



OPERATION

The heater is intended for use with a C103-9, C103-60 or C105-P Control Panel only. Use with any other control voids the warranty and UL listing. For health and fire safety, never attempt to alter or bypass the timer or thermostat. If the sauna is to be used without an automatic timer provided, (Model C105-P Control Panel) an attendant must be present at all times.

MODEL C103-9 CONTROL PANEL, UL Number 19-8-1517 (9 Hour Delay 1 Hour Operation Option) This control is equipped with a 60 minute timer with a 9 hour delay, an electronic thermostat, a light switch, and a pilot lamp that indicates when the heater is on.

SETTING THE TEMPERATURE: The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

SETTING THE TIME: If you want the heater to begin heating immediately, turn the dial clockwise past the first marked section labeled "off to 1" (See Diagram 4), then turn the dial back (counter-clockwise) until you feel it "click", near the on position, into the one hour operating zone.

The heater has a "9 plus 1" timer, which means you can set the heater to begin heating after a delay of up to 9 hours. If you set the timer dial in the "1 to 9" zone, the heater will automatically turn on after the selected delay time has elapsed.

Light Switch: Use the light switch to turn the sauna room light on and off.

MODEL C103-60 CONTROL PANEL, UL Number 19 - 8 - 1817 (60 minute timer) This control panel has a 60 minute timer, an electronic thermostat, a light switch, and a pilot lamp that indicates when the heater is operable.

SETTING THE TEMPERATURE: The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

SETTING THE TIME: Use the timer to turn the heater on. To start the heater, turn the timer knob clockwise to the desired time setting. Maximum operating time is one hour.

Light Switch: Use the light switch to turn the sauna room light on and off.

WARNING

Do not locate benches over heater. Minimum clearance of ceiling above heater 44".

Minimum clearance from heater to wooden surfaces (benches, side walls, heater fence etc.) 2 inches.

Mounting brackets supplied. Provides proper clearance from wall behind heater.

Use only copper wire of the size and type indicated in the Heater Specification Chart and the temperature rating indicated on the heater junction box.

All heaters and controls must be grounded per NEC to prevent electrical shock in case of unit failure.

Electrical outlets or receptacle must not be installed in a sauna room.

A guardrail or fence is required around the heater to prevent burns from accidental contact.



OPERATION, Continued

MODEL C105-P CONTROL PANEL, UL Number 19 - 8 - 17 (Attendant Present Control, Thermostat Only) This control panel has a main on/off switch, an electronic thermostat, and a sauna light switch. A pilot lamp in the main on/off switch indicates when the sauna heater is on; and a pilot lamp in the sauna light switch indicates when the sauna light is on.

SETTING THE TEMPERATURE: The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

TO START: To start the heater, turn on the main switch. To stop the heater, turn the main switch off. This control panel is made for commercial use with an attendant present to monitor the sauna bather's safety.

Light Switch: Use the light switch to turn the sauna room light on and off.

SECTION 8: HIGH LIMIT CONTROL (RESET BUTTON)

The sauna heater has a built-in high limit control, which automatically turns off the heater if the temperature inside in the sauna room rises to an abnormally high level.

To restart the heater, let the heater cool and turn the timer down to zero (off), then push the reset button on the bottom of the heater, see Diagram 1. If the high limit continually shuts off the heater, contact a service representative at 1-800-331-0349.

SECTION 9: HOW TO TAKE A SAUNA

- When taking a sauna, allow time to relax completely.
- Remove clothing and jewelry...if required, wear a towel loosely.
- After 10 minutes or when perspiration begins, leave sauna and relax in dressing area...follow with a cool shower.
- Cooling time should equal time spent in sauna. Enter sauna room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times; end with a brisk shower...rinse in cool water.
- Dress when completely dry and perspiration has stopped.
- Some sauna bathers enjoy the soothing effect of steam by splashing water on the heated sauna rocks. Use only one dipper full (approx. ½ cup) at a time and take care to keep clear of the steam as it rises off the rocks.
- Do not smoke, exercise or drink alcoholic beverages in the sauna room.
- Do not pour chlorinated pool or spa water on the heater or corrosion damage may result.



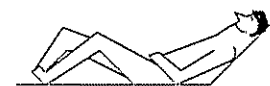
Shower



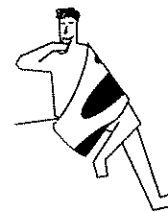
Sauna (10 - 15 min.)



Shower or swim



Rest (10 - 15 min.)



Relax with juice or water

You liked it?
Do it once again and
you will feel great.