

Instruction Manual



Thank you for choosing our Traditional Sauna!

NYS-1112

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READ AND FOLLOW ALL INSTRUCTIONS

- A) Extending Socket or other electric appliance is forbidden to be used inside the cabin.
- B) Any lock or latch system must not be fixed to the door of the sauna room, malfunction of which may cause entrapment inside the sauna room.
- C) Open the ventilation window if you feel choking when using sauna room
- D) Don't use infrared sauna when you are hyperthermia.
 - **The occurrence of hyperthermia:** Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F (37 °C).
 - **The symptoms of hyperthermia:** The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
 - **The effects of hyperthermia:** Failure to perceive heat. Failure to recognize the need to exit the room. Unawareness of impending hazard. Fetal damage to pregnant women. Physical inability to exit the room. Unconsciousness.



WARNING: The use of alcohol, drugs, or medication may lead fatal hyperthermia.

- E) Without authorization from the local electrical inspection institution, any modification to the sauna room is illegal.
- F) Warning: To avoid electric shock or burns, do not operate the sauna room unless heating safety guard is properly installed.
- G) Do not take any flammable materials into sauna room at any time to avoid fire.
- H) Other safety warning:
 - a) Exit immediately when feels uncomfortable, dizzy, or sleepy if stay in the sauna room too long time.
 - b) Supervise children and retarded persons when they are using sauna room at all times.
 - c) Pregnant woman, who in poor health or under medical care should follow the doctor's advice before using the sauna room.
 - d) Using sauna room will cause unconsciousness if over drunk or over taken medicines.
 - e) Please contact maintenance person if sauna room has problems
 - f) Disconnect sauna room power supply from wall socket before maintaining.

THE MANUAL MUST BE KEPT AVAILABLE FOR FUTURE MAINTENANCE.

1. Introduction

We welcome you to the most affordable traditional sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of traditional saunas every day. Traditional saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of traditional heat within the privacy of your own home.

We strive to deliver superior home health products at an affordable price. Our list of clients grows daily and we believe that your success is our success. Our staff has over 15 years of combined professional experience and is ready to provide you with excellent customer service.

2. Health & Beauty Benefits

Relieve pain: The heat energy of our traditional sauna accelerates the blood circulation and supply more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Traditional saunas have also been used to treat bursitis, rheumatism, arthritis, and hemorrhoids. Increased blood circulation not only alleviates internal ailments, but also skin conditions such as psoriasis, eczema and scars. Good circulation is essential for smooth and firm skin.

Burn calories & fat: The steam of the traditional sauna eliminates extra salt and subcutaneous fat. Burn up to 600 calories in one half hour session versus a half hour of jogging which burns 300 calories, and a half hour of cycling burns 225 calories.

Relax your body and mind: It supplies you for a special environment with 30°C-85°C. It passes through your body, speeds the metabolism, accelerates the blood circulation, brings the fresh oxygen and nutriment into the organization, the rubbish expels from the body along with the sweat, renews the energy quickly, then relieves tiredness.

3. Highlights

- a. High quality craftsmanship
- b. Automatic thermostat for constant temperature
- c. Timer
- d. Digital sensor and automatic thermometer
- e. Heat stove

Installation

1. Installation requirements

- a. Do not plug any other appliances into the outlet with your traditional sauna.
- b. Install the sauna on a completely level floor.
- c. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
- d. Do not store flammable objects or chemical substances near the sauna .

Installation procedure

Sauna Room:

1. Structure of Infrared Sauna. **See FIG-1.**

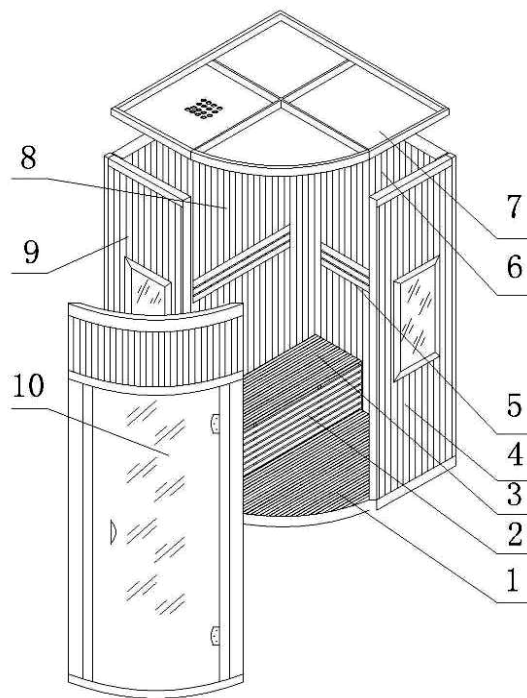


FIG-1

1. Bottom board 2. sitting baffle 3. sitting board 4. right front board 5. back rest
6. right back board 7. top board 8. left back board 9. left front board 10. front board

2. One unit packed into two cartons. See FIG-2



FIG-2 2 cartons



FIG-2.1 C/No.

Check the C/NO. on both cartons if they are the same. If not, please notify the store/website you purchased your Infrared Sauna, for example: C/NO: 002 1 OF 3, C/NO: 002 2 OF 3 and C/NO: 002 3 OF 3 are for one unit. See **FIG-2.1**

3. Make sure all parts are present before installing the unit. See packing list below.:

- | | | | |
|--------------------|---------------------|---------------------|----------------------|
| A. user manual | B. front board | C. left front board | D. right front board |
| E. sitting baffle | F. bottom board | G. sitting board | H. backrest |
| I. left back board | J. right back board | K. top board | |

4. Place the bottom board in the desired location of your sauna. See FIG-3.



FIG-3 Placing bottom floor



FIG-4 Assembling left and right back board

5. Align corresponding battens of the left and right back board, make sure the protruding batten aim to the flute. See FIG-4



FIG-5 Assembling left front board



FIG-6 Assembling sitting baffle and board

6. Align the corresponding battens of left front board and left back board, make sure they are fit with each other, and latch together. **See FIG- 5.**

7. Hold the left front board and right back board along the slot, then place the sitting baffle vertically into the slots and make sure the two legs are upright, Place the sitting board. lock them tight with screws. Note: make sure the sitting baffle uprights to sitting board. **See FIG- 6.**



FIG-7 Assembling right front board



FIG-8 Assembling front board

8. Align the corresponding battens of right front board and right back board, make sure they are fit with each other, and latch together. **See FIG-7.**

9. Align the corresponding battens of left front board and right front board, make sure they are fit with each other, and latch together. **See FIG- 8.**



FIG-9 Assembling the top board



FIG-10 outer line on top board

10. Deploy the top board flat. **See FIG-9.** raise the top board high enough to see if it fits with the surrounding boards, (When put down the top board, make sure the wires slipped through the corresponding holes of the top board.) and then put down. **See FIG-10**

11. Connect all the wires and connectors to the corresponding outlets on the top board. Please be sure all the plugs are connected tightly. **See FIG-10**



FIG-11 Assembling the light



FIG-12 Install the lampshade

12. First, fix the lampholder with screws, and connect the power supply lines. **See FIG-11.** Then lock the lamp and glass cover tight. ,then lock it with screw. **See FIG-11**

13. After that, put the lampshade under the glass cover (be moderate), then lock it with screw. **See FIG-12**



FIG-13 install the warm barothermohygrogram



FIG-14 examine the stove

14. Take out the warm barothermohygrogram, and put it on the level of panel. Note: do not put the warm barothermohygrogram under the heat stove. **See FIG-13**

15. Take out the sauna heat stove, and examine the equipment. **See FIG-14.**



FIG-15 disassemble the wooden frame



FIG-16 connect the power supply line of stove

16. Then disassemble one side batten of the wooden support frame, then lock it with screw. **See FIG-15.**

17. After that, upend the sauna stove into the wooden frame, and disassemble the right aluminum board, then connect the power supply line of the sauna stove. (Note: reference stove manual)Keep the power supply line away stove and lock them tight with screws. **See FIG-16**



FIG-17 location of the stove



FIG-18 Place sauna stone

18. After assembling the wires, install the right aluminum board and wooden batten, and place the stove on the right location. **See FIG-17**

19. Place sauna stone. Put bigger stones on the bottom and smaller stones on the upper. Also can not be too tight in order to facilitate the air circulation. And fix the baffle. **See FIG-18**

Operation

1. Precautions

- a. Check all the circuitry and the plug meet all requirements.
- b. Set the temperature and time to a comfortable level, normally, 60 minutes at about 80°C.
- c. Drink a cup of water before the sauna session.
- d. After 2 hours of continuous use, shut the sauna down for one hour.
- e. To avoid burns, do not touch the heating element.

2. Operation

- a. Plug the sauna into a outlet which is stated in nameplate. Do not share the outlet with any other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should be unplugged when not in use.
- b. Turn the temperature button on the outer controller to set the temperature.
- c. Turn the 'time' button to set the using time.
- d. Press the 'light' button to turn the interior light on and off.
- e. After your sauna session, turn off, and unplug the power cable.
- f. See the user manual of sauna stove to use it.

Warnings

1. Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the sauna heater elements.
- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- d. Do not use the traditional sauna if you have any of the following conditions:
 1. Open wounds
 2. Eye diseases
 3. Sever sunburns
 4. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years may use the sauna under the supervision of adults.
 5. If suffering from a disease directly related to temperature, seek the advice of a doctor before using.
 6. Do not place pets in the sauna.
 7. Do not use the sauna if you are under the effects of alcohol.

Trouble Shooting:

	problem	possible reason	countermeasure
1	indicator light for power supply not working	The connector is not connected properly	Check the connector or replace a new one
		No power supply input	check the circuitry
		Indicator light is broken	replace the outer controller
2	Sauna stove is not heating up	The heater is broken	Replace with a new one Of the same specifications
		The wire junction or the heater's wire is loosen	Check and make them tight
3	Odor from the sauna	The circuit's problems	1) there is eye winker around, remove it 2) parts on the circuit is broken
4	Light bulb is not working	Light bulb is burned out	Replace the light bulb
		Lamp holder is broken	Replace the lamp holder

Cleaning

Clean the outer controller with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary. Clean the sauna room with a wet cotton towel, dry with a clean dry towel. **Do not use benzene, alcohol, or strong cleaning chemicals on sauna. NOTE: Any chemical that can damage wood material will damage the sauna and the protection layer that is on the wood.**

***** Do not leave the sauna on for more than 2 hours at a time. *****

Transportation and storage

1. Avoid exposure to rain, snow or strong collisions during transport.
2. Do not store in damp environments.

Packing list

Name	Qty	Confirmation	Name	Qty	Confirmation
Front board	1pc		Sitting baffle	1pc	
Left front board	1pc		Sauna Stove	1pc	
Right front board	1pc		Sauna stone	1pc	
Right back board	1pc		barothermohygrogram	1pc	
Left back board	1pc		Light	2pc	
Bottom board	1pc		Screw , bolt	1bag	
Top board	1pc		Spare parts cartons	2ctns	
Sitting board	1pc		User manual	1pc	