



GDI-6880-01

8 Person FAR Infrared Sauna



Owner's Manual

CARBON MODEL SAUNAS

SAUNA IS FOR INDOOR USE ONLY

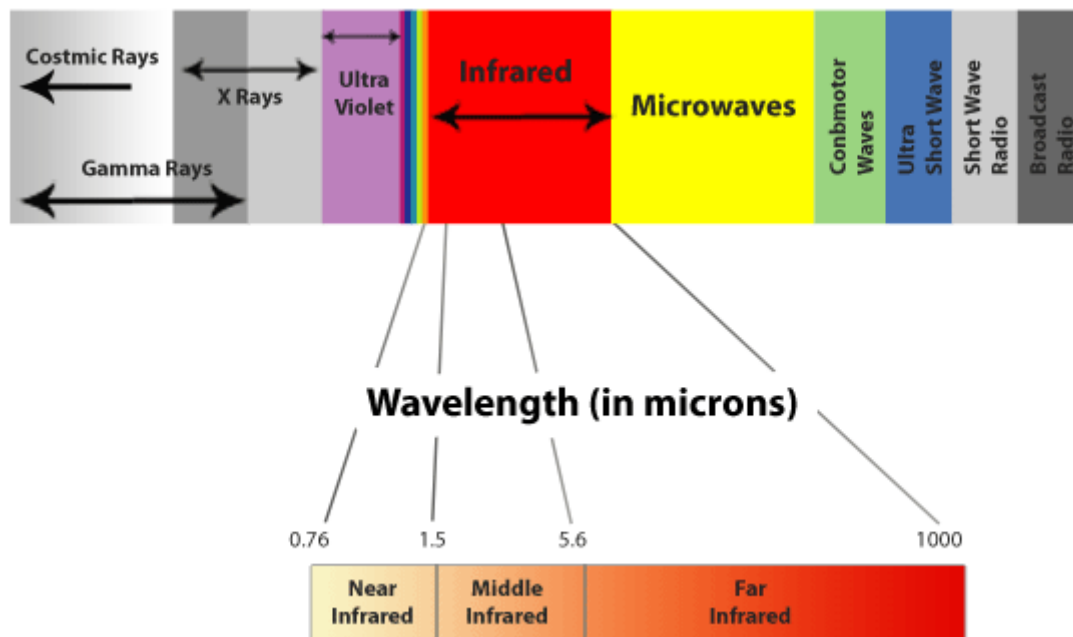
REQUIRES 3 SEPARATE 120VAC 20AMP DEDICATED CIRCUITS

Carefully and thoroughly read this Owner's Manual before using/operating the sauna. We recommend keeping this Owner's Manual for regular review and future reference.

What Are Infrared Rays?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called conversion.

The infrared is divided into 3 segments by wavelengths measured in microns: Near Infrared – 0.76-1.5 microns; Middle Infrared – 1.5-5.6 microns; and Far Infrared – 5.6-1000 microns. Among these segments, Far Infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



Health Benefits

Because infrared rays penetrate the body through conversion, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart.

Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, cadmium, etc.). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

Health Benefits Include, But Are Not Limited To:

- *Pain relief from Rheumatoid Arthritis
- *Relaxes muscle spasms
- *Increases blood circulation
- *Cardiovascular conditioning
- *Clears rashes, acne
- *Reduces cellulite
- *Removes toxins and mineral waste
- *Reduces stress and fatigue
- *Enhances skin tone

DISCLAIMER

The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 40 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for or treating any disease is implied nor should it be inferred. If you have a medical/health condition, are taking prescription drugs, or have acute joint injuries, please consult with your medical physician before using the sauna. Persons with surgical implants (metal pins/rods, artificial joints, silicone, or other types of surgical implants) typically do not experience any adverse effects, but should also consult their medical physician or surgeon before using the sauna room.

What are electric and magnetic fields (EMF)?

Electric and magnetic fields are a basic force of nature (like gravity), generated by electricity. They are found almost everywhere. Electric and magnetic fields are found in nature where they are created by such things as lightning and static electricity. Manmade fields are found wherever people use electricity, such as near powerlines and electrical appliances. Like sound, electric and magnetic fields are made of a mixture of components and so can be described in many different ways. Both have wave-like properties such as strength and “frequency” (how often they cycle back and forth). Sound can be loud (strong) or soft (weak), high or low pitched (different frequencies), suddenly loud or constant in tone, and pure or jarring. Similarly, electric and magnetic fields are a mixture of components. They can be strong or weak, have a high or low frequency, have sudden increases in strength (“transients”) or a constant strength, and consist of one pure frequency or several (called “harmonics”). For example, the *strength* of a field can be weak and constant, as in most nighttime home environments, or it can be strong and vary from high to low every few seconds, as from an electric blanket set on high. Powerlines

and wiring in buildings and appliances generate 50 and 60 Hertz fields, sometimes referred to as “power frequency” fields. Hertz is the unit for measuring the frequency of fields in the number of wave cycles each second. The lower the frequency of a field, the lower its energy. Power frequency fields are low frequency fields and have low energy levels. Microwave and x-ray fields are high frequency fields and have high energy levels. Below are some EMF measurements.

EMF Levels

SOURCE	mG up to 4 inches	mG at 3 feet
Blender	50-220	0.3-3
Clothes Washer	8-200	0.1-4
Coffee Maker	6-29	0.1
Computer	4-20	2-5
Flourescent Lamp	400-4,000	0.1-5
Hair Dryer	60-20,000	0.1-6
Microwave Oven	100-500	1-25
Television	5-100	0.1-6
Vacuum Cleaner	230-1,300	3-40
Airplane	50	

Source: USA Environmental Protection Agency

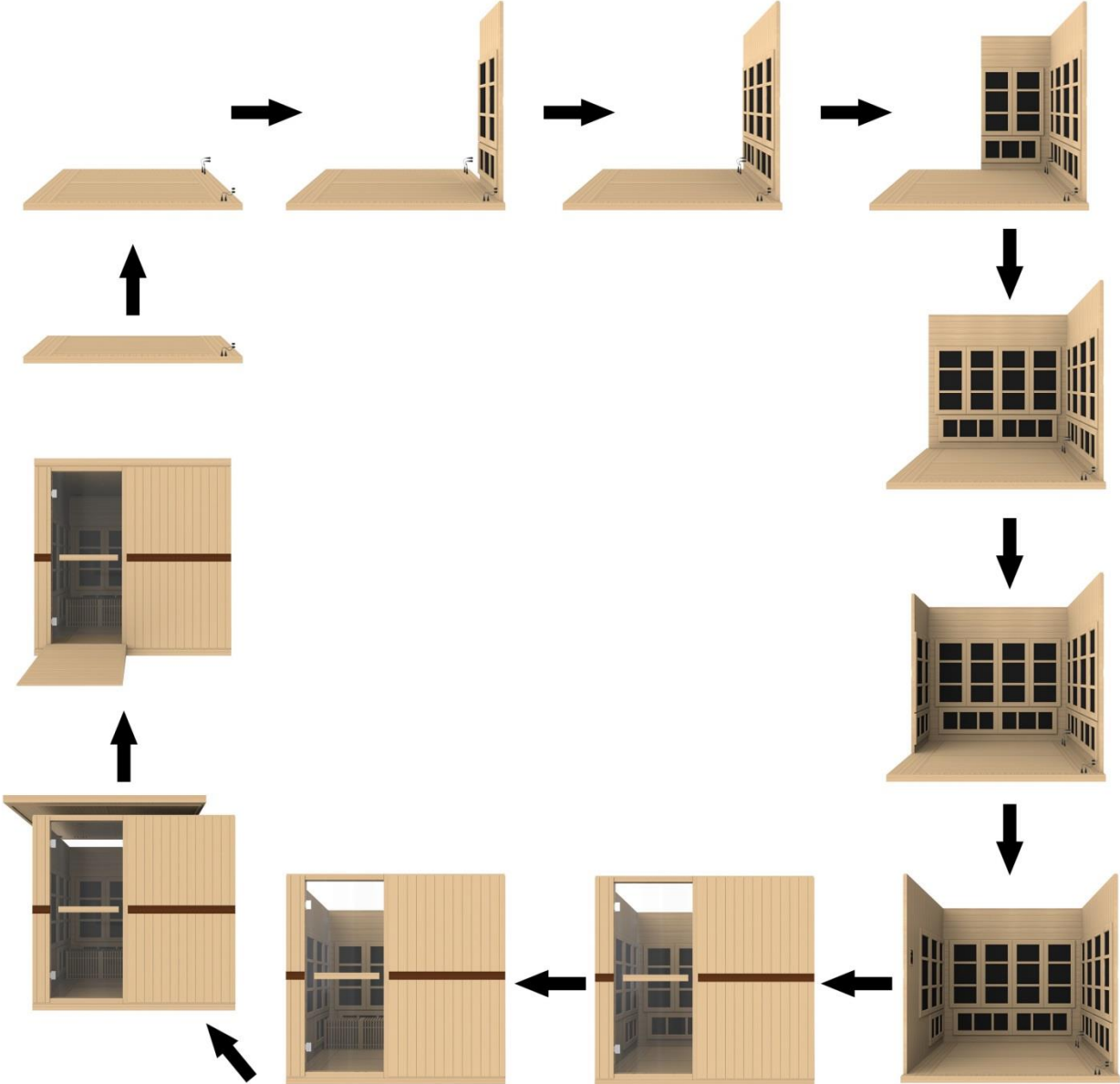
After many years and numerous studies on EMF exposure, no government body including the Occupational Safety and Health Administration (OSHA) have established permissible exposure limits (PEL). Currently, there is no consensus on the potential health hazard from any exposure to EMF. The mainstream scientific evidence suggests that low-power, low-frequency, electromagnetic radiation associated with household currents like that of the infrared sauna does not constitute a short or long term health hazard.

Sauna Maintenance

Since infrared saunas do not require hot rocks, water, or steam to operate, they require very little maintenance. You can simply wipe it down with water – use a damp, soft, and clean cloth. **Do not use any chemical based cleaning agents** as they can be absorbed into the wood and be released into your sauna during use.

PLEASE READ INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

GDI-6880-01



***THE ABOVE ASSEMBLY DIAGRAM IS FOR A QUICK REFERENCE VISUAL GUIDE ONLY. ALL SAUNA MODELS MAY NOT BE SHOWN. PARTS AND ACCESSORIES DO VARY AND ARE SUBJECT TO CHANGE.**

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WARNING: Visually inspect all heaters before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the heating elements. DO NOT START the sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts.

1. Product Introduction

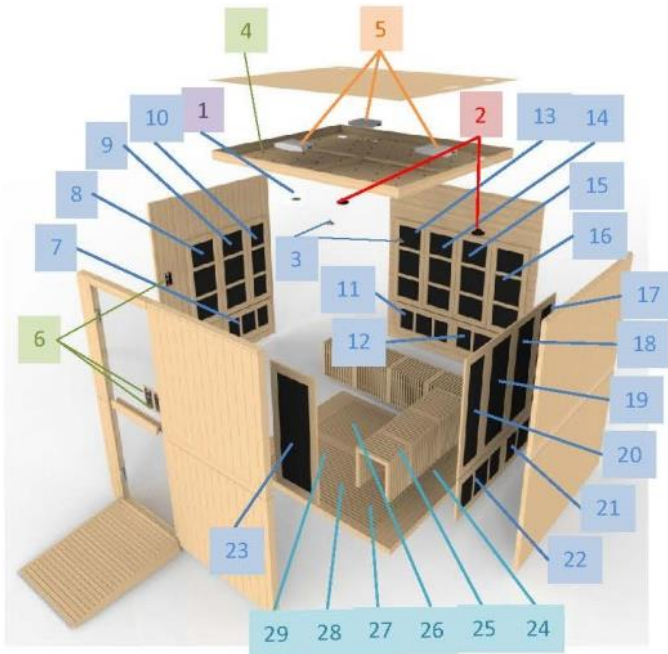
The infrared sauna room is composed of a wood cabin, infrared heat emitters, and a control system. The wood cabin includes a FRONT PANEL, REAR PANEL, LEFT SIDE PANEL, RIGHT SIDE PANEL, BENCH, BENCH EMITTER PANEL, FLOOR PANEL, ROOF PANEL, and ROOF COVER. The infrared sauna has an optional floor ramp that can be purchased separately.

NOTE: Your model sauna has been completely assembled and tested prior to packaging. The rear wall panel is intentional warped as part of the overall design. Two adults will be needed to assemble the sauna room.

CAUTION: Exit Sauna Immediately If You Feel Dizzy, Sleepy, Or Any Discomfort.

PLEASE READ INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

PARTS DESCRIPTION



GDI-6880-01			
Electronic components			
No.	Name	No.	Name
1	Temperature sensor	2	Speakers
3	Round lamps	4	Star color lights
5	Power supplies	6	Control panels

Power layout			
Location	No.	Dimension	Power
Left side wall panel	7	29.52*15.75 inch	200W
	8	39.37*15.75 inch	300W
	9	39.37*11.81 inch	200W
	10	39.37*11.81 inch	200W
Rear wall panel	11	29.52*15.75 inch	200W
	12	29.52*15.75 inch	200W
	13	39.37*15.75 inch	300W
	14	39.37*15.75 inch	300W
	15	39.37*15.75 inch	300W
	16	39.37*15.75 inch	300W
Right side wall panel	17	39.37*11.81 inch	200W
	18	39.37*11.81 inch	200W
	19	39.37*11.81 inch	200W
	20	39.37*11.81 inch	200W
	21	29.52*15.75 inch	200W
	22	29.52*15.75 inch	200W
Front wall panel	23	39.37*15.75 inch	300W
Floor heater	24	29.52*19.69 inch	300W
	25	29.52*19.69 inch	300W
	26	29.52*19.69 inch	300W
	27	29.52*19.69 inch	300W
	28	29.52*19.69 inch	300W
	29	29.52*19.69 inch	300W
TOTAL			5800W

***THE ABOVE ASSEMBLY DIAGRAM IS FOR A QUICK REFERENCE VISUAL GUIDE ONLY. ALL SAUNA MODELS MAY NOT BE SHOWN. PARTS AND ACCESSORIES DO VARY AND ARE SUBJECT TO CHANGE. THE FLOOR RAMP IS SOLD SEPARATELY.**

I. Power Supply (Control Box)

The POWER SUPPLY is the control center of the sauna room. It is installed on the topside of the ROOF PANEL and has inputs/outputs connected to it. Model GDI-6880-01 has three of these POWER SUPPLIES. (see Figure 1)

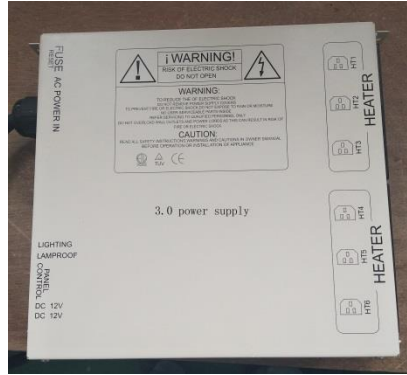


Figure 1

- POWER IN** - main power of the sauna room
- HT1, HT2, HT3, HT4, HT5, HT6** – heat emitter cords
- LAMPROOF** – roof lamp power (optional)
- LIGHTING** – chromotherapy lights
- PANEL CONTROL** – control panel
- FUSE RESET** – protects against power

II. Component Labeling

- Power Cord** – Main power cord connects the POWER SUPPLY to the dedicated wall outlet
- HT1, HT2, HT3, HT4, HT5, HT6** – Heater cords connect the heat emitters to the POWER SUPPLY at these ports (HT5 & HT6 are not used on most models)
- Lighting** – Connects the interior lighting to the POWER SUPPLY at this port
- LampRoof** – Connects the exterior roof lights to the POWER SUPPLY at this port
- Panel Control** – Connects the Control Panel through the CTRL harness to the Power Supply at this port
- L/R Speakers** – Connects the speakers through these wires to the Control Panel
- Temp Sensor** – Connects the Temperature Sensor through this wire to the Control Panel

III. MP3 Auxiliary Port

The MP3 Auxiliary Port allows you to connect a MP3 player or other device with the auxiliary function to the speakers in the sauna room for your listening pleasure. (see Figure 2)



Figure 2

IV. Buckles

A. External Buckles

The external buckles are used to connect the LEFT and RIGHT SIDE PANELS to the REAR PANEL. (see Figure 3)

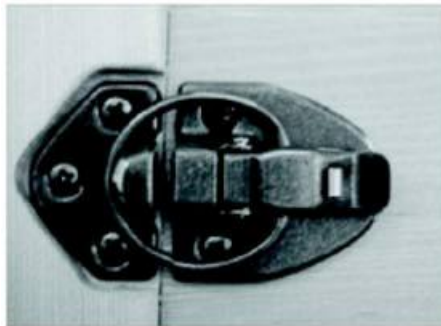


Figure 3

B. Guide and Guide Inserts

The guide and guide inserts are used to connect the side wall panels to one another. They are also used to connect the FRONT PANEL to the RIGHT SIDE PANEL and the LEFT SIDE PANEL. (see Figure 4)

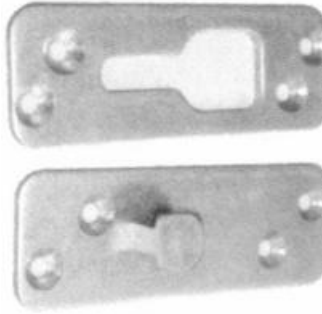


Figure 4

V. Panel Descriptions

For easier assembly, please understand and distinguish the differences between each panel.

A. Floor Panel

When the FLOOR PANEL faces upward, you will find the floor heat emitter(s) on the topside of the FLOOR PANEL. (see Figure 5)



Figure 5



B. Understanding the Difference Between the Top and Bottom of the Wall Panels

The wall panels are in the upright position when the heat emitter cords are seen coming from the topside of the wall panels. (see Figure 6)



Heat Emitter Cords

Figure 6

C. Rear Panel

The REAR PANEL is the panel with the buckles. The buckles are mounted on the exterior side of the REAR PANEL. (see Figure 7)



Figure 7

D. Understanding the Difference Between the Inside and Outside of the Wall Panels

You will find the heat emitters on the inside of the wall panels. (see Figure 8)

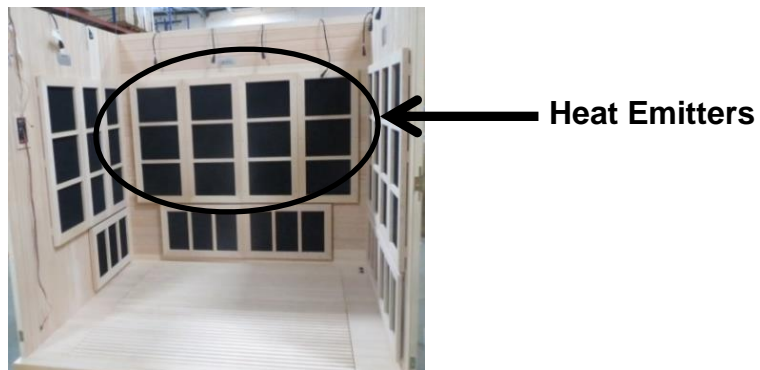


Figure 8

Assembly Instructions

- 1. **Choose a good location to assembly the sauna**
 - a. The location must be dry, level, and away from any source of water.
 - b. The dedicated outlet must be easily accessible.
 - c. Two adults will be needed to assemble.
 - d. Wood Cabin Assembly: FLOOR PANEL ▶ RIGHT SIDE PANELS ▶ REAR WALL PANELS ▶ LEFT SIDE PANELS ▶ FRONT WALL PANELS ▶ BENCHES ▶ ROOF PANEL ▶ Roof Cover

The sauna can be assembled in different sequences, but the above is recommended.

 - e. Tools Required: Philips screwdriver and ladder

- 2. **Installing the FLOOR PANEL**
 - a. Locate the two FLOOR PANEL pieces. The two FLOOR PANEL pieces will need to be interlocked into one another using the pair of guide and guide inserts (which are already installed on the FLOOR PANEL pieces). (see Figure 9)

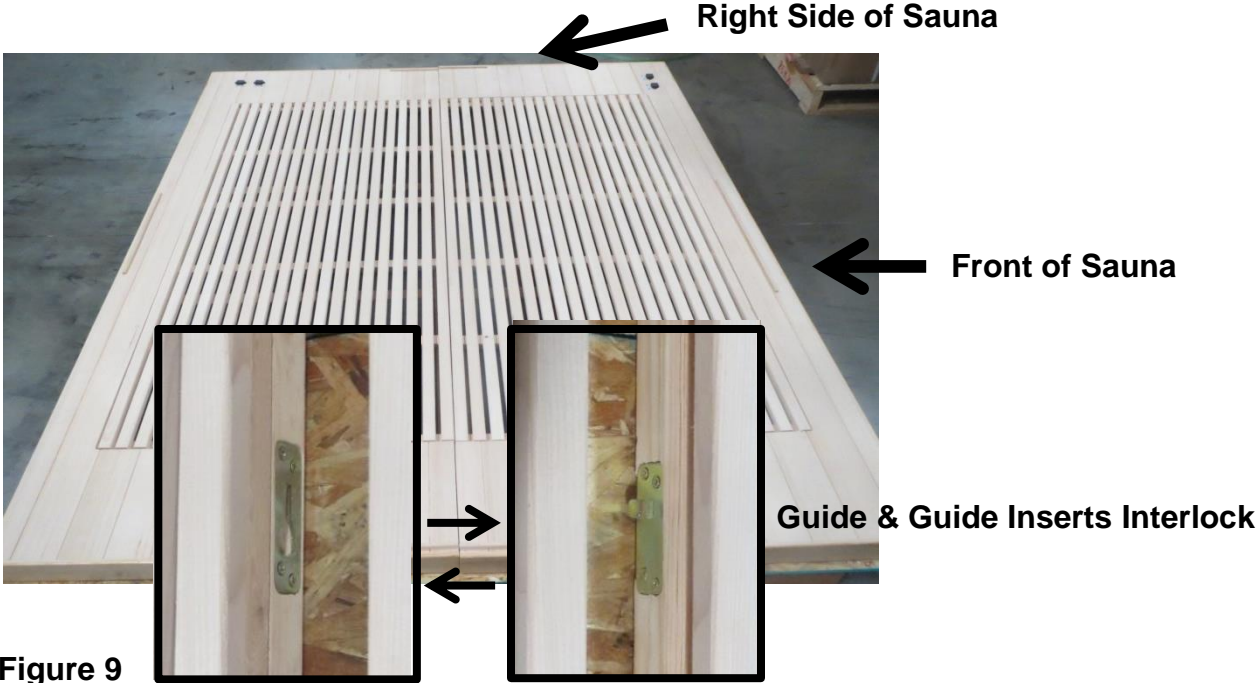


Figure 9

3. Installing the RIGHT SIDE PANELS

- a. One adult will need to place the first of the two RIGHT SIDE PANELS up and onto the FLOOR PANEL. Please take note of the trim molding on the FLOOR PANEL that will insert into the bottom of the wall panels. See Figure 10. Once the first of the two RIGHT SIDE PANELS has been placed onto the FLOOR PANEL and the trim molding on the FLOOR PANEL is inserted, a second adult will need to lift the second of the two RIGHT SIDE PANELS up and onto the FLOOR PANEL. In addition, the RIGHT SIDE PANEL with the guide bracket that has the metal knob sticking outward will need to be lifted up and inserted into the other RIGHT SIDE PANEL with the guide bracket that has the hole. Once inserted, the wall panel will need to slide downward until the top of the two wall panels are flush with one another. If the wall panels are tight and not sliding down easily, you can loosen the guide and guide insert screws slightly to allow for less tension and the wall panel will slide down easier. Figure 11 shows the location of the heat emitter ports in reference to the RIGHT SIDE PANEL.



4. Installing the REAR WALL PANELS

- a. While one adult holds the RIGHT SIDE PANELS in place, a second adult will need to place the first of the two REAR WALL PANELS up and onto the FLOOR PANEL. Again, note the trim molding on the FLOOR PANEL that will insert into the bottom of the wall panels. Pay special attention to the external buckle in Figure 12a with reference to the wall panels. Once you have placed the first of the two REAR WALL PANELS up onto the FLOOR PANEL and against the RIGHT SIDE PANEL, use the external buckles to attach the two walls together. An adult can now get the other REAR WALL PANEL and place it up and onto the FLOOR PANEL. As with the RIGHT SIDE PANELS, locate the REAR WALL PANEL with the guide bracket that has the metal knob sticking outward. It will need to be lifted up and inserted into the other REAR WALL PANEL with the guide bracket that has the hole. Once inserted, the wall panel will need to slide downward until the top of the two wall panels are flush with one another. If the wall panels are tight and not sliding down easily, you can loosen the guide and guide insert screws slightly to allow for less tension and the wall panel will slide down easier. (see Figure 12 and 13)

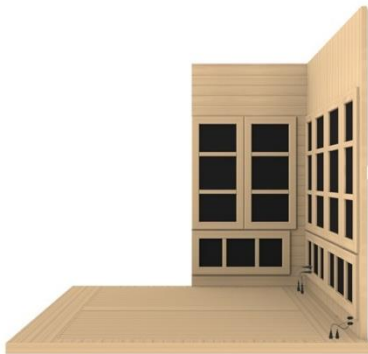
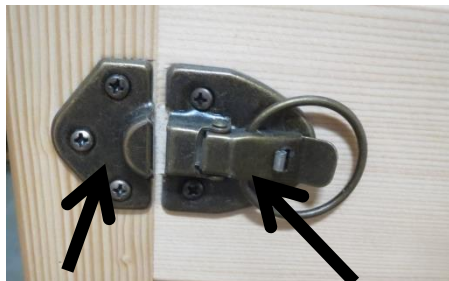


Figure 12



Side Panel Rear Panel
Figure 12a

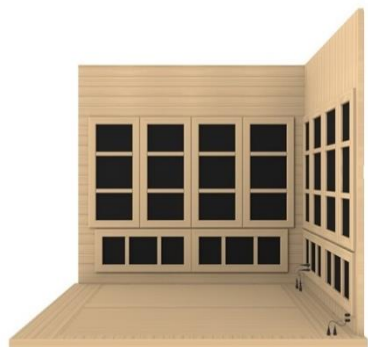


Figure 13

5. Installing the LEFT SIDE PANELS

- a. Place the first of the two LEFT SIDE PANELS up and onto the FLOOR PANEL. Again, note the trim molding on the FLOOR PANEL that will insert into the bottom of the wall panels. Pay special attention to the external buckle in Figure 8 with reference to the wall panels. Once the first of the two LEFT SIDE PANELS has been placed onto the FLOOR PANEL and the trim molding on the FLOOR PANEL is inserted, use the external buckles to attach the LEFT SIDE PANEL to the REAR WALL PANEL. An adult can now lift the second of the two LEFT SIDE PANELS up and onto the FLOOR PANEL. In addition, the LEFT SIDE PANEL with the guide bracket that has the metal knob sticking outward will need to be lifted up and inserted into the other LEFT SIDE PANEL with the guide bracket that has the hole. Once inserted, the wall panel will need to slide downward until the top of the two wall panels are flush with one another. If the wall panels are tight and not sliding down easily, you can loosen the guide and guide insert screws slightly to allow for less tension and the wall panel will slide down easier. (see Figure 14 and 15)

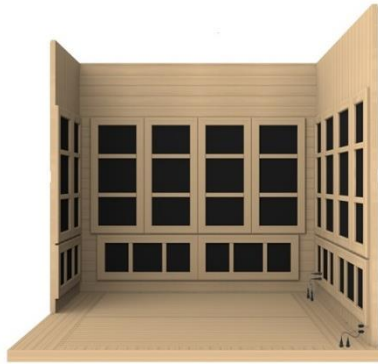


Figure 14

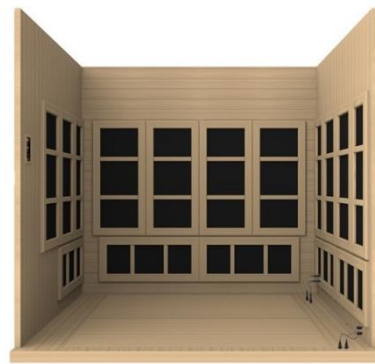


Figure 15

6. Installing the FRONT WALL PANELS

- a. Place the FRONT WALL PANEL with the glass door up and onto the FLOOR PANEL. Again, note the trim molding on the FLOOR PANEL that will insert into the bottom of the wall panels. The FRONT WALL PANEL will need to be placed up against the LEFT SIDE PANEL. You will need one adult on the interior of the sauna room and one adult on the exterior to assist in lifting the LEFT SIDE PANEL upward. The LEFT SIDE PANEL will need to be lifted to attach the two wall panels together using the guide and guide inserts. Once inserted, the wall panel will need to slide downward until the top of the two wall panels are flush with one another. If the wall panels are tight and not sliding

down easily, you can loosen the guide and guide insert screws slightly to allow for less tension and the wall panel will slide down easier. Attach the final FRONT WALL PANEL by lifting the wall panels that have the metal knob sticking outward and inserting it into the wall panel that has the guide bracket with the hole. Once inserted, make sure the top of the wall panels are flush. Install the door handle to the glass door with the natural side on the interior and the finished side on the exterior. (see Figure 16)



Please note that the black protection corners used to protect the corners of the glass door can be removed and discarded once the sauna has been assembled.

Figure 16

7. Placing the removable BENCHES Inside the Sauna

- a. **This model sauna is also designed for yoga. If yoga is to be performed within the sauna room, the benches should not be installed. In addition and if a yoga floor mat is to be used, do not connect the cords for the floor heat emitters.**
- b. Before placing the benches inside of the sauna, you will need to locate the short heat emitter cords from the Accessory Box. These cords are labeled and will connect the floor heat emitter panels to the FRONT WALL and RIGHT SIDE WALL. If you do not want the floor heat emitters to operate, you do not need to install these cords. See Figure 11. Next, you can place the benches inside of the sauna. (see Figure 17 and 18)



Figure 17

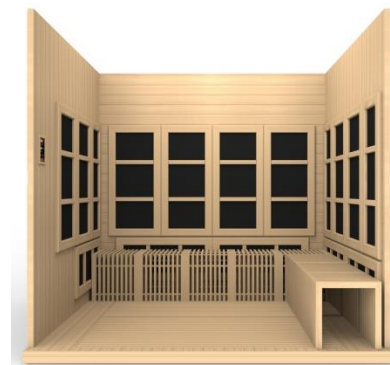


Figure 18

8. Installing the ROOF PANEL

- a. Note that the roof panel comes in two pieces. The roof panel that has a single power supply will go towards the front of the sauna. The side with the actual power supply will go towards the front/right corner of the sauna. The roof panel that has two power supplies will go towards the rear of the sauna with the ceiling vent at the rear of the sauna. Carefully lift one of the roof panels up and over the sauna room. Gently sit the roof panel on top of the sauna room. Next, carefully lift the second of the two roof pieces and lift it up and over the sauna room. Gently sit it on top of the sauna room. (see Figure 19)
- b. Connect the wire harnesses/cord connections to the respective labels. (see Figure 20 through 23)



Figure 19

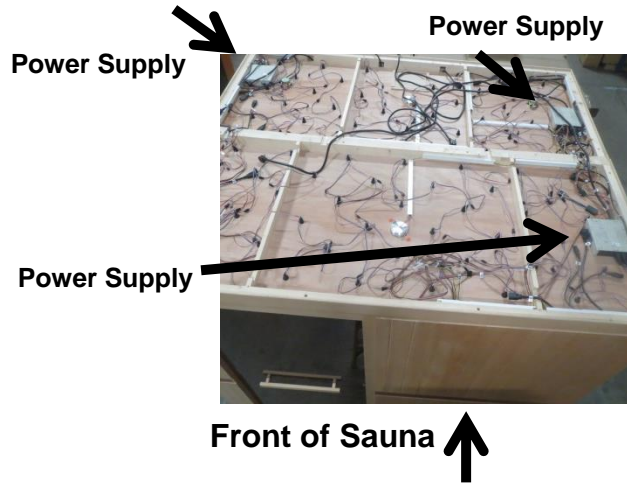


Figure 20



Figure 21



Figure 22

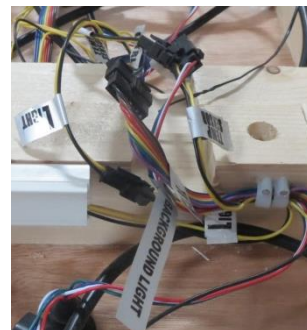


Figure 23

9. Installing the TEMPERATURE SENSOR

- a. Enter the sauna and remove the protective covering (tape) from the TEMPERATURE SENSOR. Situate the TEMPERATURE SENSOR so that it is vertical, pointing downward. (see Figure 24)

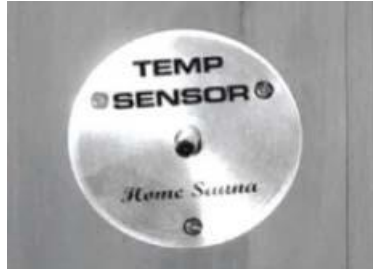


Figure 24

Note: Some sauna models are shipped with a spare TEMPERATURE SENSOR in case the TEMPERATURE SENSOR is damaged in transit. The manufacturer decides this according to sauna models and packaging.

10. Installing the ROOF COVER

- a. Installing the ROOF COVER is optional. The ROOF COVER will be in several pieces. You will use the circular holes to run the power cords thorough. The areas of the ROOF COVER with the vent cutouts should be placed near the power supplies. Use care when pulling the power cords through the holes in the ROOF COVER. Once the ROOF COVER is in place, you can use the short screws to screw it down. (see Figure 25)



Figure 25

11. Installing the Ramp (can be purchased separately as an accessory)

- a. The optional wheelchair ramp can be placed in front of the door of the sauna. It must be placed close and butted up against the exterior side of the FRONT WALL PANEL. The smaller triangular ramp will need to be placed close and butted up against the interior side of the FRONT WALL PANEL. (see Figure 26 and 27)



Figure 26 (exterior view)



Figure 27 (interior view)

When using the accessible wheelchair ramp, care and caution should be used when rolling the wheelchair up and into the sauna. Be sure to keep the wheelchair in the middle of the ramp when entering/exiting the sauna to avoid falling off the edge of the ramp.

Operating the Sauna

NOTE: Before the sauna is turned on, remove plastic protective covering from the CONTROL PANELS and the black plastic corners on the glass door. Please check and confirm that the connections to the POWER SUPPLY (including the power cord), HEAT EMITTERS, CD/RADIO, and TEMPERATURE SENSOR are connected properly and are snug and tight. The power supply voltage and frequency must match the requested voltage and frequency of the sauna (120VAC 15AMP Dedicated Circuit or 120VAC 20AMP Dedicated Circuit). Please consult a certified electrician for any electrical modifications or repairs.

Since many materials absorb the infrared rays, minimal clothing is recommended for maximum effect. The infrared sauna emitters are designed to heat you and not necessarily the air inside the sauna. It is not a hot box like a traditional sauna. The temperature gauge is a guide for your safety. It is recommended that you drink water before, during, and after sauna use to prevent dehydration since body fluids will be lost through perspiration. It is not recommended to shower immediately after use since the pores in your skin will be open and could possibly absorb anything in the water. In addition, it is not recommended to use scented oils as once the specific fragrance scent absorbs into the wood, it is extremely difficult to remove that scent before switching to a different fragrance scent.

CAUTION: Exit Sauna Immediately If You Feel Dizzy, Sleepy, Or Any Discomfort.



Control Panel

Power On/Off: Press to control the main power of the sauna

Power Indicator: Indicates the status of the sauna's main power

Work Start/Stop: Press to control the working functions of the sauna

Work Indicator: Indicates the working status of the sauna

Heat Indicator: Indicates the status of heating function

Light: Press to control the lighting function

Time Display: Displays the heating time of the sauna in minutes

Time: Press to adjust the setting of the timer

Temperature Display: Displays the actual interior temperature of the sauna room in $^{\circ}\text{C}/^{\circ}\text{F}$

Temperature: Press to adjust the temperature setting

$^{\circ}\text{C}/^{\circ}\text{F}$: Press to change the temperature display between $^{\circ}\text{C}/^{\circ}\text{F}$

1. Plug the sauna into the wall outlet.
2. Press the POWER button once. The POWER light will come on, the TIME DISPLAY will show 90 (minutes), the TEMPERATURE DISPLAY will show $151^{\circ}\text{F} / 66^{\circ}\text{C}$, and the control panel will flash.
3. Press the up/down arrows under the TIME DISPLAY to adjust the amount of time you want the sauna to remain on. Press the C/F button to choose between Celsius and Fahrenheit. Press the up/down arrows under the TEMPERATURE DISPLAY to adjust the temperature setting. Once you have set these adjustments to the desired settings, press the START/WORK button. If you do not press the button for 5 seconds, the control panel will stop flashing and the set-up values will be memorized. The WORK and HEAT lights will now be on and the emitters will now be generating heat. You can

either pre-heat the sauna to the set temperature before entering or sit inside the sauna as the temperature rises to the set temperature. Please keep in mind that you will increase the time it takes for the sauna to reach the set temperature if you enter the sauna room before it has reached the set temperature.

4. During your sauna session, set-up time will count down the minutes one by one. You can use the up/down arrows to adjust the time. If you do choose to adjust the time, the control panel will flash and the emitters will stop generating heat. Once you set the time to the desired setting, then press the START/WORK button twice and the control panel will stop flashing and heat will began coming from the emitters once again.
5. Heating times do vary. Generally, it will take approximately twenty to thirty minutes to preheat the sauna to the average used temperature range of approximately 118 degrees Fahrenheit / 48 degrees Celsius. When the ambient temperature is low, heating requires additional time. For the first few times of use, you may use 115 degrees Fahrenheit / 46 degrees Celsius as a reference starting point for a time period of about 20 to 30 minutes (this represents the actual time you are in the sauna at the desired temperature). As you become more comfortable and familiar with the sauna, you can increase the temperature and time period according to your personal preference.
6. When the temperature is at the set-up value, the digital control will maintain the set temperature. The WORK light will remain on and the HEAT light will turn off. The emitters will stop generating heat. Once the inside temperature drops approximately 4 degrees Fahrenheit, the HEAT light will turn back on and heat will again be generated by the emitters. With the digital control, the inside temperature will always remain around the set-up value.
7. There are two types of lighting on your sauna, the Reading Lamp and the Star Lighting. The Reading Lamp can be turned ON/OFF by pressing the light button on the Control Panel closest to the glass door on the front wall panel. The Star Lighting can be turned ON/OFF by pressing the light button on the Control Panel furthest from the glass door on the front wall panel. You can scroll through the different colors, have the white light ON, or press the button additionally to set the lighting to a specific color.
8. **Yoga** can be performed within the sauna room. You do not want to install the moveable benches in the sauna to allow for more space. **If you place a yoga floor mat on the floor of the sauna, make sure the floor heat emitters cords are disconnected so that the floor does not heat up (see step 7). If the floor heater cords are connected, it could cause a hazard and possible injury.** The recommended heating range for yoga is between 85 degrees Fahrenheit and 122 degrees Fahrenheit.
9. **Bluetooth** can be used on the sauna room. You first will need to pair your device with the sauna room. Open your device's Settings Menu and then locate and open Bluetooth. You will find **iSauna** or **BT100** or **Bluetooth**. Now you can pair your device. Once pairing is successful, your device will be connected. Please note that you

must unpair/disconnect from Bluetooth if your sauna model has the optional MP3 Jack at the ceiling and you choose to use the Aux Wire to connect to the speaker system. If you need to reset the Bluetooth/Aux system, you can do so by unplugging the sauna's power cord for 15 minutes. The Bluetooth module is located on the control panel with the Bluetooth logo.

10. Please Note: On average, it takes our model saunas approximately:

- *20 minutes to reach into 100 degrees Fahrenheit/38 degrees Celsius (with a Starting temperature above 70 degrees Fahrenheit/21 degrees Celsius)
- *25-30 mins to reach about 115-120 degrees Fahrenheit/46-49 degrees Celsius (depending on sauna model)
- *35-40 minutes to reach about 125-130 degrees Fahrenheit/52-54 degrees Celsius (depending on sauna model)
- *45-60 minutes to reach up to approximately 135 degrees Fahrenheit/57 degrees Celsius (depending on sauna model)

Please keep in mind that you can either preheat the sauna to the set temperature before entering or sit inside the sauna as the temperature rises. In addition, you will increase the time it takes for the sauna to reach the set temperature if you enter the sauna room before it has reached the set temperature. Also, the most commonly used temperature setting is between 118 degrees Fahrenheit / 48 degrees Celsius and 122 degrees Fahrenheit / 50 degrees Celsius. The way the sauna room works is when you set the Control Panel to say 120 degrees F / 49 degrees C, the heat emitters will turn off when that set temperature is reached. And even though the sauna does allow the user to set the Control Panel to 151 degrees F/66 degrees C, this is specifically for those users who do not want the heat emitters to ever turn off as the sauna room will never achieve 151 degrees F / 66 degrees C. After 3 hours of continuous use, the sauna needs to be shut down for one hour.

Tips for using Your Sauna

1. If you take a hot/warm shower or bath before using your sauna, you may perspire more and experience more comfort.
2. Drink water prior to, during, and after your sauna session to replenish body fluids.
3. To regulate the set temperature inside the sauna to your comfort level, use the movable roof vent or leave the door slightly open. The roof vent is installed on the sauna and used based on personal preference.
4. Use 2 towels during your sauna session. Fold the first towel several times and place it on the bench. As you sit on this towel, it will absorb a majority of your perspiration while adding comfort as you sit on the bench. Use the second towel to constantly wipe the perspiration from your body to perspire faster and also to avoid having too

- much perspiration dripping onto the floor heater. If your legs become cold, you can use a third towel to drape over your legs to trap the heat.
5. At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the virus.
 6. To help relieve sore and tense muscles, massage the affected areas during your sauna session.
 7. To treat your ankles and feet more effectively, you can elevate them and move them close to one of the heat emitters to achieve a deep heating effect.
 8. To utilize the sauna's heat therapy effect, put oil and treatment into your hair and wrap it with a towel. After your sauna session is over, rinse your hair thoroughly.
 9. The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
 10. To conserve energy consumption, please unplug your sauna when not in use – especially if you do not plan on using the sauna for an extended period of time.
 11. After the sauna session is over, do not jump into the shower or bath immediately. Because your body was heated up during the sauna session, it will continue to perspire even after the heat emitters are off. Sit in the sauna with the door slightly opened and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about fifteen minutes and when your body has completely cooled down, you can take a shower or bath to clean your body.

Safety Instructions

1. Read and follow all instructions carefully before using the sauna.
2. When assembling and using the electrical equipment, 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 times by an adult. Children should not use the sauna unless prescribed or advised by their medical doctor.
4. Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
5. Pregnant or possibly pregnant women should contact their medical physician prior to using the sauna. Excessive temperatures have a high potential for causing fetal harm during pregnancy.
6. **Hyperthermia Danger:** The normal body temperature can't rise above 103°F (39°C). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and/or fainting. The effects of excessive hyperthermia may include, but are not limited to failure to perceive heat, physical inability to exit the sauna, unawareness of impending hazards, unconsciousness, and/or fetal harm in pregnant women. Hyperthermia could make your body's core temperature rise. Setting the desired temperature to an excessively high temperature is not recommended.

7. The use of alcohol, drugs, or medications (prescribed or non-prescribed) prior to or during the sauna session may lead to unconsciousness and/or other harmful physical injuries.
8. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, diabetes, or other medical conditions should consult with a medical physician prior to using the sauna.
9. Persons using medications should consult with a medical physician before using the sauna. Some medications may induce drowsiness while other may affect the heart rate, blood pressure, and/or blood circulation.
10. Use care when exercising before and after sauna use.
11. Never sleep inside the sauna.
12. Do not use any type of cleaning agents on the interior of the sauna. Only wipe down the sauna room with water and a damp cloth. Never use any chemical based cleaners.
13. Do not stack or store any objects on top of or inside the sauna.
14. If the power supply cord becomes damaged, it must be replaced immediately by the manufacturer or its agent. If you find the power cord is too hot (normally it will become warm) or that the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid hazardous situations.
15. Make sure that the electrical outlet is in good working order. A common problem with electrical outlets is loose wiring on the connection points of the terminals of the outlet. A loose wire will also make for a bad connection and cause an unusual amount of heat buildup. Loose connections can also cause sparking in the junction box that can result in arcing. You'll likely see burn marks around the terminals if this occurs. If this happens, do not use the sauna and have the outlet replaced by a certified electrician. If the power cord is damaged, please contact Customer Support.
16. Do not use the sauna during an electrical storm to avoid risk of shock or injury.
17. Do not continuously switch the power ON and OFF excessively as it will compromise the life of the electrical components.
18. Your hands must be dry and free of moisture before plugging and unplugging cords and wiring harnesses from the power supply and circuit boards. Never operate the sauna with wet hands or wet feet to avoid the risk of electrical shock or injury. Never touch the metal prongs of the plug.
19. Do not attempt to make any repairs yourself unless authorized by the manufacturer or its agent. If a problem occurs with the sauna, please contact the manufacturer or its agent immediately to avoid safety risks. Unauthorized repair attempts will void the manufacturer's warranty.
20. Please make sure the outlet power supply meets the specifications required. Failure to meet the requirements may cause safety risks.
21. Some sauna models are equipped with reading and/or roof lamps. Because the lamp temperature will become very hot once powered ON, do not attempt to touch the lamp to avoid being burned. Do not attempt to touch it for at least 20 minutes or until it cools down completely if a need to touch it arises.
22. Do not pour water or any other liquids onto the infrared heat emitters. Do not bump,

- hit, or break the heating elements as it may cause an electrical short and pose a safety risk.
23. Do not make any modifications to the sauna, the sauna structure, or the sauna components.
 24. Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna does not seem to be operating properly, discontinue use and contact Customer Service.

Safeguards For Your Sauna

1. Do not install the sauna near water, near a bathtub (if water will splash on the sauna), near a shower (if water will splash on the sauna), in a wet basement, or near a swimming pool (if water will splash on the sauna).
2. Do not use liquid cleaners or aerosol cleaners on the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft damp cloth for cleaning.
3. The power supply cord should be routed so that it is not walked on or pinched by any object that may be placed against it.
4. When replacement parts are required, be sure they meet the specified requirements of the manufacturer. Unauthorized substitutes may result in a fire, electrical shock, or other hazardous situations. After any repairs, please ask the service technician to perform a safety check to determine that the sauna is in good working order.
5. Do not use any wall receptacle adapter or extension cord between the sauna cord and wall outlet. If an extension cord must be used, please have a certified electrician make one that is as short as possible. Make sure it is routed so as to not cause a safety issue, such as individuals tripping over it.

Troubleshooting

Before any troubleshooting of the sauna, make sure to unplug the sauna's power cord from the wall outlet. If the sauna is hard wired straight to the breaker in the Electric Panel, turn the breaker to the "OFF" position. Sauna models will vary.

1. Cannot Locate the Owner's Manual

Solution: The Owner's Manual is included in the Accessory Box. The accessory box is located in the roof panel. Please remove the thin hardboard roof cover to gain access to the Accessory Box.

2. Assembly

Solution: We do have assembly videos on youtube.com (not of all models). The video may not be of the particular model you purchased, but our saunas

do assemble in a similar fashion. Here is the web address to the video:
<https://www.youtube.com/watch?v=Z7EVadjwm5s>

3. No Heat Coming From Some of the Heat Emitters

Solution: Check to make sure all the heat emitter cords are properly connected, including the cord to the heat emitter underneath the bench (if applicable). Go to the roof, and also check that the heat emitter cords are properly connected snug and tight to the cords on the roof and that those cords are properly plugged into the power supply (snug and tight).

Solution: If some of the heat emitters are working, then the ones which are not working may have been damaged or are not properly connected. Check that the heat emitter cords are properly connected snug and tight. If the issue continues, then the particular heat emitter may be damaged. Do not continue to operate. Contact the manufacturer for replacement parts.

Solution: If the heat emitters are not working but the control panel displays the time and temperature, then the temperature sensor may not be plugged in properly or it may be damaged or the power supply is defective. If you received an extra temperature sensor with your sauna (with the Owner's Manual in the Accessory Box), proceed to the below. If you did not receive an extra temperature sensor, then please contact our Customer Service. Again and if you did receive the extra temperature sensor, then turn the control panel off and then go to the roof of the sauna and locate the red and black wires near the air vent towards the rear of the sauna. After you have located the red and black wires labeled "TEMP SENSOR", disconnect them. Connect the spare temperature sensor. For testing purposes, insert the "TEMP SENSOR" (you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button. If the heat emitters now have heat, then the "TEMP SENSOR" was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one. If all of the heat emitters are still not working, then the power supply may be defective. Please contact Customer Service.

4. Control Panel Malfunctioning

Solution: If the control panel is showing no signs of power, then there could be a connection issue of the "CTRL" harness up on the roof. Go up to the roof and locate the "CTRL" wire harness you connected when the roof was installed onto the sauna room. Disconnect the "CTRL" wire harness and firmly reconnect the "CTRL" wire harness making sure it is snug and tight. Attempt to turn the sauna on at the control panel and check to see if the buttons are now responding. Contact the Customer Service for any additional troubleshooting.

Solution: If the control panel is showing no signs of power, then there could be a connection issue of the “CTRL” harness behind the control panel. You will need to remove the wood frame holding the control panel in place to gain access to the “CTRL” connection behind the control panel. Once you remove the control panel from the wall panel, you can disconnect and reconnect the connection making sure it is snug and tight.

Solution: If the control panel is showing no signs of power, check the sauna power cord at the wall outlet to make sure it is plugged in snug and tight. Also check your main circuit breaker to confirm that it has not tripped. Check the power supply on the roof of the sauna to make sure there are no signs of malfunctioning, such as a high temperature, burning odor, or strange sounds. Also, check to make sure none of the power cords are damaged. If the power supply is malfunctioning or power cords are damaged, then unplug the sauna immediately and contact the Customer Service.

Solution: The control panel will not turn off, the power/work/or heat lights do not come on, or the temperature and timer buttons do not work means the control panel may have been damaged and will need to be replaced. Before contacting Customer Service, remove the wood frame holding the control panel in place to gain access to the “CTRL” connection behind the control panel. Once you remove the control panel from the wall panel, you can disconnect and reconnect the connection making sure it is snug and tight. Contact Customer Service for any additional troubleshooting.

Solution: If your sauna is plugged in and you have no power at the control panel, then the power supply may need to be reset. Go to the roof of the sauna and locate the power supply. Press the RESET button to reset the power supply. The RESET button is on the same side of the power supply as the power cord. Attempt to turn the sauna ON at the control panel. Contact the manufacturer for any additional troubleshooting if necessary.

Solution: There could be damage to the temperature sensor. If your sauna arrived with a spare temperature sensor, turn the control panel off and go to the roof of the sauna and locate the red and black wire near the air vent towards the rear of the sauna. After you have located the red and black wires labeled “TEMP SENSOR”, disconnect them. Connect the spare temperature sensor. For testing purposes, insert the “TEMP SENSOR” (you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button. If the heat emitters now heat, then the temperature sensor was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

Solution: If your control panel displays “-L”, it may be an error code and we assume both control panels are displaying this. If so, then it means there is a communication issue between the control panel, power supply, and temperature sensor. Please proceed to the following:

Step A:

1. Reconnect the sauna’s power cord. Make sure the control panel is turned ON. Two individuals will be needed. One individual will continuously watch the “-L” on the control panel to see if it changes while a second person goes up to the roof and locate the “PANEL CONTROL” harness connection that was connected during the assembling of the sauna room. Check both ends of this connection including at the power supply box.
2. Disconnect the “PANEL CONTROL” harnesses (both ends) and then reconnect making sure that the connection is snug and tight.
3. Also and while up on the roof, please located the temperature sensor wire. The temperature sensor is the black probe that is sticking out of the interior ceiling above your head as you sit on the bench. Disconnect the connection and reconnect to make sure the connection is snug and tight.
4. The individual watching the control panel can let you know if the “-L” ever changed. If the “-L” is still displayed on the control panel, then we need to rule out a control panel issue. Please proceed to **Step B**.

Step B:

1. Make sure to first unplug the sauna’s power cord from the wall outlet or power source. If the sauna is hard wired straight to the breaker in the Electric Panel, turn the breaker to the “OFF” position.
2. Remove the exterior wood frame around the exterior control panel. Simply unscrew the screws holding the wood frame on.
3. Once the wood frame has been removed, lift the control panel up and out. On the backside of the control panel, you will see a connection plug. This connection plug needs to be removed. In some cases, there is a plastic tie that holds the connection plug in place during shipment. This tie will have to be cut before the connection plug can be unplugged. You do not need to replace this tie. There are several connections, but you only have to be concerned with the black connection. You want to unplug by pulling the male connection from the female connection. Reconnect to make sure the connection is snug and tight. Leave the control panel hanging from the wall panel (do not replace with the wood frame as of yet).
4. Next, you can plug the sauna room back into the wall outlet or turn the breaker back “ON”. Test the control panel to see if it is responding and working properly or if the “-L” is still displayed. If the control panel is responding and working properly, then it was a connection issue causing the problem and you can put back the control panel and wood frame.

Solution: Unfortunately, our saunas cannot be connected to a GFCI due to the amount of power the sauna uses. We have had customers who have connected their sauna to a GFCI protected outlet for the first time or for many months and then all of a sudden the GFCI starts causing the sauna to trip or

just not turn ON at all. We do not have an answer as to why the GFCI was fine in the beginning when supplying power to the sauna and then suddenly starts causing problems for the sauna power supply. We recommended not connecting the sauna power cord to a GFCI protected outlet.

5. Wall Outlet Melting

Solution: A common problem with wall outlets is loose wiring on the connection points of the terminals of the receptacle. A loose wire will also make for a bad connection and cause an unusual amount of heat buildup. Loose connections can also cause sparking in the junction box that can result in arcing. You'll likely see burn marks around the terminals if this happens. You will need to consult with an electrician to replace the wall outlet. You will need to contact Customer Service if the power supply cord is damaged as the power supply will need to be replaced.

6. Bluetooth

Solution: Please note that you can only have a single device connected to the Bluetooth at any given time. You must unpair your device before connecting with another device. To do a master reset of the Bluetooth, you will need to unplug the sauna power cord from the wall outlet for 15 minutes.

7. Color Lighting

Solution: If your color light is not working, the issue with the light may have to do with the connection(s) on the top side of the light fixture. Please go up to the roof panel and disconnect the wire connection on the topside of the light fixture. Then reconnect the wire connection making sure that it is snug and tight. Return back to the sauna control panel to test the light. If the light is still having issues, please contact our Customer Service.

8. Dedicated Power Outlet

Solution: You have two options when it comes to a dedicated receptacle. You have a true dedicated line if the receptacle is the only receptacle on the line to the breaker in your electric panel box. You have a quasi-dedicated line if you have multiple receptacles on a line to the breaker in your electric panel box and you do not draw any power from the other receptacles when the sauna is in operation. Both of these options are acceptable.

9. Bench Heat Emitters (not on all models)

Solution: With regards to the lower heat emitters under the bench and on the floor, these heat emitters operate a bit different than the wall heat

emitters. As the bench heat emitter and floor heat emitter (200W/125W each) are of much less wattage than the wall heat emitters (300W each), they will not get nearly as hot as the wall heat emitter panels. We can have you run two tests. First, remove the bench from the sauna room. Next, preheat the sauna room by setting the temperature to the maximum of 151 degrees F and time to 90 minutes. Record the starting/beginning temperature and the temperature after 15 minute intervals up to 90 minutes (do not enter the unit or open the door during this test). If the sauna room goes above 130 degrees F (usually after about 40 to 50 minutes of preheating with a beginning temperature above 70 degrees F) at any given time, then we know that the heat emitters are working successfully. With even one heat emitter not working correctly, the sauna room will struggle to get above 130 degrees F within the average allotted time. The next test would be to enter the sauna room and to **cautiously** place your hand on the back side of the bench heat emitter in the center (this would normally be covered by the bench which you already removed). If you touch the heat emitter panel and it is warm-to-hot, then it is working correctly. If you are able to place your hand on the back side of the heat emitter and it feels like there is no heat being produced, then we know it is not working properly and you will need to contact Customer Service. You can also check the floor heat emitter by touching the heat emitter **cautiously** with your finger. You will need to remove the wood grade cover to get a true feeling of the heat from the floor heat emitter. Please do keep in mind that the bench heat emitter and floor heat emitter only keep the area below the bench warm as heat always rises. The majority of heat is concentrated above the bench. You can use a towel to drape over your legs to trap the heat as it rises if your lower extremities feel a draft.

10. Intentional Rear Wall Warp

Solution: The rear wall panel is intentionally warped as part of the sauna design. This adds strength to the sauna structure once the unit is assembled. Please try the following in assembling the sauna. With one person inside the sauna room and pushing on the rear wall panel outward, a second person should be able to latch the buckles. Make sure that the wall is fitting together like a puzzle as one wall panel fits into the other. Work your way down from top to bottom.

Limited Lifetime Warranty

7 Year Limited Warranty: Golden Designs, Inc. warrants the wood, structure, heating elements, and electronics against defects in material and workmanship for a period of 1 to 7 years from the original date of purchase. **This sauna is for INDOOR use only. Placing your sauna outdoors will VOID this warranty. Any damage due to exposure to outdoor elements such as rain, snow, sun, wind or extreme temperatures will not be covered by this warranty. Any damages as a result of modifications made to the sauna or its components will void this warranty.**

Extent of Warranty: This limited warranty applies to products manufactured or distributed by Golden Designs, Inc. under its brand names, delivered in the continental United States or Canada and extends to the original purchaser at the original site of installation only. This warranty becomes valid at time of purchase and terminates either by specified time frame listed above, owner transfer, or relocation. **Your sales receipt showing the date of purchase of the product is your proof of purchase. Warranty is not transferable.**

Manufacturer Warranty

All Golden Designs, Inc. products are manufactured with the highest quality appliances and are warranted to be free from defects in material and workmanship at the time of delivery. The appliance warranty is extended through the manufacturer for the product including, but not limited to: stereos, CD/DVD players, etc. All exchanged parts and products replaced under this warranty will become the property of Golden Designs, Inc. Golden Designs, Inc. reserves the right to change manufactures of any part to cover any existing warranty. Any parts determined to be defective must be returned to Golden Designs, Inc. to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with the transportation of the parts. In addition you are responsible for insuring any parts shipped or returned. You must present Golden Designs, Inc. with proof of purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to **VOID** this limited warranty. Products on which the serial number has been defaced or removed is not eligible for warranty service. Parts are covered by the warranty, but not the labor.

Warranty Limitations

This warranty does not apply if the unit has been subject to full commercial use, negligence, alteration, modification, misuse, abuse, repairs by non-Golden Designs, Inc. authorized personnel, inappropriate installations, or any case beyond the control of Golden Designs, Inc. invalidating this warranty including but are not limited to:

- Use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications
- Normal wear and tear or weathering
- Use of product not in accordance with instructions
- Worn out receptacle

Surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all woods. This includes minor cracks due to wood expansion and contraction. Note: Since the wood used in construction has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment.

Disclaimers

Golden Designs, Inc. shall not be liable for loss of use of sauna or other Golden Designs, Inc. products or other secondary or incidental or consequential costs, expense or damages - which may include the removal of permanent deck or other custom fixtures or the necessity for crane removal - arising directly or indirectly out of the use or inability to use the product. Any implied warranty shall have duration equal of the applicable warranty stated above. Under no circumstances shall Golden Designs, Inc. or any of its representatives be held liable for injury to any person or damage to any property, however arising. Specifications are subject to change without notice or obligation.

Legal Remedies

This limited warranty gives you specific legal rights. You may have other rights, which may vary from state to state.

Customer Service

For customer service, contact your authorized dealer. If you need additional information or assistance, please email Golden Designs, Inc. at info@goldendesignsinc.com or call (909) 212-5555.

*Limited Lifetime Warranty of Sauna Products is 7 years on heating elements and electronics from the date of purchase. The wood structure has a 1 year limited warranty.

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WARRANTY CARD

Congratulations on your purchase of an Infrared Sauna from Golden Designs, Inc. Please take the time to complete the following Warranty Card and mail it back to:

**Golden Designs, Inc.
3550 Jurupa Street, Unit B
Ontario, CA 91761**

Please include a copy of your sales receipt showing date of purchase as this will serve as proof of purchase.

Warranty will be VOID if the following warranty card is not mailed back within 60 days of purchase date along with proof of purchase.

****Serial number (S/N) is located on the sauna's front panel, rear panel, or on the carton.****

DETACH
HERE



WARRANTY CARD

All fields must be completed to validate the warranty.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

Purchase Date: _____

Purchase From: _____

Serial Number: _____