

MEDICAL 5™

INFRARED SAUNAS

FOR INDOOR USE ONLY

OWNER'S MANUAL



MEDICAL 5™

INFRARED SAUNAS

HOW-TO VIDEOS

To make things easier for you we provided these easy-to-follow instructional videos that will help you set up and use your new Medical Sauna™.

Note: On the next page, we included a list of Frequently Asked Questions. Please read them because they will answer most questions you may have.

▶ HOW TO INSTALL THE MEDICAL SAUNA 5

We understand most people do not like reading manuals, so we made a video that will show you how to install the Medical sauna. Please go here to watch the video that will show you step-by-step how to install the Medical sauna.

www.medicalsaunas.com/medinstall.php

▶ HOW TO USE THE MEDICAL SAUNA 5

The Medical sauna is very easy to use. There are only a few buttons on the remote, but the first time you use it might be overwhelming. So we made a video that shows what each button does. With this YouTube video, you can rewind it and play it back if you miss anything. You may have a lot of questions the first few times you use the Medical sauna, but if you use this video as a reference guide for a few weeks, you will know everything about the sauna.

www.medicalsaunas.com/meddemo.php

**The videos and FAQ's will answer most questions. But, if you have further questions, feel free to contact us directly at*

www.medicalbreakthrough.org/contact-us.php

***We are open 10AM-5PM PST (California Time). Thank you again for purchasing the Medical sauna.*

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FREQUENTLY ASKED QUESTIONS

These are the most commonly asked questions we get from our customers. Please read these questions and you'll have a better understanding of the Medical sauna in no time.

1. If I have questions and need some help who do I call?

Our customer support and tech team is open Monday to Friday 10AM to 5PM PST (California Time). The chair is very easy to use, the first time you use it, you might have a lot of questions, but after a few weeks you will know the chair very well. Just play around with the settings on the chair and after a while you will understand every button. If you have questions, we are here to help. Please call (661) 775-4866 Monday to Friday. Remember, we are in California, so please call when we are in, which is 10AM to 5PM PST.

2. What is the difference between a traditional sauna and an infrared sauna?

A traditional sauna heats up when you pour water over hot rocks, which creates steam. Infrared heat is more gentle. The experience is similar to lying in the sun on a warm day and feeling the heat radiate to the core of your body. Unlike traditional saunas, which operate around 200°F, infrared heat operates at a comfortable temperature of 100°-150°F. Both have unique health benefits, so it really depends of what you prefer.

3. What does a “full spectrum” sauna do?

Most infrared saunas only offer heaters that release infrared waves near one end of the spectrum. Our saunas offer a full spectrum of wavelengths: near, mid, and far infrared. A full spectrum heater is important because each spectrum of infrared waves provides different levels of skin penetration and light therapy. This means that you will get even more benefits in your sauna session and will truly start to feel more relaxed and healthy.

4. What are hybrid saunas?

Hybrid saunas have both traditional and infrared sauna features. Luckily, you do not need two different saunas anymore. We spent years developing the world's first hybrid saunas, allowing you to enjoy the benefits of both sauna experiences without having to choose.

5. How do I adjust the heat in the sauna?

To adjust the heat in the sauna, look toward the top of the controller where it states “Temperature Setting.” Pressing the “+” button on the left will increase the temperature by five degrees and pressing the “-” button on the right will decrease the temperature by five degrees. Holding the button down will change the temperature more quickly. Play around with it until you find your perfect temperature.

6. How do I adjust the time in the sauna?

To adjust the time for a sauna session, look toward the middle of the controller where it states “TIME.” Pressing the “+” button on the left will increase the time by one minute and pressing the “-” button on the right will decrease the time by one minute. Holding the button will change the time more quickly. The time can vary from 1 minute up to 60 minutes.

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FREQUENTLY ASKED QUESTIONS (FAQs)

7. How long does it take for the sauna to heat up?

It depends on the temperature of the environment the sauna is in. In colder environments, the sauna will take longer to heat up. A room that is around 70°F or warmer would be best for a quicker heating. However, on average, the sauna will take 40 minutes to an hour to fully heat.

8. What material is the sauna made out of?

Our saunas are made of hemlock wood, which is excellent at retaining the heat inside of a sauna. Compared to other woods, hemlock is less likely to split and has less of a harsh aroma when in use. Hemlock is also naturally non-allergenic.

9. What material is the sauna made out of?

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10. Are the sauna heaters ceramic or carbon fiber?

Our sauna heaters are made of carbon fiber. Ceramic heaters have shorter wavelengths when compared to carbon fiber. Carbon fiber heaters also has better, more even heat distribution, are more durable, and more energy efficient.

11. Can I set up my sauna outside?

Yes, you can set up your sauna outside, but you need a customized sauna cover, which you can get directly from Medical Saunas. Our heavy duty cover will fit your sauna perfectly and will ensure it is well protected from rain, sunlight, and other environmental factors that can damage the exterior of the sauna.

12. What are some safety precautions I should take before using the sauna?

You should always make sure to drink plenty of fluids before and after a sauna session. It's a good idea to do light exercise before entering a sauna so your body will more easily adjust to the inside of the sauna. If at any time you feel dizzy, nauseous, or any discomfort, exit the sauna immediately. When your sauna session is over, turn the power off, and sit in the sauna with the door ajar to allow your body time to adjust to the cooler air temperature. If you are new to saunas, your first session

should be 10 minutes. Increase the time gradually with each session to condition your body. It is recommended to consult your physician before using a sauna.

13. What kind of maintenance is recommended for this sauna?

To get the best sauna experience, it is recommended that you clean your sauna regularly (weekly or biweekly) with fresh water and a gentle detergent. To prevent the interior from becoming overly dirty, you should use a towel to sit on while using the sauna. Occasionally (once or twice a year), you should use fine-grain sandpaper to smooth out the wood interior, making it look brand-new again. Gentle soap and water can also be used on the floor and exterior of the sauna.

14. What are the benefits of regular sauna use?

After decades of studies and research, saunas have been shown to provide a variety of health benefits. By improving blood flow, saunas are able to relieve aches and pains, leaving you feeling refreshed. After regular use, saunas can lead to more radiant skin and improved physical endurance. The greatest benefits involve reducing stress and improving cardiovascular health. Try using your sauna as often as you can and you'll feel the numerous benefits it offers.

15. What kind of power do I need for the sauna?

Our saunas require a 110v dedicated circuit that is rated up to 25amps depending on your sauna model. We recommend using a licensed electrician to install the sauna to avoid issues and ensure everything is done correctly.

16. What do I do if I have trouble installing the glass door of the sauna?

If you are having problems getting the sauna's glass door to align properly, there is an easy fix. All you would need is a small, plastic shim, which you can find on Amazon or Home Depot for \$1. There is a groove at the bottom of the door, near the hinge. Insert a small, plastic shim there to keep the door evenly levelled. To make it easier for you, we made a video to demonstrate:

www.medicalsaunas.com/glassdoor.php

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Thank you for purchasing the Medical sauna from Medical Sauna. Please read this manual carefully for instructions on proper use. Please pay close attention to the safety and maintenance sections and keep this manual handy for future reference. Note: Medical Sauna reserves the right to revise the design and description of the Medical sauna and the manual without any further notice.

Now you can enjoy the highly regarded benefits of a Medical Sauna. Carefully and thoroughly read this Owner's Manual before using/operating the sauna. We recommend keeping this Owner's Manual for regular review and future reference.



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INFRARED SAUNAS

INFRARED SAUNA INSTRUCTION MANUAL

Models: MS-7339-01 (SJ-8337)

3 Person FAR Infrared Saunas

CARBON MODEL SAUNA

FOR INDOOR USE ONLY

2 Separate 120VAC 15AMP Dedicated Circuits Required

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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 Bench Heat Emitter 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.

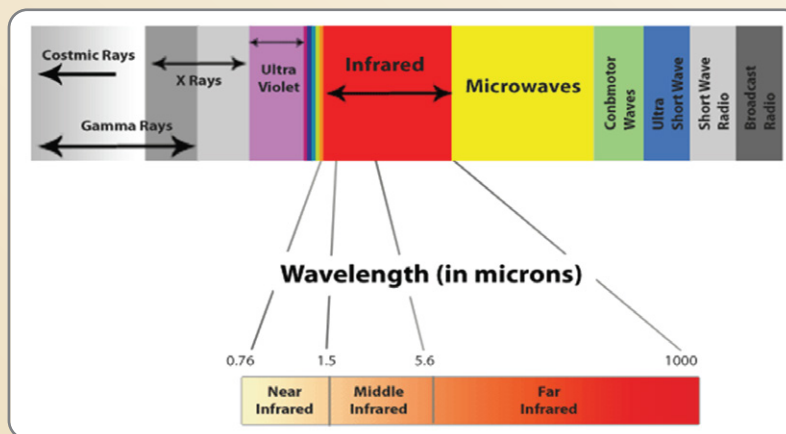
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WHAT ARE INFRARED RAYS

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. Although all of our sauna products have been developed to have low EMF, this specific model uses our advance carbon panel technology which significantly reduces the amount of EMF exposure resulting in less than 10 milligauss (mG).

DISCLAIMER

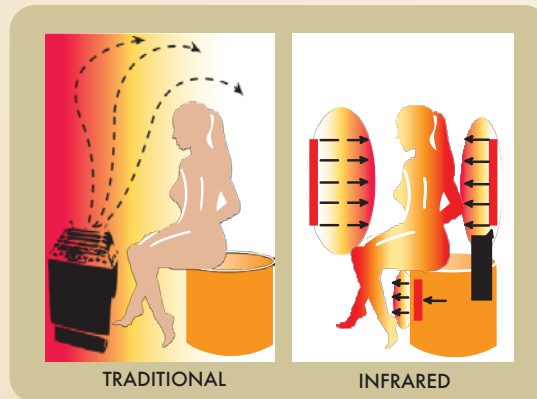
The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 40 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for 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.

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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 conversion, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart.

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

HEALTH BENEFITS INCLUDE, BUT ARE NOT LIMITED TO:

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

SAUNA MAINTENANCE

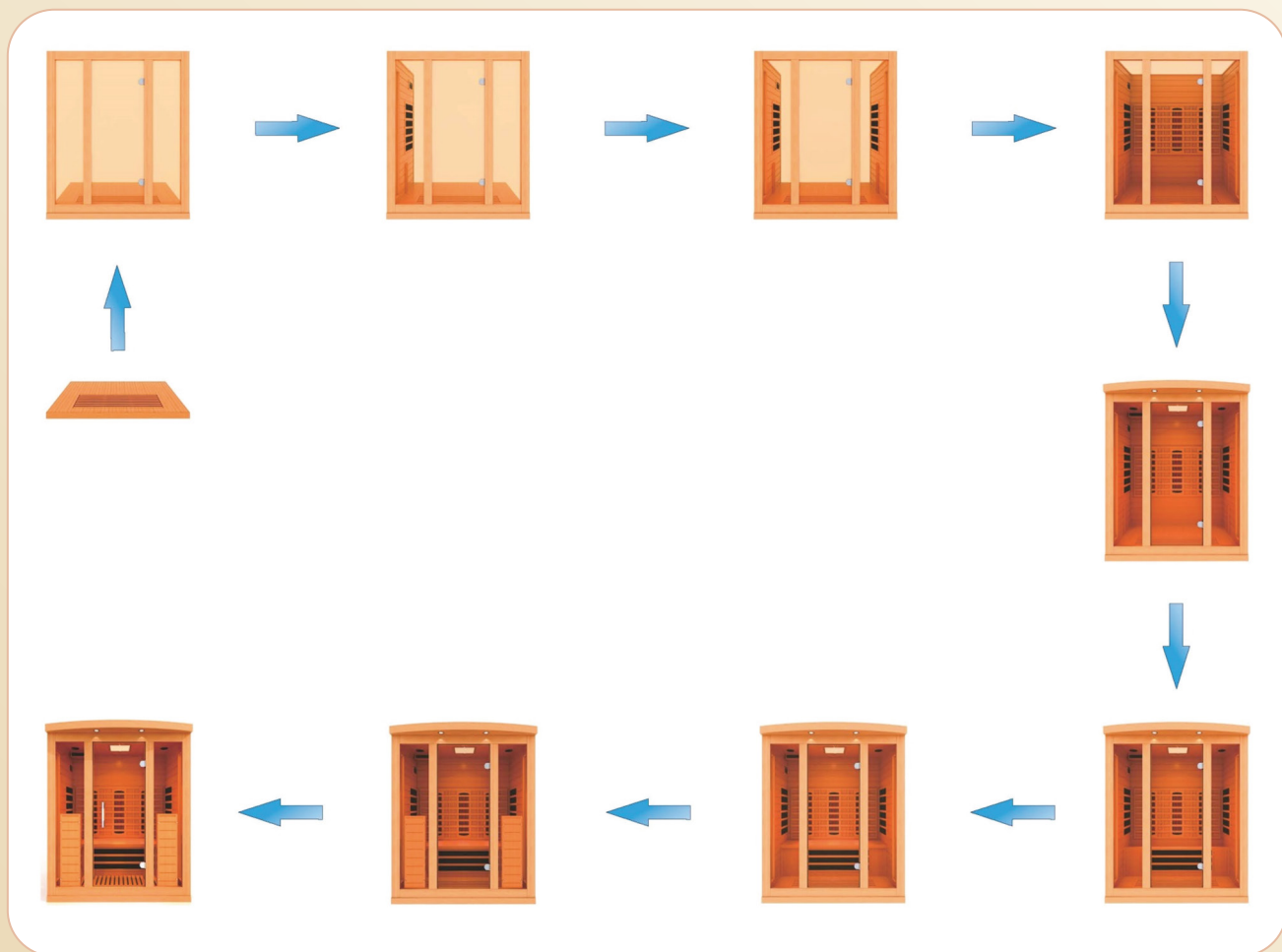
Since infrared saunas do not require hot rocks, water, or steam to operate, they require very little maintenance. You can simply wipe it down with water – use a damp, soft, and clean cloth. **Do not use any chemical based cleaning agents** as they can be absorbed into the wood and be released into your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

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PLEASE READ INSTRUCTIONS
BEFORE ASSEMBLY

MS-7209-01



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

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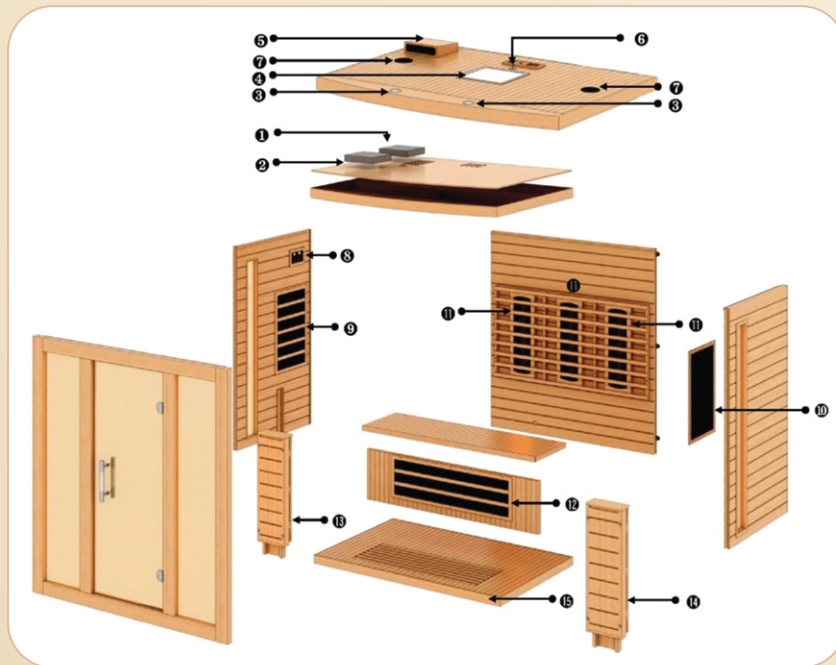
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PARTS DESCRIPTION

MS-7339-01

Electronic components			
No.	Name	No.	Name
1	Main power supply	2	Subsidiary power supply
3	LED DC exterior lights	4	Big color light
5	CD/Radio	6	Temp Sensor
7	Speakers	8	Control panel

Power layout			
Location	No.	Dimension	Power
Left panel	9	680*400mm=1PCS	300W
Right panel	10	680*400mm=1PCS	300W
Rear panel	11	NIR heater 628*18mm=3PCS	300W
Heater bench panel	12	1000*300=1PCS	200W
Front window glass 1	13	NIR heater 625*18mm=1PCS	300W
Front window glass 2	14	NIR heater 625*18mm=1PCS	300W
Floor heater	15	1000*340=1PCS	300W
TOTAL			2600W



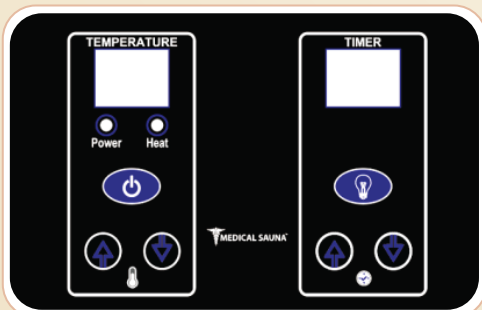
NOTE: The pictures and diagrams shown within this owner's manual are representations of this model. Actual model may vary. Design and Construction are subject to change. Backrests are sold separately.

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HIGHLIGHTS

- A. High quality craftsmanship
- B. Temperature control
- C. Timer
- D. Infrared carbon heat emitter panels
- E. Control Panel:



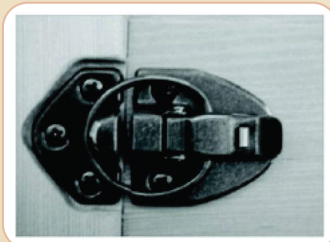
- F. Power supply:



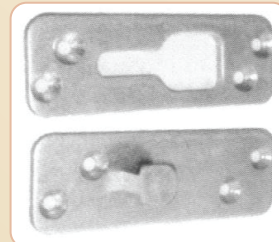
- G. MP3 Jack:



- H. Buckles:



- I. Guide and Guide Inserts:



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PANEL DESCRIPTIONS

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

A. Floor Panel

When the floor panel faces upward, you will find the floor heater with the wood grade over it. The FLOOR HEATER will be situated towards the front of the sauna room. (see figure 1)

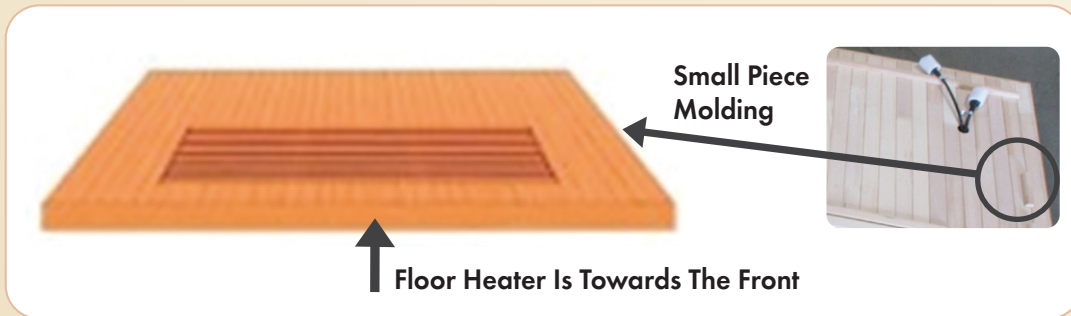


Figure 1

B. Understanding the Difference Between the Top and Bottom of the Wall Panels

The wall panels are in the upright position when the heater cords exit from the top of the wall panels. These heater cords will connect once the roof panel is installed. The heat emitter panels will be towards the middle of the side and rear wall panels. (see figure 2)

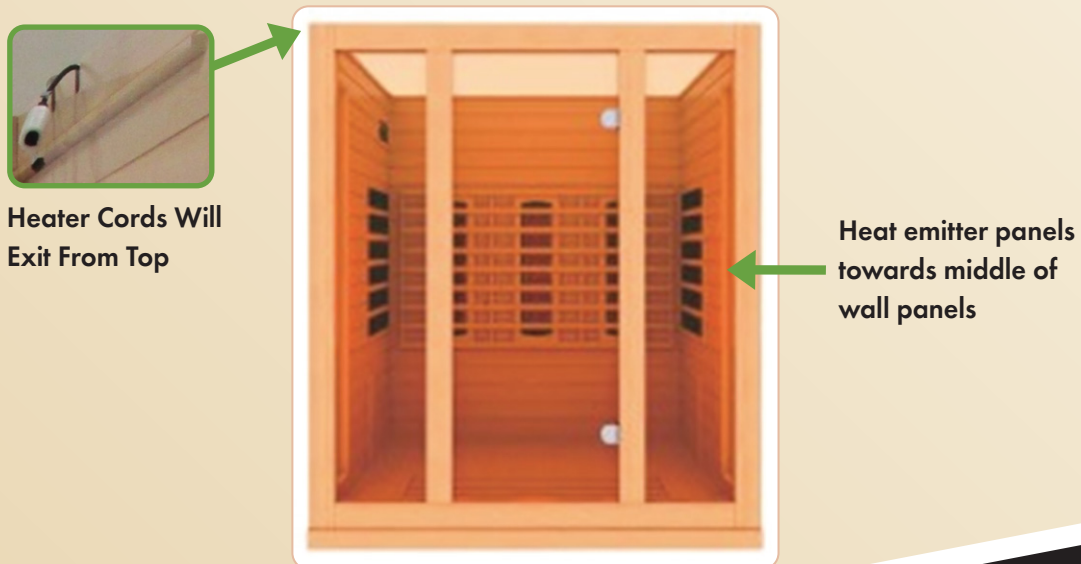


Figure 2

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ASSEMBLY INSTRUCTIONS

Pictures shown are for representation only and may not resemble your exact model.

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 Panel ▶ Bench Heat Emitter Panel ▶ Bench ▶ Roof Panel ▶ Roof Cover **(Order Could Vary)**
5. Tools Required: Philips Screwdriver and Ladder

B. Installing the FLOOR PANEL

1. When the floor panel faces upward, you will find the floor heater with the wood grade over it. The FLOOR HEATER will be situated towards the front of the sauna room. Make sure the floor is facing the correct direction before installing the wall panels. (see Figure 3)

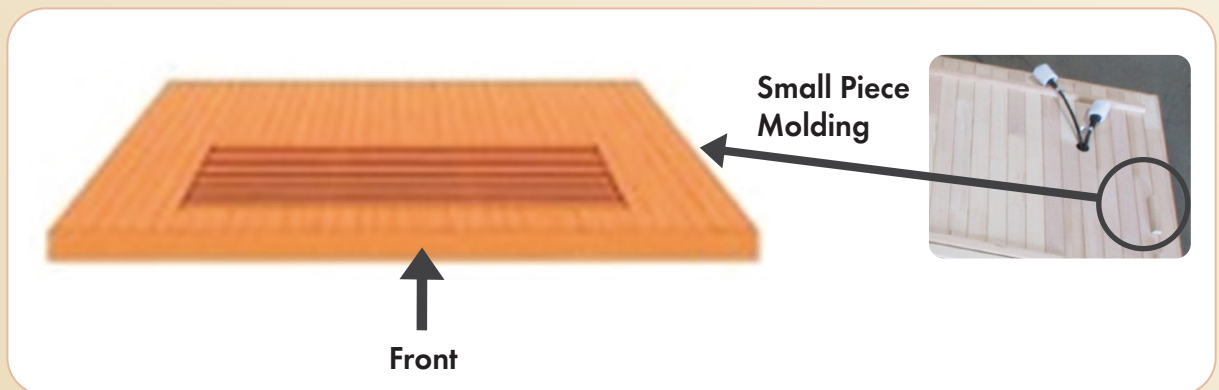


Figure 3

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

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 4)

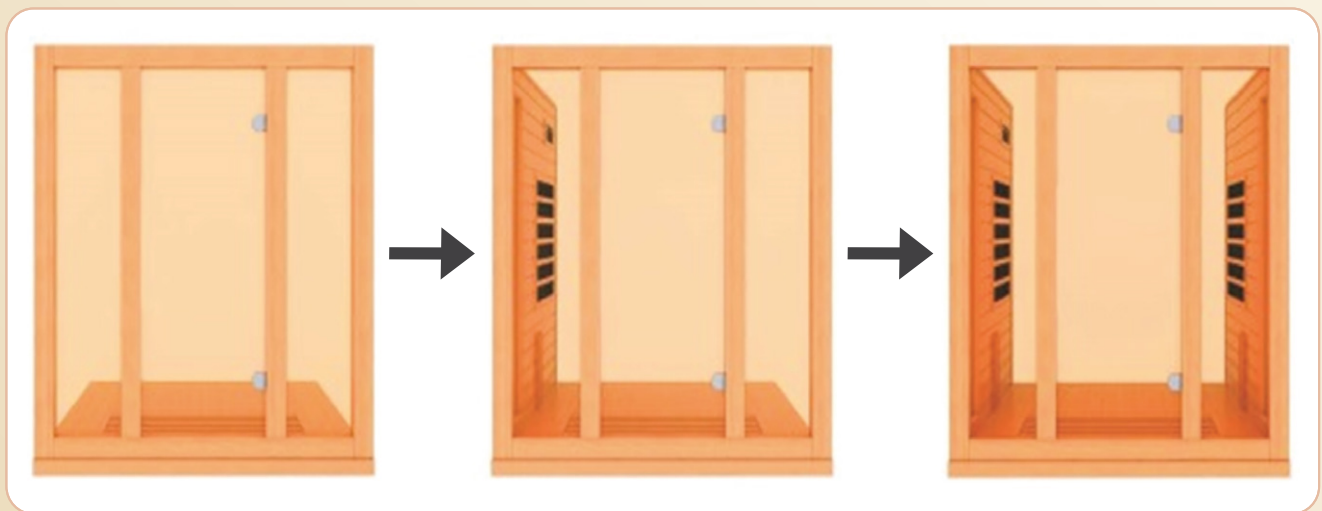


Figure 4

D. Installing the REAR PANEL

1. Remove the protection paper (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 RIGHT SIDE WALL PANEL and use the buckles to latch together. Do the same for the LEFT SIDE WALL PANEL. (see Figure 5)

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Figure 5

E. Installing the FLOOR HEATER, BENCH HEAT EMITTER PANEL and BENCH

1. You will first place the FLOOR HEATER ASSEMBLY on the sauna floor. The FLOOR HEATER CORD can be connected to the corresponding connection from the REAR WALL PANEL. (see Figure 6)
2. Next, slide the BENCH HEAT EMITTER PANEL into place by lining it up with the vertical channel on the LEFT SIDE WALL PANEL. You can then swing the right side forward up against the vertical wood guide. Be sure that the emitter grade cover is facing outward (toward the front of the sauna). You can plug the BENCH HEAT EMITTER cord into the connection from the REAR WALL PANEL.
3. Install the BENCH by sliding it over horizontal over the BENCH HEAT EMITTER and all the wall back against the REAR PANEL. Once it is secure in place, you can use the two screws to mount it so that it doesn't move.



Figure 6



Figure 6a



Figure 6b

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F. Installing the NEAR Infrared Heaters

1. First, you will need to locate the NEAR Infrared Heaters (see Figure 20)
2. From the inside of the sauna room, one adult will first need to connect the heater cord to the connection at the floor. See Figure 20a. Next, you will need to place the NEAR Infrared Heater up and onto the stationary glass panel lining up the mounting holes. A second adult will insert the knob and screw each knob one at a time to the NEAR Infrared Heater box from the outside of the sauna room. These knobs will only need to be hand tightened. Be sure not to over torque them. (see Figure 20b)
3. Next, connect the NEAR Infrared Heater cords to the applicable connection coming from the REAR WALL PANEL.



Figure 20



Figure 20a

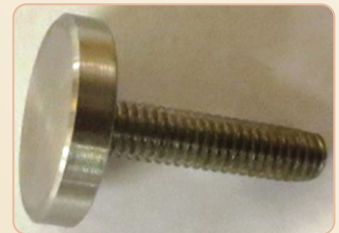


Figure 20b



Figure 21

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G. Installing the FRONT GLASS DOOR HANDLE

1. Now that the FRONT PANEL has been installed, the inner and outer door handles need to be mounted to the FRONT GLASS DOOR. According to Figure 7, the FRONT GLASS DOOR must sit between the (2) white washers. The screws are inserted from the inside of the FRONT GLASS DOOR and screwed into the outer handle. Be sure not to over tighten the screws or you will shatter the glass. Next, the inner door handle needs to be inserted over the screws. Use the provided Hex wrench to tighten the (4) hex screws.

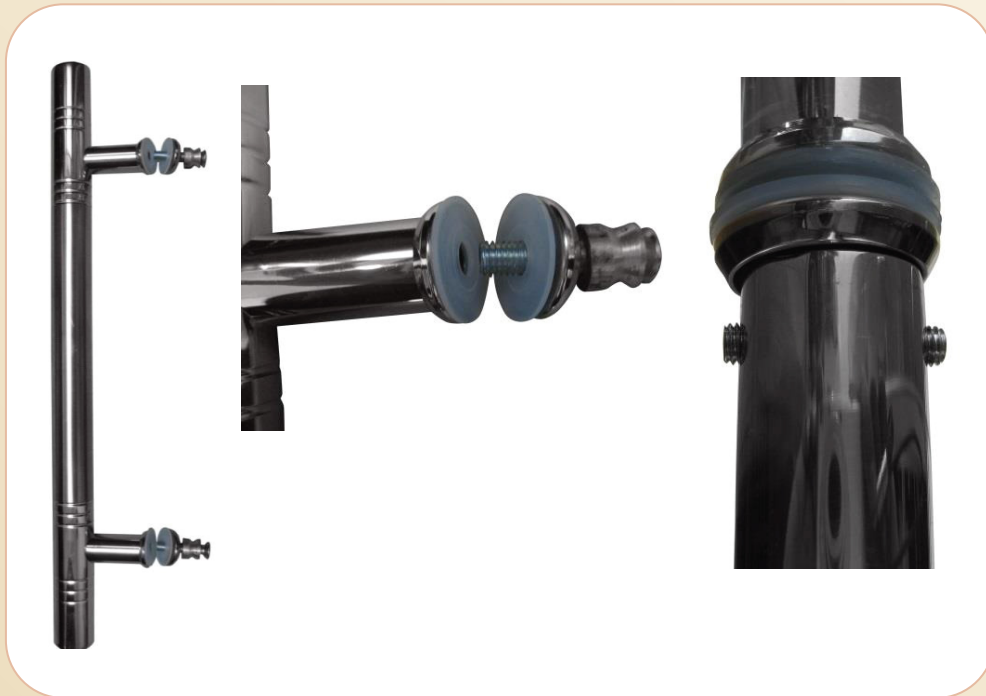


Figure 7

H. Installing the ROOF PANEL

1. The ROOF PANEL will need to be lifted up and onto the top of the sauna room. The side of the ROOF PANEL with the power supply (control box) is the top side of the ROOF PANEL.
2. The edge nearest the power supply 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 to the roof topside.
3. Be careful not to force the ROOF PANEL into place. Make sure that the wires are properly fed up and onto the rooftop. Furthermore, make sure the ROOF PANEL sits snugly and level. Please note that the sauna will come with screws to screw the ROOF PANEL to the wall panels, but this is optional.

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I. 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 are connected snug and tight

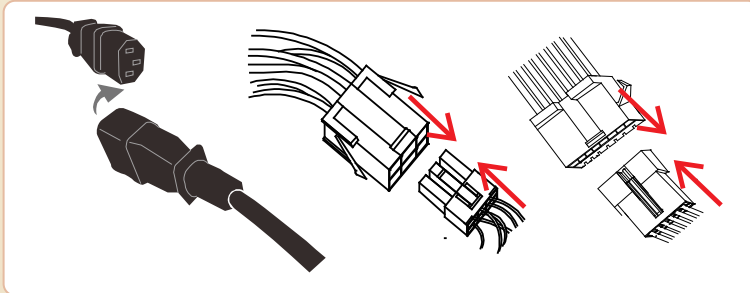


Figure 8

J. 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 9 and Figure 14)
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 12)
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 10 and 11)
7. Connect the antenna plug to the back of the radio. (see Figure 13)
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 14)

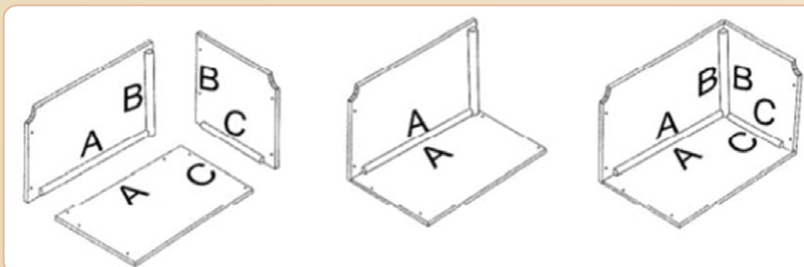


Figure 9

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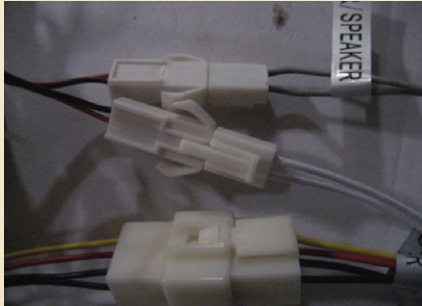


Figure 10

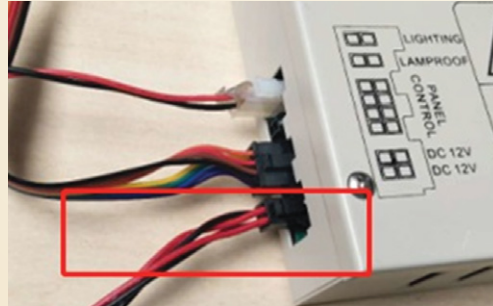


Figure 11



Figure 12

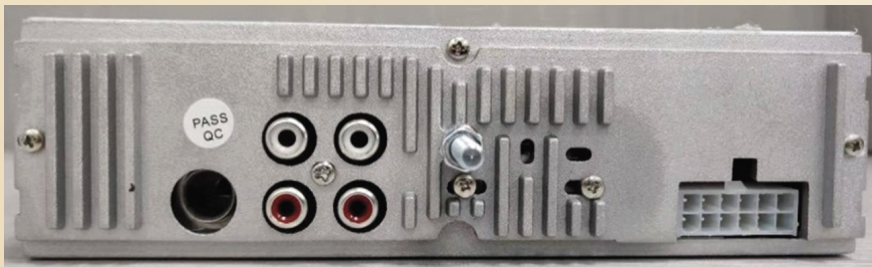


Figure 13



Figure 14

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. 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. (see figure 15)

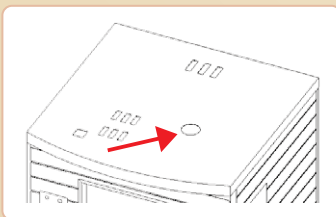


Figure 15

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K. Installing the TEMPERATURE SENSOR and Optional MP3 SHELF

1. Enter the sauna and remove the protective covering (masking tape) if present from the TEMPERATURE SENSOR. Situate the TEMPERATURE SENSOR so that it is vertical and pointing downward. (see Figure 16)

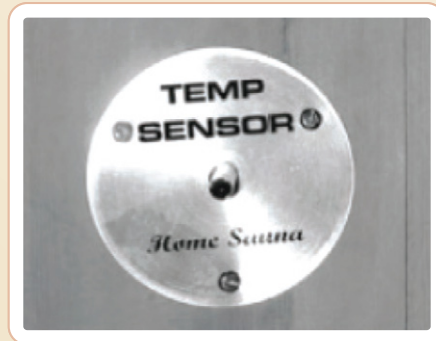


Figure 16

Note: Some 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.

1. If your sauna comes with the **optional** MP3 shelf, use the two screws provided to mount the self on either the side panels or front panel. (see figure 17)



Figure 12

INSTALLATION COMPLETED.

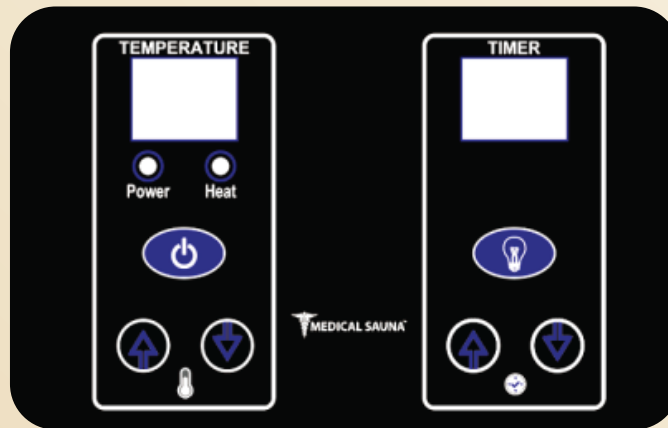
MEDICAL 5™

INFRARED SAUNAS




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  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

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- 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.
- To return back to the Timer mode, press the  button.
- e. You can operate the sauna with the ceiling vent in the open or closed position.
- f. 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.
- g. **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. When the timer display shows "05", the timer will buzz and the sauna will shut off automatically after 5 minutes. To extend the sauna session, reset the timer again by pressing the .
- h. **The Fahrenheit and Centigrade display** can be switched by pressing and holding the temperature button  and  at the same time and then pressing the .
- i. **Radio Player** - Please read the instructions provided with the radio player.

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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.

CAUTION:

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

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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 even 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 moveable roof ventilation or leave the door open slightly. The roof ventilation is installed on the sauna and used based on personal preference.
4. Use 2 or 3 towels during your sauna session. Fold one of the towels several times and place it on the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench. Place another towel on the floor to absorb perspiration as it falls from your body (only on Ceramic Saunas). If your model sauna has a floor heat emitter, do not place towels over the floor heat emitters. Use the additional towel to wipe perspiration from your body from time to time.
5. At the first sign of a cold or flu, increasing your sauna session may be beneficial in boosting your immune system and decreasing the reproductive rate of viruses.
6. To help relieve sore and tense muscles, massage the affected areas during your sauna session.
7. 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.
8. To utilize the sauna's heat therapy, put oil or treatment into your hair and wrap it with a towel. After your session is over, rinse your hair thoroughly. Please follow the product directions for the intended benefits.
9. The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
10. To conserve energy consumption, please unplug your sauna when not being used.
11. 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 open slightly and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about twenty minutes and when your body has completely cooled down, you can take a shower to rinse the perspiration off your body.

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SAFETY INSTRUCTIONS

1. Read and follow all instructions carefully before using the sauna.
2. When installing and using the electrical equipment, safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times by an adult.
4. Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
5. Pregnant or possibly pregnant women should contact their physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during pregnancy.
6. Hyperthermia Danger: the normal body temperature can't rise above 39 °C (103 ° F). Symptoms of excessive hyperthermia include: dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, physical inability to exit sauna, unawareness of impending hazard, unconsciousness and fetal damage in pregnant women. Hyperthermia could make your body's core temperature rise. Setting desired temperature to an excessively high temperature is not recommended.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness and/or other harmful physical injuries.
8. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
9. Persons using medications should consult a physician before using the sauna. Some medications may induce drowsiness while others may affect the heart rate, blood pressure, and/or blood circulation.
10. Exercise care before and after sauna use.
11. Never sleep inside the sauna.
12. Do not use any type of cleaning agents on the interior of the sauna. Only wipe down with a cloth and water.
13. Do not stock or store any object on top 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 or that the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid hazardous conditions.
15. Do not use the sauna during an electrical storm to avoid risk of shock.
16. Do not continuously switch the power on and off as it will compromise the life of the sauna's electrical components.

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SAFETY INSTRUCTIONS

17. Your hands must be dry and free of moisture before plugging and unplugging cords and wiring harnesses from the power supply and circuit boards. Never operate the sauna with wet hands or wet feet to avoid risk of electric shock. Never touch the metal prongs of the plug.
18. Do not attempt to make any repairs yourself. If a problem occurs with the sauna, please contact the seller, distributor, or manufacturer to avoid safety risks. Unauthorized repair attempts will void the manufacturer's warranty.
19. Please make sure the outlet power supply meets the specifications required. Failure to meet the requirements may cause safety risks.
20. Some sauna models are equipped with reading and roof lamps. Because the lamp temperature will become very hot once powered on, do not touch the lamp as you will be burned. Do not touch it for at least 20 minutes after it has been powered off.
21. Do not pour water or any other liquids on the infrared emitters. Do not bump, hit, or break the heating elements as it may cause an electrical short and pose a safety risk.
22. Do not make any modifications to the sauna, the sauna structure, or the sauna components.
23. Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna room does not seem to be operating properly, stop using immediately and contact the manufacturer.

SAFEGUARDS FOR YOUR SAUNA

1. Do not install the sauna near water, near a bathtub, near a shower, in a wet basement, or near a swimming pool.
2. Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft cloth for cleaning.
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 fire, electric shock, or other hazardous conditions. After any repairs, please ask the service technician to perform safety checks to determine that your sauna is working properly.
5. Do not use any wall receptacle adapter or extension cord between the sauna cord and wall receptacle.

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TROUBLESHOOTING GUIDE

1. 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 the heat emitter cords are properly connected to the cords on the roof and that those cords are properly plugged into the power supply.

Solution: If some of the heat emitters are working, then the ones which are not working may have been damaged. Do not continue to operate. Contact the manufacturer for replacement parts.

Solution: If the heat emitters are not working but the control panel displays the time and temperature, then the temperature sensor may not be plugged in properly or it may be damaged. Turn the control panel off and then go to the roof of the sauna and locate the red and black wires 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 have heat, then the "TEMP 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.

2. Control Panel Malfunctioning

Solution: The control panel will turn on, but not off and the displayed numbers flash. The issue may be a connection problem. 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, check the pins to make sure they are straight and not bent, firmly reconnect the "CTRL" wire harness. Attempt to turn the sauna on at the control panel and check to see if the buttons are now responding. Contact the manufacturer for any additional troubleshooting.

Solution: If 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, then it means the control panel may have been damaged and will need to be replaced. Contact the manufacturer for additional troubleshooting.

3. Sauna Shows Signs of No Power

Solution: There could be one of a few problems causing this. First, check to see if the cord from the power supply is plugged into the wall outlet. 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, unplug the sauna immediately and contact the manufacturer.

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