

Assembly and Safety

Thank you!

Happy Steaming!

For feedback and support, please email
info@Saunarocket.com



Garrett Munro
Sauna Enthusiast
Sole owner and operator
Sauna Rocket ®



SAUNA
ROCKET®

1-person or 2-person Sauna Rocket

*For any issues, please email
info@saunarocket.com*

Welcome to the Sauna Rocket home steam sauna system!

This kit includes...

1. An insulated and collapsable sauna cabin
2. An electric steam generator

This kit *does not* include a chair for the system. We do recommend you use a chair when enjoying your sauna. A simple folding chair made of wood or metal will work well. Be sure to sit on a towel and mind the temperature.

SAFETY AND WARNINGS

Your safety is our top priority. Following these simple steps will ensure your experience is safe and enjoyable.

- 1. Never sauna alone & not for persons under 18 years of age**
 - Always tell someone when you are using the sauna and ask them to check on you periodically. Using the sauna alone may increase your risk of feigning. Not for children.
- 2. Set the time and the temperature**
 - Always use the timer and set the temperature level to one that is comfortable to you. Do not start at the max setting. Failing to set the timer and the temperature will increase your risk of feigning.
- 3. Stop if you feel faint or uncomfortable**
 - Make note of where the zipper is to exit the cabin. Leave if you feel unwell. Using the sauna when you are uncomfortable or feel ill can result in harm.

****FOR ANY PROBLEMS, QUESTIONS, or COMMENTS EMAIL
INFO@SAUNAROCKET.COM ****

The sauna is mobile and collapsable. Take it with you as needed.

The sauna can fit almost anywhere.

The sauna is easy to clean -

Be sure to clean out your sauna regularly. Use a sponge and soap and rinse with water. Leave the door open and allow the cabin to dry out after each use.

After you sauna, empty the water that has pooled in the bottom of the tray.

Always start with a dry sauna as this will improve the sauna experience and improve the speed at which the cabin gets up to a high temperature.

****An important note on ESSENTIAL OILS****

Do not put essential oils, or any other substance other than water, in the steam generator. Essential oils, such as eucalyptus, can be placed in the cup at the end of the tube that connects with the steamer.

DESIGNED AND ASSEMBLED IN THE USA
MANUFACTURED IN CHINA

If you are unhappy with your unit, please return to Amazon (free shipping included)

*If anything breaks or has issues, we can send you free replacement parts free of charge, email info@saunarocket.com

We are building new and better saunas and would love to have your input and invite you to test them! Email us!

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The Steam Generator

The steam generator is designed to produce hot steam very quickly. It has a digital interface that can adjust levels of intensity and set a timer for your session.

PLEASE NOTE The Steamer is packaged with the lid fixed UPSIDE-DOWN! You'll need to remove the lid and flip it right side up for use. Pull on the wire tab to lift the lid, or use a tool to pry the lid up. You do not need to remove any screws to do this.

1. When filling the steamer with water, do so up to **about half way in the water reservoir**.
2. Make sure all connections between the lid and the steamer are tight. Tighten the tube from the lid to the cup. Place the tube inside the sauna cabin through the vent near the floor. Attach the plastic cup to the end of the steam tube. The dispenser cup will dispense the steam and reduce the chances of hot steam contact with your body.
3. Plug the machine into the wall and turn the power switch on. Try using the power at different levels, between 1-9. We recommend using it between 10-14 for the best experience, but this will vary based on user.
4. To avoid overheating the machine, do not run for more than 20-30 minutes. Observe all the safety precautions in this manual.

Do not use the remote control while inside the sauna.

Protocols for using the Sauna Rocket

When first starting your new sauna, advance slowly. Test your tolerance for time and temperature by starting at a mid or low level and only for 5-10 minutes. Gradually increase your time and temperature over time. Always follow the warnings in the front of this guide booklet.

The advantages of having a home sauna system are manifold:

1. You can sauna anytime you want-
 1. Try morning saunas to get your day started right
 2. Try it after work to unwind
 3. Do it after a workout to enhance recovery
 4. Do it before bed to improve sleep

4. Wear nonslip shoes and use mats

- Build up of water and steam will result in slippery surfaces. Wear non-slip shoes and place non-slip mats. Failing to do so will increase your risk of falling and may result in injury.

5. Hydrate and take breaks

- Be sure to drink lots of water before and after your sauna. Failing to do this may result in an increase risk of feigning and injury.

6. Do not put any part of your body within 2 feet of the steam or vent

- The steam produced by the sauna rocket is EXTREMELY hot and may cause burns if it contacts your skin. Do not put any part of your body within 2 ft of the hot steam or vent. Failing to follow this warning may result in serious burns or injury.

7. Attach the plastic cup to the end of the steam tube to reduce steam heat within the cabin.

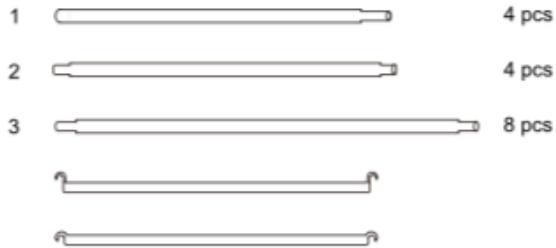
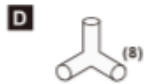
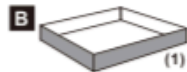
- Not using the plastic dispenser cup will increase the hot steam temperature and may result in burns and injury.



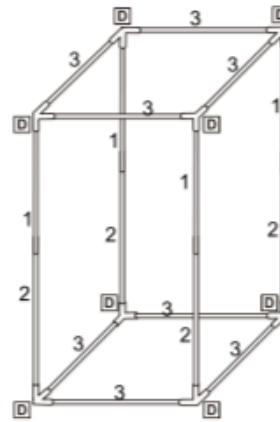
Sauna Rocket Cabin Assembly Instructions

COMPONENTS

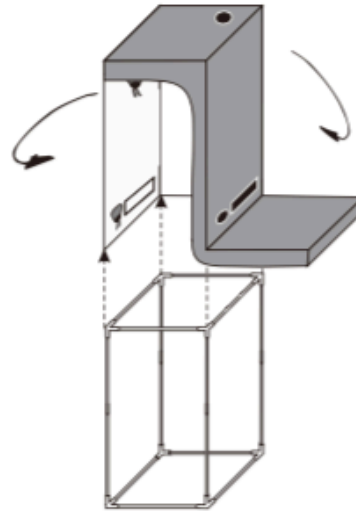
(A) Tent, (B) Floor Tray, (C) Filter Straps,
(D) Corner Adapter, (1-5) Framework Support



STEP 1



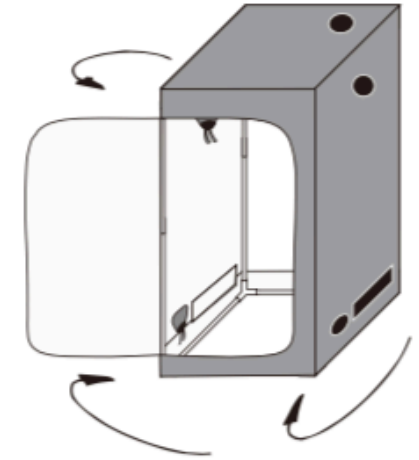
STEP 2



Unzip all zippers of the tent cover all the way.

First Gently pull up the top of tent shell on the frame
make sure all corners are squarely in place.
Having a helper makes this process easier.

STEP 3



Then pull the bottom of tent shell to cover
the base of tent frame properly.
Put all hanging bars on the top of frame.

STEP 4

