



GDI-8040-02
4 Person Sauna



OWNER'S MANUAL

FOR CARBON MODEL SAUNAS

INDOOR USE ONLY

Two 120VAC 15AMP DEDICATED CIRCUIT REQUIRED

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. Parts and accessories may vary and are subject to change.

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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 Left Side Panel
1pc Right Side Panel	1pc Roof Panel	1pc Roof Cover
1pc Bench	1pc Himalayan Salt Block Panel	1pc Floor Panel

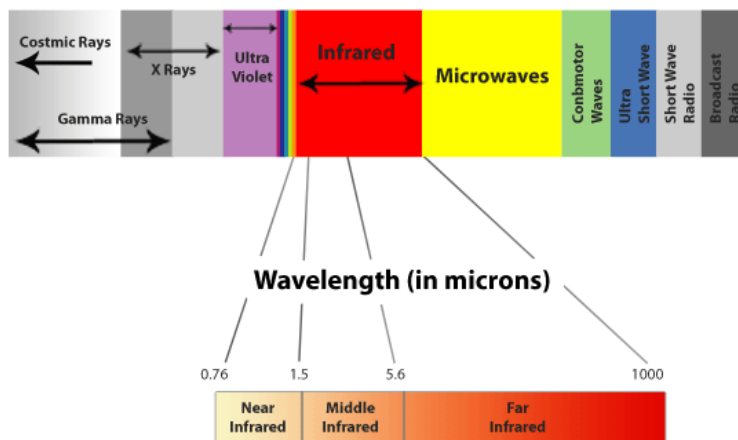
NOTE: Your model sauna has been completely assembled and tested prior to packaging. The rear wall panel is intentionally warped as part of the overall design. Two adults will be needed to assemble the sauna room.

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

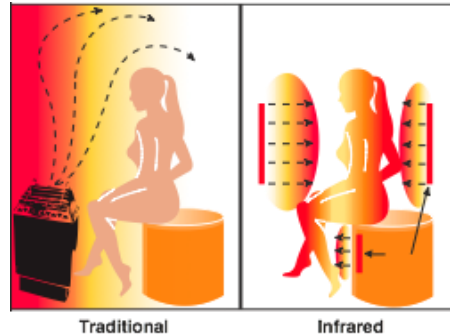
After many years and numerous studies on EMF exposure, no government body including the Occupational Safety and Health Administration (OSHA) have established permissible exposure limits (PEL). Currently, there is no consensus on the potential health hazard from any exposure to EMF. The mainstream scientific 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:

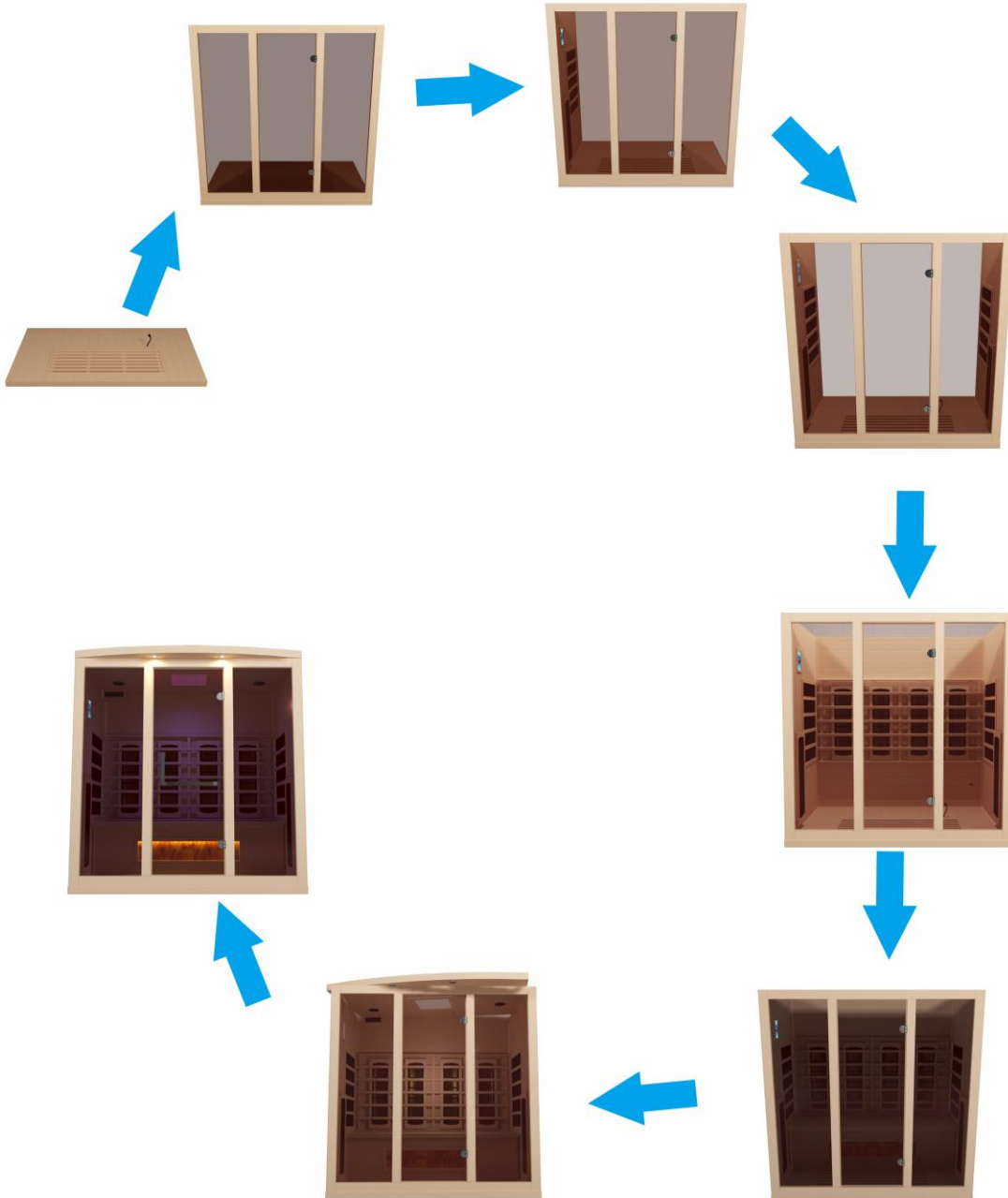
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|--|---------------------------|---------------------|
| *Pain relief from Rheumatoid Arthritis | *Relaxes muscle spasms | *Reduces cellulite |
| *Increases blood circulation | *Clears, rashes, acne | *Enhances skin tone |
| *Cardiovascular conditioning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

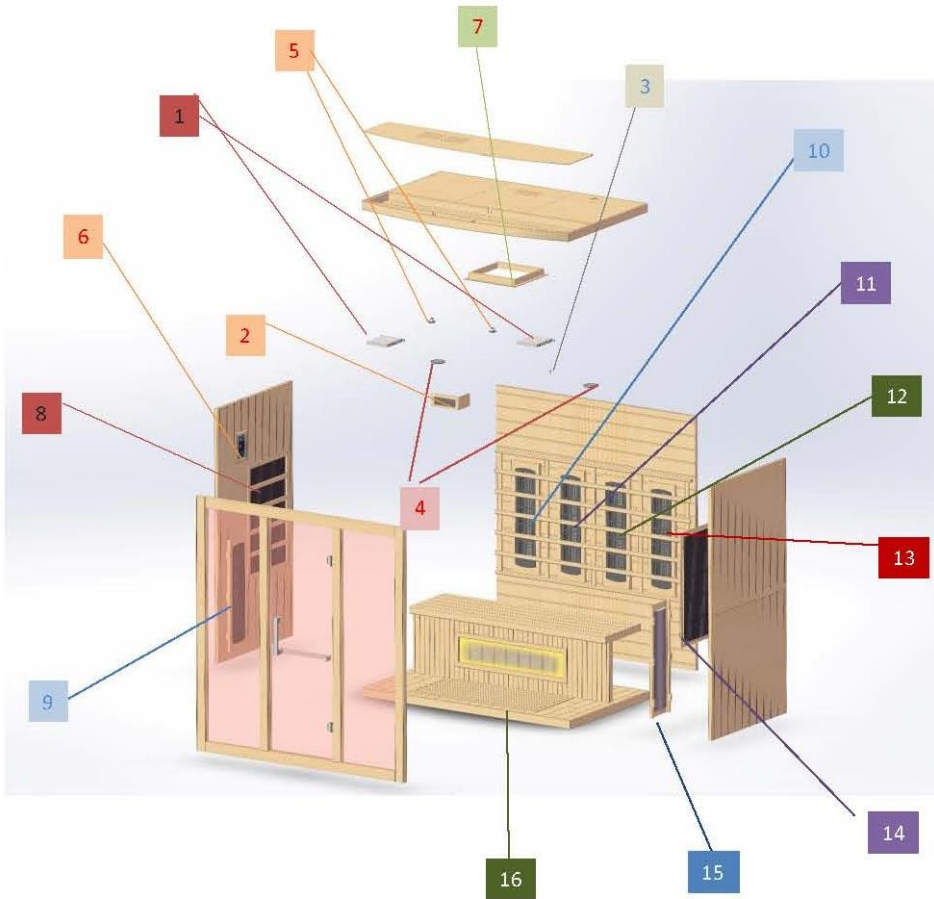
GDI-8040-02



***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. Near Infrared Heaters and backrests are sold separately.**

PARTS DESCRIPTION

GDI-8040-02



Electronic Components			
No.	Name	No.	Name
1	Power Supply	2	Radio
3	Temp sensor	4	Speakers
5	Roof Lights	6	Control Panel
7	Color Light w/Red Light Therapy		

Power Layout			
Location	No.	Dimennsion	Power
Left side wall panel	8	750*500mm	300W
	9	NIR Heater	300W
Rear wall panel	10	NIR Heater	300W
	11	NIR Heater	300W
	12	NIR Heater	300W
	13	NIR Heater	300W
Right side wall panel	14	750*500mm	300W
	15	NIR Heater	300W
Floor heater	16	1000*400mm	300W
Total Power			2700W

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.

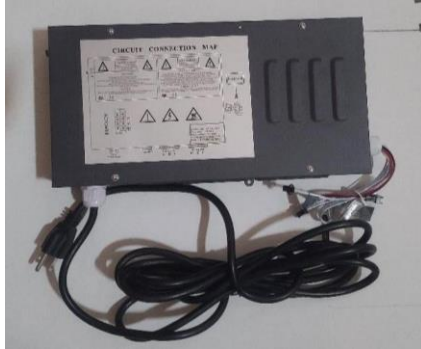
SCREW IDENTIFICATION AND LOCATION CHART

MODEL: GDI-8040-02		
LOCATION	SPECS	USAGE
TOP COVER	3x18mm(Iron,color-plated zinc)	18
BENCH	3.5x40mm(Iron,color-plated zinc)	2
BACKREST(FOR REAR WALL PANEL)	3.4x40mm(Iron,color-plated zinc)	8
MP3 WOOD FRMAE(MP3 SHELF)	3.5x25mm(Iron,color-plated zinc)	2
AROMA SHELF	3.5x25mm(Iron,color-plated zinc)	2

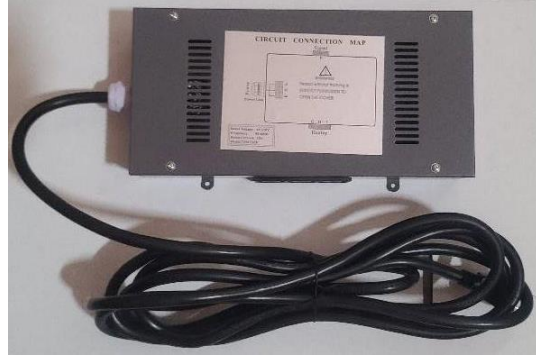
NOTE: The pictures and diagrams shown within this owner's manual are representations of this model. Actual model may vary. Design and Construction are subject to change. Backrests are sold separately.

I. Power Supply (Control Box)

The POWER SUPPLY and SUB POWER SUPPLY are the control center of the sauna room. They are installed on the topside of the ROOF PANEL and have inputs/outputs connected to it. (see Figure 1)



Power Supply



Sub Power Supply

Figure 1

II. CD/Radio

The multifunction stereo features an FM receiver, CD player, colorful and wide LCD screen, volume/tone/balance controls, and an AUX input. (see Figure 2)



Figure 2 (Model Radio May Vary And Is Subject To Change)

III. Component Labeling

Power Cord – Main power cord connects the Power Supply to the dedicated wall outlet

Heater Ports A, B, C, D, E, F, G, H, and I – Heater cords connect the heat emitters to the Power Supply at these ports (all heater ports may not be used)

Controller Panel Line – Connects the Control Panel to the Power Supply

Lamp – Connects the exterior roof lights, ceiling light, and bench light to the POWER SUPPLY at this port

DC12V – Connects the radio to the Power Supply at this port

Temperature Sensor – Connects the temperature sensor to the Power Supply at this port

IV. Buckles

A. External Buckles

The external buckles are used to connect the REAR WALL PANEL to the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL. The Metal Guide Insert Brackets connect the FRONT WALL PANEL to the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL. (see Figure 3 and 4)

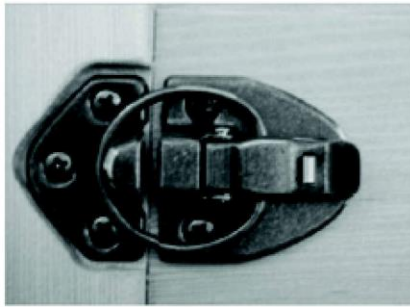


Figure 3

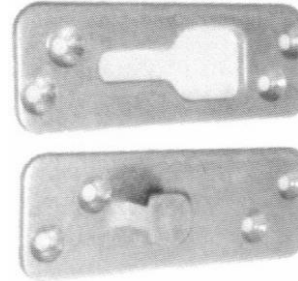


Figure 4

B. Wood Guide Inserts on the Floor Panel

The wood guide inserts are located on the FLOOR PANEL and allow the FRONT WALL PANEL and REAR WALL PANEL to seat snugly into place on the FLOOR PANEL. Please note that 3-person model saunas will have a notch cutout on the side moldings for the BENCH HEAT EMITTER PANEL. Side moldings may not be apparent on 2-person models. (see Figure 5)

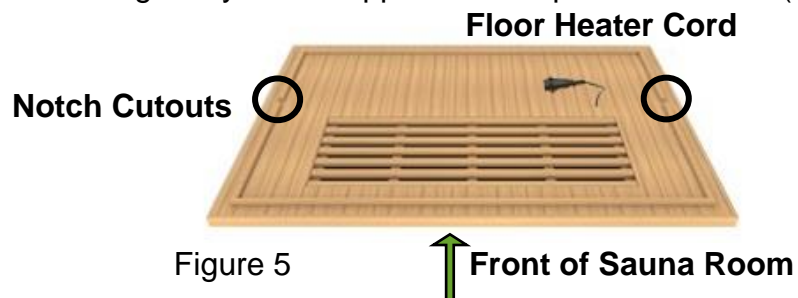


Figure 5

V. Panel Descriptions

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

A. Floor Panel

When you place the FLOOR PANEL at its designated location, leave enough space so that you are able to move around the FLOOR PANEL in order to install the sauna wall panels. To identify the front of the FLOOR PANEL, see the diagram below. The FLOOR HEATER black power cord will be situated at the right rear as seen below. (see Figure 6)

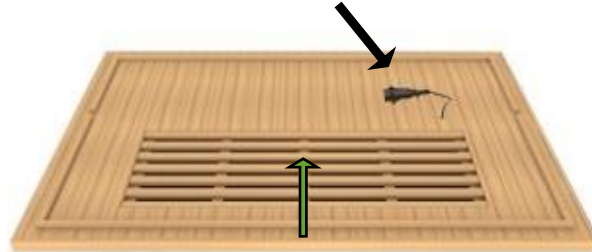


Figure 6 Front of Sauna Room

B. Understanding The Wall Panels

The SIDE WALL PANELS will have (1) carbon FAR Infrared heater and (1) NIR heater on each wall. There will be 4 NIR heaters on the rear wall. The REAR WALL PANEL and SIDE WALL PANELS will have heater cords coming from the top of each which will be connected on the roof once the ROOF PANEL is placed on top. The buckles on the REAR WALL PANEL will connect with the SIDE WALL PANELS. The FRONT WALL PANEL has the front glass door and stationary glass panels. (see Figure 7 and Figure 8)



Figure 7



Figure 8

C. Roof Panel

The ROOF PANEL houses the power supply, speakers, temperature sensor, and chromotherapy light. Once installed, all the wiring harnesses, plugs, and connections will sit on the exterior side of the roof panel.

Assembly Instructions

A. Choose a good location to assemble 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 □ Front Wall Panel with Glass Door □ Left Side Wall Panel □ Right Side Wall Panel □ Rear Wall Panel □ Himalayan Salt Block Panel □ Bench □ Roof Panel □ Roof Cover
5. Tools Required: Philips Screwdriver and Ladder

PLEASE NOTE THAT SOME MODELS WILL VARY IN ASSEMBLY.

B. Installing the FLOOR PANEL

1. Place the FLOOR PANEL on the floor. Make sure the front side of the FLOOR PANEL is facing the correct direction. Please note the heater cord coming out of the topside of the floor panel at the rear right. (see Panel Descriptions) (see Figure 9)



Figure 9

↑ Front of Sauna Room

C. Installing the FRONT WALL PANEL, RIGHT SIDE WALL PANEL, LEFT SIDE WALL PANEL, and DOOR HANDLE

1. Place the FRONT WALL PANEL up onto the FLOOR PANEL. Align the Metal Guide Insert Brackets on the FRONT WALL PANEL and the LEFT SIDE WALL PANEL. The LEFT SIDE WALL PANEL will need to be lifted in order to lock the Metal Guide Insert Brackets onto the FRONT WALL PANEL. Secure into place by pulling downward on the LEFT SIDE WALL PANEL. Make sure the Metal Guide Insert Brackets are locked into place and the top of the FRONT WALL PANEL is flush with the LEFT SIDE WALL PANEL. Do the same for the RIGHT SIDE WALL PANEL. (see Figure 10 and Figure 11)



Figure 10



Figure 11

D. Installing the REAR WALL PANEL

1. Remove the protection paper/tape (if present) from the buckles on the REAR WALL PANEL. Place the REAR WALL PANEL up onto the FLOOR PANEL. Next, attach the REAR WALL PANEL to the LEFT SIDE WALL PANEL and use the buckles to latch together. Do the same for the RIGHT SIDE WALL PANEL. (see Figure 12)



Figure 12

2. To install the DOOR HANDLE, first locate the DOOR HANDLE. It may need to be dismantled in order to install. Next, place the long handle section horizontally and install it on the glass door from the inside. You will need to secure the side of the long horizontal handle closest to the hinge side of the glass door by screwing it to the glass door. Now you can locate the shorter handle and connect it on the exterior side of the glass door to the long horizontal handle. It will need to attach to the long handle and rotate clockwise. Finally, you can secure the other end of the vertical handle by screwing it to the glass door. (see Figure 13)

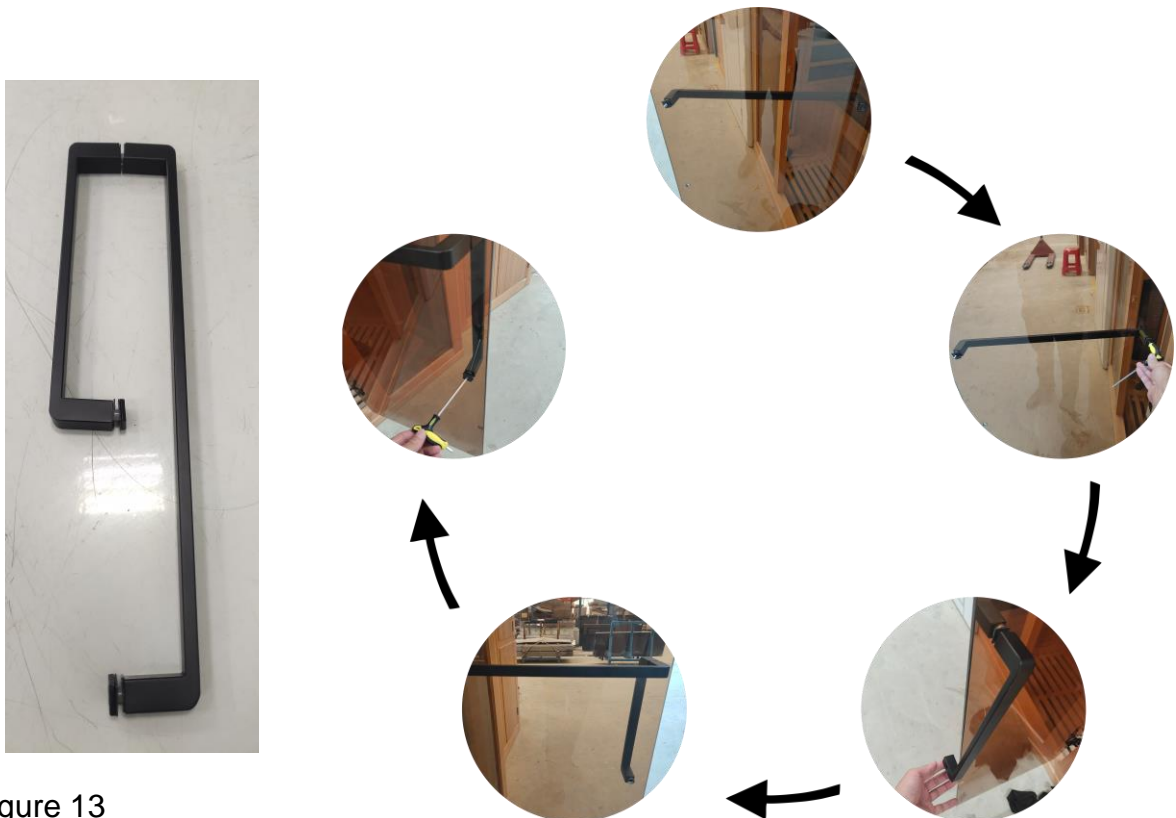


Figure 13

E. Installing the HIMALAYAN SALT BLOCK PANEL and BENCH

1. Installing the HIMALAYAN SALT BLOCK PANEL can be done by sliding it downward between the two side wall panels. (see Figure 14)
2. Plug in the FLOOR HEATER cord and light connection (for the HIMALAYAN SALT BLOCK illumination) into the corresponding wall outlets.
3. Install the BENCH with the smooth and finished side facing upwards as also seen in Figure 13. Be sure to slide the BENCH all the way in and against the REAR WALL PANEL. If screws were provided, it is optional to use them to screw down the bench.



Figure 14

F. Installing the ROOF PANEL

1. The side of the ROOF PANEL with the power supply (control box) is the top of the roof panel.
2. The edge with the curve is the front of the ROOF PANEL. Be careful of the wires coming from the SIDE and REAR PANELS when you set the ROOF PANEL down onto the panels. Feed the wires through the holes in the ROOF PANEL. Feed the control cable and buzzer plug up through the ROOF PANEL.
3. Be careful not to force the ROOF PANEL into place. Make sure that the wires are properly fed through the holes. Furthermore, make sure the ROOF PANEL sits snugly into the RIGHT SIDE WALL PANEL and RIGHT FRONT WALL PANEL. Pull down on the ROOF PANEL slightly to make sure it is secured in place. (see Figure 15)



Figure 15

G. Connecting the plugs on the ROOF PANEL

1. Connect all the wires and connectors to the corresponding outlets on the ROOF PANEL. Please be sure all the plugs and connections are properly connected snug and tight. (see Figure 16)

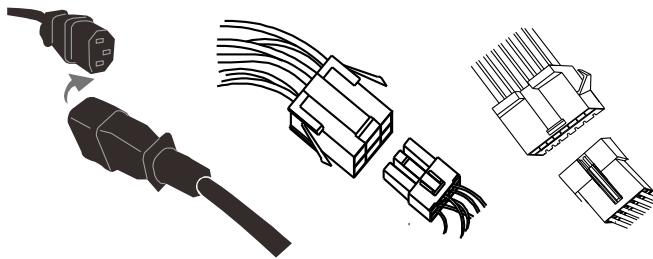


Figure 16

H. Installing RADIO HOUSING BOX and RADIO (radio model subject to change)

1. **If your RADIO HOUSING BOX is already assembled, then proceed to step D.** Locate the wood sides for the RADIO HOUSING BOX. There is one for the front, side, and bottom. (see Figure 17 and Figure 19)
2. Attach "A" on the side panel with "A" on the bottom panel and attached with the screws.
3. Attach "B" on the front with "B" on the side panel and "C" on the front panel with "C" on the bottom panel and attached with the screws.
4. Screw the Radio Housing Box to the REAR PANELS. The back opening (the larger opening) on the Radio Housing Box will face the LEFT REAR PANEL. The front opening (the small opening and where the radio is inserted) on the Radio Housing Box will face the RIGHT SIDE PANEL

5. Locate the RADIO and remove it from any packaging. (see Figure 20)
6. Connect the plug from the RADIO with the plug coming down from the roof and the left/right speaker plugs. Note that the power for the radio comes from the wire harness leading to the power supply at the "DC 12V" port. (see Figure 18)
7. Connect the antenna plug to the back of the radio. (see Figure 21)
8. Insert the RADIO into the RADIO HOUSING BOX. It is not necessary to mount the RADIO once you slide it into the RADIO HOUSING BOX because the RADIO will just sit in place. (see Figure 19)

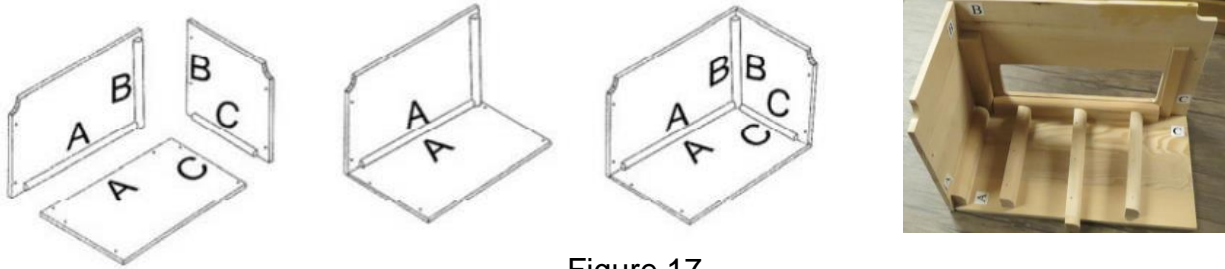


Figure 17

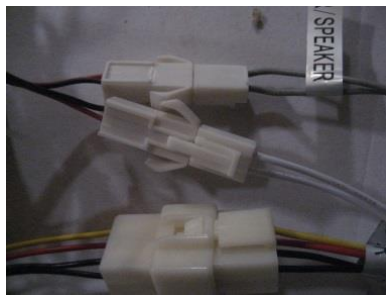


Figure 18



Figure 19



Figure 20



Figure 21

Make sure all steps are completed correctly. Plug in the power cord to your wall outlet. Turn on the sauna at the control panel to confirm that the control panel is responding. If the control panel responds accordingly, then proceed in putting the Roof Cover onto the Roof Panel (see step J below). Make sure to pull the power cord through the corresponding hole in the Roof Cover. Your model may have pre-drilled holes to mount the ROOF PANEL to the wall panels. This is optional as screwing the ROOF PANEL to the wall panels is more for when the sauna model is displayed in a storefront and has a lot of foot traffic. (see figure 25)

I. Installing the TEMPERATURE SENSOR and Optional Accessories

1. Enter the sauna and remove the protective covering (masking tape) from the TEMPERATURE SENSOR. Situate the TEMPERATURE SENSOR so that it is vertical and pointing downward. (see Figure 22)

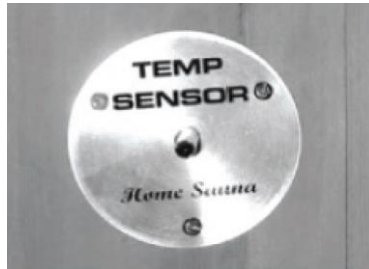


Figure 22

Note: Some sauna models and not all sauna models are shipped with a spare TEMPERATURE SENSOR in case the TEMPERATURE SENSOR is damaged during transit. The manufacturer decides this according to sauna models and packaging.

2. If your sauna comes with the **optional** shelf and/or aroma therapy dish, use the screws provided to mount the shelf and aroma therapy dish where indicated within the sauna room. (see Figure 23 and Figure 24)



Figure 23



Figure 24

J. Putting on the ROOF COVER (Optional)

1. Place the ROOF COVER over the top of the sauna. Be cautious when 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 25)



Figure 25





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 (120VAC 15AMP Dedicated Circuit for 2-person models or 120VAC 20AMP Dedicated Circuit for 3-person models).

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.



- a. Review the electrical label on the sauna and then plug the sauna into the proper wall outlet. No other appliance can be operated on the same electrical breaker as the sauna when the sauna is in use. Proceed in turning on the sauna room using the ON/OFF button to activate the sauna.
- b. The sauna should be **unplugged** when not in use for long periods of time.
- c. **To set the temperature**, press the   temperature buttons to increase or decrease the temperature to the desired temperature. If the “Heat” light is on, the temperature setting will increase one degree every time the  button is pressed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the  button. After the sauna reaches the desired temperature, the “Heat” light will turn off.

- d. Press the  button to turn the light ON. If you want to use the **Color Light Therapy System**:
1. While the interior light is ON, press and hold down the  button for 2 seconds. You will notice “2n” in the LED display. This indicates you are in the “light” mode. If you do not press any buttons for approximately 15 seconds, the “2n” will change back to the Timer mode.
 2. While the “2n” is displayed, you can now turn the exterior light ON/OFF by pressing the  button in the  section of the control panel.
 3. You can also turn the interior light ON/OFF by pressing the  button in the  section of the control panel.
 4. While the interior light is on and the “2n” is still displayed in the LED display, you can press the  button to scroll through the different colors within the Color Light Therapy System. You will notice that you have two selections for “white”:
 - A. The first selection for “white” will allow the colors to go through a sequence of the different shades of colors.
 - B. The second selection for “white” will continue to display the white light.
 5. To return back to the Timer mode, press the  button.
- e. Press the  button to turn the Red Light Therapy ON and OFF. The Red Light Therapy can operate when the sauna’s power is ON or OFF.
- f. You can operate the sauna with the ceiling vent in the open or closed position.
- g. After your sauna session is over, you can turn the control panel off by pressing the ON/OFF button. You can unplug the sauna cord if the sauna will not be used for an extended period of time.
- h. **To set the time**, press the  buttons. Press  and  buttons to set the timer from 5 to 60 minutes. If pressed for three seconds, the timer will increase/decrease quickly. To extend the sauna session, reset the timer again by pressing the .
- i. **The Fahrenheit and Centigrade display** can be switched by pressing and holding the temperature button  and  at the same time and then pressing the .

j. **Radio Player** - Please read the instructions provided with the radio player.

Please Note: On average, it takes our model saunas approximately:

***20 minutes to reach into 100 degrees Fahrenheit/38 degrees Celsius (with a Starting temperature above 70 degrees Fahrenheit/21 degrees Celsius)**

***25-30 mins to reach about 115-120 degrees Fahrenheit/46-49 degrees Celsius (depending on sauna model)**

***35-40 minutes to reach about 125-130 degrees Fahrenheit/52-54 degrees Celsius (depending on sauna model)**

***45-60 minutes to reach up to approximately 135 degrees Fahrenheit/57 degrees Celsius (depending on sauna model)**

Please keep in mind that you can either preheat the sauna to the set temperature before entering or sit inside the sauna as the temperature rises. In addition, you will increase the time it takes for the sauna to reach the set temperature if you enter the sauna room before it has reached the set temperature. Also, the most commonly used temperature setting is between 118 degrees Fahrenheit / 48 degrees

Celsius and 122 degrees Fahrenheit / 50 degrees Celsius. The way the sauna room works is when you set the Control Panel to say 120 degrees F / 49 degrees C, the heat emitters will turn off when that set temperature is reached. And even though the sauna does allow the user to set the Control Panel to 151 degrees F/66 degrees C, this is specifically for those users who do not want the heat emitters to ever turn off as the sauna room will never achieve 151 degrees F / 66 degrees C. After 3 hours of continuous use, the sauna needs to be shut down for one hour.

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. Never place any towels over the floor heater. If your legs become cold, you can use a third towel to drape over your legs to trap the heat.

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

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. Never place any towels over the floor heater. 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

Before any troubleshooting of the sauna, make sure to unplug the sauna's power cord from the wall outlet. If the sauna is hard wired straight to the breaker in the Electric Panel, turn the breaker to the "OFF" position.

1. Cannot Locate the Owner's Manual

Solution: The Owner's Manual is included in the Accessory Box. The accessory box is located in the roof panel. Please remove the thin hardboard roof cover to gain access to the Accessory Box.

2. Assembly

Solution: We do have an assembly video on youtube.com. The video may not be of the particular model you purchased, but our saunas do assemble in a similar fashion. Here is the web address to the video:
<https://www.youtube.com/watch?v=2p-ib6Mwnoc>

3. No Heat Coming From Some of the Heat Emitters

Solution: Check to make sure all the heat emitter cords are properly connected, including the cord to the heat emitter underneath the bench (if applicable). Go to the roof, and also check that the heat emitter cords are properly connected snug and tight to the cords on the roof and that those cords are properly plugged into the power supply (snug and tight).

Solution: If some of the heat emitters are working, then the ones which are not working may have been damaged or are not properly connected. Check that the heat emitter cords are properly connected snug and tight. If the issue continues, then the particular heat emitter may be damaged. Do not continue to operate. Contact the manufacturer for replacement parts.

Solution: If the heat emitters are not working and there is a "-L" for the temperature reading, then the temperature sensor may not be plugged in properly or it may be damaged or the power supply may be defective. Go up to the rooftop of the sauna and locate the temperature sensor connection wires near the air vent towards the rear of the sauna. After you have located the wires labeled "TEMP SENSOR", disconnect the connection and reconnect the connection. If you have a second person available, please have them continue to look at the control panel as you disconnect and reconnect the temperature sensor connection to see if the "-L" changes at any time. If the "-L" disappears and reappears, then there may be an issue with the connection. Please contact Customer Service for assistance.

4. Control Panel Malfunctioning

Solution: If the control panel is showing no signs of power, then there could be a connection issue of the "CTRL" harness up on the roof. Go up to the roof and locate the "CTRL" wire harness you connected when the roof was installed onto the sauna room. Disconnect the "CTRL" wire

harness and firmly reconnect the “CTRL” wire harness making sure it is snug and tight. Attempt to turn the sauna on at the control panel and check to see if the buttons are now responding. Contact the Customer Service for any additional troubleshooting.

Solution: If the control panel is showing no signs of power, then there could be a connection issue of the “CTRL” harness behind the control panel. You will need to remove the wood frame holding the control panel in place to gain access to the “CTRL” connection behind the control panel. Once you remove the control panel from the wall panel, you can disconnect and reconnect the connection making sure it is snug and tight.

Solution: If the control panel is showing no signs of power, check the sauna power cord at the wall outlet to make sure it is plugged in snug and tight. Also check your main circuit breaker to confirm that it has not tripped. Check the power supply on the roof of the sauna to make sure there are no signs of malfunctioning, such as a high temperature, burning odor, or strange sounds. Also, check to make sure none of the power cords are damaged. If the power supply is malfunctioning or power cords are damaged, then unplug the sauna immediately and contact the Customer Service.

Solution: The control panel will not turn off, the power/work/or heat lights do not come on, or the temperature and timer buttons do not work means the control panel may have been damaged and will need to be replaced. Before contacting Customer Service, remove the wood frame holding the control panel in place to gain access to the “CTRL” connection behind the control panel. Once you remove the control panel from the wall panel, you can disconnect and reconnect the connection making sure it is snug and tight.

Contact Customer Service for any additional troubleshooting.

Solution: If your sauna is plugged in and you have no power at the control

panel, then the power supply may need to be reset. Go to the roof of the sauna and locate the power supply. Press the RESET button to reset the power supply. The RESET button is on the same side of the power supply as the power cord. Attempt to turn the sauna ON at the control panel. Contact the manufacturer for any additional troubleshooting if necessary.

Solution: There could be damage to the temperature sensor. If your sauna arrived with a spare temperature sensor, turn the control panel off and go to the roof of the sauna and locate the red and black wire near the air vent

towards the rear of the sauna. After you have located the red and black

wires labeled "TEMP SENSOR", disconnect them. Connect the spare temperature sensor. For testing purposes, insert the "TEMP SENSOR" (you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button. If the heat emitters now heat, then the temperature sensor was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

Solution: If your control panel displays "-L", it may be an error code and we assume both control panels are displaying this. If so, then it means there is a communication issue between the control panel, power supply, and temperature sensor. Please proceed to the following:

Step A:

1. Reconnect the sauna's power cord. Make sure the control panel is turned ON. Two individuals will be needed. One individual will continuously watch the "-L" on the control panel to see if it changes while a second person goes up to the roof and locate the "PANEL CONTROL" harness connection that was connected during the assembling of the sauna room. Check both ends of this connection including at the power supply box.
2. Disconnect the "PANEL CONTROL" harnesses (both ends) and then reconnect making sure that the connection is snug and tight.
3. Also and while up on the roof, please located the temperature sensor wire. The temperature sensor is the black probe that is sticking out of the interior ceiling above your head as you sit on the bench. Disconnect the connection and reconnect to make sure the connection is snug and tight.
4. The individual watching the control panel can let you know if the "-L" ever changed. If the "-L" is still displayed on the control panel, then we need to rule out a control panel issue. Please proceed to **Step B**.

Step B:

1. Make sure to first unplug the sauna's power cord from the wall outlet or power source. If the sauna is hard wired straight to the breaker in the Electric Panel, turn the breaker to the "OFF" position.
2. Remove the exterior wood frame around the exterior control panel. Simply unscrew the screws holding the wood frame on.
3. Once the wood frame has been removed, lift the control panel up and out. On the backside of the control panel, you will see a connection plug. This connection plug needs to be removed. In some cases, there is a plastic tie that holds the connection plug in place during shipment. This tie will have to be cut before the connection plug can be unplugged. You do not need to replace this tie. There are several connections, but you only have to be concerned with the black connection. You want to unplug by pulling the male connection from the female connection. Reconnect to make sure the

connection is snug and tight. Leave the control panel hanging from the wall panel (do not replace with the wood frame as of yet).

4. Next, you can plug the sauna room back into the wall outlet or turn the breaker back "ON". Test the control panel to see if it is responding and working properly or if the "-L" is still displayed. If the control panel is responding and working properly, then it was a connection issue causing the problem and you can put back the control panel and wood frame.

Solution: Unfortunately, our saunas cannot be connected to a GFCI due to the amount of power the sauna uses. We have had customers who have connected their sauna to a GFCI protected outlet for the first time or for many months and then all of a sudden the GFCI starts causing the sauna to trip or just not turn ON at all. We do not have an answer as to why the GFCI was fine in the beginning when supplying power to the sauna and then suddenly starts causing problems for the sauna power supply. We recommended not connecting the sauna power cord to a GFCI protected outlet.

5. Wall Outlet Melting

Solution: A common problem with wall outlets is loose wiring on the connection points of the terminals of the receptacle. 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 happens. You will need to consult with an electrician to replace the wall outlet. You will need to contact Customer Service if the power supply cord is damaged as the power supply will need to be replaced.

6. Bluetooth

Solution: Please note that you can only have a single device connected to the Bluetooth at any given time. You must unpair your device before connecting with another device. To do a master reset of the Bluetooth, you will need to unplug the sauna power cord from the wall outlet for 15 minutes.

7. Speaker Noise

Solution: If you are hearing a humming noise from either speaker or both speakers while the Bluetooth feature is connected with your musical device, then there may be an issue with the control panel(s). To confirm this, please connect your musical device using the MP3 AUX wire that came with the sauna room to connect your musical device to the sauna speaker system. You will connect one end of the MP3 AUX wire to your musical device and the other end to the MP3 Jack on the ceiling. If the humming

sound can no longer be heard, then this confirms that the control panel(s) will need to be replaced. Please contact Customer Service.

Solution: If you hear static noises from the speakers when no music is playing, then be sure that the MP3 AUX wire is not plugged into the ceiling port. You will have a constant noise coming from the speakers if one end of the MP3 AUX wire is connected to the ceiling port and the other end is not connected to anything.

8. Color Lighting

Solution: If your color light is not working, the issue with the light may have to do with the connection on the top side of the light fixture. Please go up to the roof panel and disconnect the wire connection on the top side of the light fixture. Then reconnect the wire connection making sure that it is snug and tight. Return back to the sauna control panel to test the light. If the light is still having issues, please contact our Customer Service.

9. Dedicated Power Outlet

Solution: You have two options when it comes to a dedicated receptacle. You have a true dedicated line if the receptacle is the only receptacle on the line to the breaker in your electric panel box. You have a quasi-dedicated line if you have multiple receptacles on a line to the breaker in your electric panel box and you do not draw any power from the other receptacles when the sauna is in operation. Both of these options are acceptable.

10. Lower Heat Emitters

Solution: With regards to the lower heat emitters under the bench and on the floor, these heat emitters operate a bit different than the wall heat emitters. As the bench heat emitter and floor heat emitter (200W/125W each) are of much less wattage than the wall heat emitters (300W each), they will not get nearly as hot as the wall heat emitter panels. We can have you run two tests. First, remove the bench from the sauna room. Next, preheat the sauna room by setting the temperature to the maximum of 151 degrees F

and time to 90 minutes. Record the starting/beginning temperature and the temperature after 15 minute intervals up to 90 minutes (do not enter the unit or open the door during this test). If the sauna room goes above 130 degrees F (usually after about 40 to 50 minutes of preheating with a beginning temperature above 70 degrees F) at any given time, then we know that the heat emitters are working successfully. With even one heat emitter not

working correctly, the sauna room will struggle to get above 130 degrees F within the average allotted time. The next test would be to enter the sauna room and to **cautiously** place your hand on the back side of the bench heat emitter in the center (this would normally be covered by the bench which you already removed). If you touch the heat emitter panel and it is warm-to-hot, then it is working correctly. If you are able to place your hand on the back side of the heat emitter and it feels like there is no heat being produced, then we know it is not working properly and you will need to contact Customer Service. You can also check the floor heat emitter by touching the heat emitter **cautiously** with your finger. You will need to remove the wood grade cover to get a true feeling of the heat from the floor heat emitter. Please do keep in mind that the bench heat emitter and floor heat emitter only keep the area below the bench warm as heat always rises. The majority of heat is concentrated above the bench. You can use a towel to drape over your legs to trap the heat as it rises if your lower extremities feel a draft.

11. Intentional Rear Wall Warp

Solution: The rear wall panel is intentionally warped as part of the sauna design. This adds strength to the sauna structure once the unit is assembled. Please try the following in assembling the sauna. With one person inside the sauna room and pushing on the rear wall panel outward, a second person should be able to latch the buckles. Make sure that the wall is fitting together like a puzzle as one wall panel fits into the other. Work your way down from top to bottom.

12. Too Much Perspiration On The Floor Heater

Solution: 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 constantly wipe the perspiration from your body to perspire faster and also to avoid having too much perspiration dripping onto the floor heater. Never place any towels over the floor heater.

Limited Lifetime Warranty

7 Year Limited Warranty: Golden Designs, Inc. under the Dynamic brand name and other brand names 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 are 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 for residential use and 1 year for commercial use on heating elements and electronics from the date of purchase. The wood structure and radio have a 1 year limited warranty.**

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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: _____