

# PERSONAL SAUNA

**CONGRATULATIONS!** You are about to install the world's leading portable sauna. No other sauna manufacturer can offer you the features and owner support that Saunatec, Inc. can. If you have any questions or concerns while installing or using your new sauna, the dealer you purchased your new sauna from can help. If not, we provide you with a toll free number (1-800-331-0349) for any assistance you may need.

## INSTALLATION INSTRUCTIONS

**WARNING:** When using electrical sauna heaters and associated sauna products, basic precautions must be followed, including the following:

1. Grounding is required.
2. No electrical receptacle shall be installed in the sauna room.
3. Be sure rocks are placed in the heater according to the instructions on page 5.
4. Do not tamper with the door or install a latching or locking system. Malfunction of which may cause entrapment inside the heated room.
5. Do not block ventilation openings. Vents must be kept free of obstruction so proper airflow is maintained in the sauna room. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

**HYPERTHERMIA:** Prolonged exposure of the user in the sauna room is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia include:

- a) Failure to perceive heat
- b) Failure to recognize the need to exit the room
- c) Unawareness of impending heat
- d) Fetal damage in pregnant women
- e) Physical inability to exit the room
- f) Unconsciousness

**WARNING:** The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

## ROOM ASSEMBLY

The portable sauna unit comes with an option of two heater sizes; 1.7kW and 2.1kW. The 1.7kW can be used on all 15 amp or 20 amp household outlets (the standard 120 volt outlet found in all homes). The 2.1kW unit can only be used on 120 volt, 20 amp circuits. **A dedicated circuit is advisable to avoid unnecessary tripping of the breaker.**

Your new portable sauna comes in two halves. The back half contains the benches, and the front half contains the door. Assembling the portable can be done by only one person but is easier with two.

Your sauna will arrive in one piece (pre-assembled). Using the Allen wrench provided, turn the 4 latches (2 per side) to release. This will separate the sauna room into two pieces. The depth of each half is 22-1/2" allowing it to fit through most standard doorways. Each half can be rolled, slid or carried to the site of installation.

To begin assembly, place the halves with their open sides facing each other. You will notice that the 1-1/2"x 1-1/2" framing on the bottom has beveled cuts to easily fit into the other half. The tongue and groove paneling on the outside and inside of the walls will fit tightly when the two halves are pushed together (see figure 1). The ceiling panels have a foam gasket between them to create a tight seal.

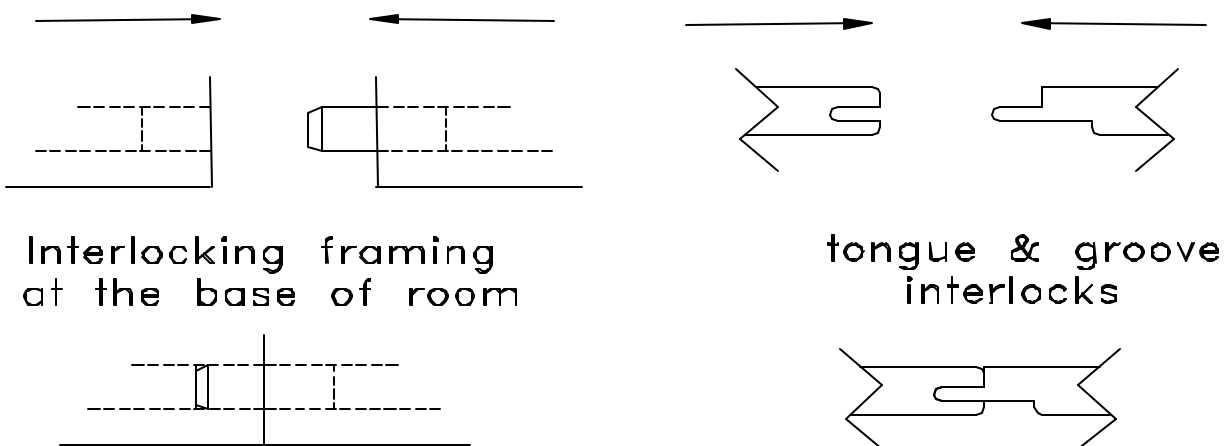


figure 1

The vertical framing on both the front and back halves have locking inserts (figure 2).

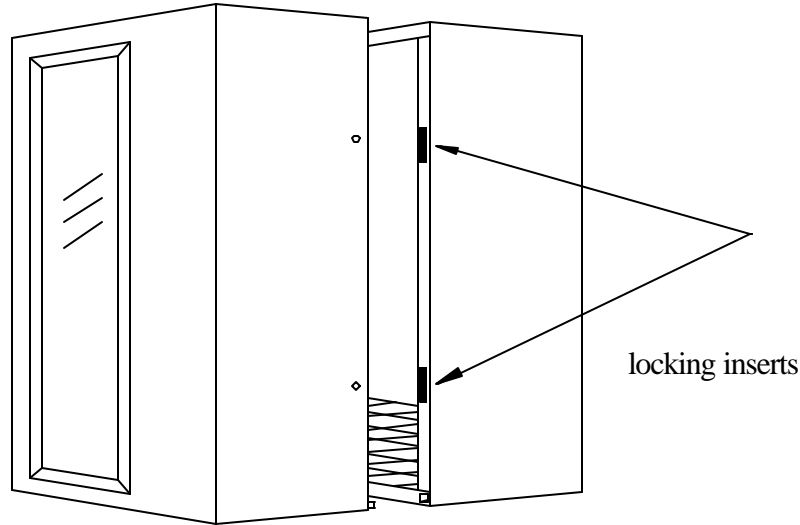


figure 2

The metal insert in the front half is called the locking point. It has a locking arm that pivots. The metal insert in the back half is called the strike. The locking arm will latch onto a pin in the strike when the two halves are fastened together. This is the "cam lock system". Before trying to fit the two halves together, be sure that the locking arm is retracted all the way into the insert. The locking arm should not be visible at this point (figure 3).

### THE CAM LOCK SYSTEM

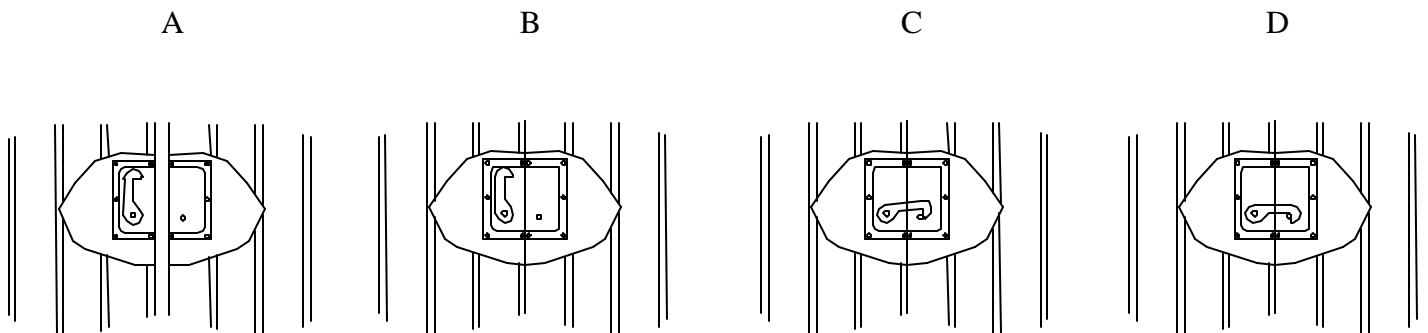


figure 3

To assemble the two halves, all interlocking joints must be lined up so they slide together as the two halves are pushed together. If assembling this unit alone, push the bench half against a wall to prevent sliding.

When the interlocking joints are lined up, carefully slide the two halves together watching so the tongues slide into the grooves. It is very important that all interlocking joints are lined up before attempting this. If not, the two halves will not go together.

Once the front and back halves are together, insert the Allen wrench provided into the hex shaped holes on the side of the room, and turn (see figure 2). The locking arm will pivot and catch the pin in the strike. The "cam lock system" not only latches, but also draws the two sections tight as they lock. Do this on all 4-cam latches (2 per side).

### **CONSTRUCTION DETAILS AND FEATURES**

Your portable sauna walls are built with 1-1/2" framing, fiberglass insulation, and foil vapor barrier. This wall is then covered with tongue and groove wood paneling. Figure 4 shows a detail of the wall.

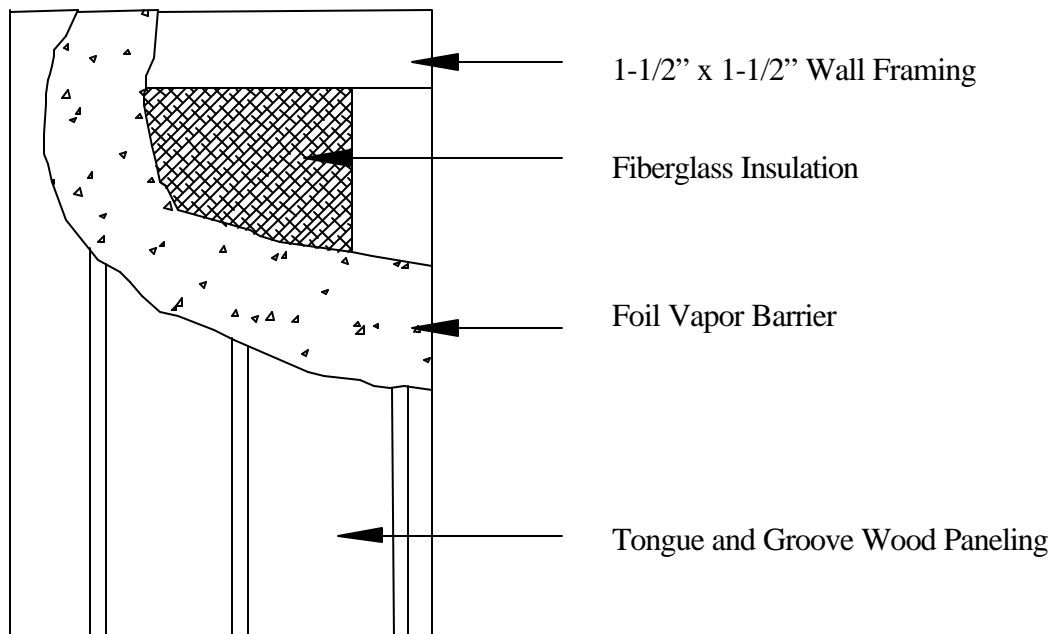


figure 4

Your sauna room has an integral natural airflow ventilation system. This ventilation system assures that there is sufficient fresh air in the sauna when it is in use (see figure 5). Fresh air will make your sauna experience more comfortable and enjoyable.

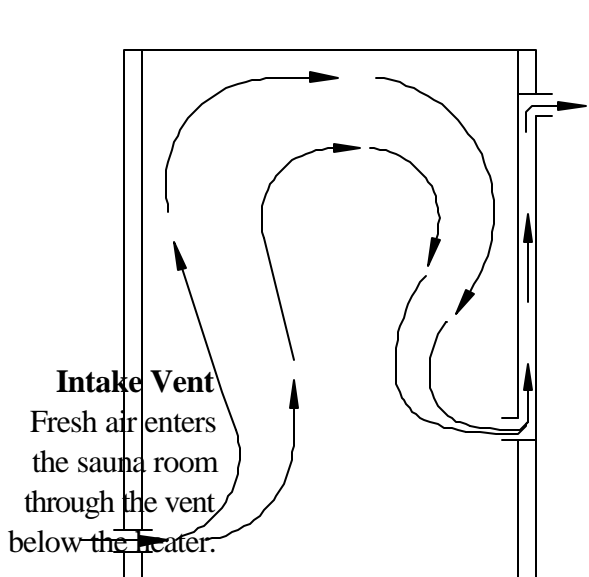


figure 5

**Note:** The vents must be kept free from any obstruction so proper airflow is maintained in the sauna room. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

### **SAUNA ROCKS**

Use only the “olivine” sauna rocks provided with the heater. If other rocks are used, the warranty is void.

### **PLACING THE ROCKS**

Remove the rock guard by removing the 4 screws that hold it in place (use the Phillips head screwdriver provided). Rinse the rocks of residue prior to placing them into the heater. Place small or flat rocks around the outer perimeter of the heat chamber including the ends. Place large rocks loosely in between the heating elements. Fill the heat chamber with rocks until flush with the top of the elements. Next, add one loose layer of large rocks to cover elements. When the rocks are in place, refasten the rock guard. There may be extra rocks provided.

The concept of rock placement is to promote good airflow through the heater.

### **Never operate the heater without rocks.**

Now simply plug the sauna in and it is ready for use. The normal heat-up time is about 45 minutes. It should reach approximately 140-150 degrees in this time. If preheated for an hour, it should reach 160-170 degrees. Try your sauna at various temperatures and humidity levels (adjust humidity by sprinkling water on the heated rocks). The sauna experience is best when adjusted to personal comfort levels.

## **ROOM FINISH**

Do not paint or varnish any wooden surface in the interior of the sauna. No protective finish of the interior wood is required.

## **USER MAINTENANCE INSTRUCTIONS**

Instructions for Cleaning:

Sweat and dirt may absorb into the wood, so periodic cleaning is needed. Scrubbing the benches, floorboards, and door handles with a stiff brush and mild detergent is normally sufficient. Light sanding is another option.

**CAUTION:** Do not clean the heater while the heater is plugged in or hot.

Once each year, the rocks need to be inspected, cleaned and/or replaced.

## **OPERATING INSTRUCTIONS FOR THE HEATER**

**CAUTION FIRE HAZARD:** Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above the heater or place any object, other than the rocks supplied, in the heater. If any darkening of the wall around the heater is noticed, discontinue sauna use immediately.

**ELECTRIC SHOCK HAZARD:** High voltage exists within this equipment. There are no user serviceable parts in this equipment and a qualified personnel should perform service.

### **CONTROLS**

The heater has built-in controls located on the side of the heater. These controls consist of a thermostat, high limit, and a timer. The thermostat and high limit are built into the same component.

**WARNING:** For health and fire safety, never attempt to alter or bypass the timer or thermostat.

### **HIGH LIMIT**

The high limit protects the heater against overheating. It automatically shuts the heater off in the event it reaches abnormally high temperatures. Should this occur, contact your local dealer or the service representative listed on the front of this document.

### **THERMOSTAT**

The thermostat is the lower knob on the side of the heater. By turning this knob clockwise, the room temperature will increase; by turning it counter-clockwise the room temperature will decrease. The temperature can be set to your personal preference and left there since the timer is used to turn the heater on and off.

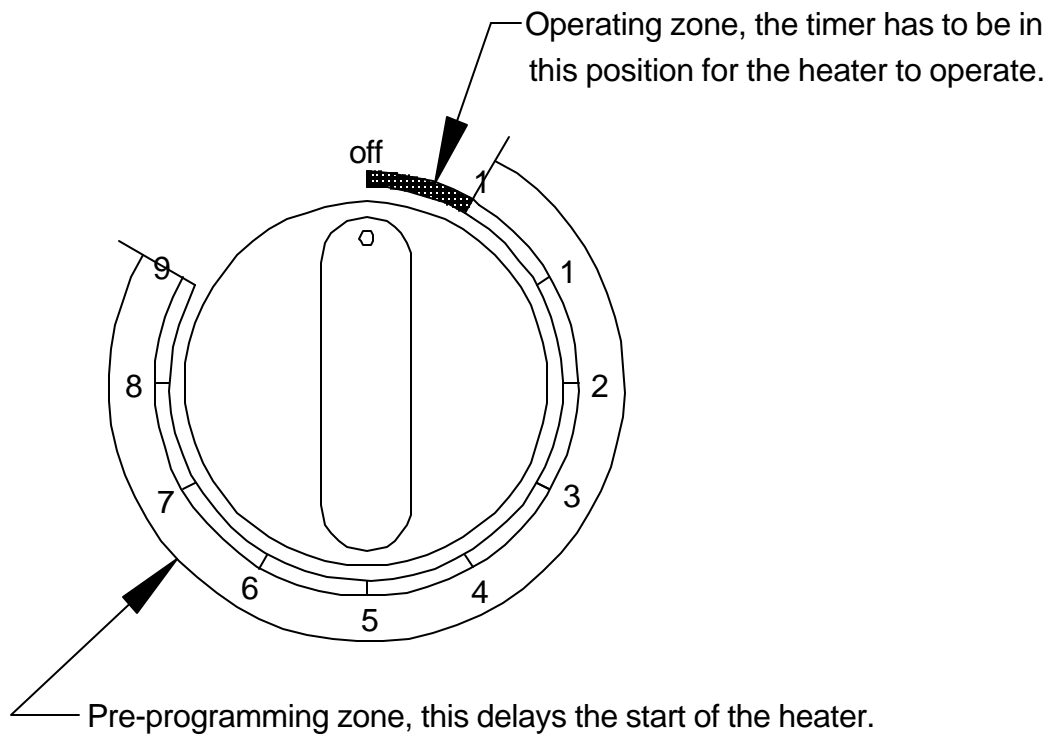
## TIMER

If you want the heater to begin heating immediately, turn the dial clockwise past the first marked section labeled "off to 1", then turn the dial back (counter-clockwise) until you feel it "click" into the one hour operating zone. At this point, your heater will run for one hour and automatically shut off.

The heater has a "9 plus 1" timer, which means you can pre-program the heater to come on up to 9 hours later.

If you set the timer dial in the "9 to 1" zone, the heater will not turn on until the time elapsed equals the number of hours you set.

figure 6



**WARNING:** A licensed electrician should do any service performed on the unit.