



200TN/400TN ASSEMBLY MANUAL



●●● Dear SunRay Customer,

Congratulations on the purchase of your new SunRay TN series indoor traditional sauna. We are confident that you will enjoy the many benefits of using the sauna for years to come.

Carefully and thoroughly read this manual in its entirety before using the sauna for the first time. We recommend keeping this manual for regular review and future reference.

If you have any questions on the assembly or operation of the sauna, please contact our customer support team at 800.976.5530 or customerservice@sunraysaunas.com.

●●● Sauna Requirements

The sauna must be installed on a dedicated electrical circuit. Refer to the electric heater manual that accompanies your sauna to determine the required voltage and amperage for your sauna model.

The sauna should always be placed on a sturdy level surface such as a concrete pad, wood deck or other solid surface. Do not place the sauna directly onto the ground.

If the sauna floor is damp or has moisture install a floor separator/moisture barrier to keep the sauna high & dry.

Do not store flammable objects or chemical substances near the sauna.

●●● Model Specifications

MODEL	WIDTH	DEPTH	HEIGHT	WATTS
200TN	53.5"	36"	80"	4500
400TN	71"	63"	80"	6000

●●● Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Technical Service department at 800.976.5530.

1. Lay the bottom panel on a flat hard level surface.



2. Place the back wall panel onto the back of the floor panel.



3. Attach the right and left walls to the back wall using the built in buckles



4. Attach the front wall place the roof on top as shown.



5. Attach the door handle as shown.



Assemble the wooden frame for the electric stove as shown.



Insert the stove cable through sauna side wall hole.

6. Install the bottom bench top bench and backrest as shown.



7. Attach the hygrometer, sand timer and dome light with the included screws. Feed the dome light power wire through the sauna ceiling and connect inside the sauna stove.



Enjoying Your Sauna

INSTRUCTIONS AND TIPS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your sauna, consult with your physician. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

1. Set the temperature to a comfortable heat level.
2. Allow approximately 12-15 minutes for the sauna to warm up before beginning a session.
3. We recommend that a sauna session does not exceed 30 minutes.
4. When the temperature reaches the level set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature level inside of the sauna.
5. The front door/window and/or ceiling vent can be opened at any time to allow fresh air into the sauna.
6. Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
7. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
8. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
9. You will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.