



# TRADITIONAL 5™

## PRODUCT MANUAL



## 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 TRADITIONAL 5

We understand most people do not like reading manuals, so we made a video that will show you how to install the Traditional 5. Please go here to watch the video that will show you step-by-step how to install the Traditional 5.

[www.medicalsaunas.com/medinstall.php](http://www.medicalsaunas.com/medinstall.php)

### ▶ HOW TO USE THE TRADITIONAL 5

The Traditional 5 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 Traditional 5, 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](http://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](http://www.medicalbreakthrough.org/contact-us.php)*

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



## 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 Traditional 5 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.





## 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. 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.

**10. 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.

**11. 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.

**12. 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.

**13. 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.

**14. 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.

**15. 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](http://www.medicalsaunas.com/glassdoor.php)





Thank you for purchasing Medical Breakthrough's Traditional 5 Sauna. In order to use these products safely and effectively, please read this manual carefully before use. We reserve the right to improve our products and change the manual accordingly.

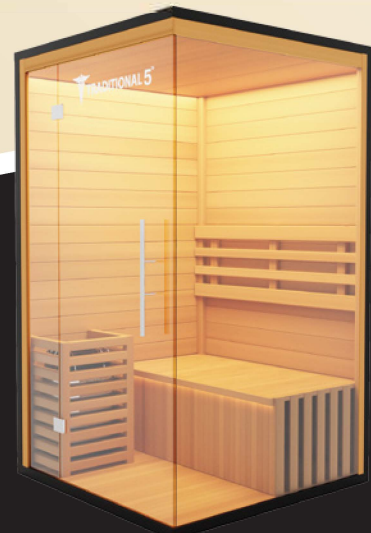
## CONTENTS

Contents -----	1
Preparation -----	2
<b>INSTALL ELECTRICITY BOX</b>	
Powerbox indicator -----	3
Parameter -----	3
<b>INSTALLATION</b>	
Parts drawing -----	5
Installation drawing-----	6-9
<b>OPERATION INSTRUCTION</b>	
Controller indicator -----	10-12
<b>AFTERSALES SERVICE</b>	
Warning -----	13
Usage Notice -----	13
Reminder -----	13
Maintenance -----	14
Trouble Shooting -----	14

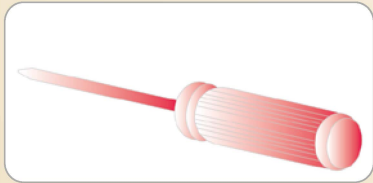
### PREPARATION BEFORE INSTALLING

Assembling the electrical components requires specific basic knowledge and may only be done by an electrician.

**Tools needed:** Phillips Screwdriver, Ruler, 8mm Allen Wrench.



## PREPARATION / PARTLIST



Screwdriver



Tape Measure



8mm Allen Wrench

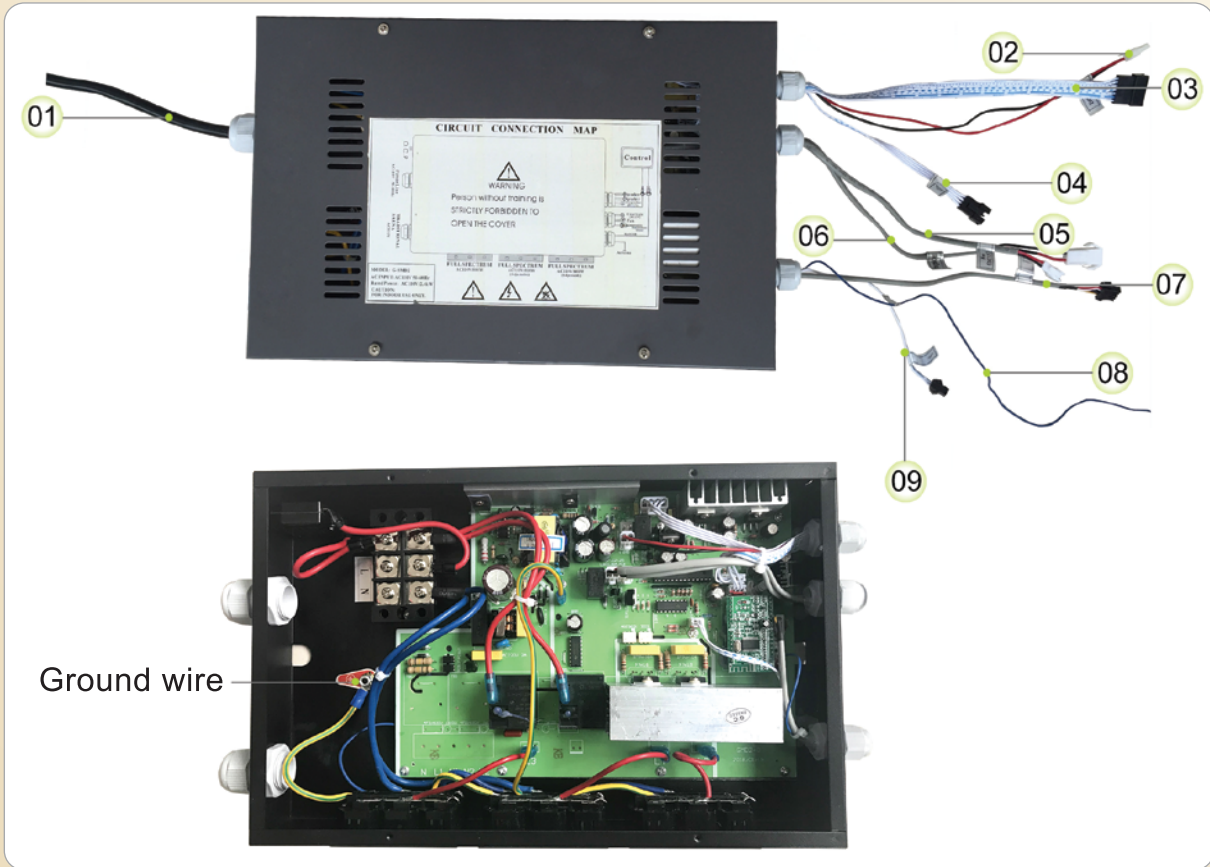
1. Check the quantity of components according to packing list and parts list.
2. Check the quantity of materials according to parts list.
3. Check if there is damage on the surface of product components.
4. A grounded outlet is recommended to use at least 25A with a fuse protection switch.
5. A professional electrician is recommended when installing electrical components.

**If the above conditions are not met, please contact the dealer.**



## INSTALL ELECTRICITY BOX

### ► Powerbox Indicator



- ① **Main Power Supply**
- ② **Oxygen Lonizer**
- ③ **7P Signal Wire:** To get a signal for the control panel
- ④ **Speaker Wire:** With wiring for left and right channels
- ⑤ **Fan Wire:** With wiring to connect fan
- ⑥ **Colour Wire (optional):** With wiring to connect roof lamp
- ⑦ **USS Input:** for Udisk or memory card
- ⑧ **Antenna**
- ⑨ **Temperature Protector Wire:** To connect the temperature protector



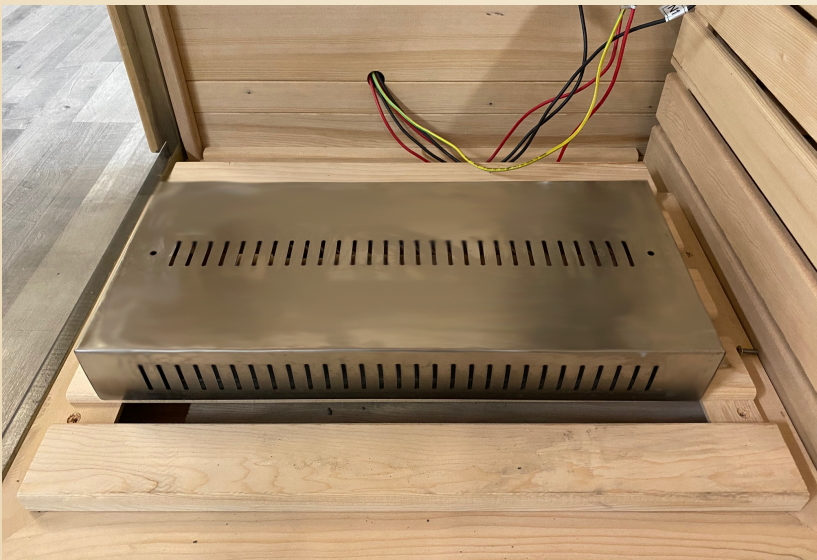


## INSTALL ELECTRICAL BOX

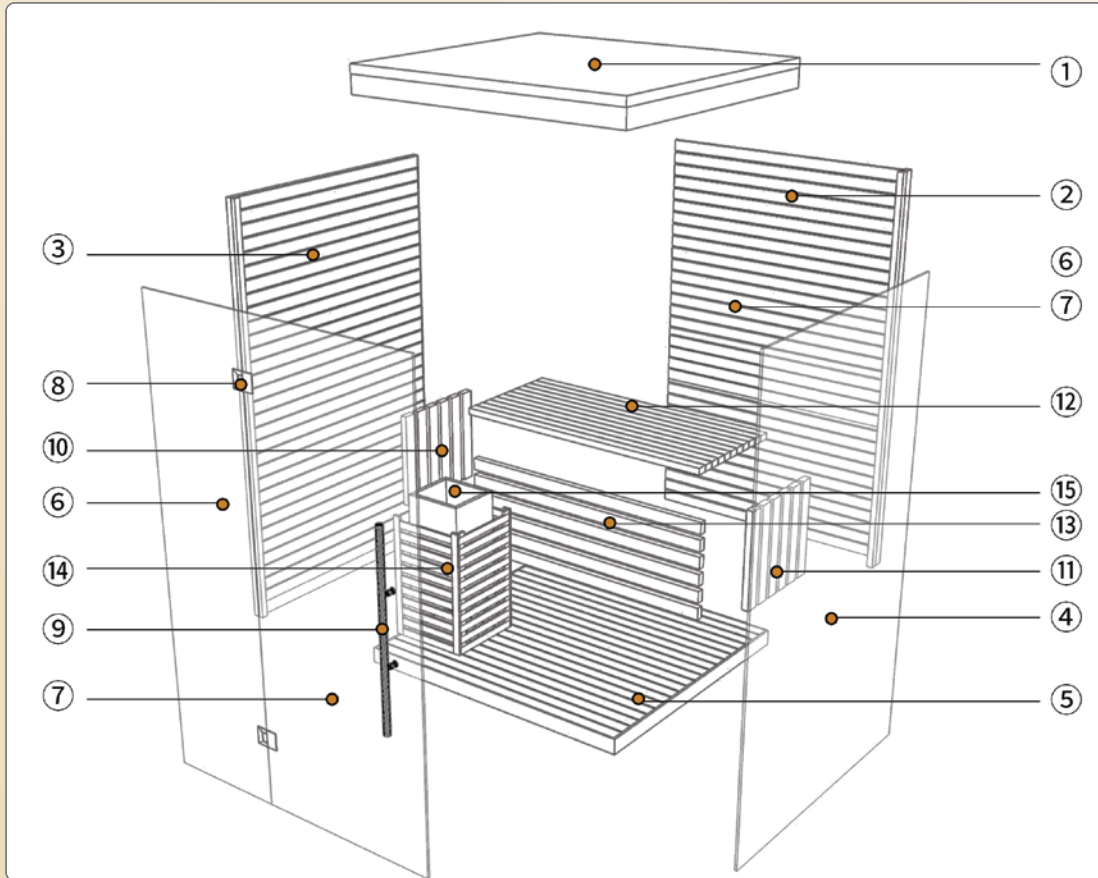
The plug for Electrical box and the load have different shapes, and with corresponding identification stickers for the line-side, please connect them according to identification stickers.

## STOVE HEATER PLATFORM

When installing your sauna stove heater, place the heater on top of the metal platform seen in the picture below to elevate the stove off of the wood floor of your sauna. Placing the stove directly on the wood sauna floor may result in damage to your sauna. Metal platform design may vary.



## PARTS DRAWING

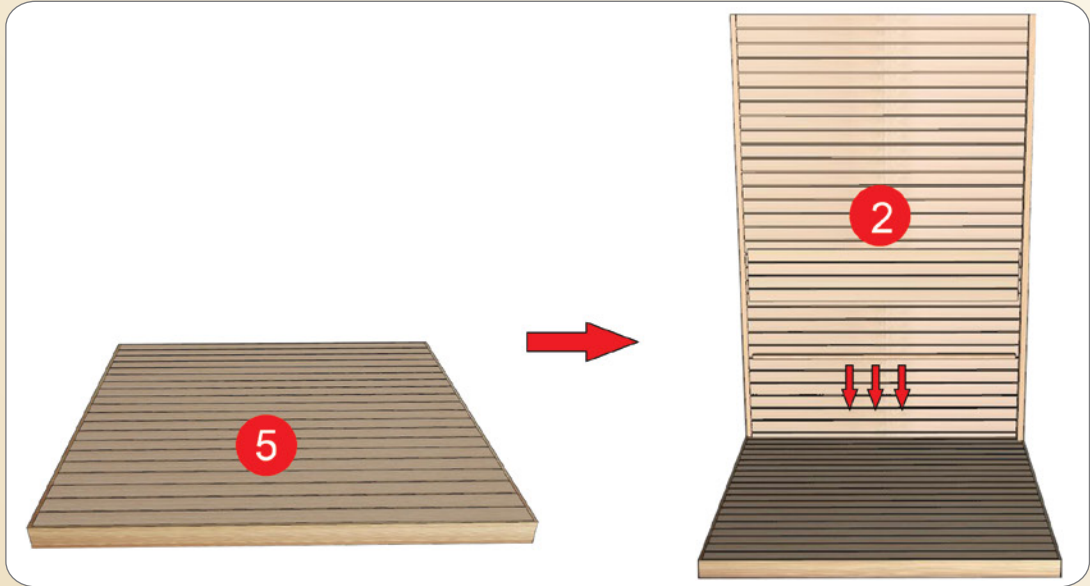


No.	Parts Name	Quantity
①	Top roof	1
②	Back panel	1
③	Left panel	1
④	Right side glass panel	1
⑤	Floor panel	1
⑥	Left side glass panel	1
⑦	Right front glass panel	1
⑧	Door hinges	2

No.	Part Name	Quantity
⑨	Doorknob	1
⑩	Small bench left support	1
⑪	Small bench right support	1
⑫	Leage bench top panel	1
⑬	Lerge bench front support	1
⑭	Heater guard	3
⑮	Sauna stove	1

## INSTALLATION DRAWING

▶ Step 1



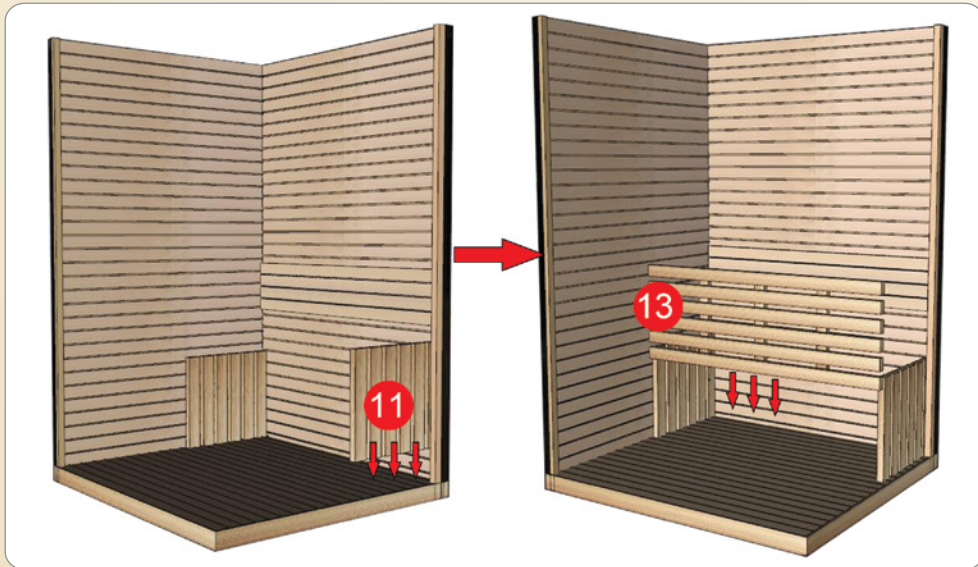
▶ Step 2



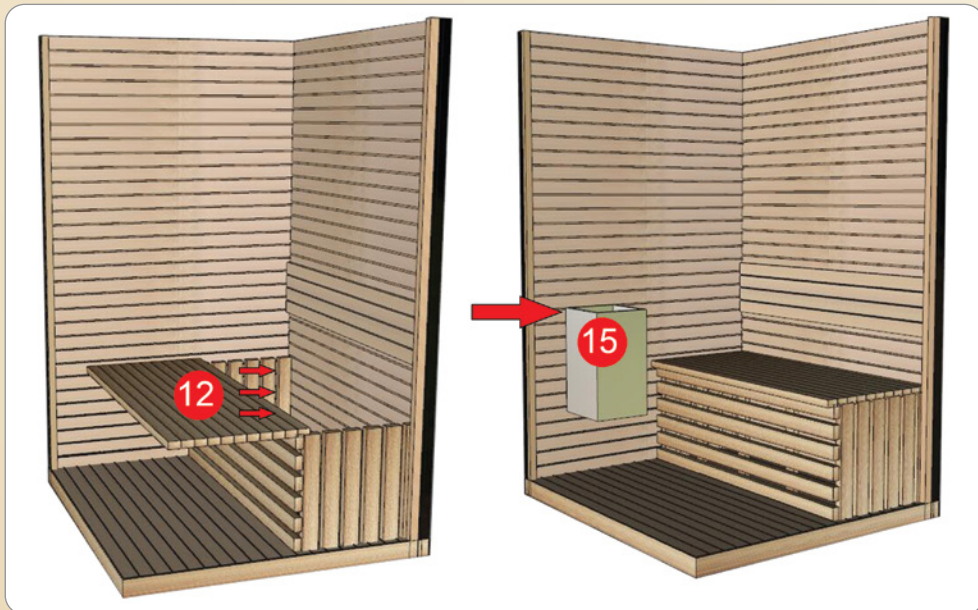


## INSTALLATION DRAWING

### ▶ Step 3



### ▶ Step 4



**INSTALLATION DRAWING**

**▶▶ Step 5**



**▶▶ Step 6**

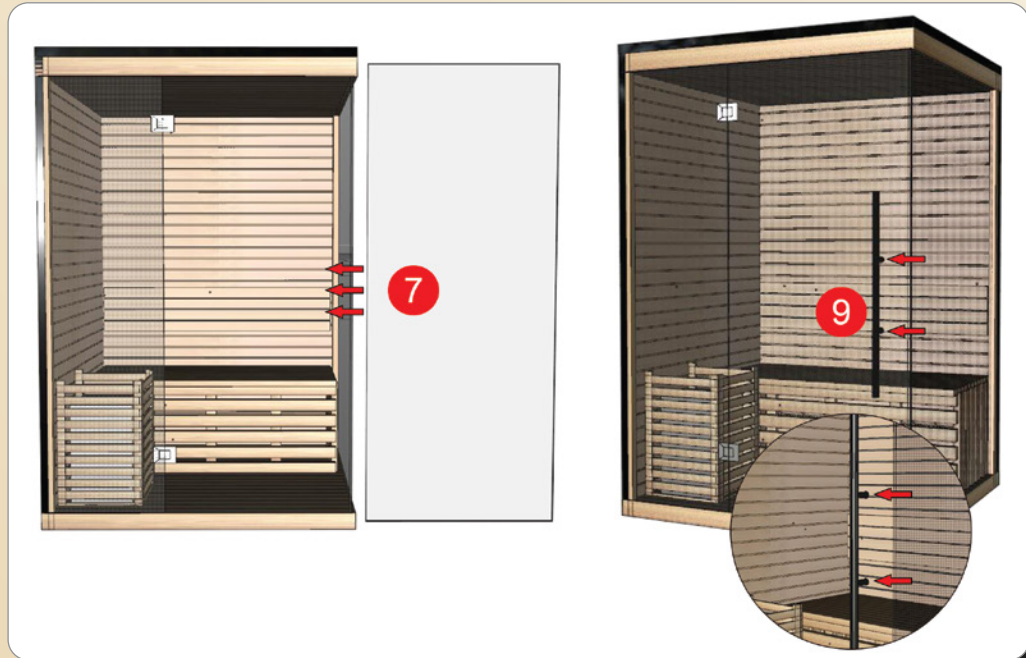


## INSTALLATION DRAWING

▶ **Step 7**



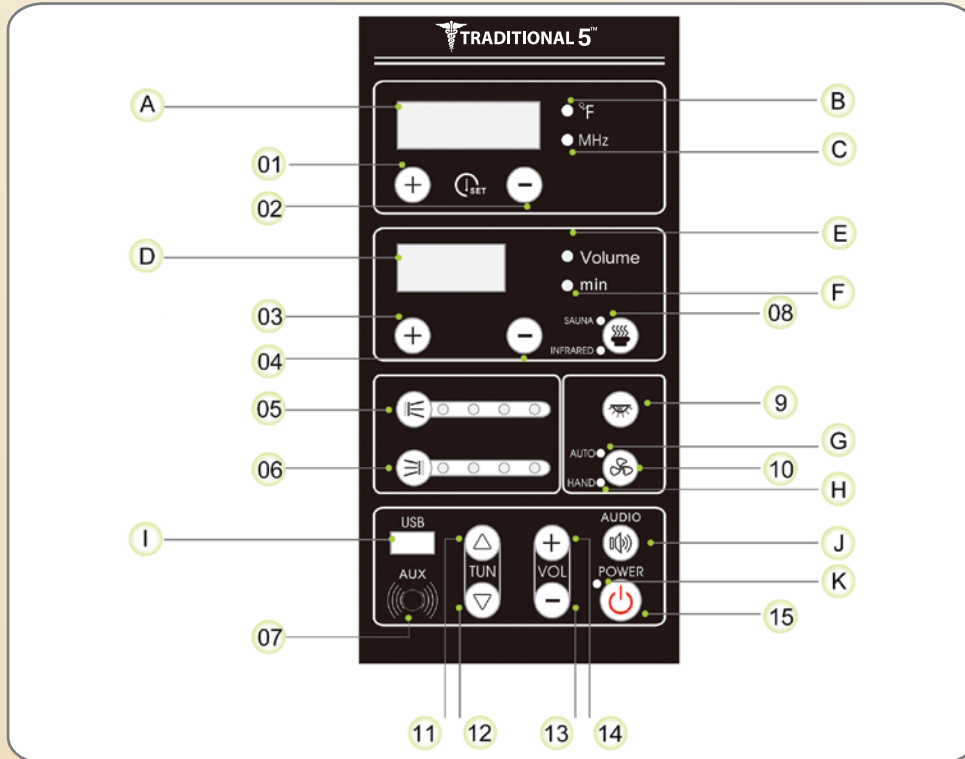
▶ **Step 8**





## OPERATION INSTRUCTION

### ▶ Controller Indicator



### ▶ Key

- |                           |                 |                |
|---------------------------|-----------------|----------------|
| ① Temperature+            | ⑦ CD/MP3 input  | ⑬ Volume+      |
| ② Temperature-            | ⑧ Sauna         | ⑭ Volume-      |
| ③ Time+                   | ⑨ LED light     | ⑮ Power on/off |
| ④ Time-                   | ⑩ Fan           |                |
| ⑤ Infrared saunas group A | ⑪ FM frequency+ |                |
| ⑥ Infrared saunas group B | ⑫ FM frequency- |                |

### ▶ Display Areas

- |                                 |                                 |                                |
|---------------------------------|---------------------------------|--------------------------------|
| Ⓐ Temperature/FM                | Ⓕ Time setting indicator light  | Ⓙ Music                        |
| Ⓑ Temperature indicator light   | Ⓖ Automatic fan indicator light | Ⓚ Power on/off indicator light |
| Ⓒ FM tune indicator light       | Ⓖ Fan by hand indicator light   |                                |
| Ⓓ Volume/time                   | Ⓛ USB                           |                                |
| Ⓔ Volume adjust indicator light |                                 |                                |





# TRADITIONAL 5™

## OPERATION INSTRUCTION

### ▶ 1. Turn on/ Turn off

Press the power button to turn on the sauna and the indicator light will turn on. Press the power again to turn the sauna off and the indicator light will turn off. Place the rocks in the sauna stove and pour water over the top to create steam. Failure to add water to the top of the stove will result in damage to the unit.

### ▶ 2. Time/ Temperature setting

Press time +/time -, the time will change in 1 minute increments up and down. Press the buttons to adjust the times between 01--60 minutes.

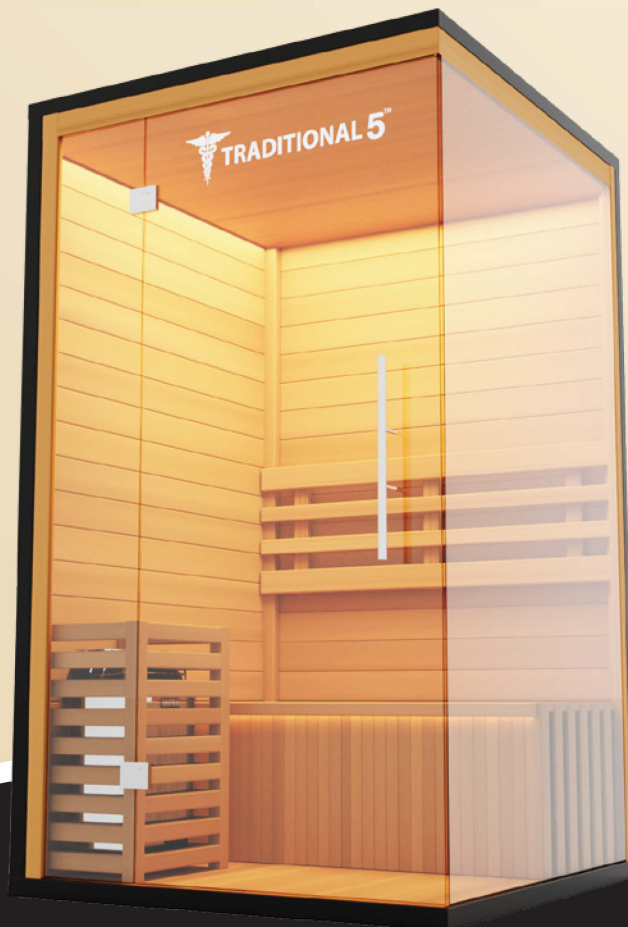
Press temperature+/temperature-, the temperature will change in 5 degree increments up and down.

### ▶ 3. Multi-color therapy/ LED light

Select any color buttons to turn the color therapy lights on. Press the buttons for the multi-color therapy lights again turn off. LED lights are controlled by a button indicated on the control panel.

### ▶ 4. Fan function

While the sauna is on, press the fan button to turn it on and an indicator light will turn on.



## OPERATION INSTRUCTION

### ▶ 5. Audio Function

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Press the AUDIO button, it will turn on the Bluetooth function.

Press the AUDIO button again and it will turn on the USB function.

Press the AUDIO button and third time and it will turn on the Radio function.

Press the AUDIO button a fourth time and it will turn on the AUX function.

Press the AUDIO button a fifth time to turn the audio functions off.







## OPERATION INSTRUCTION

### ▶ **WARNING**

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1. Product protective grade: Not for outdoor use.
2. For safety, don't change the electrical equipment. If problem occur, please ask a professional electrician for repairs.
3. Don't touch the heater surface while the sauna is in operation and soon after operation.
4. Don't use the product if you suffers from heart disease, or cardiovascular disease. Please ask your doctor before use.
5. Any child or persons with disabilities must have adult supervision during use.
6. Don't put any fabrics or flammable materials near heaters.
7. Don't use the stove water to wash the cabin.
8. Be sure of power off the sauna when you clean the cabin or replace parts.
9. External connected audio frequency should be not too excessive otherwise it will burn out the system and speakers.
10. The power socket switch must be grounded.
11. Take attention to rated voltage and power supply. If not matched, they cannot be used and if used, damage or injury may occur.

### ▶ **NOTICE**

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1. The ideal use time is 30 minutes. Control system set time is 40 minutes.
2. The suitable temperature is 110~120 F. Adjust heater's temperature to match needs.
3. Unplug the power from the socket after use.
4. Make sure wires and sockets are all connected securely before turning the power on.
5. After 2 cycles' use(twice 60minutes),turn off the heater at least 30 minutes.

### ▶ **REMINDER**

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1. In order to extend the life of the product, please follow all instructions in this manual.
2. Control system still has power running through it. Unplug the power cord to completely turn the sauna off.
3. Minors in the sauna should be furthest from the stove heater.
4. During accidental shut down, restart using the power button.
5. If you experience discomfort, shut off the sauna immediately.
6. Before, during, and after using a sauna, make sure to drink plenty of water to stay hydrated.

## CIRCUIT DRAWING

### ▶ MAINTENANCE

1. Please use a neutral liquid detergent to clean the product surface (Including bamboo wood, composite board, plastic, aluminum, plated parts, spray pieces) Don't use strong detergents and organic solvents such as Alcohol, Thinner, Ammonia, Acetone etc.)
2. Never wipe chrome-plated pieces with rough tools. Use a soft cloth.
3. Please keep the door or the air vent open to avoid mildew and smell.

### ▶ TROUBLE SHOOTING

Problem	Reasons	Remedy
<b>No power</b>	<ol style="list-style-type: none"> <li>1. Poor connection of power.</li> <li>2. Power failure with switch.</li> <li>3. Fuse off.</li> </ol>	<ol style="list-style-type: none"> <li>1. Connect the power socket.</li> <li>2. Reconnect the switch.</li> <li>3. Replace fuse.</li> </ol>
<b>No infrared</b>	<ol style="list-style-type: none"> <li>1. Temperature detector off.</li> <li>2. Heater supply plug no connected.</li> <li>3. Damage of infrared board.</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn switch on.</li> <li>2. Connect the plug.</li> <li>3. Replace infrared board.</li> </ol>
<b>No sound</b>	<ol style="list-style-type: none"> <li>1. Low volume setting.</li> <li>2. Speaker supply cord is loose.</li> <li>3. Damage to speaker.</li> </ol>	<ol style="list-style-type: none"> <li>1. Adjust volume.</li> <li>2. Connect the supply cord.</li> <li>3. Replace speaker.</li> </ol>
<b>No color light</b>	<ol style="list-style-type: none"> <li>1. Switch turned off.</li> <li>2. Multicolor lamp supply cord is loose.</li> <li>3. Damage to multicolor lamp.maged</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn on color light.</li> <li>2. Connect the supply cord.</li> <li>3. Replace the multicolor lamp.</li> </ol>
<b>No fan</b>	<ol style="list-style-type: none"> <li>1. Switch turned off.</li> <li>2. Fan supply cord is loose.</li> <li>3. Damage to fan.</li> </ol>	<ol style="list-style-type: none"> <li>1. Turn on the fan.</li> <li>2. Connect the supply cord.</li> <li>3. Replace the fan.</li> </ol>



Are your appliances running safely? Or do you trip a breaker each morning when you make your toast, putting added strain on other kitchen appliances? If this is a frequent occurrence in your home, your appliances may not be wired properly. Dedicated circuits are required by the National Electrical Code for major electrical appliances such as refrigerators, stoves, washers, dryers, space heaters, and more. They ensure enough power is available so that appliances can operate safely, without overloading the system.

### **What is a dedicated circuit?**

A dedicated circuit is set aside with a specific purpose, with its own circuit breaker in your electrical box. A dedicated circuit is intended for use with a single appliance only. No other appliances will be plugged into or utilize the energy from this circuit, making it “dedicated” to that single appliance. Dedicated circuits ensure major appliances that draw a lot of electrical current are able to access the energy they need without overloading your system, blowing a fuse or tripping a circuit breaker. Certain medium to heavy duty appliances may require a dedicated circuit:

#### **20 amp**

For mid-range items, like hair dryers and toasters.

#### **30-50 amp**

For heavy duty appliances like dryers. These breakers typically offer “double pole” protection to prevent the circuit from drawing too much power, possibly resulting in a fire.

A diagram of dedicated circuits in a home.

### **Why are dedicated circuits important for my home?**

Dedicated circuits protect your appliances, your family, and your home.

Appliances without a dedicated circuit may draw more current than the circuit can handle, tripping breakers, blowing fuses, and overheating wire insulation causing breakdown and the possibility of electrical fires.

Appliances that are wired to a dedicated circuit with incorrect wire size and insufficient amperage for their needs may get overheated possibly resulting in a fire. Trust the professional electricians at Mr. Electric® to ensure your appliances are wired safely and correctly.

### **How do I know if I need a dedicated circuit installed?**

The National Electrical Code requires that every fixed appliance be served by a separate, dedicated circuit, not shared with any other appliance. Breakers that are constantly tripping are a good indication of appliances in need of a dedicated circuit. If it has a motor, it typically requires its own circuit. Unsure? Contact a Mr. Electric professional for help.

### **Appliances that need a dedicated circuit include:**

- Electric ranges
- Wall ovens
- Refrigerators
- Microwaves
- Freezers
- Dishwashers
- Garbage disposals
- Toasters
- Washers
- Dryers
- Space heaters
- Heating and air conditioning units
- Furnaces
- Water heaters
- Garage door openers
- Sump pumps
- Water pumps
- Central vacuums
- Whirlpools/Jacuzzis/hot tubs/saunas
- Blow dryers
- Specific areas of your home such as bathrooms, kitchen counter area, and garages

## ► TIPS FOR USING YOUR SAUNA

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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 your body fluids.
3. To regulate the set temperature inside the sauna to your comfort level, use the movable 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 of 3 towels during your sauna session. Fold one of the towels several times and place it on the bench. The 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. If your model sauna has a floor heat emitter, do not place any towels over the floor heat emitter. 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 effect, put oil of treatment into your hair and wrap it with a towel. After your sauna 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.





## **RESPONSIBILITIES OF OTHERS**

- Unless otherwise expressly agreed in writing, In the event of a problem identified prior to installation, the unit must not be installed, and Company is not responsible for failures or damage that could have been discovered, repaired, or avoided by proper inspection prior to installation.
- Damage occurring in transit is the responsibility of the carrier.
- The user or installer **MUST** open the crate and inspect the unit for damage when it is delivered. If damage is discovered, it must be reported immediately to the seller and the carrier.
- Failure of the carrier to respond should be reported to the seller and the carrier. Your freight claims should be filed promptly thereafter.
- Damage occurring to the unit during installation is the responsibility of the installer, contractor or user, and damage occurring thereafter is the responsibility of the user. Failure of any non-factory installed components, parts and accessories is the sole responsibility of the user.
- Any replacement parts shall be covered only by the original equipment manufacturer warranty, if any. The Company is not responsible for costs to modify any product to obtain any code approval, such as city, county, or state building codes.
- Failure to abide by the instruction explicitly stated in the manual is the sole responsibility of the user.
- Damage to the installed equipment, or injury to any persons, as a result of, but not limited to, misuse, modifications, and negligence, is the sole responsibility of the user.





Manual Version 11.20