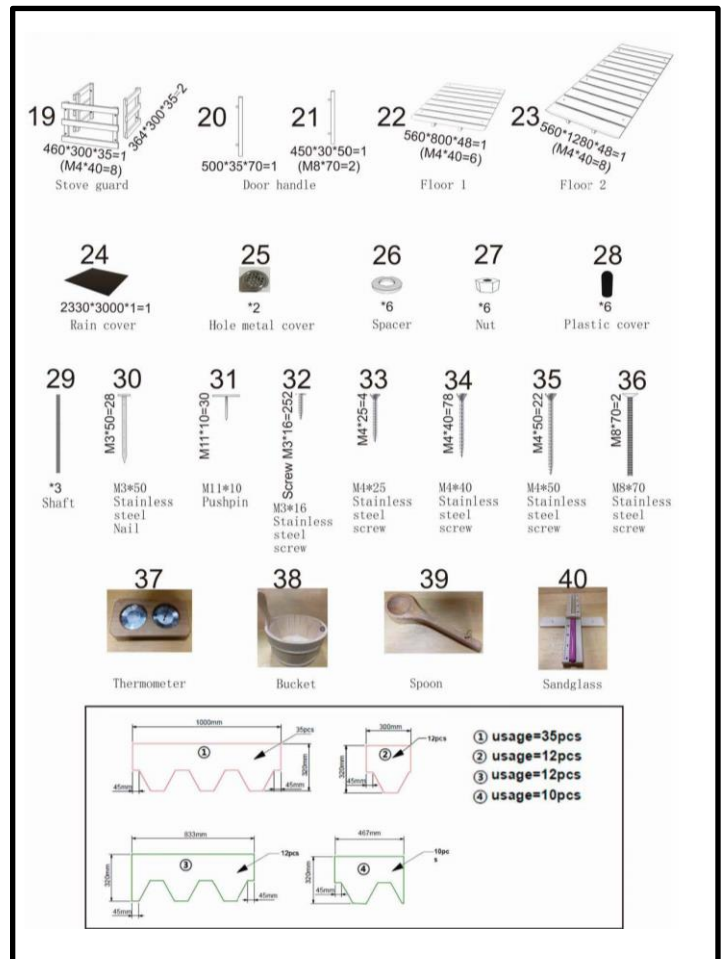
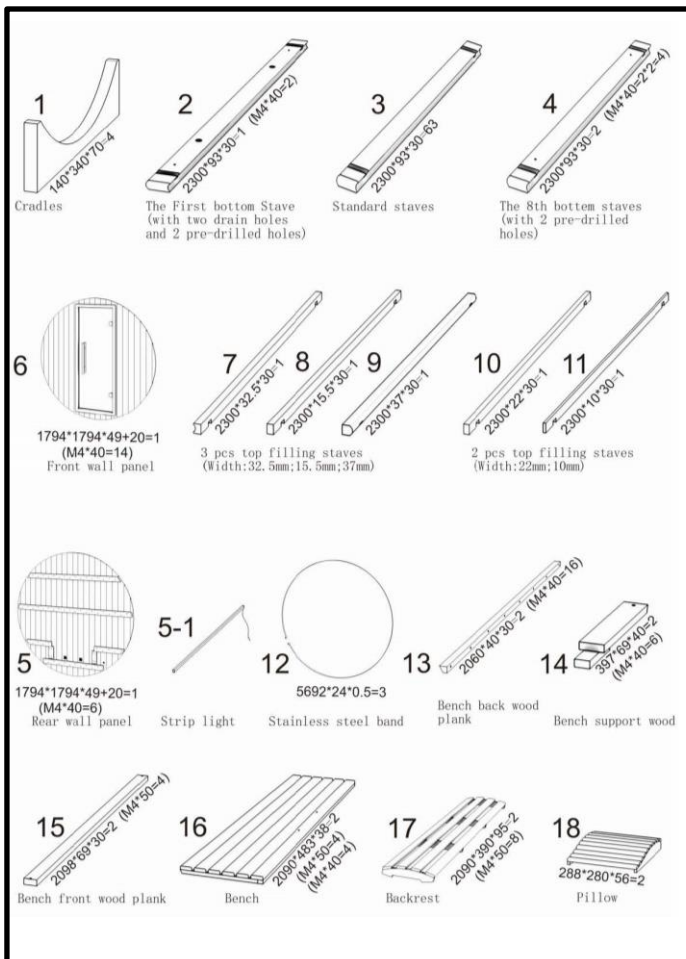
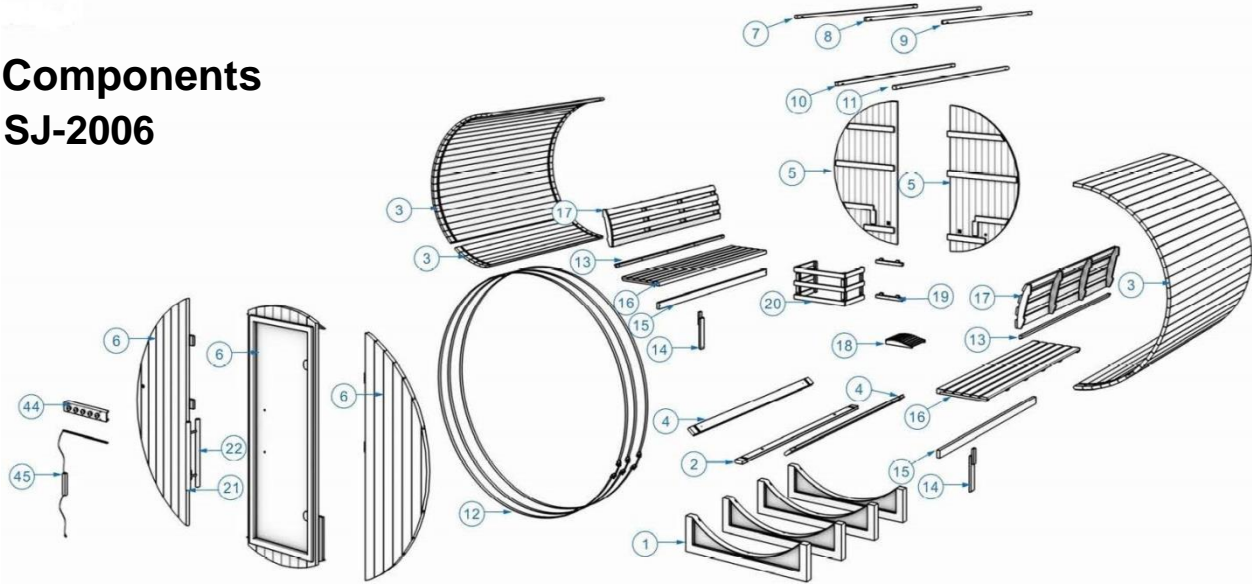
<p>1 Cradles 1400*354*80=3</p>	<p>2 The First bottom Stave (with two drain holes and 2 pre-drilled holes) 1830*933*30=1 (M8*40=2)</p>	<p>3 Standard staves 1830*933*30=1</p>	<p>4 The 7th bottom staves (with 2 pre-drilled holes) 1830*933*30=2 (M8*40=2; 2=4)</p>	<p>13 Bench back wood plank 1575*40*30=2 (M4*40=10)</p>
<p>7 1830*52.5*30=1</p>	<p>8 1830*15.5*30=1</p>	<p>9 1830*57*30=1</p>	<p>10 1830*22*30=1</p>	<p>11 1830*10*30=1</p>
<p>3 pcs top filling staves (Width:32, 5mm; 15, 5mm; 37mm)</p>			<p>2 pcs top filling staves (Width:22mm; 10mm)</p>	
<p>14 Bench support wood 397*69*40=2 (M4*40=6)</p>				
<p>5 1794*1794*49+20=1 (M4*40=6) Rear wall panel</p>	<p>6 1794*1794*49+20=1 (M4*40=14) Front wall panel</p>	<p>12 5692*24*0.5=3 Stainless steel band</p>		
<p>15 Bench front wood plank 1828*69*30=2 (M4*50=4)</p>	<p>16 Bench 1820*483*38=2 (M4*50=4) (M4*40=2)</p>	<p>44 (M4*50=4) wooden cover for transformer</p>	<p>45 transformer for LED light</p>	

<p>17 Backrest 1820*300*95=2 (M4*50=8)</p>	<p>18 Pillow 288*280*56=1</p>	<p>19 Stove brackets 300*50*40=2 (M4*40=2; 2=4)</p>	<p>20 Stove guard 460*300*35=1 (M4*40=8) 384*300*35=2</p>					
<p>21 500*35*70=1 Door handle</p>	<p>22 450*30*50=1 (M8*60=2)</p>	<p>23 Rain cover 1860*3000*1=1</p>	<p>24 Hole metal cover *2</p>	<p>25 Plastic cover *8</p>	<p>26 Spacer *6</p>			
<p>27 *6 Nut</p>	<p>28 *6 Plastic cover</p>	<p>29 *3 Shaft</p>	<p>30 M3*50=28 Stainless steel Nail</p>	<p>31 M11*10=30 Pushpin</p>	<p>32 M4*25=4 Stainless steel screw</p>	<p>33 M4*40=50 Stainless steel screw</p>	<p>34 M4*50=20 Stainless steel screw</p>	<p>35 M8*60=2 Stainless steel screw</p>
<p>36 M6*10 *6 Bolt</p>	<p>37 *1 Screw driver</p>	<p>38 Leveler</p>		<p>39 Hammer</p>				
<p>40 Thermometer</p>	<p>41 Bucket</p>	<p>42 spoon</p>	<p>43 Sandglass</p>					









***The above Components diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

ITEM#	IMAGE	PARTS LIST FOR SJ-2004(SJ-2004)
1		M3*50=28pcs The 9th stave in every other stave through 21th stave: 14pcs
2		M11*19=30pcs Rain cover:30pcs
3		M4*25=4pcs Sandglass: 2pcs Thermometer:2pcs
4		M4*40=48pcs Stove guard: 8pcs Bench wood back plank:10pcs Stove brackets:4pcs Bench support panel:6pcs front wall panel: 14pcs rear wall panel: 6pcs
5		M6*40 bolt=6pcs The First bottom Stave: 2pcs The 7th bottem staves:4pcs
6		Hex screw driver=1pc For bolts
7		M4*50=16pcs Bench: 4pcs Backrest:8pcs Bench front wood plank: 4pcs Transformer wood cover: 4pcs
8		M8*70=2pcs Door handle: 2pcs

Components SJ-2006



***The above Components diagram is for quick reference only. Read all instructions before assembling. All sauna models may not be shown. Parts and accessories may vary.**

ITEM#	IMAGE	PARTS LIST FOR SJ-2006(SJ-2006)
1		M3*50=28pcs The 9th stave in every other stave through 21th stave: 14pcs
2		M11*19=30pcs Rain cover:30pcs
3		M4*25=4pcs Sandglass: 2pcs Thermometer:2pcs
4		M4*40=54pcs Stove guard: 8pcs Bench wood back plank:16pcs Stove brackets:4pcs Bench support panel:6pcs front wall panel: 14pcs rear wall panel: 6pcs
5		M6*40 bolt=6pcs The First bottom Stave: 2pcs The 7th bottem staves:4pcs
6		Hex screw driver=1pc For bolts
7		M4*50=16pcs Bench: 4pcs Backrest:8pcs Bench front wood plank: 4pcs Transformer wood cover: 4pcs
8		M8*70=2pcs Door handle: 2pcs

Each Barrel Sauna will need between 66-68 staves plus 1 set of the staves (narrow) for assembly. You will end up with some extra staves (wide) and some extra staves (narrow). The rain cover is an optional accessory.



Stave (wide)



Stave (narrow set)

What's Needed:

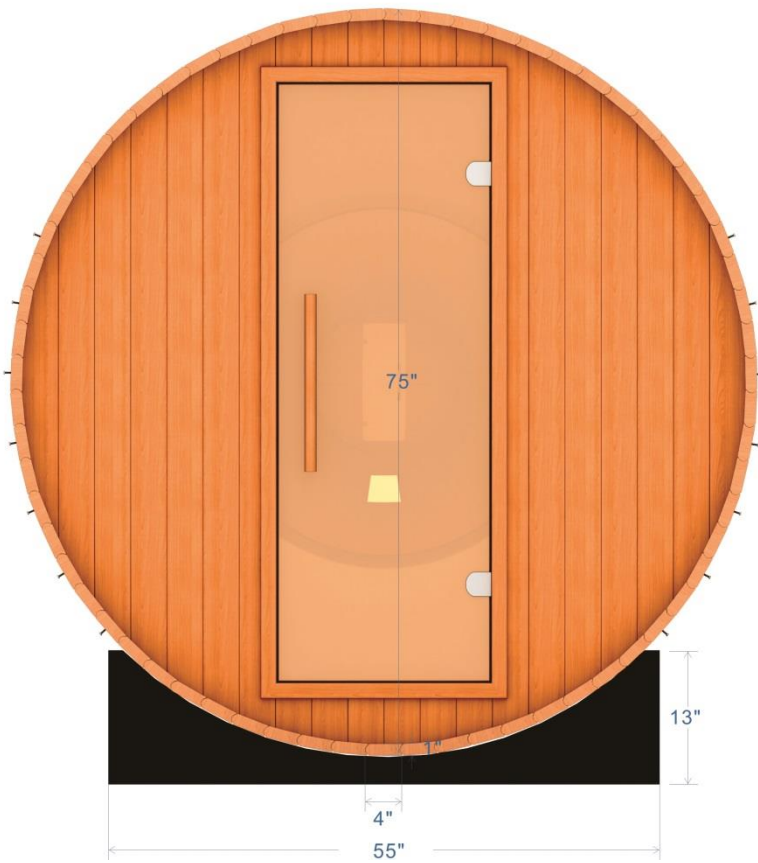
3 Adults
Claw Hammer
Ladder
Rope (optional)

Phillips Screwdriver (battery operated recommended)
17MM Wrench
Sandpaper and 1/4" drill bit (optional)

Basic Dimensions

SJ-2002

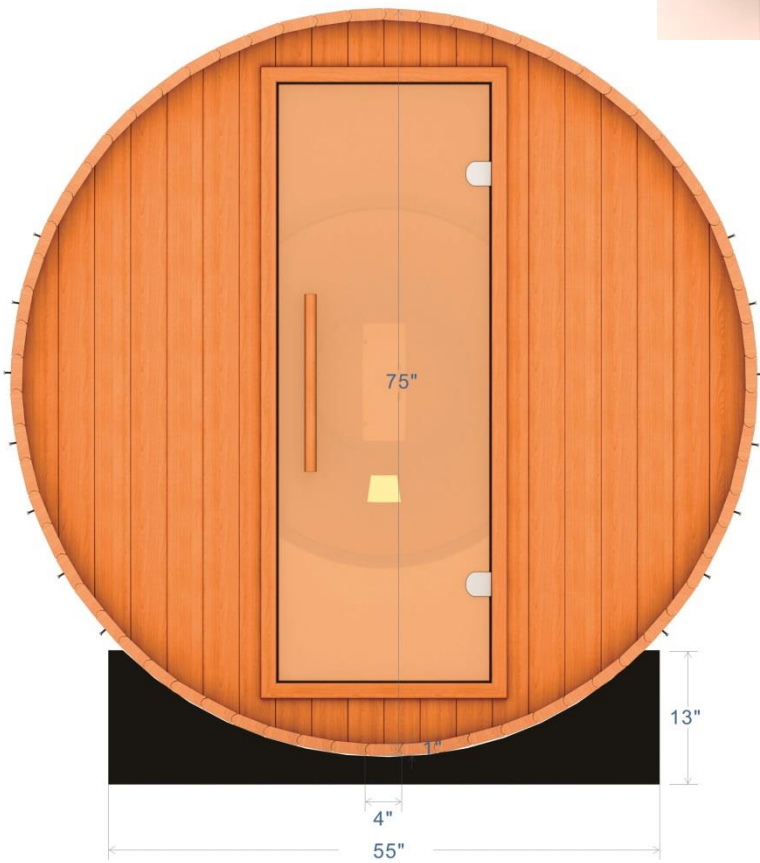
2-Person Model



Basic Dimensions

SJ-2004

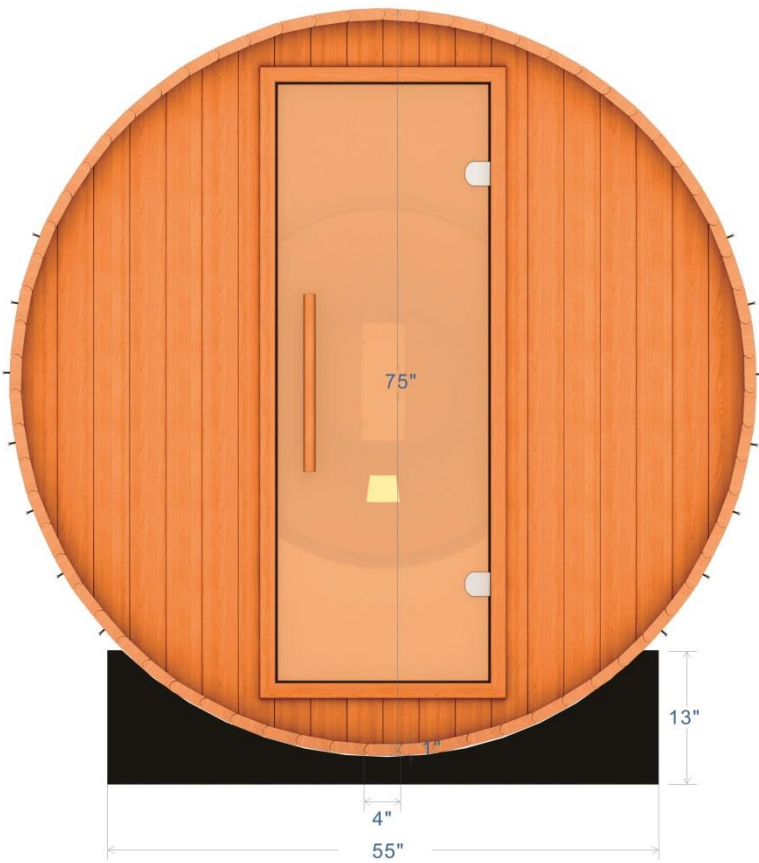
4-Person Model



Basic Dimensions

SJ-2006

6-Person Model



Assembly Instructions

1. Place Bottom Support Cradles

Place the bottom support cradles at their desired locations. See figure 1. Determine the front and rear positions of the support cradle according to the marks on the floor. The 2-person model will have (3) support cradles. The 4-person model will have (3) support cradles. The 6-person model will have (4) support cradles. See figure 1a. To avoid damaging your floor, it is not recommended to move the sauna once it is assemble. If the unit is moved, please do so carefully and cautiously.

- Make sure there is a power outlet within reach of the power cord before assembling the barrel sauna. The light will require a 120V/15AMP outlet.
- Make sure to position the front door in the correct direction.

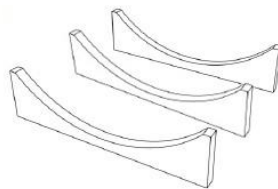
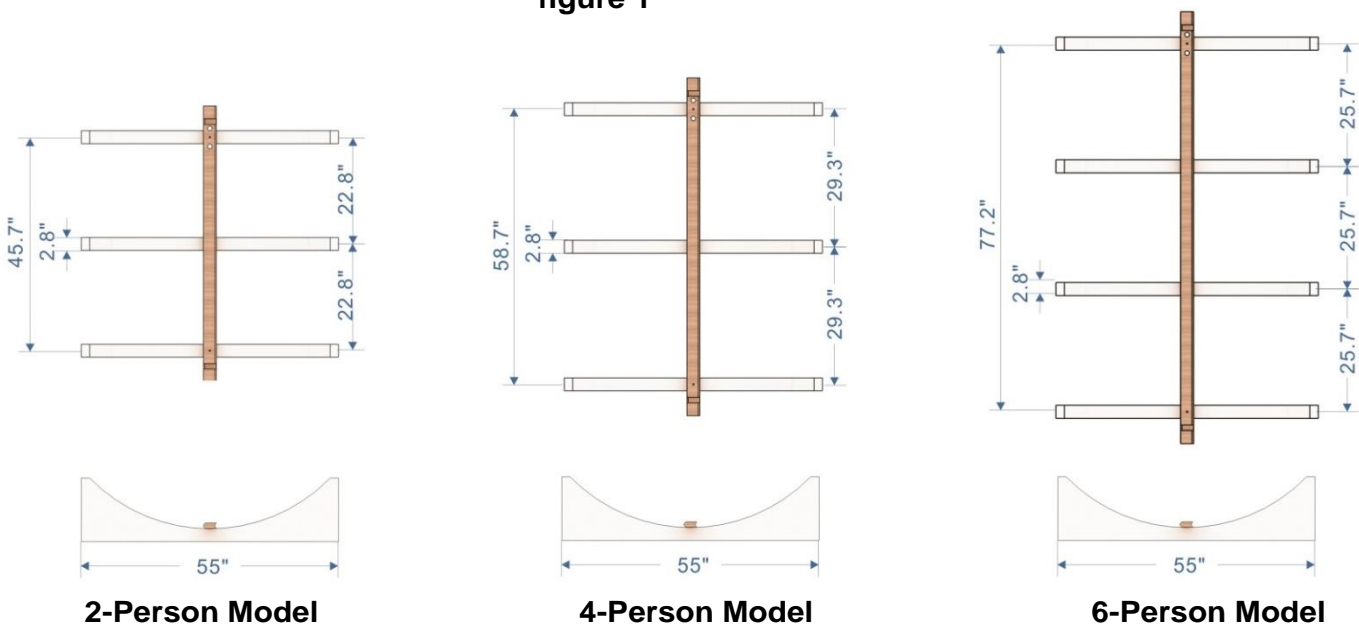


figure 1



2. Fix Bottom Support Cradles

Locate the three staves with pre-drilled holes at both ends. The first staff will have the drain holes. Place the first of the three staves (the one with the drain holes) on top of the support cradles. Once the staff is placed into position onto the support cradles, you can use the provided two M6*40 bolts to mount the staff to the support cradles. See the Components Section on page 5-6 for screw descriptions. Put the other two staves with the pre-drilled holes aside for now. See figure 2 and 2a.

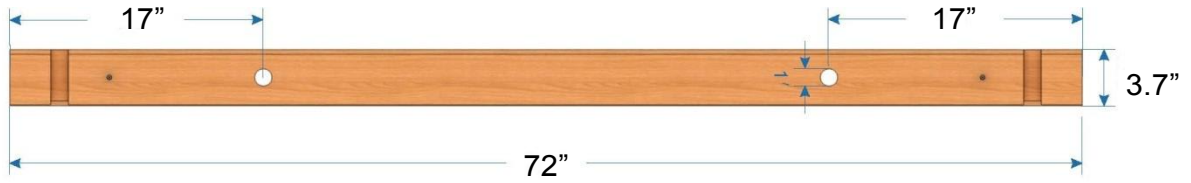


figure 2

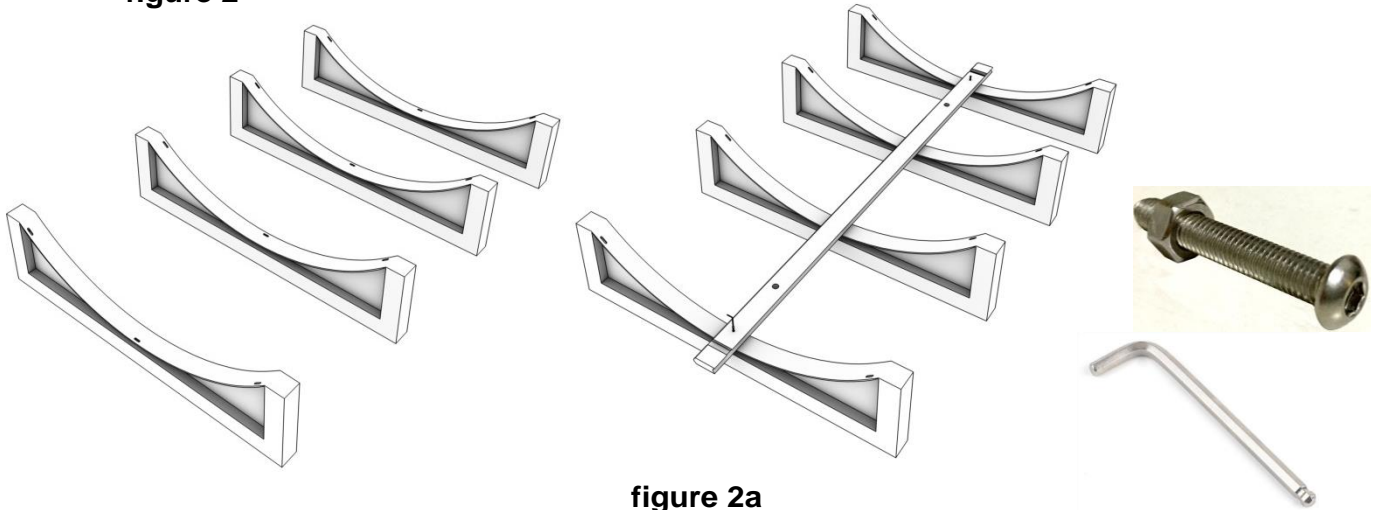


figure 2a

3. Place Staves On Support Cradles

Align the two ends of the staves. Carefully and accurately place them into the clamping staves. Use the leveler to make sure that each staff is placed level and straight. Do not allow excessive gaps in between the staves. See figure 3.

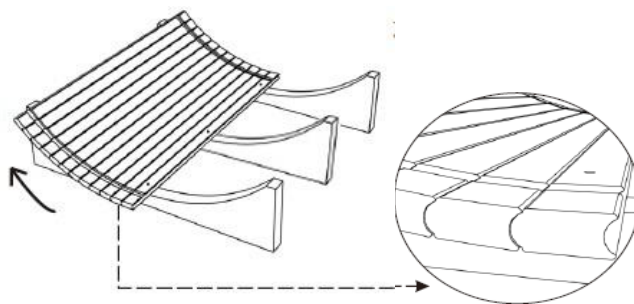


figure 3

4. Place Bottom Support Cradles

According to step 3, arrange the staves on the left side in sequence. Do the same with the right side. Again, make sure that each staff is level by using the leveler and

rubber mallet. Keep the staves snug and tight. The two staves with the **pre-drilled holes will be the 7th staves** (not counting the first installed stave) on the right and left. **These two staves will need to be screwed down to the support cradles.** Use the provided Allen Wrench to screw the four M6*40 bolts to mount these staves to the support cradles. **Do not use nails/screws on any staves you just installed except for the first stave.** See figure 4.

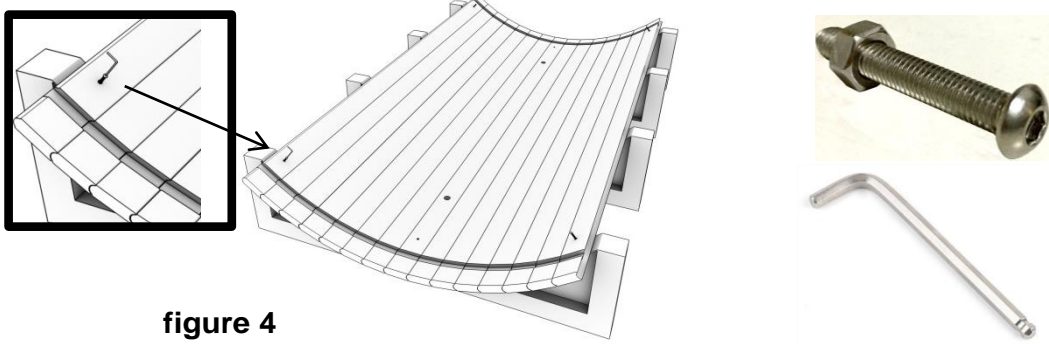


figure 4

5. Place Rear Panel Onto Platform

A. First, locate the two pieces that make up the rear wall panel. Use the provided screws to attach the two rear wall pieces together. See figure 5a.

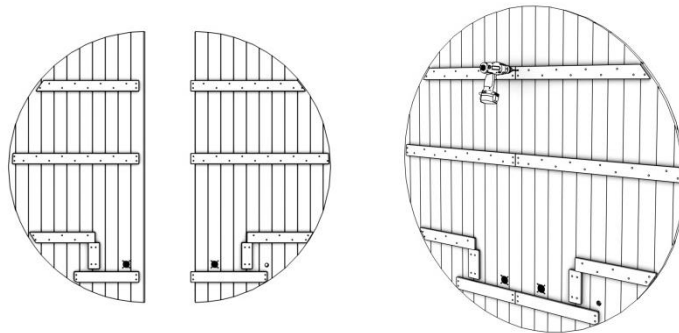


figure 5a

B. Two people will need to lift the rear panel up and into the groove on the staves. Make sure the rear wall is positioned at where the rear of the barrel sauna will be and align the slots to accept the rear panel placement. One person will need to hold the rear panel in place to prevent it from falling. Use the leveler to position the rear panel vertically and horizontally straight. See figure 5b.

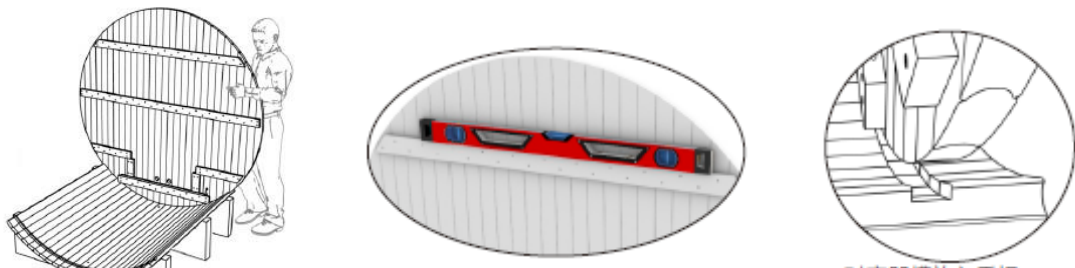


figure 5b

Adjust rear panel to be level.

Rear panel must fit into

6. Place Front Panel

- A. First, locate the three pieces that make up the front wall panel. Use the provided screws to attach the three front wall pieces together. See figure 6a.

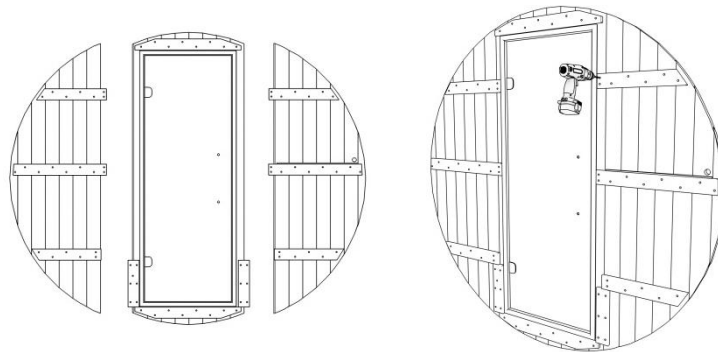
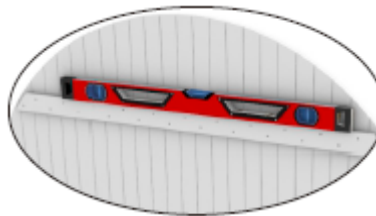


figure 6a

- B. Two people will need to lift the front panel up and into the groove on the staves. Make sure the front wall is positioned at where the front of the barrel sauna will be and align the slots to accept the front panel placement. Make sure that the front panel is in the correct position and right side up. You will find the horizontal wood beams on the interior side of the front wall. One person will need to hold the front panel in place to prevent it from falling. Use the leveler to position the front panel vertically and horizontally straight. See figure 6b.



Adjust front panel to be level.



Front panel must fit into

figure 6b

7. After Placing Front Panel Onto Platform

You can use one of the staves to hold the front and the rear panels in place. Make sure the groove on each end of the staff fits onto the front and dome to hold them stationary in place. This is a temporary step to hold the front and rear panels in place. **You can use a staff to also help to hold the front panel and dome in place. One adult will need to continue to hold the front panel in place. Do not nail/screw this staff down.** See figure 7.

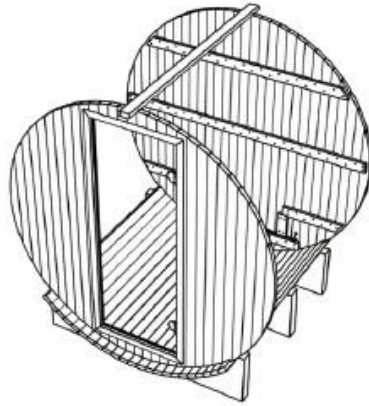


figure 7

8. Install the Staves

Continue to install and align the two ends of the staves onto the front and dome working your way upward. Carefully and accurately place them onto the front and dome. Use the leveler to make sure that each stave is placed level and straight. Do not allow excessive gaps in between the staves. Attach the stave using the provided stainless steel nails from the exterior starting from the 9th stave (not counting the first installed stave) in **every other** stave through the 21st stave. **From the 21st stave, do not nail in any additional staves.** The nails are used to mount and keep the staves aligned and straight. See figure 8.

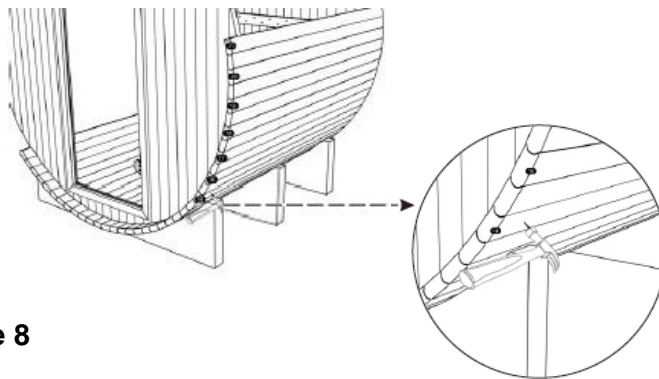
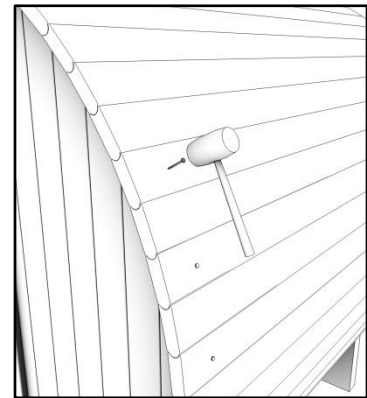


figure 8



Attach at every other stave.

9. Install Staves

After reaching the 21th stave on the right side (when standing and facing the front door of the barrel sauna), you can stop on the right side and continue to install the staves from the left

side until you have almost reached the right side. **From the 21st stave, be sure not to nail in any additional staves.** If necessary (optional), you may use a rope or strap to tie around the barrel while placing the remaining staves in place so that they do not fall out. Do not nail in any nails into these staves that will fit next to the stave pieces (**these are the various thinner/skinny staves**). You will want to leave space to install the thinner staves which you received in five pieces. Carefully fit the pieces into the left over space being very careful not to break the thinner stave pieces. You do not need to use all five pieces. See figure 9.

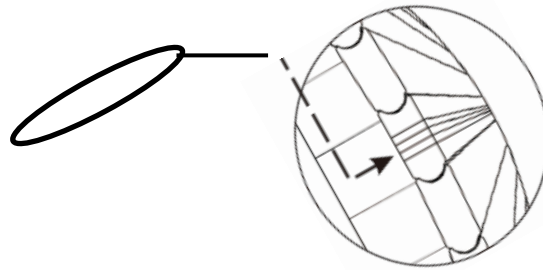


figure 9 The last stave is cut into several pieces to fit into the last space.

10. Install Stainless Steel Bands

Use the stainless steel bands to fasten the barrel sauna together. You will align the outer stainless steel bands with the inside of the front and rear support cradles. Use a 17MM wrench to tighten the bolts on the stainless steel bands. Be sure not to over tighten. In additional, you will need to check the tightness of the stainless steel bands every 6-12 months. See figure 10.

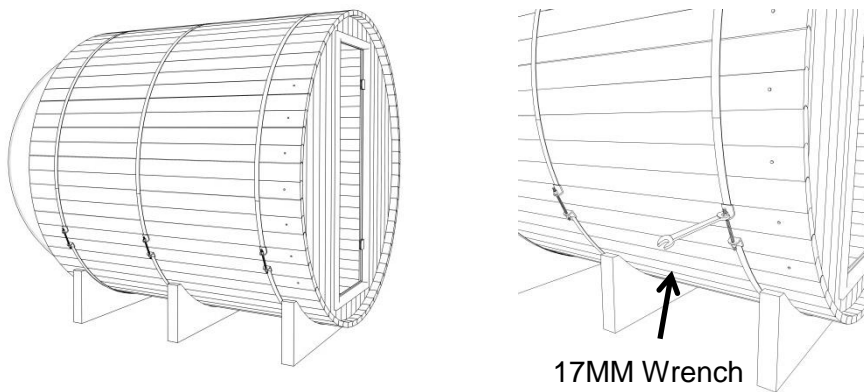


figure 10 Attention: The joint position of the stainless steel band should be near the top and to the inside of the support cradles.

Be sure to inspect the tightness of the stainless steel bands every 4-6 months to minimize small gaps.

If the stainless steel bands become loose, use the 17mm wrench to tighten.

11. Install Bench Supports

Start with the left side. Use a Phillips screwdriver (power screwdriver will save time) to screw the five pieces of M4*40 screws into the lower bench wood support plank in order to mount to the wall. Use a leveler to make sure the lower bench wood support plank is horizontally straight before screwing into place. See figure 11 and 11a. Do the same for the right side.

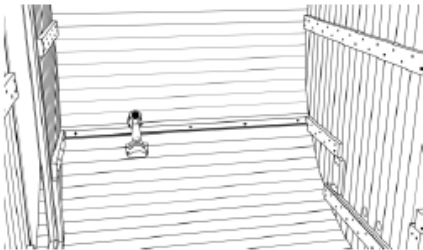


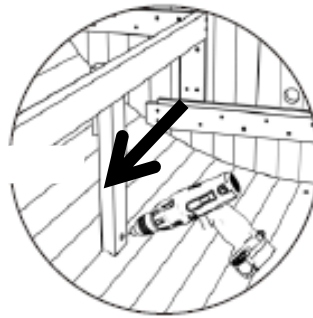
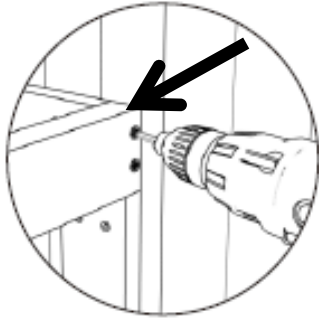
figure 11



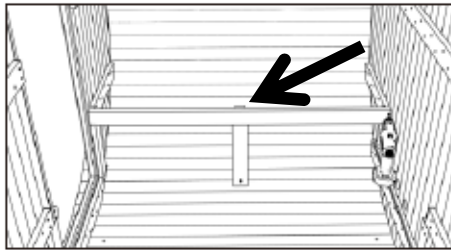
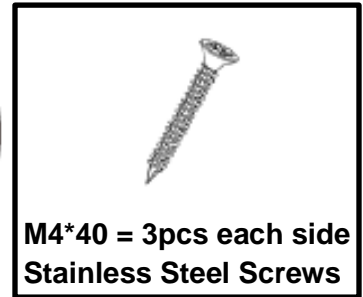
figure 11a

12. Install Bench Horizontal Beam and Front Bench Lower Reinforcement

Start with the left side. Install the horizontal beam as seen in figure 12 and figure 12a. You can start with either the right or left side first. The front bench lower reinforcement consists of two pieces. The front bench lower reinforcement will mount vertically. Use the two screws to mount the front bench lower reinforcement vertically to the horizontal wood beam. Do the same for the right side.



Vertical Support



Horizontal Support

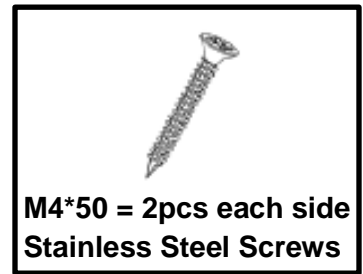


figure 12



figure 12a

Mounted on the backside of the horizontal beam

13. Install Bench Panel

Start with the left side. Place the bench panel into position over the horizontal beam. Use the two screws to mount the bench into place. See figure 13. Do the same for the right side.

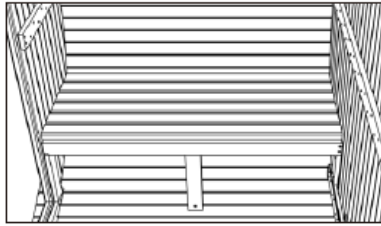
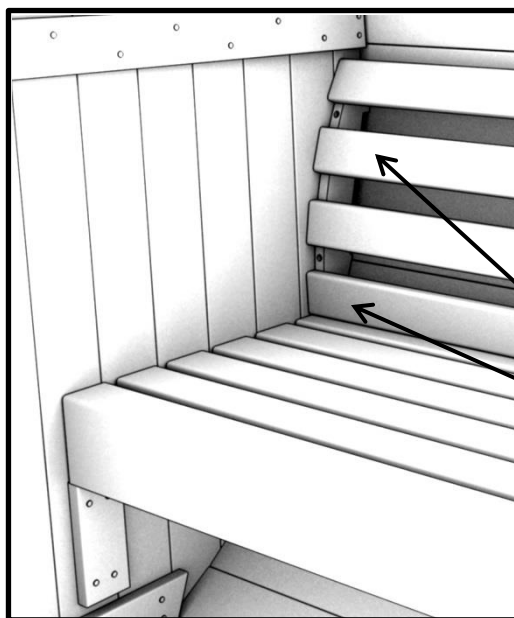
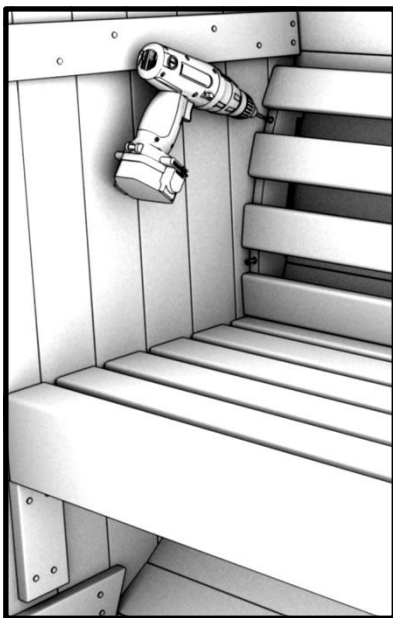


figure 13

14. Install Backrest

Start with the left side. Place the backrest into position. The bottom of the backrest should rest on the bench. Use the two screws to mount the backrest into place. See figure 14. Do the same for the right side.



2 Screws For
Left Side and
2 Screws For
Right Side

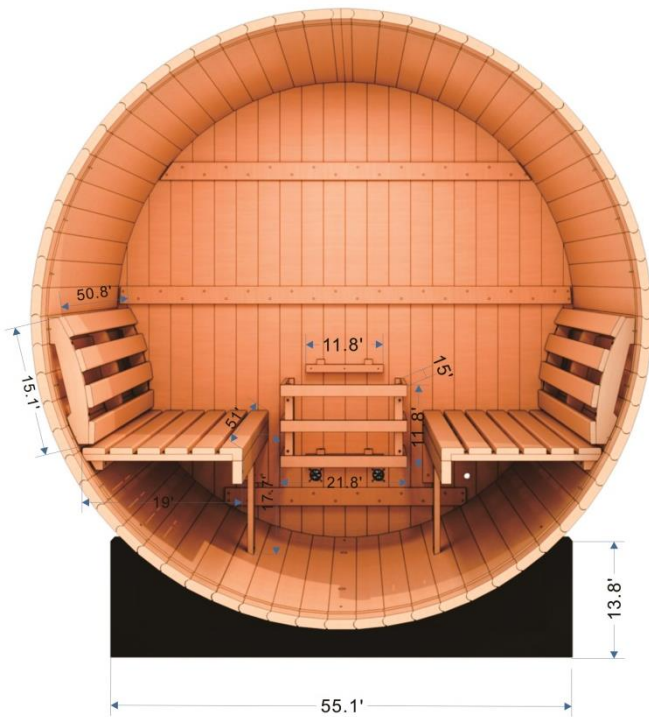
figure 14

15. Install Stove and Stove Guard

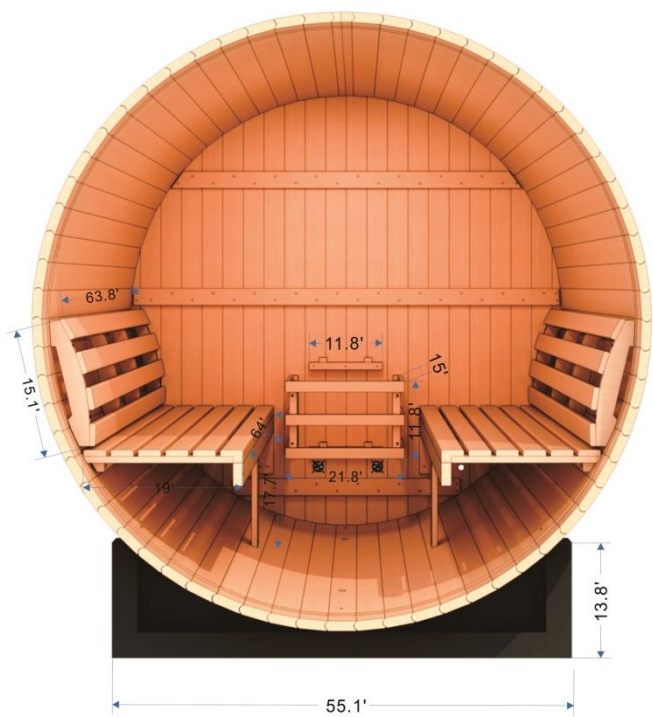
The stove must be installed by a certified electrician per the manufacturer's manual. Follow all of the stove's manufacturer's instructions when installing the stove. **Please note that the certified electrician will need to drill a hole in the wall for the power cord.** Assemble the stove wood guard as seen in figure 15. Figure 15a shows where the wood mounts for the stove need to be installed. Once the stove wood mounts are installed, the stove wood guard will need to be mounted to the inside of the front panel. The stove wood guard will serve as protection around the stove.



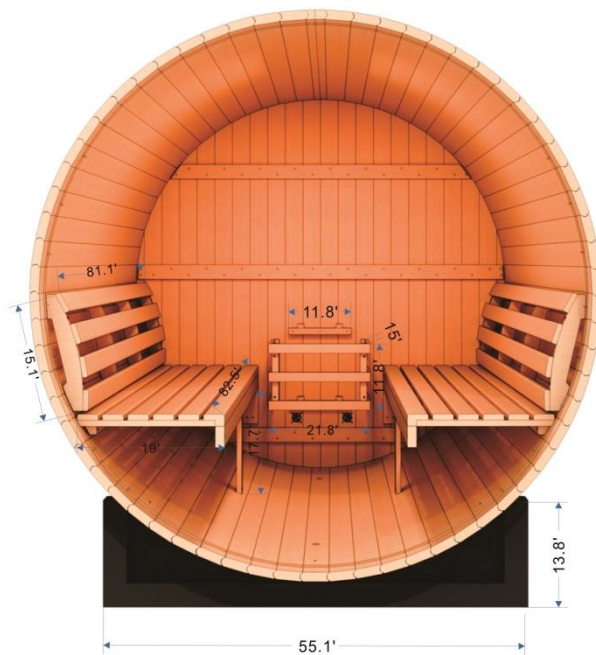
figure 15



SJ-2002



SJ-2004



SJ-2006

figure 15a

16. Install Door Handle

Install the door handle to the glass door. Use the two screws to screw one side of the door handle to the other side with the glass door in between. See figure 16.

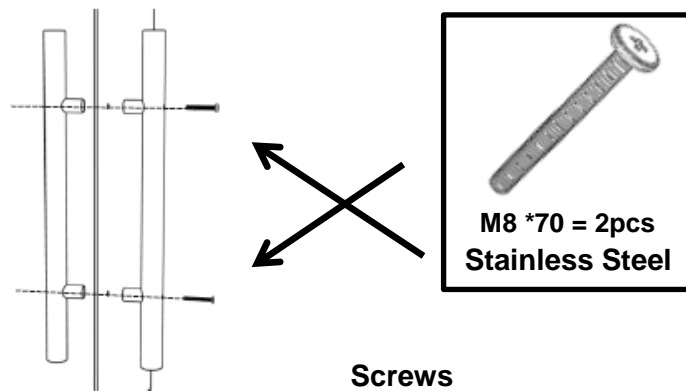


figure 16

17. Connect Strip Light

Locate the LED strip light transformer which will need to be installed from the exterior side of the front wall panel (left side). The transformer should be already mounted to the inside of the wood cover. See figures 22. You will need to feed the LED strip light power cord connection through the hole in the front wall panel to connect the LED strip light power cord to the transformer cord. See figure 21. Once the power cords are connected, use the provided screws to mount the wood cover to the front wall panel (exterior side). See figure 21a. The strip light does have an ON/OFF button to operate.

EXTERIOR SIDE



figure 21

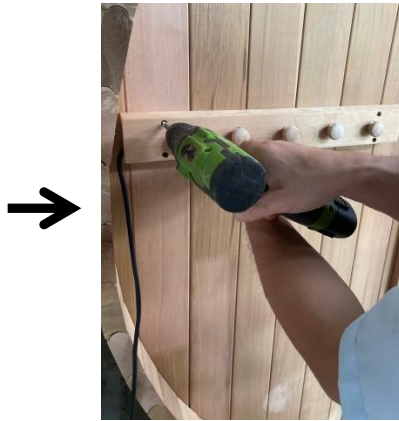


figure 21a



figure 21b

Image of Outside

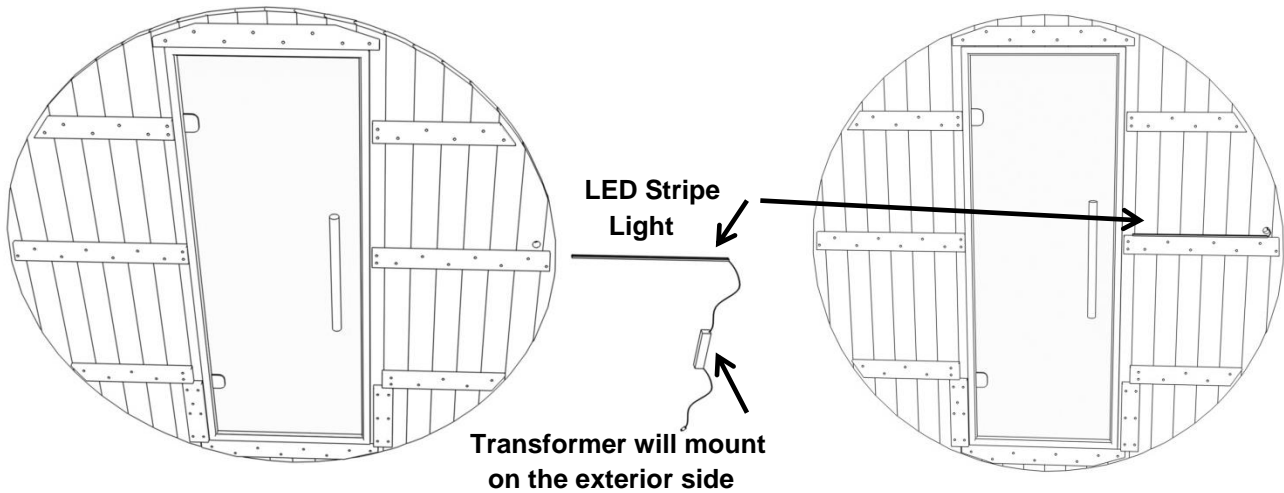


Image of Inside of Wood Cover



figure 22

INTERIOR SIDE



18. Install Roof Rain Cover (Optional)

You have the option of installing the barrel sauna under a covered structure or out in the open. If you install the barrel sauna under a covered structure where it will not be affected by the weather elements, then it is optional to install the rain cover. If the barrel sauna is installed in an open area leaving it exposed to the weather elements, then you may experience some moisture seeping into the cabin. This will not hurt the cabin or stove. But if you wish to not experience this, you may want to install the rain cover.

To install the rain cover, locate the rain cover. Spread the rain cover over the top of the barrel sauna. The rain cover should droop about two thirds downward on the barrel sauna. Be sure to pull the rain cover tightly around the perimeter of the barrel sauna making sure it is smooth and flat. Next and toward the edges, fold the edges of the rain cover and use the provided (7) rain cover pushpins for each side to secure the rain cover at the front and rear of the sauna barrel. The remaining (8) rain cover pushpins are to be used to secure the horizontal edges for each side. See figure 23.



figure 23

19. Installing the Optional Accessories

You have the option of purchasing the additional accessories including the drink shelf, magazine rack, robe hook, head rest, and leg rest. Use the provided screws to install the accessories as seen below in figure 24. It is recommended to drill a ¼" pilot hole to prevent cracking the wood.

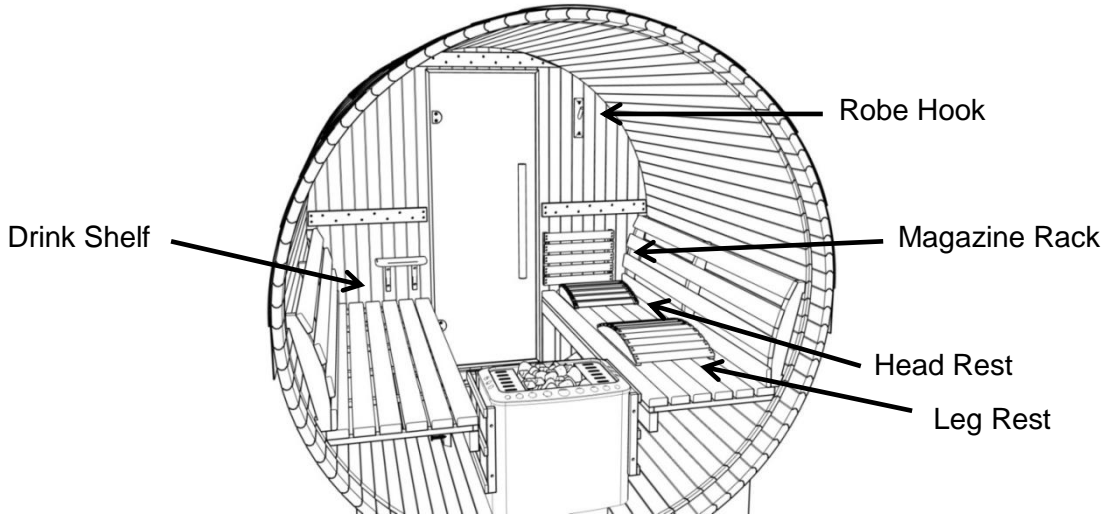


figure 24

Using the Barrel Sauna

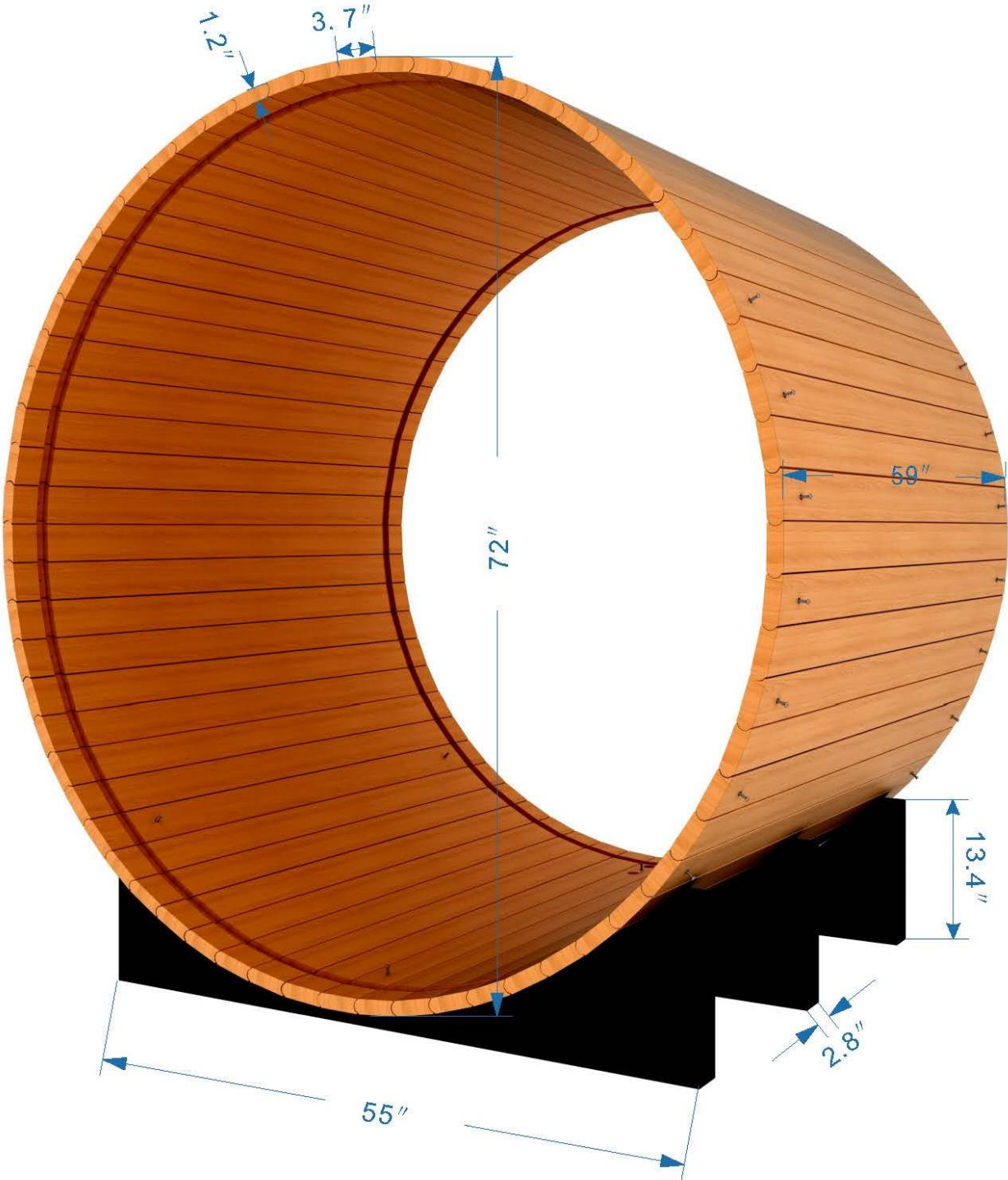
1. When entering the sauna, you can turn ON the LED strip light by pressing the ON/OFF button directly on the LED strip light. The ON/OFF button is at the end of the light where the power cord is. See figure 25.
2. Set the stove to the desired temperature, usually between 150°F - 180°F. If you are a beginner, then you would want to start at the lower temperature and gradually work your way up. Follow all stove instructions for stove usage.
3. It is best to remove all clothing before taking a sauna. Swimsuits can be worn if need be. It is recommend not to wear eyeglasses, contact lenses, jewelry, etc.
4. The sauna session can be 5 minutes to 15 minutes. **Make sure to stay hydrated with plenty of water.**
5. Cool down for about 10 minutes to 20 minutes before showing.



figure 25

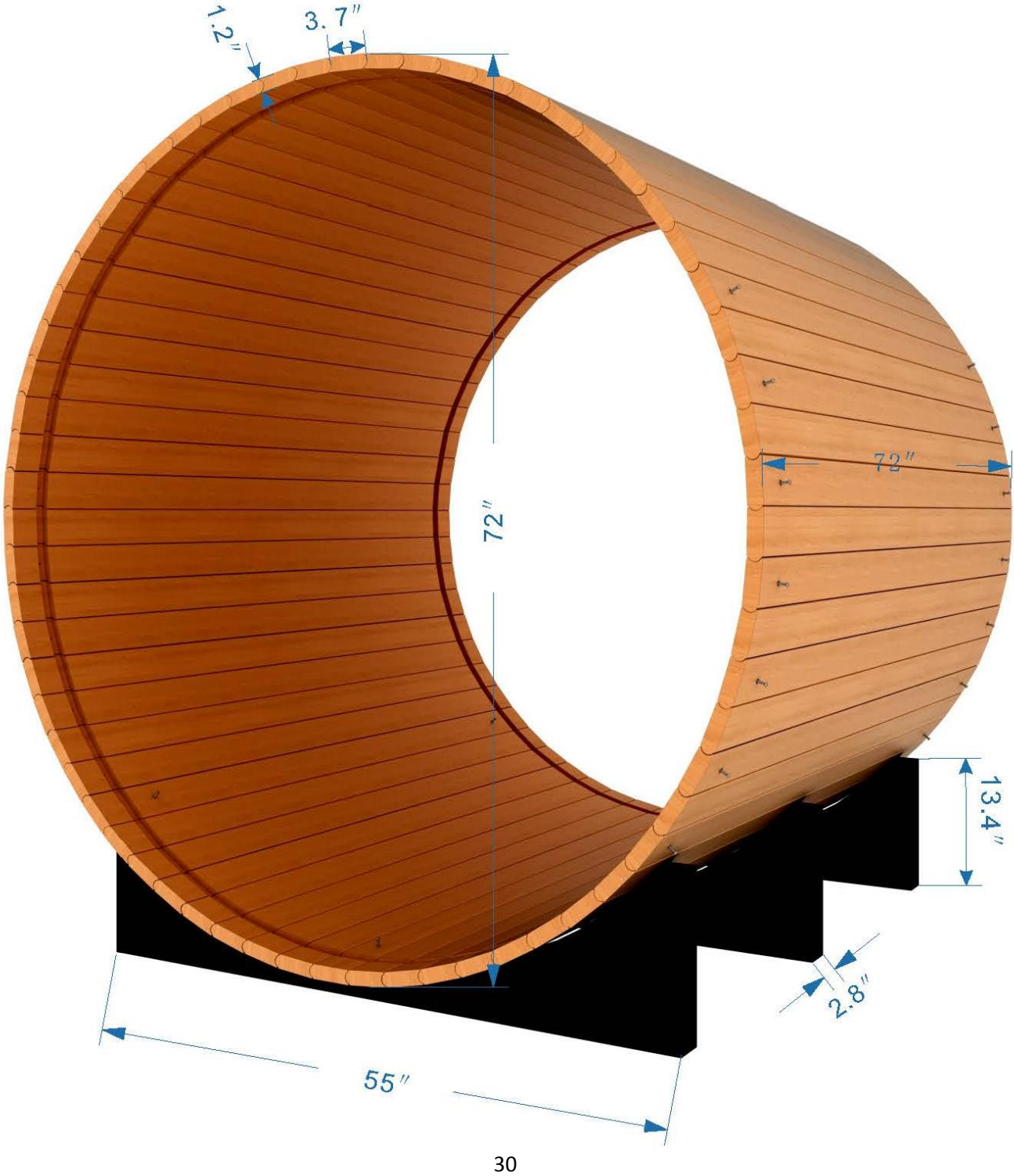
Barrel Sauna Dimemensions

GDI-SJ-2002



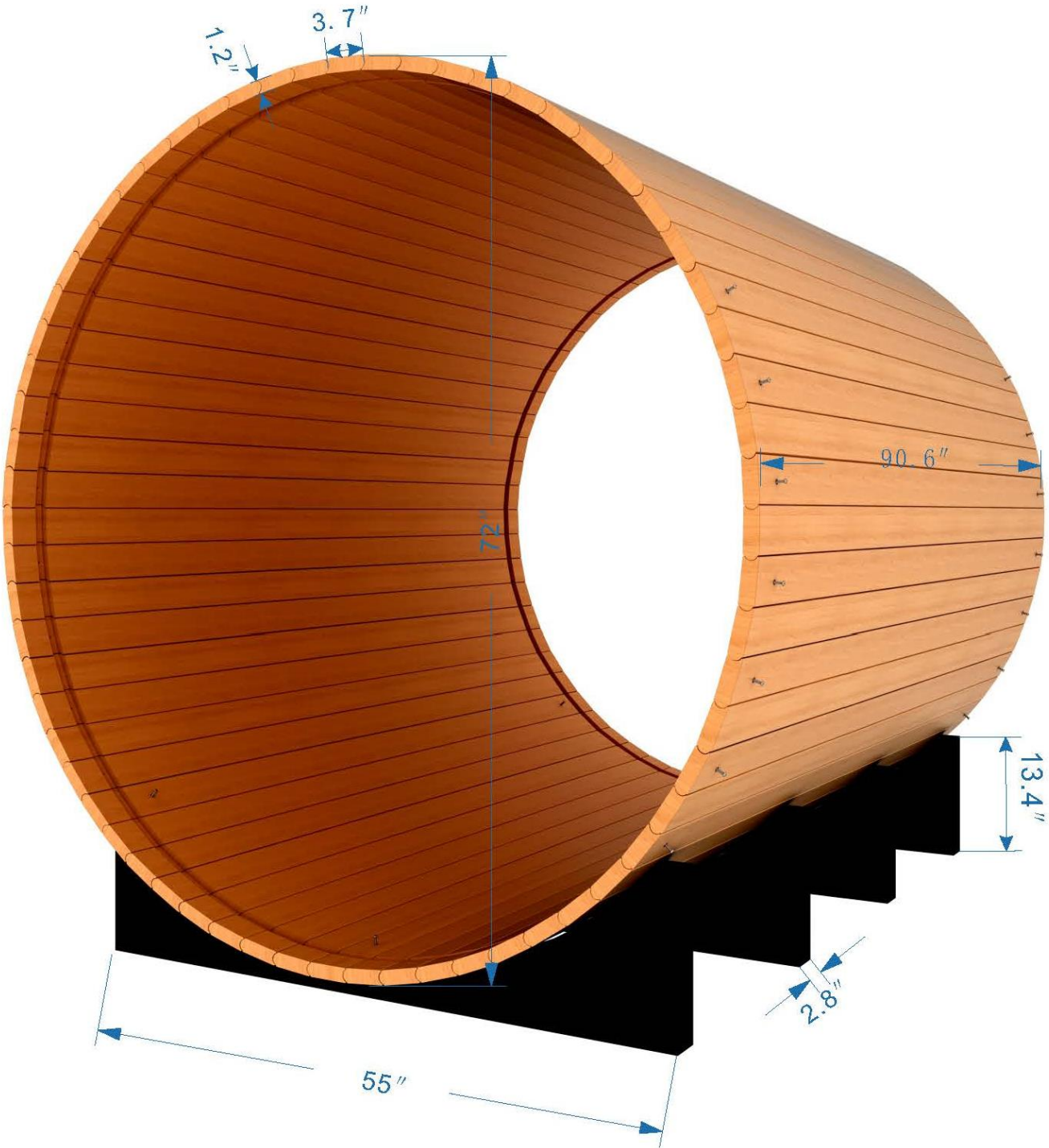
Barrel Sauna Dimemensions

GDI-SJ-2004



Barrel Sauna Dimemensions

GDI-SJ-2006



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) The ventilation vent is installed on the sauna and used based on personal preference.
- 4) You can use 2 towels during your sauna session. Fold one of the towels several times and place it on the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench. Use a second towel to wipe perspiration from your body from time to time.
- 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 viruses.
- 7) To help relieve sore and tense muscles, massage the affected areas during your sauna session.
- 8) The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
- 9) To protect the user from coming into contact with the stove, be sure to install the stove wood guard.
- 10) 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 you exit the sauna room. Sit in the sauna with the door open slightly and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about twenty minutes and when your body has completely cooled down, you can take a shower to rinse the perspiration off your body.

Safety Instructions

- 1.) Read and follow all instructions carefully before using the sauna.
- 2.) When installing 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 directed by a medical doctor and are closely supervised at all times by an adult.
- 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 physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during pregnancy.
- 6.) **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 could make your body's core temperature rise. Setting desired temperature to an excessively high temperature is not recommended.
- 7.) The use of alcohol, drugs, or medications 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, or diabetes should consult a physician prior to using the sauna.
- 9.) Persons using medications should consult a physician before using the sauna. Some medications may induce drowsiness while others may affect the heart rate, blood pressure, and/or blood circulation.
- 10) Exercise care 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 with a cloth and water.
- 13) Do not stack or store any object on top or inside the sauna.
- 14) If the stove cord becomes damaged, it must be replaced immediately by a certified electrician. If you find the power cord is too hot or that the electrical equipment may be experiencing technical problems, please contact the manufacturer of the stove or its agent immediately to avoid hazardous conditions.
- 15) Do not use the sauna during an electrical storm to avoid risk of shock.
- 16) Do not touch the glass door hinges during sauna use as they become very hot to the touch.
- 17) 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 risk of electric shock. Never touch the metal prongs of the plug.
- 18) Do not attempt to make any repairs yourself without contacting the manufacturer first. If a problem occurs with the sauna, please contact seller, distributor, or the manufacturer to avoid safety risks. Unauthorized repair attempts will void the manufacturer's warranty.
- 19) Please make sure the supplied power meets the specifications required. Failure to meet the requirements may cause safety risks.
- 20) Do not attempt to touch any electrical parts or make repairs on your own when using the sauna.
- 21) Do not bump, hit, or break the stove as it may cause an electrical short and pose a safety risk.
- 22) Do not make any modifications to the sauna, the sauna structure, or the sauna components.
- 23) Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna room does not seem to be operating properly, discontinue use and contact the manufacturer.

Safeguards For Your Sauna

1. Do not install the sauna near an open water source.
2. Do not use liquid cleaners or aerosol cleansers inside the sauna. Make sure the power source is off before cleaning. Use plain water and a soft cloth for cleaning.
3. The power 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 fire, electric shock, or other hazardous conditions. After any repairs, please ask the service technician to perform safety checks to determine that your sauna is working properly.
6. Do not use any wall receptacle adapter or extension cords. The stove must be hardwired by a certified electrician.
7. Although the wood construction is naturally resistant to the weather elements, you can protect the exterior wood and retain the natural color with the use of clear stain. Your local home improvement center can recommend the type of clear stain. Be sure the clear stain has a UV protectant and follow the manufacturer's application instructions. **Never use stain on the interior of the barrel sauna as it must remain all natural. You must apply the UV protectant within 90 days of setting up the barrel sauna.** Consult the stain manufacturer for any off gassing concerns. Please note that the cedar wood does start turning grey after approximately 1 – 2 years if the wood is not maintained with a UV protectant.
8. Check the stainless steel bands from time to time as they may need to be tightened due to the wood swelling and contracting.
9. To clean the interior, you can vacuum and sweep down the floors. Use water and a non-toxic cleaner with a damp cloth to wipe down the entire sauna including the benches and walls. For cleaning the stove and stones, please refer to the manufacturer's instructions. Improper use or placement of stones within the stove can result in improper performance of the stove and hazardous conditions. Please note that the stove must be OFF and covered when cleaning the interior of the barrel sauna so not to damage any of the components of the stove, especially if you hose down the interior of the barrel sauna.

Troubleshooting

Glass Door Adjustment

1. To adjust the glass door, you will need two people and a few sheets of cardboard. One person will be on the outside of the glass door and the other person on the inside. The person on the inside will need the applicable sized Allen wrench to loosen the screws (a few turns only) on the glass door while the door is slightly opened. Next, the person on the outside of the glass door will push the glass door shut with the cardboard sheets placed vertically and horizontally between the glass door and door jamb. See the images below. Once the glass door is shut completely, the person on the inside will need to tighten the screws. Be sure the screws are tight so the glass door does not slip out of alignment again. Then you can open the door and remove the cardboard sheets. The glass door should now open and close properly.



Loosen the screws slightly



Cardboard placed vertically & horizontally
between glass door and door jamb

2. For any troubleshooting issues with the stove, please contact the stove manufacturer directly.

Limited Lifetime Warranty

***Limited Lifetime Warranty:** Golden Designs, Inc. warrants the sauna room against defects in material and workmanship for the life of the product from the original date of purchase. **This sauna is for indoor use or outdoor use when protected from the outdoor weather elements by use of the optional sauna shingle roof or by a structure that includes a water-proof roof. When placed outdoors, a water proof cover or the sauna shingle roof must be installed to cover the sauna room or the warranty will become void. Any damage due to direct exposure to outdoor weather 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 Golden Designs Inc. 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, owner transfer, or relocation. The warranty extends to the sauna room and excludes the stove as it is covered by its own manufacturer warranty. **Your sales receipt showing the date of purchase of the product is your proof of purchase.**

Manufacturer Warranty

All Golden Designs, Inc. products are manufactured with the highest quality and are warranted to be free from defects in material and workmanship at the time of delivery. The warranty is extended through the manufacturer for the product including, but not limited to: sauna room, sauna control panel, and the connected wire harnesses. 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 for any part not covered under the existing warranty. Any parts determined to be defective must be returned to Golden Designs, Inc. at its discretion 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. The product 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:

- Improper use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications not protected safely from outdoor weather elements, including the glass door
- Normal wear and tear or weathering

- Use of product not in accordance with instructions
- Improper use of the barrel sauna
- Moisture or water seepage

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. Since the wood used in construction may have been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment. Please note that water seepage will not hurt the wood and is a normal tendency of outdoor application. The water will usually dry quickly due to the heated environment. If you want to keep the sauna completely dry, you will need to install the barrel sauna under a covered structure.

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 structures 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 7 years on wood structure (when properly maintained), control panel, and applicable control panel harnesses and lights from the date of purchase. Stove/heater is covered under its manufacturer's applicable warranty.

PAGE INTENTIONALLY LEFT BLANK

WARRANTY CARD

Congratulations on your purchase of the Traditional Barrel 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: _____

Product Name: _____

Purchase From: _____

Serial Number: _____