

**FINNISH SAUNA**  
**OWNER'S MANUAL**

Model NO.: T4 Traditional Sauna



Thank you for choosing our Sauna!

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# Welcome

Thank you for purchasing our sauna products, we congratulate you on your new path to better health. We are striving to become the best sauna supplier in the world; our list of consumers increase daily and we believe your success is our success. We attribute this growth and success entirely to our customer satisfaction, the recognized health benefits, and the quality of our workmanship. At our factory, we use only the finest materials coupled with state-of-art construction and the highest safety standard in the industry.

You will be surprised at the noticeable effects of pain relief, weight control, stress reduction, skin stimulation due to an increased blood circulation when using the sauna.

# Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an sauna every day. Now you can enjoy the great benefits of heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Sauna for the first time. We recommend for you to keep this manual for future reference.

## **Benefits:**

- Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Beautiful Skin
- Stress Reduction

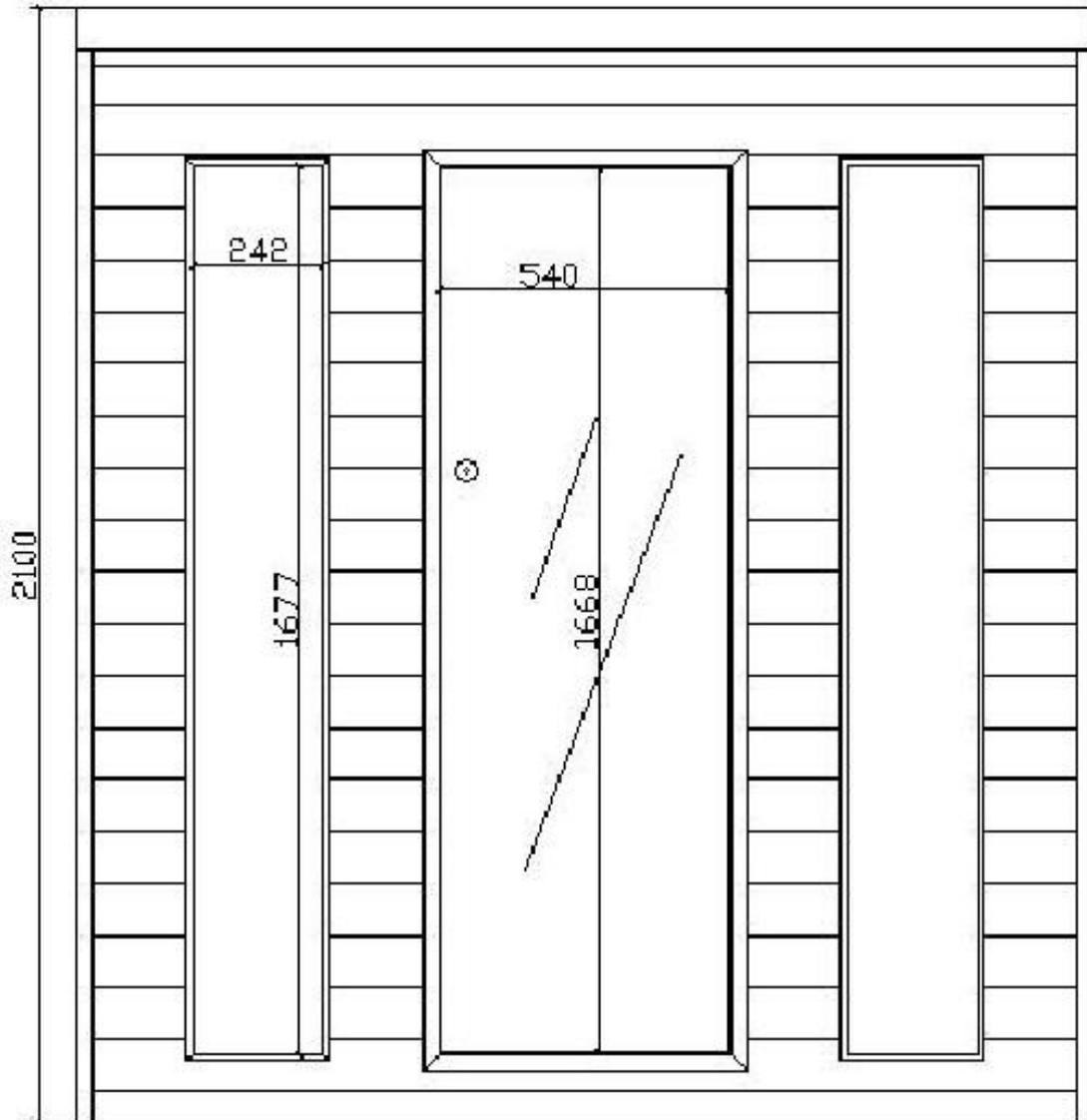
*You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.*

## **Features:**

- High quality wood craftsmanship
- Pre-assembled board and build-in electrical elements makes the installation easy
- Accurate temperature sensor
- Energy efficient
- Considerate detailed designs

# Model List

This series include 2 model, F3H6 and F4H6, below are their sketches. The main difference is the size of wood cabin and the heating elements but the installation system is the same. Here we will take F3H6 sauna for example and explain how to install the sauna step by step.



# Packing List

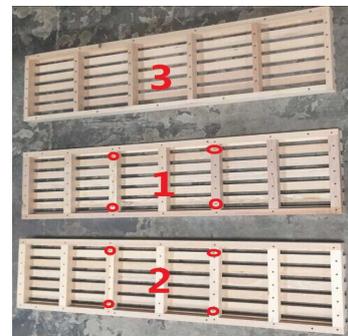
Any missing parts please contact your local distributor.

- 1, front panel (1 pc)
- 2, back panel (1 pc)
- 3, left side panel (1 pc)
- 4, right side panel (1 pc)
- 5, roof panel (1 pc)

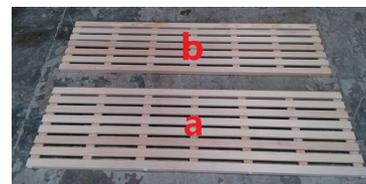


- 6, seat supportor (2pcs)

- 7, bench (3pcs)
  - 1) one bench has no wood dowels at its back, so this is bench 3.
  - 2) the other 2 benches are the same.



- 8, bench baffle ( 2pcs)
  - 1) bench baffle **a** not only has wood dowels at one side, but also has white plastic nail at the other side.
  - 2) bench baffle **b** only has wood dowels at one side.



- 9, stove fence (1 set)

- 10, metal basin for stove (1 pc)

- 11, sand timer (1 pc)



- 12, hygrothermograph (1 pc)

- 13, water ladle (1 pc)

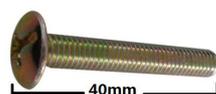


- 14, water bucket (1 pc)

- 15, screws for fix roof panel with side panels (4pcs)



- 16, screws for install handle (2pcs)



# Installation Requirements

1. Do not plug any other appliances into the outlet with your sauna.
2. Install the sauna on a completely level floor.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.

# Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

## <1> LOCATION OF SAUNA

When you find a good location for your sauna, please notice the following.

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.
3. Please take out the backrest if it is behind the bottom panel.

## <2> PLACING BACK PANEL



## <3> CONNECTING BACK PANEL TO RIGHT SIDE PANEL

Install the side panels (Left & Right) to the bottom and back panels by lining up buckles and fastening them securely in place.

1. Please be sure which side panel is **Left Side and Right Side**.
2. Make sure that all buckles are properly secured in place on all panels.



Outer buckle

# Assembly Instructions

## <4> CONNECTING BACK PANEL TO LEFT SIDE PANEL



Outer buckle

## <5> INSTALLING BENCH SUPPORTOR TO BACK PANEL



The bench supportors should be align to wood beam closely and there is no wood beam between the 2 supportors.

## <6> INSTALLING BENCH BAFFLE **a** (has 4 wood dowels at one side and 4 pcs white plastic nail at another side)



Bench baffle align to the wood beam closely, make sure wood dowels' side is upward, and white plastic nail's side is downward.

<7>INSTALLING BENCH 1 (wood dowels at back)



Place bench 1 upon bench baffle a , make sure bench 1 insert with the wood dowels on baffle a and wood dowels on bench supporters securely in place.

<8>INSTALLING BENCH BAFFLE b (4 wood dowels at one side)



Bench baffle b align to the wood beam closely, make sure the side with wood dowels is upward.

<9>INSTALLING BENCH 2 (wood dowels at back)



Place bench 2 upon bench baffle b , make sure bench 2 insert with the wood dowels on baffle b and wood dowels on bench supporters securely in place.

<10>INSTALLING BENCH 3 (no wood dowels at back)

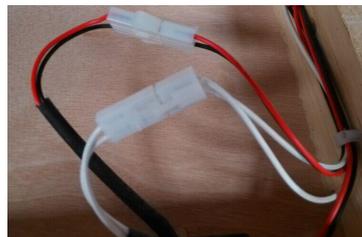


<11>INSTALLING FRONT PANEL

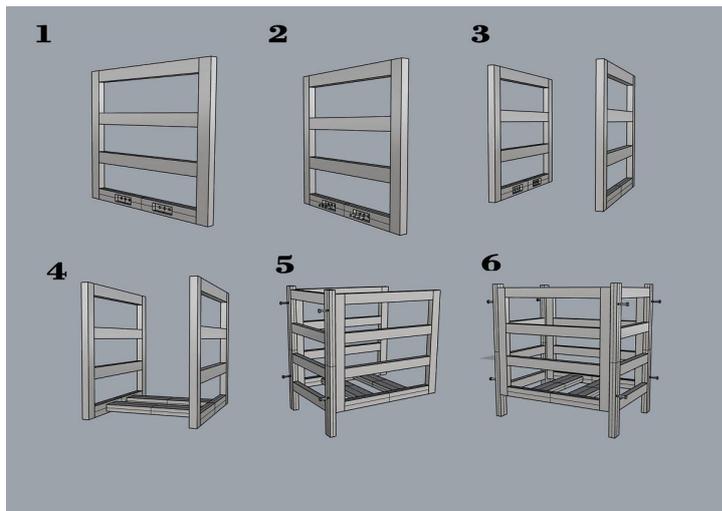


Outer buckle

<11>INSTALLING ROOF PANEL

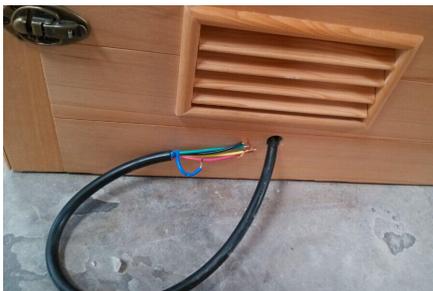


## <12>INSTALLING WOODEN FENCE FOR STOVE AS BELOW STEPS



## <13>PLACE STOVE WITH ITS FENCE IN SAUNA

- 1, thread stove's cable form the hole underneath the vent at the bottom of side panel
- 2, place stove with its fence at the right corner of the sauna



4, Stove's power cable is 3 phases, 15AMP, 380 voltages. About how to operate the stove, please refer to stove's manual which packed with sauna manual.

## ENJOY YOUR SAUNA!

Power on your sauna and stove heater, grab some towels, a glass of water and step into your sauna and enjoy the benefits of the sauna!!

## Recommendation for Operation

1. Set up the desired session temperature and time using the control panel.
2. Allow approximately 10~15 minutes for the sauna to warm up before beginning a session.
3. Recommend sauna session use is around 15-20 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna
5. The ceiling vent can be opened at any time to for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. Take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinsing perspiration from the body.
8. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
9. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

## Recommendation for Use

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
2. If you need more cooling, simply leave the door open until the air around you feel comfortable.
3. Drink plenty of fluids prior to, during, and after your sauna session.
4. If you take a hot /warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
5. To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
6. Use at least 2-3 towels; sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
10. Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
11. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs; massage your neck and feet, etc.
13. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
14. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. **Consult your physician for the proper treatment and care for this or any other conditions.**
15. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to one of the heaters as feels comfortable.
16. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.

# Safety

**Read all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.**

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. **Pregnant or possibly pregnant women should contact their physician prior to using the sauna.**
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C (98.6 °F). While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hypothermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. **Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.**
9. **Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.**
10. Never sleep inside the sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the sauna.
12. DO NOT stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.

# Important Safeguards For Your Sauna

1. **READ INSTRUCTIONS** -- All the safety and operating instructions should be read before the sauna is installed and operated.
2. **RETAIN INSTRUCTIONS** -- The safety and operating instructions should be retained for future reference.
3. **FOLLOW INSTRUCTIONS** -- All operating and usage instructions should be followed at all times.
4. **CLEANING** -- Unplug the sauna from the wall outlet before cleaning **DO NOT** use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. **ATTACHMENTS**-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.
6. **WATER OR MOISTURE**—**DO NOT** use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
7. **POWER-CORD PROTECTION**-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. **LIGHTING**-- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. **OVERLOADING**-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. **SERVICING**-- Always unplug your sauna from the wall outlet before servicing.
11. **REPLACEMENT PARTS**--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. **SAFETY CHECK**--Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

## Cleaning and Maintenance

- Before using your sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the sauna is strong at first, that is normal and please open the door while the sauna is working. The smell will diminish within a weekend.
- Use furniture polish to clean the exterior.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
- Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

## Warranty

One-year limited warranty on electrical, heater and cabinetry.

THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOIDED IF OUR SAUNA IS PLACED IN AN OUTDOOR ENVIRONMENT.

*Limited warranty on our Sauna replacement parts.* We warrant our products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

We will not cover any labor costs attributable to disassembly and reassembly of the unit.

We will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

Any parts claimed to be defective must be shipped freight prepaid, and the repaired or replaced product will be returned to the sender freight collect. When sent to us, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty applies to products produced by us after June 1, 2006.

This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it. Nor for injury to any person, any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or deliver receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense.

REGARDLESS OF THE WARRANTY CARD BEING RETURNED WITHIN THE SPECIFIED TIME PERIOD. THERE SHALL BE NO WARRANTIES OR OBLIGATIONS; EXPRESS OR IMPLIED HEREUNDER, SPECIFICALLY EXCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN SPECIFICALLY DESCRIBED HEREIN. NO LIABILITY SHALL ACCURE TO US EXCEPT AS SET FORTH HEREIN.

## Sauna Warranty Card

Please register your product to receive a full warranty. Please fill out the following information and mail the form to your local dealer within 30 days from the date of purchase:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_

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

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

C/No. (Located outside of the package) \_\_\_\_\_

**Optional:** Please answer the questions below for us to better serve you and to improve customer care.

What is the primary reason you purchased our Infrared Sauna?

What was the greatest influence on your decision to purchase our Infrared Sauna?

What magazines or publications do you subscribe to?

Where did you hear about us?

**Suggestions/Comments:**