



# Black Far Infrared Sauna

## Owner's Manual

\* This product is protected by patents and unauthorized copies are prohibited.

Taiwan Patent : 90213050

China Patent : ZL01259546.2

USA Patent : US 6,615,419 B1

Germany Patent : 20213147.5

Manufacture is certified by ISO9001 Quality Assurance.

**Caution!** Read the entire manual through to the end before proceeding with the assembly and use of this product.

## Description

# Relax Sauna Parts Included

- 2 Foot Pads
- Reflective Sauna Tent
- Far Infrared Radiator Set
- 2 Sets of Supportive Poles
- Chair
- Carry Bag
- Controller
- Controller Holder



**Thank You For Purchasing A Relax Far Infrared Sauna**

**Product Size: 32" x 33" x 46"**

**Shipping Size: 27" x 11" x 19"**

**Weight: 32 Lbs**

**Voltage: AC 100V ~ 240V**

**Power: 1400W**



## Instructions

# Use of the Relax Sauna

**It is important that you keep yourself hydrated. Drink plenty of water before and after using the sauna**

- The duration for using the sauna depends on the individual's adaptability and habits. For beginner users, 7 to 10 minutes are suggested. For regular and advanced users 15 minutes plus becomes standard.
- Start with shorter times and increase time based on comfort level/tolerance. A full sweat usually takes 15-20 minutes.
- There are 2 switches, one for each far infrared radiator. For full power please turn on both radiators. For a gentle start at half power just one radiator may be used.
- If there is time left on the timer when you are finished using the sauna turn the two switches off and let the timer time itself out. Forcing the dial can damage it.
- **During use, please avoid touching any metal surfaces as they get hot. Including chair legs, radiator frame, etc.**
- Place your feet on the foot pads on top of the radiators. Placing them in front of the radiators will be uncomfortable.
- Use a towel to cover the chair and another one to cover any area of your body that touches the sauna, e.g. around your neck and shoulders, to soak up sweat. The sauna can be used with clothes on, you can also wear clothing to absorb sweat.
- **It is important to avoid using the sauna (or any electrical device for that matter) in wet environments, e.g. near pools or baths.**

How to

# Clean Your Relax Sauna



## Maintenance is Easy

Start by removing any towels left in the sauna from use.

Use a moist cloth and mild soap to wipe the interior of the sauna as needed to remove any moisture or sweat.

Essential oils can be used to give the sauna a pleasant aroma.

The neoprene pad between the two radiators can be removed and washed if necessary.

The two footpads above the radiators can also be removed and cleaned.

You can let the sauna run for 5 minutes empty to "self-clean". Zip the sauna completely up and place a towel over the head hole at the top.

Avoid the use of a dryer or compressed air. Carefully and gently use the hose attachment on a vacuum to suck out any debris from the radiators. \*Note do this gently to prevent tearing of the filters. Disassembly may cause damage and will void the warranty.

Use a wet cloth to clean the supportive frame that holds the generators in order to prevent rust.

The sauna tent by itself can be hosed out and dried.

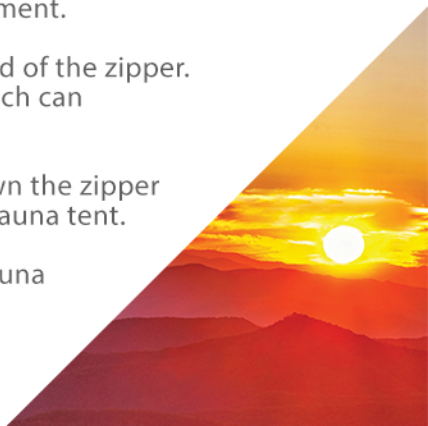
## Zipper Care

Please make sure to pull the open end of the zipper all the way down before zipping to prevent misalignment.

It is easy for users to drip sweat on the end of the zipper. Acid sweat can easily cause oxidation which can damage the zipper over time.

After each use it is important to wipe down the zipper to prevent oxidization of the zipper and sauna tent.

As a preventative measure many Relax Sauna users wax 2 to 3 inches of the end of the zipper.





## Important

# Relax Sauna Information

- Follow Instructions below for the use of electrical wire to avoid electric shock and fire caused by improper use.
- Use only an AC120V 15A independent outlet for the product "without sharing the outlet" with other electronics.
- Please avoid putting heavy objects on the electrical wire; It is not safe when wire is distorted, pulled or bundled.
- If the electrical wire is damaged or does not function Stop use and contact customer service immediately.
- Please remove metal objects such as necklaces, watches, rings, etc. before using the Relax Sauna. It is easy for metals to transmit heat and this may cause injury.
- Avoid Tripping! pull the zipper to the lowest point when entering or leaving the sauna and always make sure that the cords are out of the way while using the Relax Sauna.

## Instructions



# How to Setup Relax Sauna



Remove all contents from shipping box. Release the velcro strap holding the sauna tent folded. Untwist tent, lay flat, unfold and stand up. Completely unzip the zipper until it releases at the bottom.

## Instructions

# How to set up your Relax Sauna



Pull radiators away from each other until the push button spring snap clasp on the back of the frame locks into place.



Attach the poles to the outside of the generators. The poles with the protective cap go on top. Place the generators inside the tent with the vents facing in. Pull the tent over the poles.

## Timer Setup Video



The timer and holder attach to the top of the right side support pole where the plastic reinforcement strip is on the tent. Place the chair inside the tent and the electric cord under the zipper and zip up a few inches.



## Instructions

# How to store your Relax Sauna



Remove the chair and generators. Place the tent on its back. Fold the left side then the right so the velcro strap is out. Hold the tent up with two hands with the folded edge on the floor.



While applying pressure downwards the tent will fold into a figure eight pattern. Fold in half and attach the velcro strap.



Place the radiators in the center of the storage bag. Place the tent behind and the poles in front of the radiators. Zip carry bag from both sides to the top center. Fold chair seat first the back rest. Attach velcro strap.

[Find Out More](#)

# About The History of Relax Sauna

**The Relax Sauna is made in Taiwan.** The Electrical company that makes the Relax Sauna was commissioned by the Japanese government about 30 years ago (about 1980 – 1985) to try to create an energy that was similar to the Hot Springs in Southern Japan, where the warriors in ancient days would go after battle to heal. The hot springs had a particular energy that was very healing. We have since learned that somehow Far infrared energy is generated by the rocks near the springs. Taiwan is the world leader in producing semiconductor chips, and as it turns out, approximately 94% of the world's semiconductor chips that are made, are made in Taiwan.

**It was quite a challenge, to somehow transform electricity** so that the energy generated by the created device would generate this "hot springs" kind of energy.

**It took Dr. Chang, and his team of scientists 10 years** to perfect a way to – find a device that would transform electricity into that particular kind of energy that would have the healing effect that the hot springs in Southern Japan had. They found a way to create what is called a semiconductor chip which is made out of ceramic chip, has holes in it, has heat components in it, and has far infrared materials embedded in the chip. The purpose of this semiconductor chip is to resonate the frequency of far infrared to create the "hot springs" energy. In the wavelength of 4-14 microns.

## The Only Infrared Sauna Using Medical Grade Technology

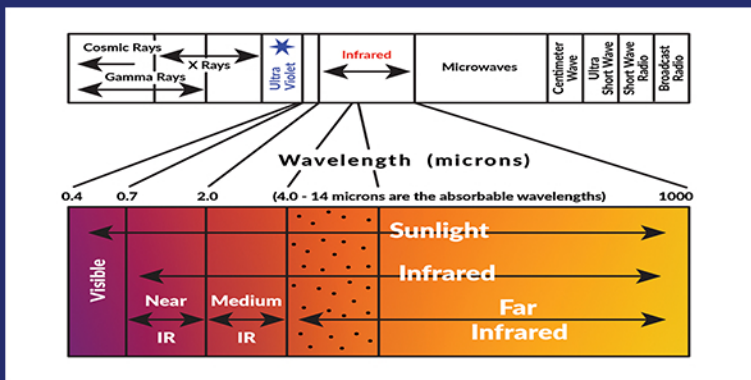
**Gold Medal Award**



**American Pittsburg  
Inventing Expo  
1998**







Get a Better Understanding

## What is Far Infrared Light Energy

Far infrared is a form of energy that is contained within both the Sun and all living creatures. It is used in baby incubators in hospitals, it is used by farmers for hatching chicken eggs and it is the energy that turtle eggs absorb from the Sun while in the sand on the beach.

## Far Infrared Saunas

Far infrared saunas work by emitting a certain bandwidth of energy that resonates with the water and organic cells of the body. This pulsating of water molecules causes an increase in core temperature, which mobilizes the lymphatic system.

## What are the Benefits

Far infrared benefits go far beyond heat. Heating is good for the body especially in ridding infection and the beneficial effects of saunas are well known, but by using a far infrared sauna you get the added benefits of increased energy production by cells, increasing collagen and elastin production by the skin, increased circulation, burn calories and fat, increase muscle relaxation, speed injury recovery, boost metabolism, and the detoxifying release of heavy metals stored in the body's fat cells.

Written

# One Year Purchase Warranty

Relax Far Infrared Ray Sauna (FIR9008E-2sw)  
Voltage: AC 120V/60Hz | Power: 1400W±10%

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

1. In order to provide users with complete customer services, after purchase, all information should be recorded above.
2. During normal use, free maintenance services are provided within one year after purchasing the product (plus the shipment fee); after the warranty expires, please keep the written warranty for after sales services.
3. When one of the following conditions occur during warranty, users shall be responsible for the repairing cost:
  - i. The failure to follow owner's manual or other abnormal use;
  - ii. Damages caused by natural disasters, fire, or unstable voltage;
  - iii. The cover belongs to the consumable material; the color change and unglued condition shall not be applied to the scope of the warranty; or
  - iv. An illegible written warranty

## Return Policy

Relax Sauna will accept return of products within 30 days of receipt. Product must be returned in original packaging and at buyer's expense. There is a \$100 reshelving fee. Credit will be given upon inspection of the product to ensure all items are included and in good condition. To arrange for return, please contact the representative. you purchased the sauna from.



Get More



## Also Available From Relax Far Infrared Health Products

We offer 4 other products which use the same ceramic far infrared generator technology found in the Relax Sauna



### Original Silver Sit-up

This is the original silver sit up Relax Sauna. With it's compact portable design, this safe and effective sauna delivers a complete experience that you can take with you anywhere you go.



### Lie Down Sauna

This one person sauna uses the same patented far infrared emitting radiators as the sit up Relax Sauna. Get the same benefits of far infrared energy while lying down in this portable, collapsible sauna.



### Sky Eye Medical Lamp

Recognized by the FDA as a medical device, this lamp is used in many medical practices and clinics and is extremely effective in wound healing.



### Desktop Table Lamp

This is a compact version of the same far infrared emitting technology as the Relax Sauna in a small desktop lamp style configuration.



# Far Infrared Saunas & Lamps

**Contact Now**

## Get in Touch

We always appreciate hearing from you. For questions please contact the representative that sold you your sauna. For any other concerns or questions, to order Relax Sauna or other FIR products, Please contact us anytime.



Relax Saunas of Momentum  
3509 North High Street  
Columbus, OH 43214



moment98@gmail.com  
phil@relaxsaunas.com



(800) 533-4372 store  
(614) 262-7087 store  
(626) 200-8454 Phil  
(614) 772-8433 after hours

[www.relaxsaunas.com](http://www.relaxsaunas.com)