

# 3 PERSON SAUNA

IR101

## INSTALLATION REQUIREMENTS



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

You will require a power drill or Phillips-head screwdriver, these tools are not included. You will also need a 3-step ladder or equivalent.

A standard 10 Amp 230V normal socket required. If placing indoors please ensure the roof is sheltered from all weather elements. Failure to do so will void the warranty.

**Do not run any other appliances from the same power point.**

**Ensure the floor is level before installation. If the floor where you intend to assemble the sauna is damp, wait until the area is dry and clear of all moisture before assembling.**

## SAFETY (Please read all health and safety instructions)

- 1 This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge or experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 2 Children should not be permitted to play in or with the appliance.
- 3 If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- 4 Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.
- 5 Do not cover Infrared Emitters. Covering the infrared heaters causes fire risk.
- 6 Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
- 7 Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of sauna.
- 8 If you experience reddening (erythema) of the skin lasting more than a day after exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema ab igne.
- 9 If you are a person with sensitivity to heat or under the influence of alcohol or tranquilisers you should not use an infrared sauna.
- 10 When installing and using the sauna, basic safety precautions should always be followed.
- 11 Infants, pregnant women and elderly people suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna.
- 12 Persons using medications should consult their health care professional before using the sauna.
- 13 Never sleep inside the sauna while the unit is in operation.
- 14 DO NOT use any type of chemical cleaning agents on the interior or exterior of the sauna or you will void the warranty.
- 15 DO NOT stack or store any object on top of or inside the sauna.
- 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.
- 17 DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the warranty.
- 18 If replacement of heaters is required only use original manufacturers (OEM) parts.

## CLEANING & MAINTENANCE

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If you experience a strong smell at first, do not be concerned as this is normal. Open the door while the sauna is working.
- To clean the exterior use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration.
- Scratches and stains on the sauna can be removed by simply using a fine grade sandpaper over the damaged area. We recommend sealing with a wood preserver, wood oil or furniture polish if needed.

## SOME USEFUL TIPS

- We recommend sauna sessions should be 30-45 minutes at 45°C – 55°C, however it comes down to what you're comfortable with.
- Allow approximately 10 to 20 minutes (depending on the ambient temperature) for the sauna to warm up before beginning a session.
- Try drinking some hot tea before your sauna session to induce a deeper sweat.
- The heaters will automatically maintain the set temperature inside the sauna once the set temperature is reached.
- The ceiling vent can be opened at any time for air circulation. If you are still too warm, open the door until you feel comfortable or turn the set temperature down.
- 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.
- Try not to eat anything at least an hour before your sauna session. It is better to use the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- Ensure you drink plenty of water before, during and after your sauna sessions. We recommend 1L before, 1L during and 0.5L after every session. Water acts as the vehicle to move the toxins from your body. Drinking water before will maximise perspiration during the session. Drinking after will help keep your fluid levels up after sweating.
- Taking a hot shower or Hot Tub prior to the sauna session will further promote perspiration. Once finished, sit in the sauna with the door open and allow your body to cool off. When you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body.
- To help relieve sore and tense muscles, massage the affected areas while in the sauna.
- Treat your ankles and feet more effectively by elevating them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to the heaters as feels comfortable.
- At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other conditions.

## IMPORTANT SAFEGUARDS



### READ INSTRUCTIONS

All the safety and operating instructions should be read before sauna is installed and operated.



### RETAIN INSTRUCTIONS

The safety and operating instructions should be kept in a safe place for future reference



### FOLLOW INSTRUCTIONS

All operating and usage instructions should be followed at all times.



### 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.



### 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.



### OVERLOADING

Do not overload the wall outlet as this can result in a risk of fire or electric shock.

### GLASS DOOR

DO NOT remove glass door from frame when disassembling.

**IMPORTANT:** Failure to comply with the aforementioned safeguards may void your warranty.



# INFRARED SAUNA HEALTH BENEFITS

Our Far\* Infrared Sauna is completely safe and produces the same far infrared heat produced by the sun. Far-infrared heat is required for all living things to achieve optimum health. The radiant heat from your Far Infrared Sauna surrounds you and penetrates deeply into your joints, muscles and tissues, speeding oxygen flow and increasing circulation.

Using our Far Infrared Sauna helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, our Far Infrared Sauna will help provide a lifetime of healthful living.

It is the far infrared energy that is most beneficial, penetrating the skin and increasing circulation to help rid the body of harmful toxins.

*\* Far Infrared light energy is the safest and most efficient source for healing and detoxifying the human body through heat. It produces large wavelengths of electromagnetic light energy that allows the body to be heated internally.*

## TOP 8 FAR INFRARED SAUNA HEALTH BENEFITS:



### 1) Increase Metabolism, Burn Calories & Lose Weight

Regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories.



### 2) Relieves Muscle Pain

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster.

Muscles relax best when tissues are warm, for greater flexibility and range of motion. Far infrared heat relieves muscle tension and the deep heat of far infrared saunas help peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Infrared heat also reduces soreness on nerve endings and muscle spasms as muscle joints and fibres are heated.



### 3) Improves the Immune System

The deep heating from the infrared heaters will raise your core body temperature, inducing an artificial fever. How does this benefit the body? Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.

This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.



### 4) Remove Toxins

One of the biggest infrared sauna health benefits is its ability to increase your blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulphuric acid, and other organic and inorganic compounds.



### 5) Improves Appearance of Cellulite

Cellulite refers to superficial pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. It appears in 90% of post-adolescent women and is rarely seen in men. Common but not exclusive areas where cellulite is found are the buttocks, thighs, and the abdomen.

Contrary to popular belief, cellulite is not related to obesity, and the appearance of cellulite is not always reduced by weight loss.

Since the far infrared radiant heat of the Wellness Saunas Company Sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells.

Sauna use and far infrared heat can increase heart rate and localised blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.



### 6) Eases Joint Pain and Stiffness

Time spent in an infrared sauna benefits patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments.



### 7) Stress and Fatigue Reduction

Just a few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed. Infrared saunas have also been shown to affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.



### 8) Improves Skin

The profuse sweating achieved after just a few minutes in your Sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

You'll see improved tone, elasticity, texture and fresh colour. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

# 3 PERSON SAUNA PARTS LIST

## ITEMS

Box 1 includes: **TBA**

Box 2 includes: **TBA**

Box 2 includes: **TBA**

## SPECIFICATIONS

104 x 119 x 190cm

1805W - 8 Heaters

### The Base

Place the base on the floor making sure the FRONT is in the correct position for easy access. Ensure you allow sufficient room for the door to fully open. You will also need room behind the sauna to allow access to bolt in the back panel. (Sauna can be slid back after installation). We recommend you assemble the sauna as close to its permanent position as possible.

## PARTS LIST



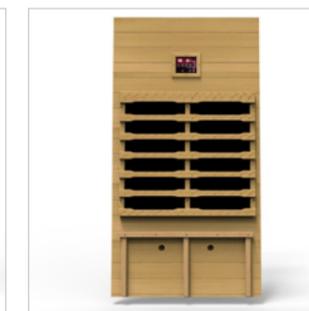
Base Panel X 1



Front Panel X 1



Side Panel (Left) X 1



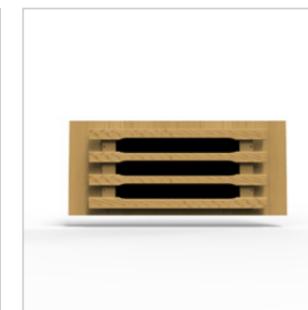
Back Panel X 1



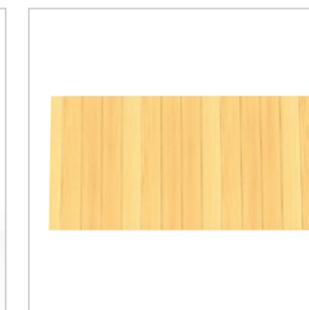
Side Panel (Right) X 1



Top Panel X 1



Bench Heater Panel X 1

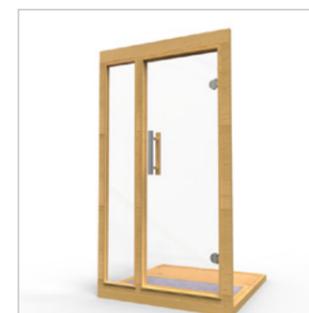


Top Bench Panel X 1

## ASSEMBLY ORDER



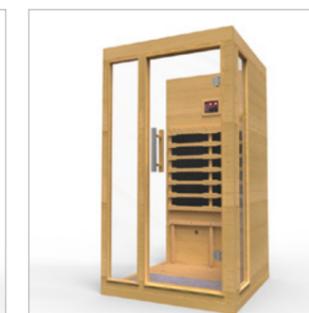
1. Place Bottom Panel



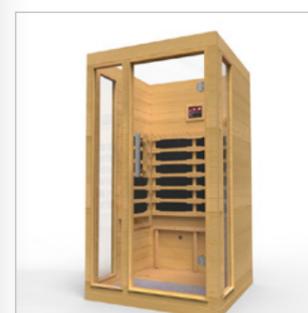
2. Add Front Panel



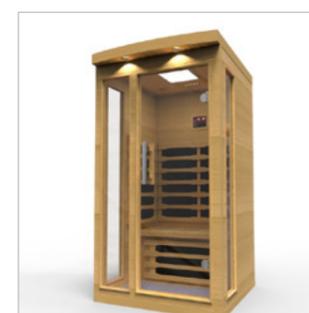
3. Add Side Panel (Right)



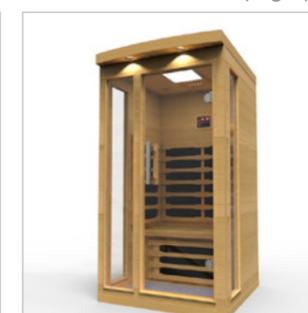
4. Add Back Panel



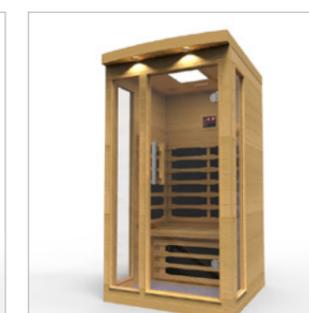
5. Add Side Panel (Left)



6. Add Top Panel

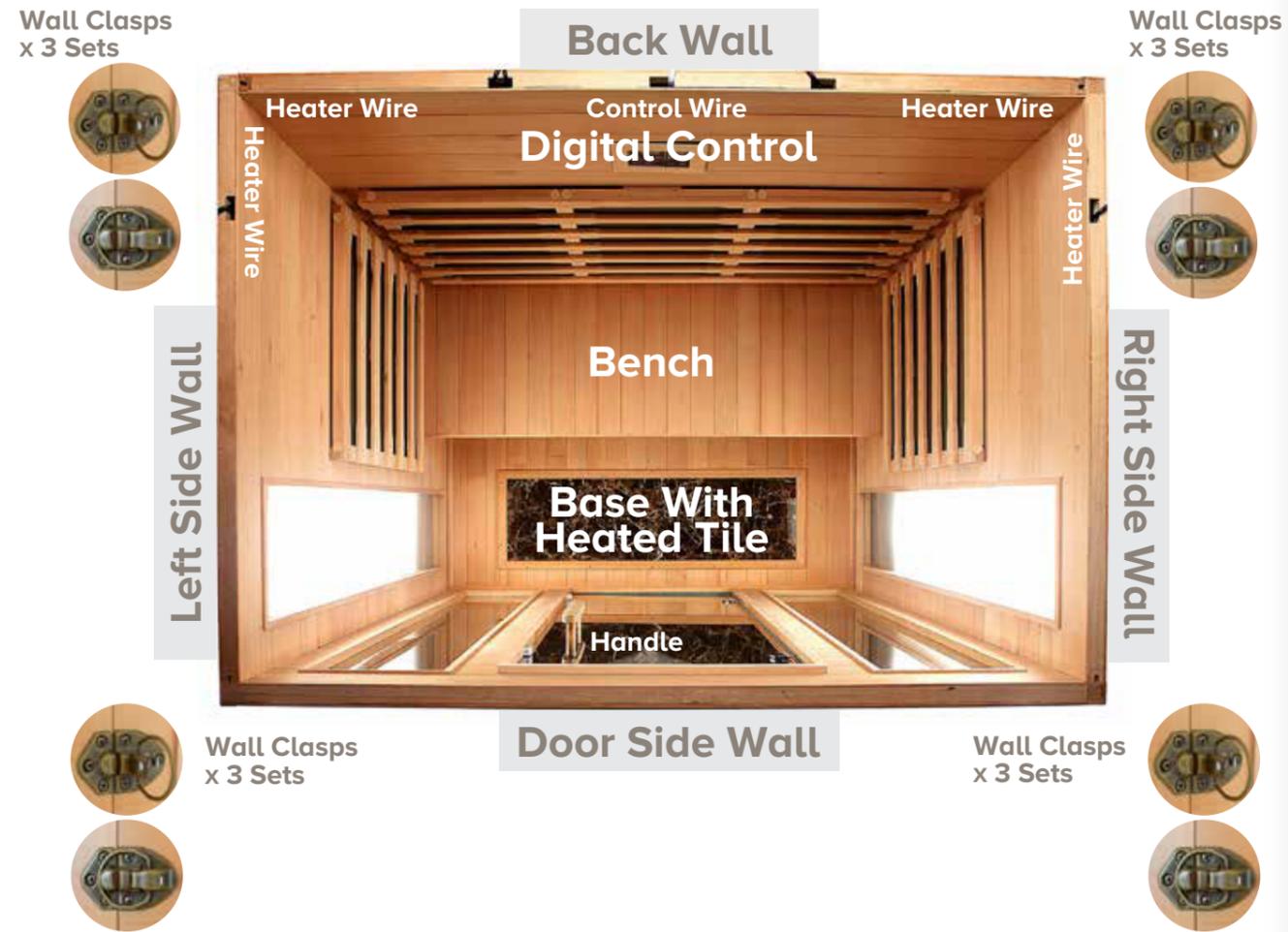


7. Add Bench Heater Panel



8. Add Top Bench Panel

# ASSEMBLY



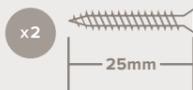
## HANDLE ASSEMBLY

Cool Handle system stainless steel door exterior handle and wood interior handle.



## AROMATHERAPY

Attach the aromatherapy mount block to the sauna wall. The aromatherapy unit can be placed anywhere within the sauna. For best results place above a heater panel.



## THE SEAT

Position the seat on the inside supports of the side panels. You will need to open the walls to fit the upright seat panel into the grooves in the side panels, then slide top of bench on to back support.

**IMPORTANT:** It is important that you position the seat unit before attaching the door panel - then install the door panel and finally screw down the seat.



## BENCH HEATER PANEL

Slide into grooves by pulling the walls slightly apart then connect the heater cables for the leg heater.



## BENCH PANEL

Slide along the top of the upright panel and the back support and then secure with provided screws



## THE DOOR PANEL

Place the door panel on the base and align the clips on each side and attach.

# ROOF FEATURES



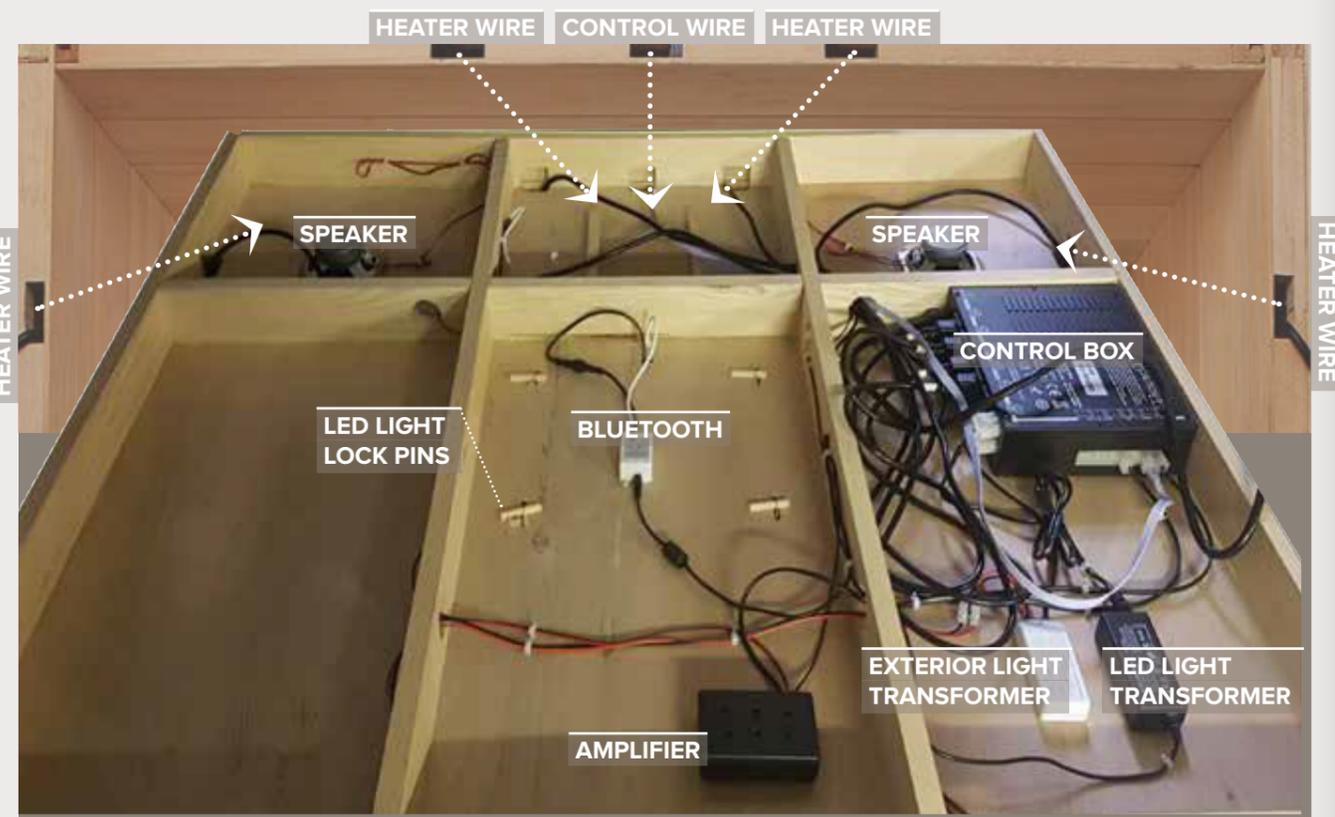
**LED LIGHT**  
Our adjustable high output LED lights with remote control

**FRESH AIR VENT**  
Fresh Air vent to cool down in the sauna

**TEMP SENSOR**  
Temperature sensor detects the temperature in the sauna

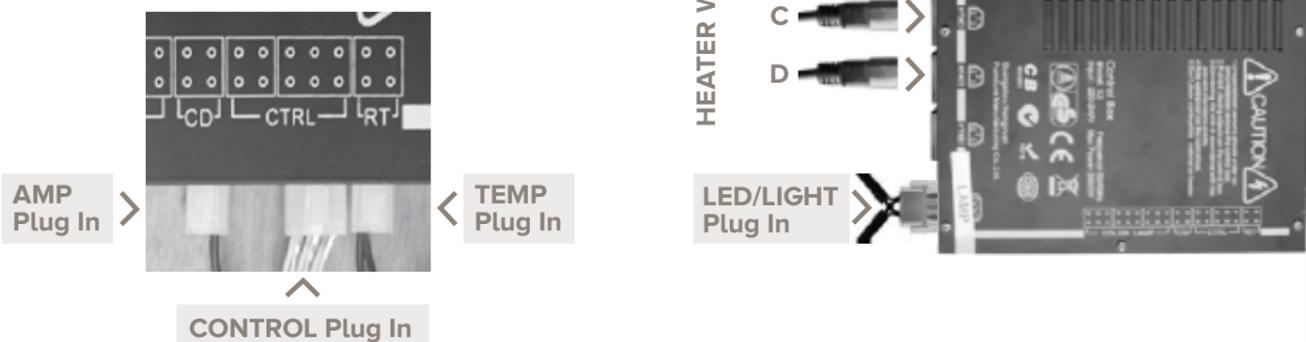
**Bluetooth™**  
**SPEAKERS**  
Hook up your relaxing music by bluetooth

## ROOF POWER CONNECTIONS



### MAIN POWER CONNECTION

All heater cable plug-ends are clearly marked: **A B C D** - the outlets on the main control unit are universal and can be plugged into any outlet - they all have the same power output. Each of the outlets is fused separately.



## CONTROL PANEL OPERATING INSTRUCTIONS

### 1. POWER ON

Plug the main power cord into the wall outlet. Press the "power" button one time, the control panel is now operable, but the heaters are not on. You can now use the radio/Bluetooth and lights.

### 2. WARMING

Press "power" button again, then the "heating" light is on, which indicates the heaters are working. To turn off the sauna, press the power button.

### 3. LIGHTING

The Therapy/Color light can be turned on or off by pressing "light A" button at any time. The Outside light can be turned on or off by pressing "light B" button at any time.

### 4. PRE-SETTING

"Set" button is for pre-setting the time you want your sauna to turn on. Press "set" button once. Pre-set the time you want your sauna to turn on with the UP/DOWN ARROWS. TEMP UP/DOWN ARROWS are for hour setting and TIME UP/DOWN ARROWS are for minute setting. The setting range is 00:00-23:59.

### 5. HOW TO USE BLUETOOTH CONNECTOR FOR MUSIC

- Turn on your sauna, then its inside Bluetooth device would be discoverable automatically.
- For your cell phone, Turn on Bluetooth, then select add Bluetooth or other device > Bluetooth. Choose the device name "HY", then select. Done.

### 6. SAUNA TIME ADJUSTMENT

Session time can be set between 0 and 90 minutes.

- Press TIME UP/DOWN ARROWS to adjust time, time value will increase or decrease by 1 minute at a time.
- By holding down the UP/DOWN ARROWS you can speed up the rate of change.
- Time light will be lit to indicate changes being made to time setting.
- If you don't input anything during 5 seconds, the TIME DISPLAY will stop flashing; the value will be stored in memory as preset value. Then the TIME DISPLAY value will show how much time is left in your sauna session decreasing 1 minute at a time.

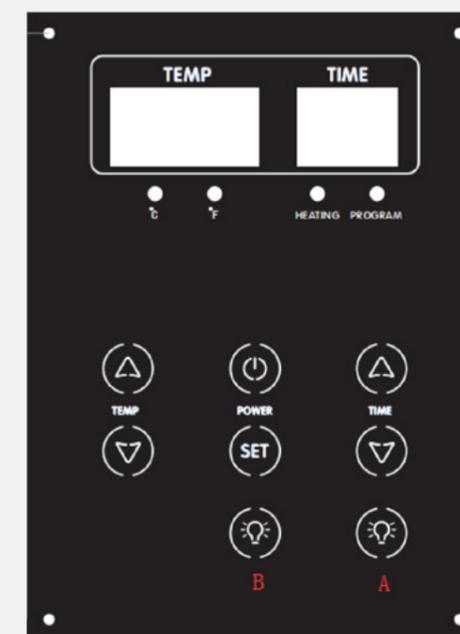
### 7. SAUNA TEMPERATURE ADJUSTMENT

Session temperature can be set between 77°-158° (20°-70°) (Recommend environment temperature is 68° (20°) and Recommend temperature settings are between 100°-130° (38°-54°)

- Press TEMP UP/DOWN ARROWS to adjust temperature, temperature value will increase or decrease by 1 degree at a time.
- By holding down the UP/DOWN ARROWS, you can speed up the rate of change.
- °F(or °C) will be lit to indicate changes being made to temperature setting. If you don't input anything during 5 seconds, TEMPERATURE DISPLAY will stop; present value will be stored in memory as preset value and will be displayed at next start up. And the TEMPERATURE DISPLAY value shows the sauna room inside current temperature.
- During session time, when the temperature reaches the setting level on the control panel, "Warming" indicator light will be off, micro-control will force the heaters to stop heating and keep a constant-temperature status. The heaters will turn off and on periodically in order to maintain the desired temperature inside the sauna.

### 8. SWITCH BETWEEN °F AND °C

You can alternate between Fahrenheit and Celsius while in setting mode by pressing "TEMP UP/DOWN ARROWS" 2 buttons together.

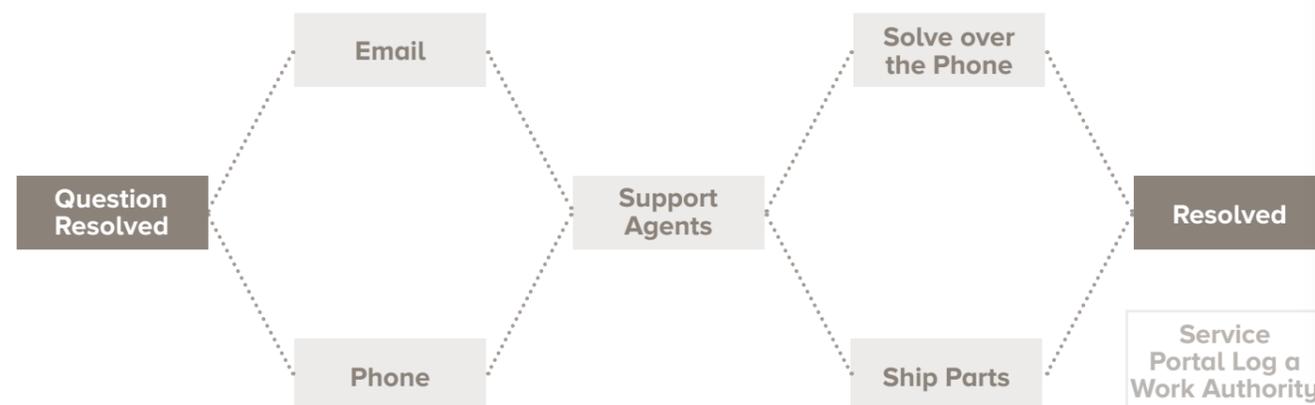


# TROUBLESHOOTING

PROBLEM	EXPLANATIONS	SOLUTIONS
1. POWER INDICATOR LIGHT NOT ON OR BEEPING SOUND COMING FROM SAUNA	<ul style="list-style-type: none"> <li>Power cord is not plugged-in</li> <li>The fuse is burned out</li> <li>Check or replace the fuse</li> <li>Check temp probe in correct location.</li> </ul>	<ul style="list-style-type: none"> <li>Check for power to the outlet</li> <li>Check connection between power cord and main control unit</li> <li>Remove temperature sensor and reinstall.</li> </ul>
2. FUNCTION INDICATOR LIGHT NOT ON	<ul style="list-style-type: none"> <li>The corresponding indicator light is broken or burned out.</li> <li>The wiring or some electronic component in the circuit has failed.</li> </ul>	<ul style="list-style-type: none"> <li>Repair or replace the control panel</li> <li>Repair or replace what has failed in that circuit.</li> </ul>
3. INFRARED HEATER WILL NOT HEAT UP	<ul style="list-style-type: none"> <li>The heater is broken its life will be shortened gradually from excessive use</li> <li>The fuse is burned out</li> <li>The wiring connection for the heater is loose or in the wrong location.</li> </ul>	<ul style="list-style-type: none"> <li>Replace with a new heater of the same specifications</li> <li>Check or replace the fuse</li> <li>Check it, and reconnect tightly.</li> </ul>
4. SAUNA ROOM NOT MAINTAINING CORRECT TEMPERATURE	<ul style="list-style-type: none"> <li>The circuit board is not functioning.</li> <li>Problem with heater.</li> <li>Incorrect setting on control panel</li> <li>The temperature sensor wire may be loose or broken.</li> </ul>	<ul style="list-style-type: none"> <li>Check power output on the circuit board</li> <li>See item #3</li> <li>Power sauna off and on to reset</li> <li>Check sensor wire connection and condition</li> <li>Check to see if sensor head is visible inside the sauna room.</li> </ul>
5. BURNING SMELL	<ul style="list-style-type: none"> <li>Circuit problems causing burning of components in the electrical system.</li> </ul>	<ul style="list-style-type: none"> <li>Unplug sauna, check the voltage</li> <li>Call your local service technician.</li> </ul>
6. THE LIGHT NOT WORKING	<ul style="list-style-type: none"> <li>The light bulb is burned out</li> <li>The bulb is not secured in the base</li> <li>The socket is broken</li> <li>Problems with electrical control panel.</li> </ul>	<ul style="list-style-type: none"> <li>Replace light bulb</li> <li>Make sure the bulb is tight enough to make good contact in the light fixture</li> <li>Replace it</li> <li>Check or replace the panel.</li> </ul>

## WELLNESS SAUNAS CUSTOMER SERVICE

In the unlikely event that a customer experiences an issue we provide multiple channels to contact us. A specific ticket number will then be assigned to the customer/issue, which enables us to have all information in one place, from order status, any outstanding customer service issues to previous customer history. Based on the issue we will ship the replacement part to the customer. This is followed up with a short email to confirm that the job was completed to their satisfaction. **Email:** [service@wellnesssaunas.com.au](mailto:service@wellnesssaunas.com.au)



# CHROMOTHERAPY GUIDE

## RED

Increases respiration rate, enhances metabolism, raises blood pressure. Activates circulatory and nervous systems.

## ORANGE

Energises body, reduces localised fat and eases digestive system discomforts. Used to treat asthma and bronchitis.

## YELLOW

Has a cleansing effect, purifies blood and increases neuromuscular tone. Stimulates happiness.

## GREEN

Acts as relaxant and fights depression. Regulates pituitary gland, calms nervous system and insomnia.

## STRONG GREEN

Regenerative stimulation, fights infections. Slows metabolism and produces calming effect.

## BLUE

Calms breathing and heart rate. Lowers blood pressure, helps insomnia and headaches. Reduces overall pain.

## STRONG BLUE

Reduces stress and nervous tension, lubricates joints and fights infections.

## INDIGO

Helps eye inflammation, cataracts, glaucoma and ocular fatigue.

## PURPLE

Relaxes muscles, relieves headaches and arthritis pain. Purifies body and assists with detoxification.

## PINK

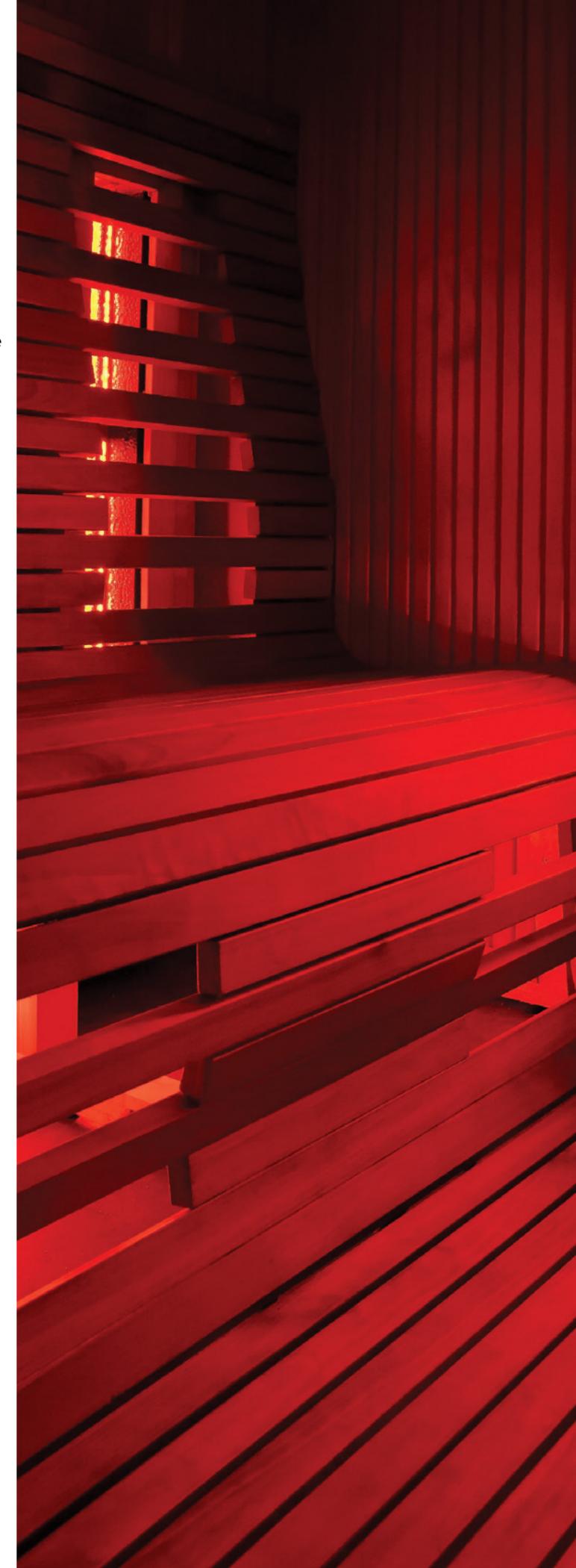
Eliminates impurities in the blood stream. Cleanses body and strengthens veins and arteries.

## WHITE

Stimulates production of serotonin, regulates sleep and nervous system. Provides energy and helps reduce effects of seasonal affective disorder (SAD).

## AROMATHERAPY INCLUDED

Lavender, rose, green apple or add your favourite essential oil.



# WARRANTY

## INFRARED SAUNA LIMITED WARRANTY

Wellness Saunas manufacturing extends the following warranties to the original purchasers of its saunas: One-year limited warranty on electrical, heater and cabinetry. We warrant our products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired or replaced except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

NOTE: THIS UNIT IS RECOMMENDED FOR INDOOR USE ONLY. THE SAUNA MUST BE COVERED IF USED OUTDOORS.

## EXTENT OF WARRANTY

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 delivery 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.

## DISCLAIMER:

We will not cover any labour costs attributable to disassembly and reassembly of the unit. We will not be responsible for labour costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

[WELLNESSSAUNAS.COM.AU](http://WELLNESSSAUNAS.COM.AU)

