

  
*The Original Patented*  
**TheraSauna®**  
*Far Infrared Health Sauna*



***Owners Manual and Assembly  
for Model TS7754***

# **CONGRATULATIONS!**

Your recent purchase of a TheraSauna® is a step towards a lifetime of better health and well-being. Health and medical experts agree TheraSauna® is one of the finest products of its kind worldwide. We welcome you to the TheraSauna® family and wish you many years of enjoyment.

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**TS4746**  
STRAIGHT BENCH



**TS5753**  
STRAIGHT BENCH



**TS8484**  
STRAIGHT BENCH



**TS7754**  
OPPOSITE FACING



**TS6349**  
CORNER UNIT

Before assembling your TheraSauna® please check the parts you have with the enclosed parts list.

## Parts List

Figure 1



Face Up

### Bottom/Floor

Quantity 1

Figure 2

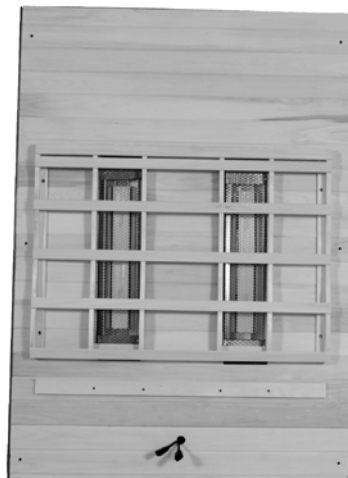


Sauna control box will face out.

### Back Wall

Quantity 1

Figure 3



Left side wall

Figure 4



Right side wall

### Side Walls

Quantity 1 Each

Sauna walls have stickers designating “right or left”

When installed, these panels will face into the sauna.

**Figure 5**



Outside Front Wall

**Front Wall**

Quantity 1

Finished side will face out.

**Figure 5**



Inside Front Wall

**Figure 6**

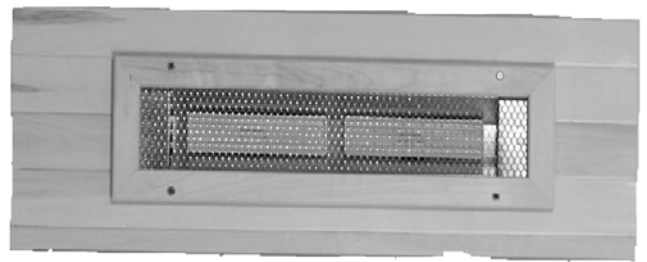


Knob faces inside of TheraSauna®

**Roof**

Quantity 1

**Figure 7**



Front view

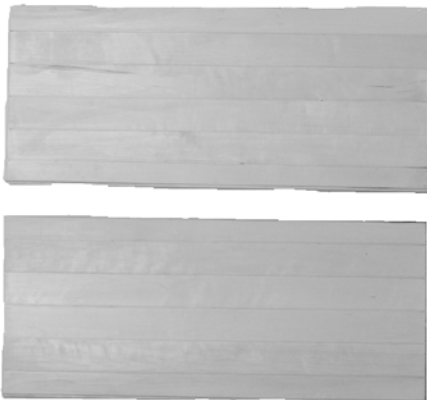
**Right Bench Support Panel/Seat**

Quantity 1

Quantity 1

**Figure 8**

Left and Right View

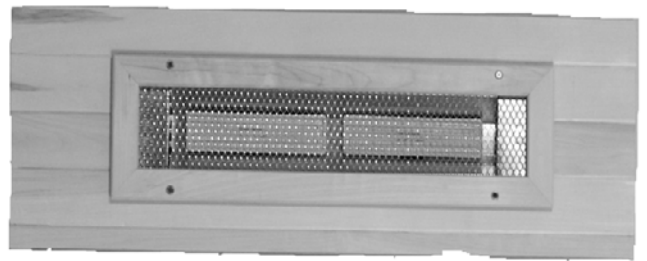


**Seat**

Quantity 1

Reversible bench, one side is contoured for sitting. The other side is flat for lying down. Serial number is on the flat side underneath of the bench.

**Figure 7**



**Left Bench Support Panel/Seat**

Quantity 1

**Figure 10**



**Light Fixture**  
Quantity 1

**Figure 11**



**Light Mounting Screw**  
Quantity 1

**Figure 12**



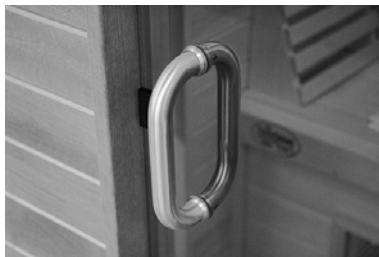
**Bolts**  
Quantity 14

**Figure 13**



**5/16 Hex  
Wrench**  
Quantity 1

**Figure 14**



**Door Handle**  
Quantity 1

## SAUNA LOCATION

The TheraSauna® should be installed only inside a home or other enclosed structure with a flat leveled floor and a 20 Amp dedicated outlet in close proximity. Saunas must be directly plugged into outlets, no extension cords should be used. Select a location that will be convenient for you and will provide you with maximum accessibility. Outside placement will void the warranty.

### Warning!

This unit is manufactured for **indoor** use only. **No water** should come in contact with the TheraMitters™ (heaters). Failure to limit use to the indoors and/or water contact on the TheraMitters™ of the unit will **void** the warranty.

Always consult a physician before beginning a sauna program.

Drinking water while using the TheraSauna® is encouraged to help with detoxification.

**WARNING:** For your own safety ... prolonged use in temperatures that are warmer than normal body temperature can result in a dangerous condition known as HYPERTHERMIA. The causes, symptoms, and effects of hyperthermia are described as follows:

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- (1) Failure to perceive heat
- (2) Failure to recognize the need to exit the sauna
- (3) Unawareness of impending hazard
- (4) Fetal damage in pregnant women
- (5) Physical inability to exit the sauna
- (6) Unconsciousness

**WARNING** – the use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

See the following website for some doctor's protocols: [www.lifestylelaboratory.com](http://www.lifestylelaboratory.com) and [www.sauna-protocols.html](http://www.sauna-protocols.html).

## FOR YOUR SAFETY

1. Electrical and/or Light Receptacles shall not be installed inside the TheraSauna® room.
2. Do not add any locking or latching systems to the door of your TheraSauna®. Malfunction of which could cause entrapment inside the sauna.
3. The TheraSauna® comes with a sliding roof vent to provide proper ventilation to allow in fresh air if so desired. Keep vent closed when heating sauna.

## ASSEMBLY TIPS

All assembly instructions are included with your TheraSauna®. The following are tips for safely and correctly assembling your TheraSauna®:

1. This sauna will require at least two people to assemble. Panels can weigh up to 100 lbs.
2. When picking up the side panels or roof, do not pick them up along the thin trim pieces as they may crack. Also, when putting the walls together, be gentle and do not push too hard on these trim pieces.
3. When assembling the walls, do not over tighten the bolts until after you put the seat panel in place. By leaving the bolts and side panels a little loose, you can put the bench support panel and seat panel in without scraping the inside walls of the side panels. Once the seat is in place, you can snugly tighten all bolts.
4. If you need to move an assembled sauna, you should only push against the bottom floor section of the TheraSauna®. Do not push against the sidewalls.
5. Install half-moon light as desired, with glass shade facing up. When considering your choice for a light bulb for your new TheraSauna®, keep in mind that the light bulb operates on a dimmer-controlled switch. A standard 60 watt incandescent bulb is the recommended style or an incandescent bulb that is designed to be used with a dimmer switch. We do not suggest using a compact fluorescent bulb as they do not operate correctly with a dimmer and may cause damage to your sauna's light control switch. See manufacturer's warning on the fluorescent bulb package, "*Not intended for use with electronic timers, photo cells, or with dimmers.*"

## ASSEMBLY INSTRUCTIONS FOR THERASAUNA®



1. Place the base panel (Figure 1, page 3) on a solid flat surface with 5 supporting blocks down. Note: The two metal inserts will indicate the front of the base panel.
2. Stand back wall (Figure 2, page 3) on base with channeled edge up, make sure to center wall along back edge of base. Note: Base should extend out from each end of wall.
3. Stand left sidewall (Figure 3, page 3) with channeled edge up on base at a 90° angle to back wall. Sidewall trim forms a channel for back wall to interlock with sidewall. Insert three furniture bolts (Figure 12, page 5) through holes in sidewall and screw into back wall (do not tighten bolts.) Hex wrench (Figure 13, page 5) is provided.
4. Stand right sidewall (Figure 4, page 3) on base. Sidewall trim should interlock back walls. Insert three furniture bolts through sidewall into back wall (do not tighten).
5. Slide left bench support panel (Figure 7, page 4) into guides on back wall. Note: Ensure the heater plug is facing the back wall.
6. Slide right bench support panel (Figure 7, page 4) into guides on back wall. Note: Ensure the heater plug is facing the back wall.
7. Find the 3 cords with plugs sticking out from the hole on the lower left corner of the back wall. Matching up the colors, connect 2 of these cords to the 2 cords sticking out from the hole in the lower middle of the left side wall. Connect the third cord from the back wall directly to the plug located on the side of the heater box in the bench support. Again, make sure the colors match. Repeat these steps for the 3 cords located on the lower right corner of the back wall for the right side.





Fully Assembled TheraSauna.

8. Front edge of seat top (Figure 8, page 4) is finished. With finished edge toward you slide both left and right seat tops all the way to back wall so it rests on supports provided. Seat is reversible to your preference. Note: The seat cannot be reversed once the front wall is in place. The front walls must be removed if the seat needs to be reversed once the sauna is assembled.
9. Stand front wall (Figure 5, page 4) on base, with channeled edge up. Slide front wall into vertical channel on side and insert six furniture bolts into holes in both sidewalls into the front wall (do not tighten). At this stage begin to tighten bolts continuing around sauna. Tighten bolts securely.
10. Screw two furniture bolts (Figure 12, page 5) into holes in threshold inside door opening. Note: Some adjusting may be necessary to line up holes in threshold and threaded receivers in base using hex wrench provided.
11. Set roof (Figure 6, page 4) on sauna making sure top trim extends down over walls all the way around. If trim does not extend over walls all the way around, rotate top 1/4 turn.
12. Install light plug connector on light (Figure 10, page 5) into connector coming out of front wall. Screw securely to the wall with light mounting screw (Figure 11, page 5). See instructions included in light box.
13. All TheraSauna's are equipped with an LED. perimeter light system.
  - a. Locate the plug coming out of the roof panel (110Volts). Plug into wall outlet.
  - b. To turn on the lights, wave your hand in front of the motion detector located on the top of the sauna by the left side of the door.
  - c. Wave your hand in front of the motion detector to turn it off.

## USE

Always consult a physician before beginning a sauna program. You may wish to begin with shorter sessions, 10 – 20 minutes, in the TheraSauna® and work up to 30 – 60 minutes per session, as you feel more comfortable and familiar with the effects. Begin at a lower temperature setting and work up to one that is comfortable for you.

## ELECTRICAL POWER REQUIREMENTS

TS7754 – 110V-125V – 20 Amp 60 Hz dedicated wall receptacle.

NOTE: 120V systems require a *minimum* of 120V while under load

Overseas Units – 230V 7.5 Amps 50 Hz dedicated wall receptacle.

20 amp  
TS5753, TS8454, TS6439,  
TS7754

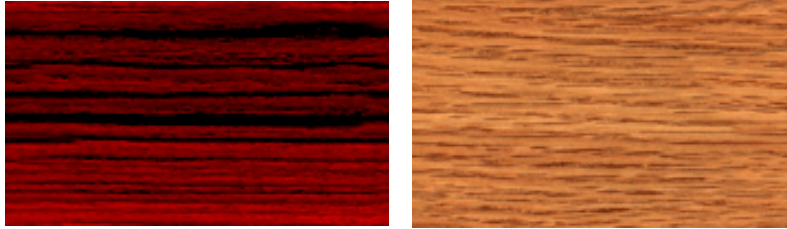
**Power Cord Plug  
Configurations**



## WOOD CHARACTERISTICS

Each tree has its own characteristics that are unique to it alone. These features include differences in color and grain directions that are produced by nature in every tree. These variations create the beauty and style found in fine wood.

Since these differences in texture and grain affect the final finish, it is impossible to guarantee an exact match in finish between any two pieces, even though identical finishing processes are applied.



We have used a uniform finish on the natural woods in this TheraSauna® and we hope that you will appreciate and enjoy its beauty.

## HELPFUL HINTS FOR SAUNA USE

Drink liquids prior to, during and after your sauna session. Water works just fine. Use the best quality water available to you. Eating a piece of fruit is helpful to replace potassium. The typical American diet can replace phosphorous which is lost through perspiration. Magnesium is replaceable through green leafy vegetables or supplementation. (Some facts about Gatorade: the “energy” Gatorade supplies to muscles is SUGAR. The “fluids” are water. And the “minerals” are salt (110 mg of sodium and 97 mg of chlorine), 25 mg of potassium and 24 mg of phosphorous. Americans eating an average diet of commercial food already consume too much salt and phosphorous. While many people could use a little more potassium, there is more than 25 mg in a TABLESPOON of orange juice.

If you shower or bathe before your Infrared Sauna session, you may sweat more: try it with and without first bathing or showering to see which you prefer. Have 2-3 towels available during your session. Sit on one towel folded over several times for added cushioning. Use another towel on the floor to absorb extra sweat. A third towel can be draped over the knees may provide comfort and is useful to towel off sweat during your sauna session.

As you become more heat conditioned you may wish to increase the length of your sessions to 40 minutes or longer. This is especially useful if desiring to heat soft tissues to their optimal temperature prior to stretching to attain a non-elastic, lasting elongation. Obviously, you will need to rehydrate very thoroughly and be sure to properly support your mineral balance. Consult your doctor about your individual usage. Many users report that they feel increasingly comfortable with longer sessions, some as long as 1 ½ hours. On other days these same people “feel finished” with their session after 30-40 minutes of usage. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.

## **THERASAUNA® DISCLAIMER**

### **Disclaimer**

QCA Spas, Inc. (manufacturer of TheraSauna®) and its affiliates do not provide medical advice, education or treatment. The information contained in this manual is for general information purposes and is not intended to address individual medical conditions. Infrared heat may not be right for you and the information herein should not be relied upon in making decisions about your health. Always consult your physician for medical advice.

### **Warning**

Elderly persons, infants, and anyone subject to heart disease, diabetes, high or low blood pressure, strokes, epilepsy or similar afflictions should not use the infrared sauna before consulting a physician. Unsupervised use by children should be prohibited. Never use the infrared sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medication of any kind or being treated by a physician for any reason, consult your physician prior to use of the infrared sauna.

QCA Spas, Inc. does not warrant results and cannot be liable for personal injury or health conditions resulting from use. The TheraSauna® is not intended for commercial use. We reserve the right to make changes to the sauna at any time, without notice, in cabinetry, materials, color, finish, design, specifications, and equipment.

 **WARNING**

**REDUCE THE RISK OF FIRES**

Do Not Install Closer Than 102mm or 4 inches  
To A Vertical Surface

 **WARNING**

**REDUCE THE RISK OF ELECTROCUTION**

Disconnect All Supply Connections Before Servicing  
This Appliance Has 1 Supply Connection

 **WARNING**

**REDUCE THE RISK OF ELECTRIC SHOCK**

Do Not Operate Unless Guard Is In Place

# **CAUTION**

## **REDUCE THE RISK OF FIRE**

Do Not Place Combustible Material On Heater At Any Time

# **WARNING**

## **REDUCE THE RISK OF OVERHEATING**

1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
2. Supervise children at all times.
3. Check with a doctor before use if pregnant, in poor health, or under medical care.



**Intertek**

This symbol designates that these saunas are listed by Intertek Testing Services NA Inc. for use in the United States and Canada.