

OUTDOOR SERIES



Thank you for choosing our sauna!

Introduction

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

Installation Requirements

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

Installation Procedure

Step One:

Place the bottom panel in the desired location of your sauna.



Step Two:

First, connect the two panels and follow these few steps:

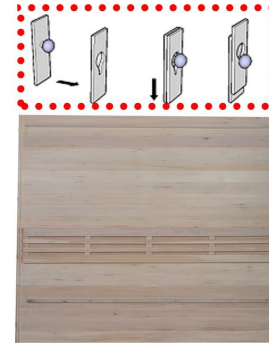
1. Lift the panel with the male locks a few inches.
2. Push it against the opposite panel; make sure to apply pressure around the top and bottom corners.

3. Slide the panel down to lock it in place. Make sure all the locks are connected (top and bottom).

4. Inspect the panels and make sure they are leveled (the panels top is flat and matching).

Then Align the back panel with bottom panel corresponding battens; make sure they are in line.

Connect the two panels like picture below.



Step Three:

Align the left panel with bottom panel corresponding battens; make sure they are in line. Left panel has three holes. Then secure the left and back panels with hinges.

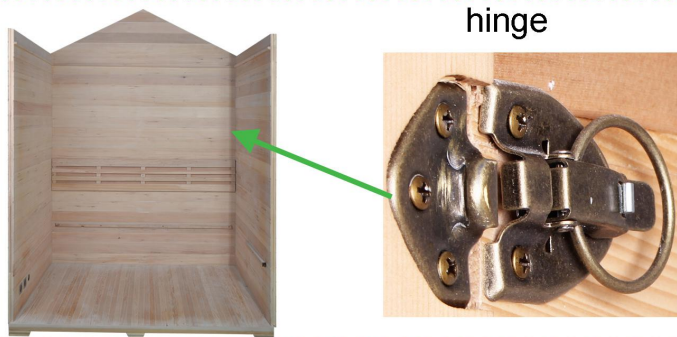
hinges

holes



Step Four

Align the right panel with the bottom panel's corresponding battens; make sure they are in line. The right panel doesn't have three holes. Then secure the right and back panels with hinges.



Step Five

Place the two wood frames beside the left and right panels like the picture below. Then secure them with the screws.



Step Six

Take the bench support and slide it down vertically into the slot within the inside wall. Then secure it with the screws.



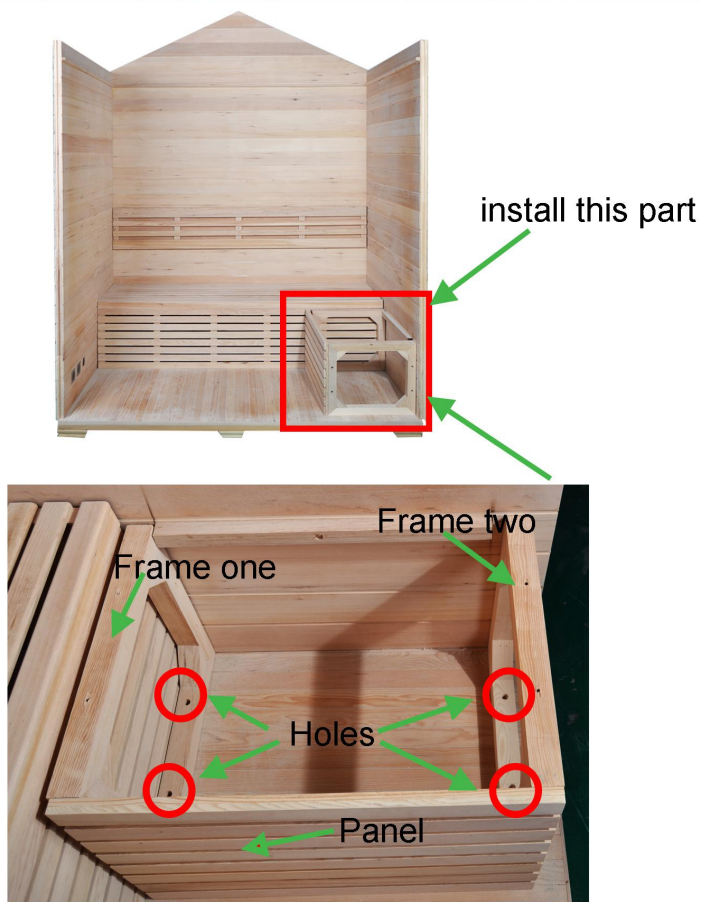
Step Seven

Put the bench horizontally on corresponding battens of the back panel. And secure it with the screws.



Step Eight

Place the two wood frames and slide it down vertically. Secure with the screws. Then place the panel and secure it with the screws.



Find the holes on the frame and the panel. Use screws to secure the frames and panel. Screws are packed with manual.

Step Nine

Place frame three like the picture below. Secure it with screws.



Find the holes on frame three and use screws to secure it.

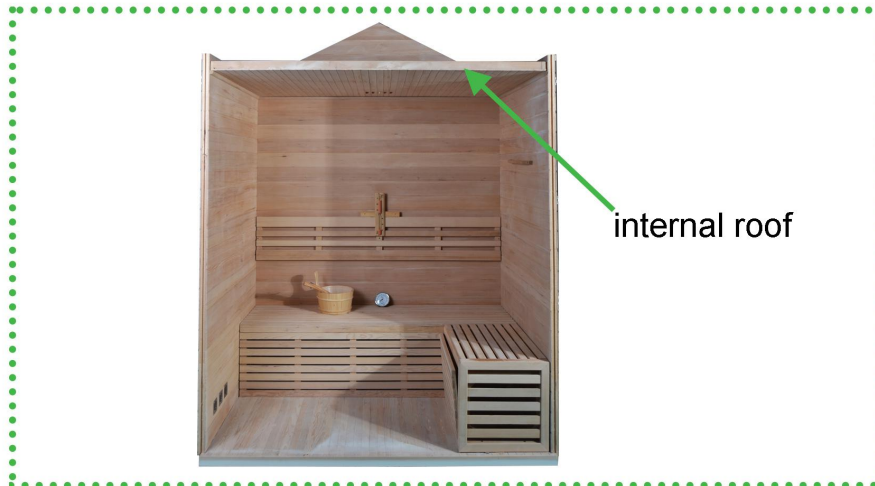
Step Ten

Put the small bench horizontally on corresponding battens of the right panel.



Step Eleven

Put the internal roof horizontally on corresponding battens of the left and right panels. Make sure they are aligned.



Step Twelve

Align the front panel with the bottom panel's corresponding battens.



Step Thirteen

Align the left and right roof with the left and right panel's corresponding battens.



Step Fourteen

Align the external roof with the left and right roof's corresponding battens.



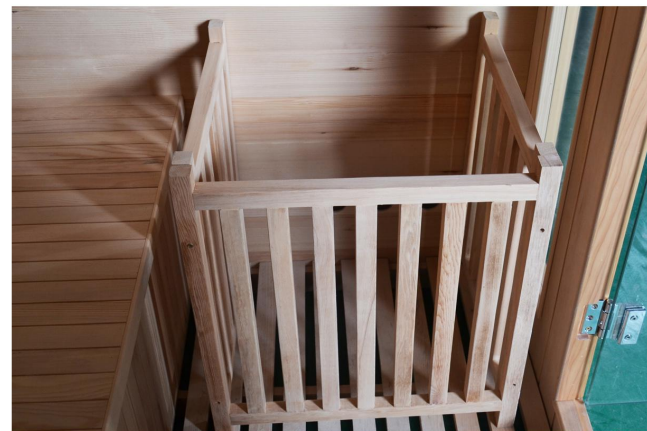
Step Fifteen

See picture below.



Step Sixteen

Install the heater guard with screws like the picture below.



Step Seventeen

Install the heater.

Please refer to the heater's user manual for installation instructions.



Step Eighteen

Install the sandglass and thermo hygrometer in any location you desire.



Step Nineteen

Install the door handle with screws.



To make sure all the steps have been finished correctly, plug the sauna in to try out its functionality. If everything is working, you have completed the installation successfully.

Precautions

1. Check the circuitry and the plug to confirm they meet all requirements.
2. Set the temperature and time to a comfortable level, normally 30 minutes at 120°F.
3. Drink a cup of water before using the sauna.
4. After 2 hours of continuous use, shut the sauna down for one hour.
5. To avoid burns, do not touch the heating element.



Warnings

1. To avoid fire, do not dry clothes or leave any towels in the sauna.
2. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of sauna stove.
3. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, wait until the sauna is shut off and the bulb is cool.
4. Do not place pets in the sauna.
5. Do not use the sauna if you are under the effects of alcohol.
6. Do not use the sauna if:
 - You have open wounds
 - You have eye diseases

- You have sever disease
- You are elderly or are suffering from a disease
- Pregnant women and infants are prohibited from using the sauna
- Children over the age of 6 years may use the sauna under the supervision of adults
- If you are suffering from a disease directly related to temperature, seek the advice of a doctor before using

Usage guide

Allow your sauna to warm up for 15-20 minutes or until it reaches 110°F (43°C). You may close the vent on the ceiling to speed up the pre-heating process. Drink plenty of water to avoid dehydration before and after sauna sessions. It is recommended not to exceed 40 minutes per session.

If the sauna becomes stuffy, open the vent on the ceiling to allow fresh air into the sauna.

Tips

- Start using the sauna 10 degrees before it reaches the set temperature in order to receive the most benefits out of the steam. For example, if you set the sauna to 125°F (52°C), you should start using the sauna when it reaches 115°F (46°C).
- Customers reported an average use temperature of 125°F (52°C).



Precautions

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant, if you have serious inflammation, a fever, a communicable disease, acute bleeding, or are intoxicated.
- Do not consume alcohol or drugs when using the sauna.
- Do not splash water on any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier's representative; otherwise product warranty may be voided.

Cleaning and Maintenance



Use a clean, damp towel to wipe off the bench, floor and around the back panel. Do not use a towel that is too wet and can drop water inside the sauna and do not use cleaning agents inside the sauna. Make sure to keep the sauna dry and clean. Do not leave towels, water glasses or bottles inside the sauna after use. Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

Sauna's benefits

Weight Loss

Saunas are proven to help a person lose weight and burn calories. According to the Journal of the American Medical Association, a sauna session can burn 300-700 calories.



Skin Purification

In the sauna, skin is cleansed and dead cells are replaced, keeping the skin in good working condition. Sauna heat also relaxes facial tension, and improves skin elasticity. Sweating rinses bacteria out of the epidermal layer and sweat ducts.

Detoxification and Body Cleansing

Detoxification is a bodily process that transforms health threatening toxic substances from our environment, diets, as well as our own bodies into something harmless or excreted. Sweating is the body's natural way to get rid of harmful toxins by cleansing our bodies through the skin.

Cardiovascular Workout

Finish researchers have reported that regular use of saunas help keep the blood vessels in a healthier condition. Vessels become more elastic and pliable longer due to regular dilation and contraction from the process of heating and cooling the body repeatedly.



DISCLAIMER:

The makers of this sauna and manual are not certified to provide medical advice. The information contained in this manual is for general information purposes only and does not address individual circumstances or medical conditions. It may not be right for you and this manual should not be relied upon in making decisions about your health. Always consult your doctor for medical advice.

Saunas and Contraindications

Saunas and Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible side effects when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat management mechanisms. Some over the counter drugs such as antihistamines may cause the body to be more prone to heat stroke.

Saunas and Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increase cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas and the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain a safe core body temperature. If you are elderly, consult with a physician before using the sauna.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Saunas and Alcohol

Contrary to popular belief, it is not advisable to attempt to “Sweat Out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore they may not realize if their body has a negative reaction to the high heat. Alcohol and heat increase the heart rate, which may be dangerous and lead to heat stress.

Saunas and Fever

An individual that has a fever or sensitivity to heat should not use any type of sauna.

Saunas and Menstruation

Heating of the lower back area of women during the menstrual period may temporarily increase their menstrual flow. Some women enjoy the pain relief commonly associated with their cycle by using a sauna. Others simply choose to avoid sauna use during that time of the month.

Sauna and Sensitivity to Heat

An individual that has sensitivity to heat should not use any type of sauna.

Saunas and Pregnancy

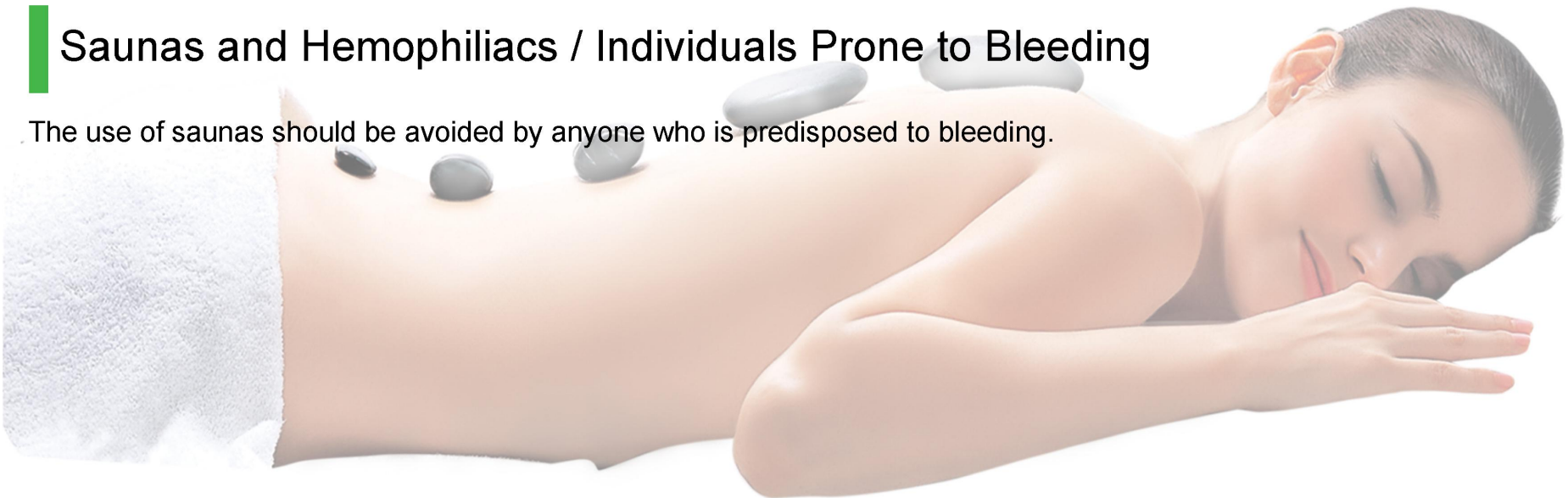
Pregnant women should consult a physician before using any type of sauna. Fetal damage can occur with certain elevation of body temperature.

Saunas and Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after the injury or until the swelling symptoms subside. If you have any joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is extremely discouraged in cases of enclosed infections on any bodily tissue.

Saunas and Hemophiliacs / Individuals Prone to Bleeding

The use of saunas should be avoided by anyone who is predisposed to bleeding.



Enjoy your sauna