



## THE BEST BRANDS, THE BEST PRODUCTS

Your one stop shop for all sauna and steam needs.

---

2021

saunas.com  
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Meridian, Idaho 83646

# **CONGRATULATIONS!**

Your recent purchase of a TheraSauna® is a step towards a lifetime of better health and well-being. Health and medical experts agree TheraSauna® is one of the finest products of its kind worldwide. We welcome you to the TheraSauna® family and wish you many years of enjoyment.

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TS4746 Straight  
Bench



TS5753 Straight  
Bench



TS8454 Straight  
Bench



TS7754 Opposite  
Facing

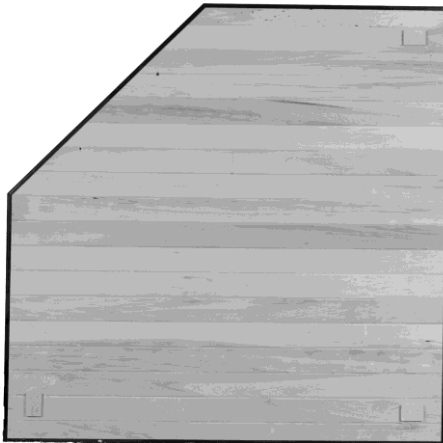


TS6439 Corner  
Unit

Before assembling your TheraSauna® please check the parts you have with the enclosed parts list.

## Parts List

**Figure 1**



Face Up

### **Bottom/Floor**

Quantity 1

**Figure 2**



Sauna control box will face out.

### **Right Back Wall**

Quantity 1

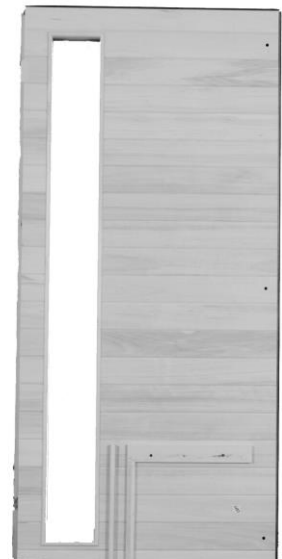
**Figure 3**



### **Left Back Wall**

Quantity 1

**Figure 4**



### **Left Side Wall**

Quantity 1

Sauna wall has a sticker designating “right or left”

When installed this panel will face into the sauna.

Left side wall

**Figure 5**



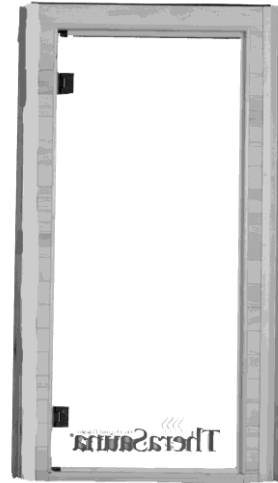
Outside View

**Front Wall**

Quantity 1

TheraSauna® front wall pictured will differ slightly from TS4746, TS5753, TS8454 & TS7754 models.

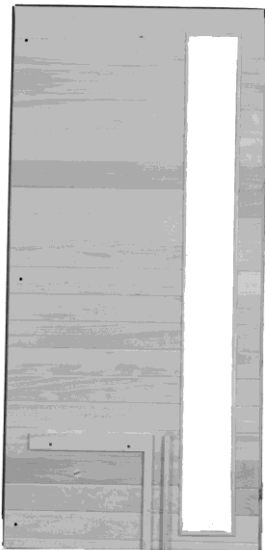
**Figure 5**



Inside View

Finished side will face out.

**Figure 6**



Right side wall

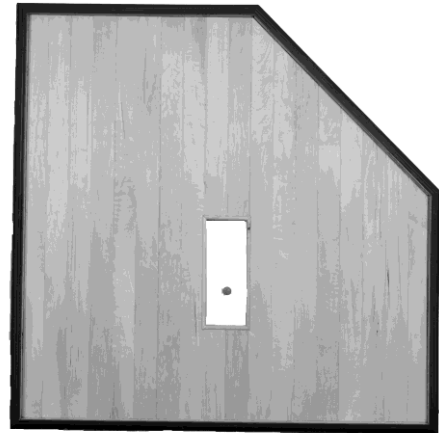
**Right Side Wall**

Quantity 1

Sauna wall has a sticker designating “right or left”

When installed this panel will face into the sauna.

**Figure 7**



Knob faces inside of TheraSauna®

**Roof**

Quantity 1

**Figure 8**

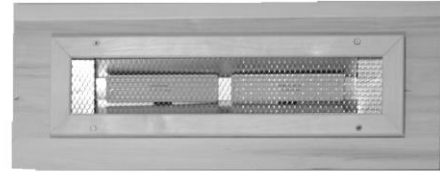


Front view

**Left Bench Support Panel**

Quantity 1

**Figure 9**

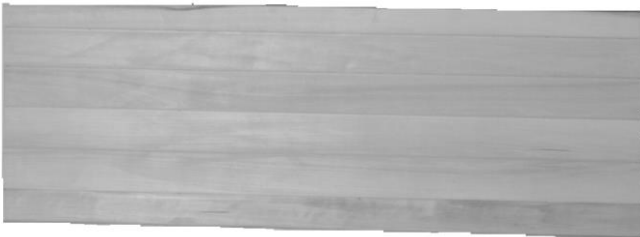


Front view

**Right Bench Support Panel**

Quantity 1

**Figure 10**



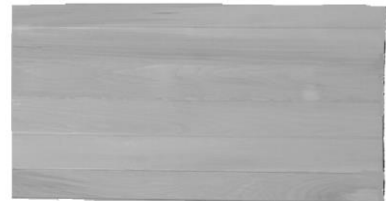
**Left Bench**

Quantity 1

Reversible bench, one side is contoured for sitting. The other side is flat for lying down.

Serial number is on the flat side underneath of the bench.

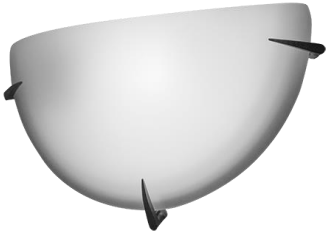
**Figure 11**



**Right Bench**

Quantity 1

**Figure 13**



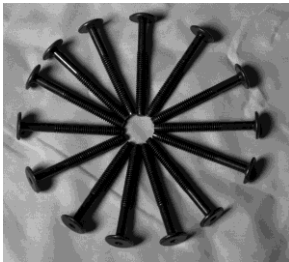
**Light Fixture**  
Quantity 1

**Figure 14**



**Light Mounting Screw**  
Quantity 1

**Figure 15**



**Bolts**  
Quantity 11

**Figure 16**



**Hex Wrench**  
Quantity 1

**Figure 17**



**Door Handle**  
Quantity 1

## SAUNA LOCATION

The TheraSauna® should be installed only inside a home or other enclosed structure with a flat leveled floor and a 20 Amp dedicated outlet in close proximity. Saunas must be directly plugged into outlets, no extension cords should be used. Select a location that will be convenient for you and will provide you with maximum accessibility. Outside placement will void the warranty.

### WARNING!

This unit is manufactured for **indoor** use only. **No water** should come in contact with the TheraMitters™ (heaters). Failure to limit use to the indoors and/or water contact on the TheraMitters™ of the unit will **void** the warranty.

Always consult a physician before beginning a sauna program.

Drinking water while using the TheraSauna® is encouraged to help with detoxification.

**WARNING:** For your own safety ... prolonged use in temperatures that are warmer than normal body temperature can result in a dangerous condition known as HYPERTHERMIA. The causes, symptoms, and effects of hyperthermia are described as follows:

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- (1) Failure to perceive heat
- (2) Failure to recognize the need to exit the sauna
- (3) Unawareness of impending hazard
- (4) Fetal damage in pregnant women
- (5) Physical inability to exit the sauna
- (6) Unconsciousness

**WARNING** – the use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

See the following website for some doctor's protocols: [www.lifestylelaboratory.com](http://www.lifestylelaboratory.com) and [www.sauna-protocols.html](http://www.sauna-protocols.html).

## FOR YOUR SAFETY

1. Electrical and/or Light Receptacles shall not be installed inside the TheraSauna® room.
2. Do not add any locking or latching systems to the door of your TheraSauna®. Malfunction of which could cause entrapment inside the sauna.
3. The TheraSauna® comes with a sliding roof vent to provide proper ventilation to allow in fresh air if so desired. Keep vent closed when heating sauna.

## ASSEMBLY TIPS

All assembly instructions are included with your TheraSauna®. The following are tips for safely and correctly assembling your TheraSauna®:

1. This sauna will require at least two people to assemble. Panels can weigh up to 100 lbs.
2. When picking up the side panels or roof, do not pick them up along the thin trim pieces as they may crack. Also, when putting the walls together, be gentle and do not push too hard on these trim pieces.
3. When assembling the walls, do not over tighten the bolts until after you put the seat panel in place. By leaving the bolts and side panels a little loose, you can put the bench support panel and seat panel in without scraping the inside walls of the side panels. Once the seat is in place, you can snugly tighten all bolts.
4. If you need to move an assembled sauna, you should only push against the bottom floor section of the TheraSauna®. Do not push against the sidewalls.
5. Install half-moon light as desired, with glass shade facing up. When considering your choice for a light bulb for your new TheraSauna®, keep in mind that the light bulb operates on a dimmer-controlled switch. A standard 60 watt incandescent bulb is the recommended style or an incandescent bulb that is designed to be used with a dimmer switch. We do not suggest using a compact fluorescent bulb as they do not operate correctly with a dimmer and may cause damage to your sauna's light control switch. See manufacturer's warning on the fluorescent bulb package, "*Not intended for use with electronic timers, photo cells, or with dimmers.*"



## ASSEMBLY INSTRUCTIONS FOR THERASAUNA®



1. Place base/floor (Figure 1, page 3) on a solid flat level surface with 5 supporting blocks down. Note: The three *small* blocks on the top of the base go towards the back.
2. Stand right back wall (Figure 2, page 3) on the right back top edge of base with channeled top up. Make sure to center wall along back edge of base. Note: Base should extend out from each end of wall.
3. Stand left back wall (Figure 3, page 3) on the left back top edge of base with channeled top up at a 90° angle to the right back wall. Insert three furniture bolts (Figure 15, page 6) through holes in the left back wall and screw into the right back wall (do not tighten bolts.) Hex wrench (Figure 16, page 6) is provided.
4. Insert the left bench support (Figure 8, page 5) into the slot of the right back wall (Figure 2, page 3).
5. Find the 2 cords with plugs sticking out from the hole in the bottom center of the left back wall (Figure 3, page 3). Connect one of the plugs, making sure all colors match up, to the receptacle on the side of the heater box of the left bench support (Figure 8, page 5). Connect the other plug to one of the cords sticking out of the bottom center of the right back wall (Figure 2, page 3).
6. Insert the left bench (long bench) (Figure 10, page 5) into the slot of the left back wall and on the top of the left bench support.
7. Place the left side wall (Figure 4, page 3) on the left front side of sauna base. Line up the left side bolt holes with the bolt holes on the left end of the left back wall (Figure 3, page 3). Insert three furniture bolts. (Do not tighten bolts.)
8. Place the front door panel (Figure 5, page 4) on the front of sauna base. Lift front door panel 2" above the base to allow the hinge clips on the left side to lock into the hinge clips on the right side of the left side wall (Figure 4, page 3). Slide the wall down into position. Note: Make sure the panels are securely locked at top and bottom.



Fully Assembled  
TheraSauna.

9. Place the right side wall (Figure 6, page 4) on the right front side of base. Lift the right side wall 2" above the floor to allow the hinge clips on the left side to lock into the hinge clips on the right side of the front door panel (Figure 5, page 4). Slide the wall down into position. Note: Make sure the panels are securely locked together at top and bottom. Line up the three bolt holes on the right side of right side wall with the bolt holes on the right end of right back wall (Figure 2, page 3). Insert three furniture bolts. (Do not tighten bolts.)
10. Insert the right bench support (Figure 9, page 5) into the slot of the left bench support and the slot in the right side wall. Connect the remaining cord plug into the side receptacle of the bench support heater. Slide the remaining bench (Figure 11, page 5) into the slot of the right back wall and on top of the right bench support.
11. Insert two furniture bolts into the threshold on the inside bottom of door opening. Note: Some adjusting may be necessary to line up holes of threshold and threshold receivers. Tighten bolts with hex head wrench provided. Proceed to tighten all bolts securely all the way around the sauna.
12. Set roof (Figure 7, page 4) on sauna with finish side down, make sure the top trim extends down over walls all the way around.
13. Install light plug connector on light (Figure 13, page 6) into connector coming out of right back wall. Screw securely to the wall with light mounting screw (Figure 14, page 6). See instructions included in light box.
14. All TheraSauna's are equipped with an LED. perimeter light system.
  - a. Locate the plug coming out of the roof panel (110Volts). Plug into wall outlet.
  - b. To turn on the lights, wave your hand in front of the motion detector located on the top of the sauna by the left side of the door.
15. Wave your hand in front of the motion detector to turn it off.

## USE

Always consult a physician before beginning a sauna program. You may wish to begin with shorter sessions, 10 – 20 minutes, in the TheraSauna® and work up to 30 – 60 minutes per session, as you feel more comfortable and familiar with the effects. Begin at a lower temperature setting and work up to one that is comfortable for you.

## ELECTRICAL POWER REQUIREMENTS

TS6439 – 110V-125V – 20 Amp 60 Hz dedicated wall receptacle.

NOTE: 120V systems require a *minimum* of 110V while under load

Overseas Units – 230V 7.5 Amps 50 Hz dedicated wall receptacle.

|                        |        |
|------------------------|--------|
| <b>Power Cord Plug</b> | 20 amp |
| <b>Configuration</b>   | TS6439 |



## Micron Power Select TouchView Control Operations



The screen is very touch sensitive. **DO NOT** press on the screen with a lot of pressure. Simply touch or tap on the screen with a finger. Don't be afraid to touch the screen you won't hurt it!

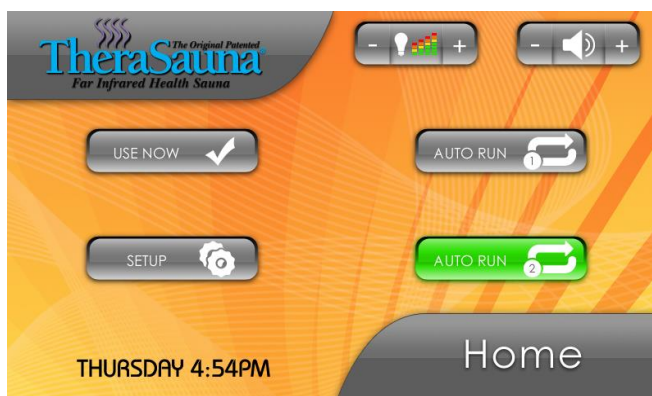
**\*NOTE:** Touch screen has a 10 minute time out feature. If the screen hasn't been touched in 10 minutes, it will return to Home Screen and the backlighting will dim. Just touch anywhere on the screen and it will light back up.

Please read this manual in its entirety to familiarize yourself with **ALL** the operations, before you begin operations of the sauna.

If you have any questions or problems with the operation of the MPS Touch View touch screen control, after reading this entire manual in entirety please call customer service at: 866-998-0148 and a customer service associate will assist you.

**After reading this manual entirely, please plug in your sauna. On your MPS Touch View touch screen control should be the Home Screen. Let's start here.**

## Starting From the Home Screen



### **Light & Audio Icons**

In the upper right side of this screen and every other screen you will see there are these 2 icons. One icon for the light controls and the other icon for the audio controls. Pressing the plus or the minus signs will either brighten or dim the light. For the audio it either increases or decreases the volume. This also increases or decreases the loudness of the Beep you hear when a button is pressed.

### **USE NOW Option**

Touch this option on the screen and you will enter the USE NOW screen. On the USE NOW screen, you can set your timer and your temperature to use now.

### **SET-UP Option**

By touching this option on the screen, you will enter the SET-UP screen. In this screen, you will be able to set-up all of your different programs. Clock, MPS, Pre Heat, Audio and 7 Day Programmable programs found here.

### **AUTO RUN 1 Option**

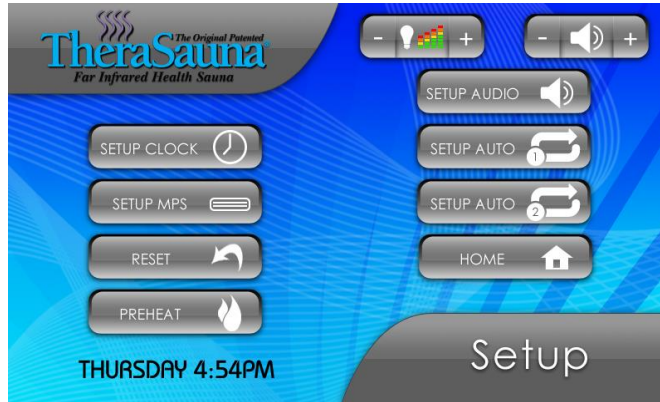
When you have set up the AUTO-RUN 1 program, you must touch this option on the screen to activate that program. When activated the pad will turn green. If you do not wish to run this program after you have started, touch on the screen and it will turn blank.

### **AUTO RUN 2 Option**

Same as above option AUTO RUN 1.

\*NOTE: Whenever you see the Home Screen, the sauna is OFF.

## Let's Get Started



From the HOME SCREEN, touch the SET UP pad. You now see several set up options. Let's get started by setting your clock. With the clock being set up first, you can use your sauna shortly. We will return to the SET-UP screen later on.

\*NOTE: Whenever the SAVE pad is touched you will go to the HOME screen. To continue your set up options you must touch SET UP to re-enter the set up screen.

## Set-Up Clock



### **Setting The Clock**

From the HOME screen, touch the SET-UP pad. Now you are in the SET-UP screen, where you are able to set up various programs. Touch the SET-UP CLOCK pad.

### **DAY OF WEEK**

Touch up or down arrows to adjust.

### **HOUR**

Touch the + (plus) and – (minus) signs to adjust. Once the number hits 0 (zero) or 11 (eleven) you must reverse your buttons. AM or PM will change when you pass the 12pm hour.

### **MINUTES**

Touch the + (plus) and – (minus) signs to adjust. When the number hits 59 or 0 (zero) you must reverse buttons.

### **FAHRENHEIT or CENTIGRADE (F or C)**

Touch either F or C for the one you want.

### **12 or 24 Hour Time**

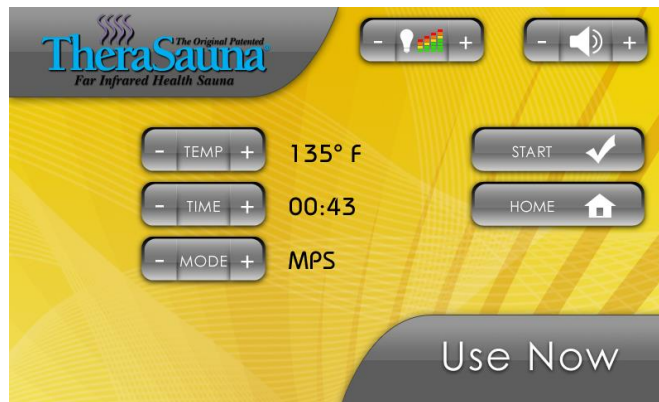
12 hour time is used for standard time, and 24 hour time is used for military time. Touch whichever one you want to use.

### **SAVE**

You **MUST** touch SAVE on the screen to save all of your settings. Once SAVE is touched you will return to the HOME screen.

\*NOTE: Every time you touch the SAVE pad on the screen, no matter what screen you are in, you will return to the HOME screen.

**You are now ready to use your sauna. You can program your sauna for 7 days.**



**Sauna should be set at 125 degrees and run for 60 minutes before initial sauna session. This only has to be done once.**

### **USE NOW**

This option if touched on the HOME screen will bring you to the above screen. You would touch this option if you are ready to use immediately.

### **TEMP SET**

Touch the + (plus) or – (minus) signs to increase or decrease the temperature.

### **TIME SET**

This option lets you set the amount of time you want your sauna session to last. Touch the + (plus) or – (minus) signs to increase or decrease the length of time.

### **MODE**

This option has 3 settings. The + (plus) and – (minus) signs allow you to select WAVE, MPS, or OFF mode.

**MPS Mode:** Allows you to run the sauna with the Theramitters™ set at power levels specifically selected by the user. To adjust the power level of each emitter, go to the “SETUP” menu, then press “SETUP MPS.” You can now adjust the power level of each emitter. Press “SAVE” and the computer will remember your settings and use them when “MPS” mode is selected.

**WAVE Mode:** “WAVE” mode will automatically adjust the power level and micron level of the Theramitters™ during the time the sauna is running. This is a session that automatically cycles through different MPS levels to give the user various levels of infrared.



**OFF Mode:** “OFF” mode will run the sauna at the desired time and temperature, but the Theramitters™ will always operate at 100%. You will not be able to lower the Theramitters™ in this mode or make any changes to the sauna session. Running the sauna in “MPS” mode with all Theramitters™ at 100% will achieve the same effect as running the sauna in “OFF” mode.

***Important Note:*** “OFF” Mode is not a customizable mode and is only intended to be used as a singular mode. If you wish to customize your sauna sessions, we do not recommend operating the sauna in “OFF” mode, as it turns off any adjustable settings and can cause problems when running the sauna in “OFF” and later switching to other modes. Only switch between “MPS” and “WAVE” mode for customized sauna sessions.

### **START**

This option if touched will start your sauna session. You would touch this to allow your sauna to start up. Enjoy your new healthier body!

### **HOME**

If at any time you want to exit a program or shut the sauna off, you would touch this option on the screen. It will return you to the HOME screen.

## IN USE Screen



This screen is a graphic illustration on how your different zones are working. It shows current and set temperatures and elapsed time left.

By touching the ADJUST pad you can re-adjust your time and temperature settings. When done adjusting, press the ZONES pad on the screen and your sauna graphic (shown above) will reappear.

Touch the HOME pad on the screen and the sauna will shut off and you will return to the HOME screen.



Now that you have set your clock and have used your sauna, let's return to the SETUP screen. Touch the SETUP pad on the HOME screen to return to the SETUP screen. Now you can finish setting up the various other programs. Remember, whenever you touch the SAVE pad you will return to the HOME screen. You must touch SETUP again to return to the SETUP screen.

## MPS Setup Screen



### **SET UP CLOCK**

See page 3.

### **SET UP MPS** (From Setup Screen)

(MPS = Micron Power Select) (Screen shown above)

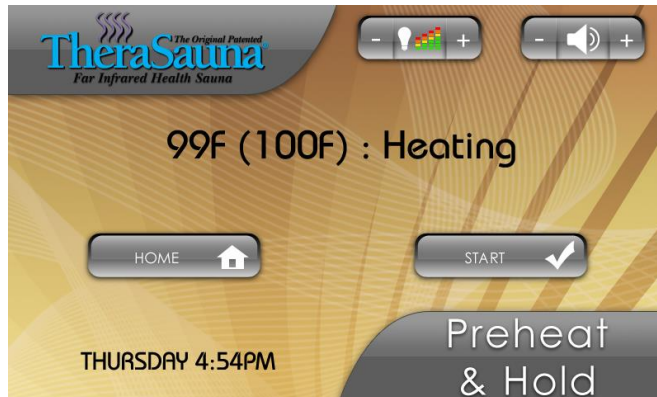
On the left side of the screen, you should see a graphic image of your sauna. The circled numbers represent each heater zone in the sauna. These numbers will correspond with the zone numbers on the right side of the screen. To adjust the micron level of each zone from 100% (highest) to 7% (lowest) touch the + (plus) sign to increase, - (minus) sign to decrease.

After adjusting ALL of your sauna's zones, you must touch the SAVE pad on the screen to save the settings. Touching this option will return you to the HOME screen. To return back to the SETUP screen, touch the SETTINGS option on the HOME screen.

### **RESET** (From Setup Screen)

This option if pressed on the screen will reset your settings back to the factory default settings. The clock WILL NOT reset.

## PRE HEAT & HOLD



### PREHEAT – (From SETUP Screen)

This option when touched on the screen will preheat your sauna to 100 degrees Fahrenheit if selected, and hold that temperature for as long as the PREHEAT mode is on. ***When you see this screen, the Preheat mode has already been activated and is on.*** To cancel PREHEAT, touch the HOME pad on the screen. Touching the START pad on the screen while in The PREHEAT screen will take you to the USE NOW screen and also cancel the PREHEAT program. To use, make your setting adjustments and start your sauna. When session times out, the HOME screen will appear.

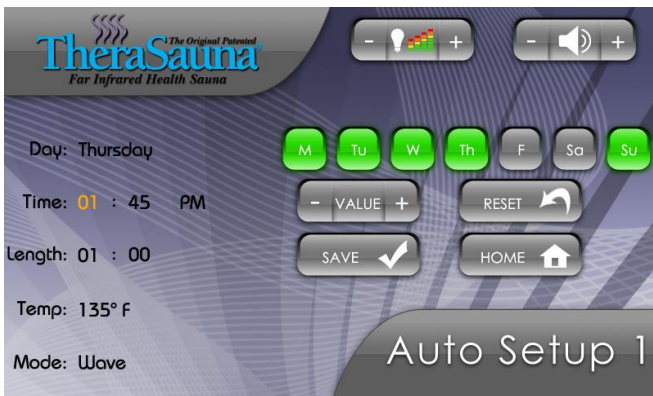
## SET UP AUDIO



### SET UP AUDIO (From SETUP Screen)

Touch this option on the screen and you will go to the AUDIO screen (shown above). In this screen, you will find 6 peaceful, relaxing sounds to help you get the full therapeutic session of your TheraSauna. Make your choice of sound and remember to touch SAVE on the screen to save your choice. Touching SAVE will return you to the HOME screen. When AUDIO sound is on, the sounds will play even when the sauna is off.

## SET UP AUTO 1 & AUTO 2



### Set Up Auto 1 & Auto 2 – (From SETUP Screen)

In this screen option, you can program your TheraSauna® start times for each seven days of the week, with the same or different times. You can only program one (1) start time per day in each Auto Run program.

On the left side of the screen you will see 5 categories to choose from. Touch the category you want to set beginning with the “Day.” Then use the + (plus) or – (minus) signs on the value pad to adjust. Continue down with each of the five options.

For each programmed day, highlight the corresponding button for that day (Mon), (Tu), etc. This activates the day to turn on for the day already programmed. (The day buttons have nothing to do with programming, they are simply on & off buttons)

Remember – EACH DAY MUST BE PROGRAMED SEPARATELY. As you move from (Mon) to (Tues) with the value +/- buttons, the screen settings will revert to default settings and are ready to program the next day to be programmed.

You MUST touch the SAVE button to save the entire weeks settings. This also will return you to the HOME screen. When back at HOME screen, you must touch the AUTO RUN 1 or 2 pad to activate the program to run. When activated, this pad will turn green.

### RESET –

The reset pad in the Auto Run Program will reset your settings back to the last saved settings.

\*NOTE: If you do not want the Auto Run program to run on a certain day touch that days pad and it will go from green (on) to grey (off) then touch SAVE to keep the change. HOME will always take you to the HOME screen but will not save any information. HOME also shuts sauna off.

# TROUBLE SHOOTING

## 1. Heater will not heat.

### **Solution:**

1. Check the MPS settings to be sure that the heater is set higher than 7%.
2. Check plug in connection at main control box on top of the sauna.
3. Check the extension cords in the roof.
4. Check connections at the heater box.

## 2. Touch Screen turned black or locked up.

### **Solution:**

1. Unplug sauna for 20 seconds and plug back in. All your settings will be saved.

## 3. Error codes:

### **Solution:**

- Read and write down all the information.
- Unplug unit and plug back in after 20 seconds.
- If error screen still appears, please call customer service at (888) 729-7727.

**4. Error Code Screen:** Synchronization between the CU and PU has been lost. CU 0x01 PU 0x00 sauna\_on(). MPS level not set.

**Cause:** The MPS System is designed to operate in one mode at a time (OFF, MPS, or WAVE,) as shown in the “USE NOW” screen. On occasion, running the sauna on “OFF” mode, and then later switching to “MPS” mode will cause the system to show the above error message.

**Solution:** First, unplug the sauna and then re-plug the sauna in to reset the error. This will reset the screen and you should be able to use your sauna normally.

**NOTE:** To move from “OFF” mode to “MPS” mode without receiving an error, go into the “USE NOW” screen and change “OFF” to “WAVE.” Then press “START” and allow the unit to power up for 15 seconds. Then press the “HOME” button. Once at the “HOME” screen, return to the “USE NOW” menu once more and



change “WAVE” to “MPS.” You can now adjust the Time & Temperature, press “START,” and run the sauna in “MPS” mode without receiving an error.

**If after reading this entire manual you require assistance, please call our Customer Service Department at (888) 729-7727. You must have your serial number, Date of Purchase and Place of Purchase information ready for quick reference. Our technicians cannot help you without this information.**

We thank you for your purchase, now enjoy your new TheraSauna!

## HELPFUL TROUBLESHOOTING HINTS

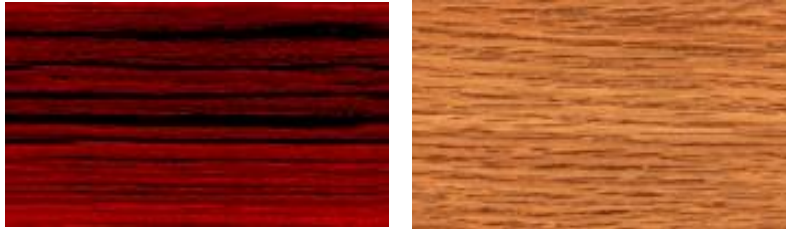
**\*CAUTION DISCONNECT POWER SUPPLY BEFORE SERVICING\***

| PROBLEM  | CAUSE                                       | TIPS  |
|--|---|---|
| Sauna light not working                                    | Light not plugged in                        | Remove light mounting screw and light will come off the wall. Check light plug to be sure it is plugged in securely.  |
| Sauna light not working                                    | Bad light bulb                              | Check light bulb in separate light socket.  |
| OH message displayed on control panel                      | System has overheated                       | No service needed. Allow sauna to cool down and resume use as normal.   |
| Assembly bolts will not line up                            | Floor not level                             | Walls may have to be raised, lowered or tilted to align bolt holes.   |
| Bolts line up but will not screw all the way into receiver | Bolts holes have saw dust or a burr in them | Clean bolt holes with Q-tip. Screw a bolt into all 14 assembly holes to assure there is no burr in them. Lubricate bolts with small amount of petroleum jelly.  |
| Heaters not working  | Heaters not plugged into control box.       | Unplug sauna from outlet. Locate sauna control box. Remove the 2 wood screws from the control box housing. Check all plugs to assure they are fully plugged into control box. Plug sauna back into outlet. On the control panel touch on - off button. The heat indicator light should come on. Wait a few minutes. Then place hand in front of heater to check for warmth. |
| No display on control panels                               | Panels not plugged into control box         | Unplug sauna from outlet. Locate sauna control box. Remove the 2 wood screws from the control box housing. Check all plugs to assure they are fully plugged into control box. Plug sauna back into outlet.  |
| No display on one control panel                            | Panel not plugged in                        | Remove Panel off the wall. Check to see if panel is plugged into wiring harness.  |
| One of the sauna heaters not working                       | Heater not plugged in                       | Unplug sauna from outlet. Remove screws holding wood trim around heater. Remove screws holding heater box into the wall. Pull heater out of wall and check to be sure heater is plugged in. Plug sauna back into outlet.  |
| Sauna only reaches 125°F (52°C)                            | Line Voltage Variance Ambient Temp          | This is not a defective sauna.<br>If all heater elements produce heat then local power variance and/or ambient temperature may prevent sauna from getting any hotter, close vent.<br>Ambient temp of room is below 70°F.<br>Do not use extension cord.  |
| SN message displayed on control panel                      | Temperature sensor has failed               | Locate sauna control box and remove crews holding the sauna control box lid. Unplug round gray temperature sensor wire and replace with new sensor assembly.  |

## WOOD CHARACTERISTICS

Each tree has its own characteristics that are unique to it alone. These features include differences in color and grain directions that are produced by nature in every tree. These variations create the beauty and style found in fine wood.

Since these differences in texture and grain affect the final finish, it is impossible to guarantee an exact match in finish between any two pieces, even though identical finishing processes are applied.



We have used a uniform finish on the natural woods in this TheraSauna® and we hope that you will appreciate and enjoy its beauty.

## HELPFUL HINTS FOR SAUNA USE

Drink liquids prior to, during and after your sauna session. Water works just fine. Use the best quality water available to you. Eating a piece of fruit is helpful to replace potassium. The typical American diet can replace phosphorous which is lost through perspiration. Magnesium is replaceable through green leafy vegetables or supplementation. (Some facts about Gatorade: the “energy” Gatorade supplies to muscles is SUGAR. The “fluids” are water. And the “minerals” are salt (110mg of sodium and 97 mg of chlorine), 25 mg of potassium and 24 mg of phosphorous. Americans eating an average diet of commercial food already consume too much salt and phosphorous. While many people could use a little more potassium, there is more than 25 mg in a TABLESPOON of orange juice.

If you shower or bathe before your Infrared Sauna session, you may sweat more: try it with and without first bathing or showering to see which you prefer. Have 2-3 towels available during your session. Sit on one towel folded over several times for added cushioning. Use another towel on the floor to absorb extra sweat. A third towel can be draped over the knees may provide comfort and is useful to towel off sweat during your sauna session.

As you become more heat conditioned you may wish to increase the length of your sessions to 40 minutes or longer. This is especially useful if desiring to heat soft tissues to their optimal temperature prior to stretching to attain a non-elastic, lasting elongation. Obviously, you will need to rehydrate very thoroughly and be sure to properly support your mineral balance. Consult your doctor about your individual usage. Many users report that they feel increasingly comfortable with longer sessions, some as long as 1 ½ hours. On other days these same people “feel finished” with their session after 30-40 minutes of usage. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.

## **THERASAUNA® DISCLAIMER**

### **Disclaimer**

QCA Spas, Inc. (manufacturer of TheraSauna®) and its affiliates do not provide medical advice, education or treatment. The information contained in this manual is for general information purposes and is not intended to address individual medical conditions. Infrared heat may not be right for you and the information herein should not be relied upon in making decisions about your health. Always consult your physician for medical advice.

### **Warning**

Elderly persons, infants, and anyone subject to heart disease, diabetes, high or low blood pressure, strokes, epilepsy or similar afflictions should not use the infrared sauna before consulting a physician. Unsupervised use by children should be prohibited. Never use the infrared sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medication of any kind or being treated by a physician for any reason, consult your physician prior to use of the infrared sauna.

QCA Spas, Inc. does not warrant results and cannot be liable for personal injury or health conditions resulting from use. The TheraSauna® is not intended for commercial use. We reserve the right to make changes to the sauna at any time, without notice, in cabinetry, materials, color, finish, design, specifications, and equipment.

# TheraSauna® Warranty

Labor: One-year warranty on labor

Controls: Three-year warranty on the controls.

TheraMitters™: Lifetime warranty with a 50 dollar handling fee per incident.

**THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOIDED IF THERASAUNA® IS PLACED IN AN OUTDOOR ENVIRONMENT.**

**Limited warranty on TheraSauna® replacement parts.** TheraSauna® warrants its products to be free from defects in material and workmanship for a period of one year from the date of purchase, except as noted above. Products, which become defective within the warranty period will be repaired or replaced (at TheraSaunas® option) except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

TheraSauna® will be responsible for labor incurred by its authorized service agents per pre-established rates in removing, inspecting and reinstalling the warranty products only during the one year of the warranty period; however, TheraSauna® will not cover any labor costs attributable to disassembly and reassemble of the unit. TheraSauna® will not be responsible for labor costs of anyone that is not an authorized service agent or for routine maintenance, adjustments or alterations to the calibration of the electrical devices. Any products which are claimed to be defective and which are not repaired or replaced by an authorized service agent must be shipped freight prepaid to TheraSauna® and the repaired or replaced product will be returned to the sender freight collect. When sent to TheraSauna®, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty gives you specific legal rights and you may also have other rights, which vary, from state to state. This warranty applies to products produced by TheraSauna® after **January 1, 2004**.

This warranty is extended only to the original purchaser. This warranty shall not apply to any product or component used for industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, or improper operation on the part of the purchaser, including but not limited to exposure to fire or excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product or components or the parts attached or installed with it. Nor for injury to any person or any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna as well as freight charges to and from our factory shall be at the purchaser's expense.

Jurisdictional provision: The laws of the State of Iowa control the provisions of this document. By accepting this warranty the buyer subjects itself to the jurisdiction of the laws of the State of Iowa and agrees that place of suit shall be in Scott County, Iowa, USA.

Attached hereto is the warranty card, which must be completed and returned to TheraSauna®/QCA within thirty (30) days from the date of purchase of the THERASAUNA®. Failure to return the warranty card within thirty days of purchase will void this warranty without any further notice.

**REGARDLESS OF WHETHER THE WARRANTY CARD IS RETURNED WITHIN THE SPECIFIED TIME PERIOD, THERE SHALL BE NO WARRANTIES OR OBLIGATIONS, EXPRESS OR IMPLIED HEREUNDER, SPECIFICALLY EXCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN SPECIFICALLY DESCRIBED HEREIN. NO LIABILITY SHALL ACCRUE TO THERASAUNA®/QCA EXCEPT AS SET FORTH HEREIN.**

To receive your **FREE** gift for your sauna and to **VALIDATE** your sauna warranty, return the **PREPAID** registration card within **THIRTY** days of delivery.

You will find your serial # located below the TheraSauna® bench area, on the left wall or the back wall. You must include your serial # on your warranty registration card in order to receive your free gift.

**You may also validate your warranty online at [www.therasauna.com](http://www.therasauna.com)**

## **TheraSauna®**

Date Purchased:

Date Installed:

Dealer:

Address:

Telephone:

Sauna Model Serial Number:

To validate this warranty, the Purchaser must complete the enclosed registration card within 30 days of delivery. Return of the owner registration card is a condition of warranty coverage. This warranty is exclusive and supersedes all other representations or obligations of TheraSauna®, whether express or implied and whether oral, written or printed.

 **WARNING**

**REDUCE THE RISK OF FIRES**

Do Not Install Closer Than 102mm or 4 inches  
To A Vertical Surface

 **WARNING**

**REDUCE THE RISK OF ELECTROCUTION**

Disconnect All Supply Connections Before Servicing  
This Appliance Has 1 Supply Connection

 **WARNING**

**REDUCE THE RISK OF ELECTRIC SHOCK**

Do Not Operate Unless Guard Is In Place

# **CAUTION**

## **REDUCE THE RISK OF FIRE**

Do Not Place Combustible Material On Heater At Any Time

# **WARNING**

## **REDUCE THE RISK OF OVERHEATING**

1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
2. Supervise children at all times.
3. Check with a doctor before use if pregnant, in poor health, or under medical care.



**Intertek**

This symbol designates that these saunas are listed by Intertek Testing Services NA Inc. for use in the United States and Canada.



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