# DYN-6115-05 ELITE / DYN-6215-05 ELITE / DYN-6315-05 ELITE

## 1,2, & 3 Person Infrared Saunas



# Owner's Manual

**ULTRA LOW EMF MODEL SAUNAS – with WiFi Capability**
**SAUNA IS FOR INDOOR USE ONLY**
**120VAC 15AMP Dedicated Circuit Required (DYN-6115-05/DYN-6215-05)**
**120VAC 20AMP Dedicated Circuit Required (DYN-6315-05)**

**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. Parts and accessories may 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.**

## Packing List (main panels)

| | | |
|---|---|---|
| 1pc Front Panel | 1pc Rear Panel | 1pc Right Side Panel |
| 1pc Left Side Panel | 1pc Roof Panel | 1pc Roof Cover |
| 1pc Bench | 1pc Floor Panel | |

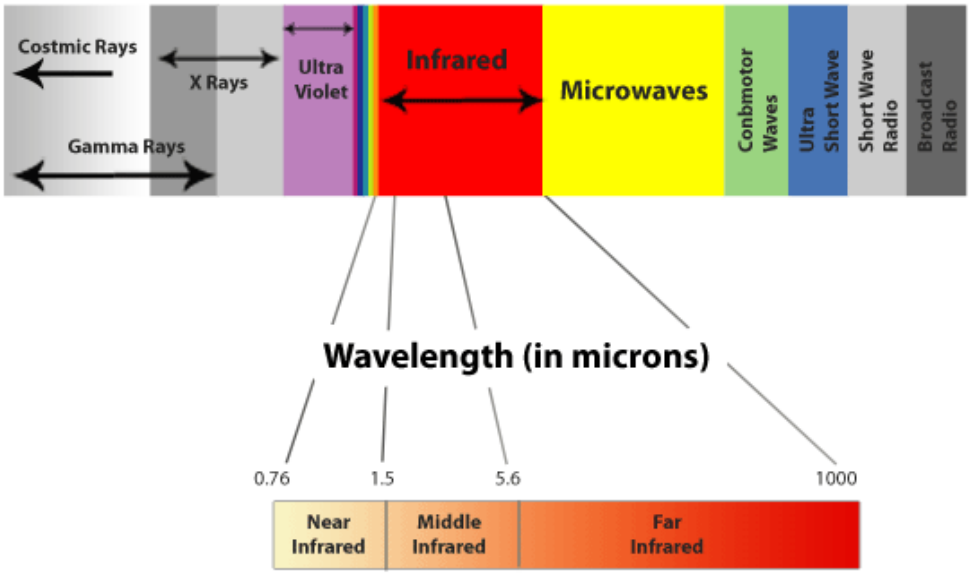
**NOTE: Your model sauna has been completely assembled and tested prior to packaging. The rear wall panel is intentional warped as part of the overall design. Two adults will be needed to assemble the sauna room.**

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

## 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.




## ARE INFRARED RAYS SAFE?

Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to **treat muscle and joint problems.** In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm.**

## WHAT IS AN ELECTROMAGNETIC FIELD (also known as EMF)?

An Electromagnetic Field is a physical field produced by electrically charged objects. It is one of the fundamental forces of nature. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges and the magnetic field by moving charges referred to as currents. The magnetic field is measured in milligauss (mG). Our sauna products have been developed to have low EMF. Our Low EMF carbon heater panels range between an average of 5mG-10mG at about two inches from the heater panel, our Ultra Low EMF (Elite) carbon heater panels range between 3mG-5mG at about two inches from the heater panel, and our Near Zero EMF

carbon heater panels are at less than 3mG at about two inches from the heater panel (NIR heater elements range at about 5mG-7mG at the same approximate 2 inches).

**EMF Levels from Common Homes Sources**

| 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

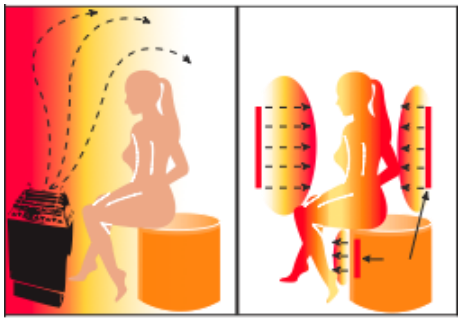
After many years and numerous studies on EMF exposure, no government body including the Occupational Safety and Health Administration (OSHA) have established permissible exposure limits (PEL). Currently, there is no consensus on the potential health hazard from any exposure to EMF. The mainstream scientific 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.

**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.

## HOW IT WORKS

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration. Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.




### 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
*Increases blood circulation
*Cardiovascular conditioning
*Relaxes muscle spasms
*Clears, rashes, acne
*Reduces stress & fatigue
*Reduces cellulite
*Enhances skin tone
*Removes toxins

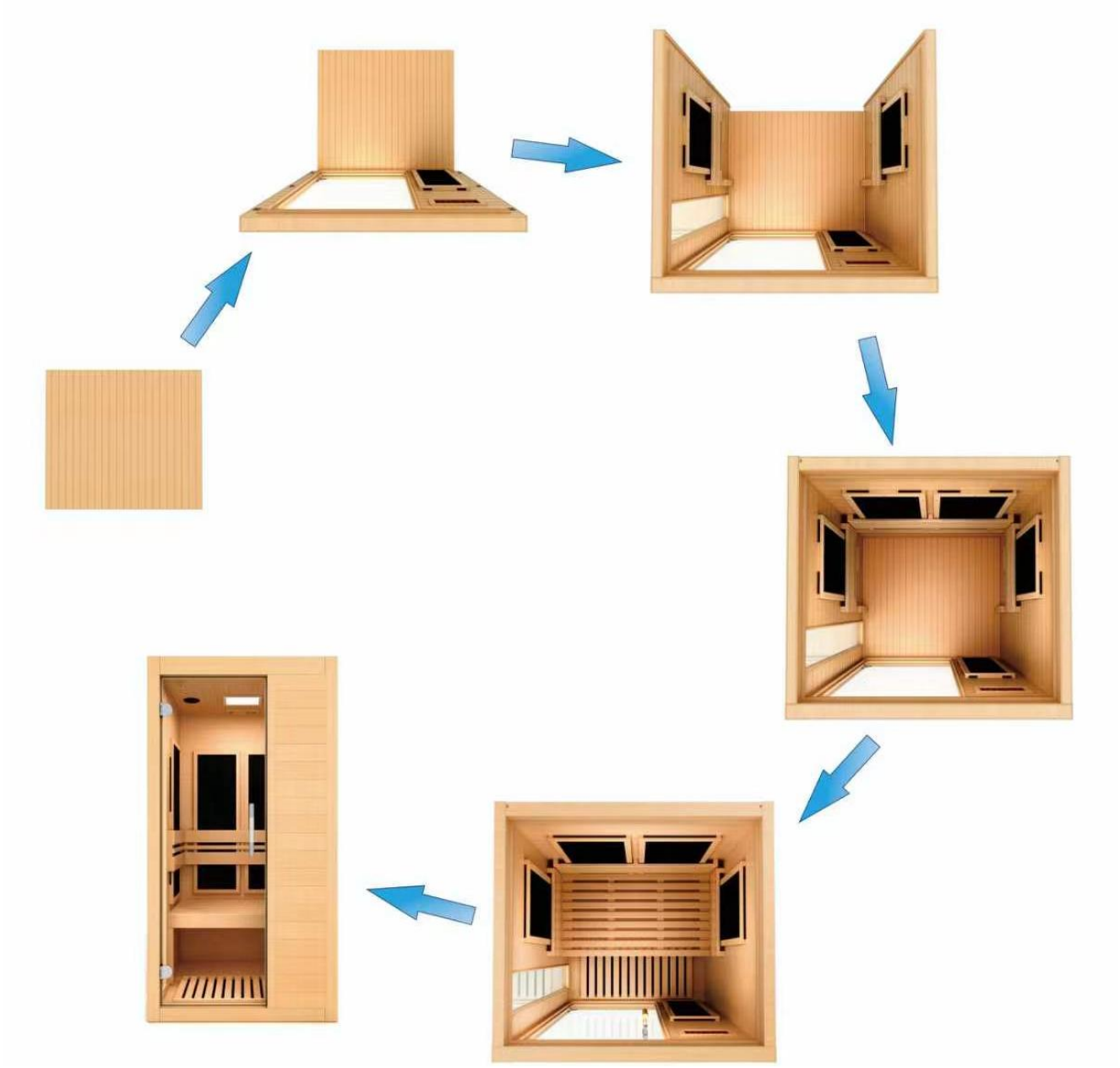
### Sauna Maintenance

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.

## READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

### Visual Assembly Diagram

### DYN-6115-05 ELITE (SJ-8172)



***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. BACKRESTS NOT INCLUDED.**

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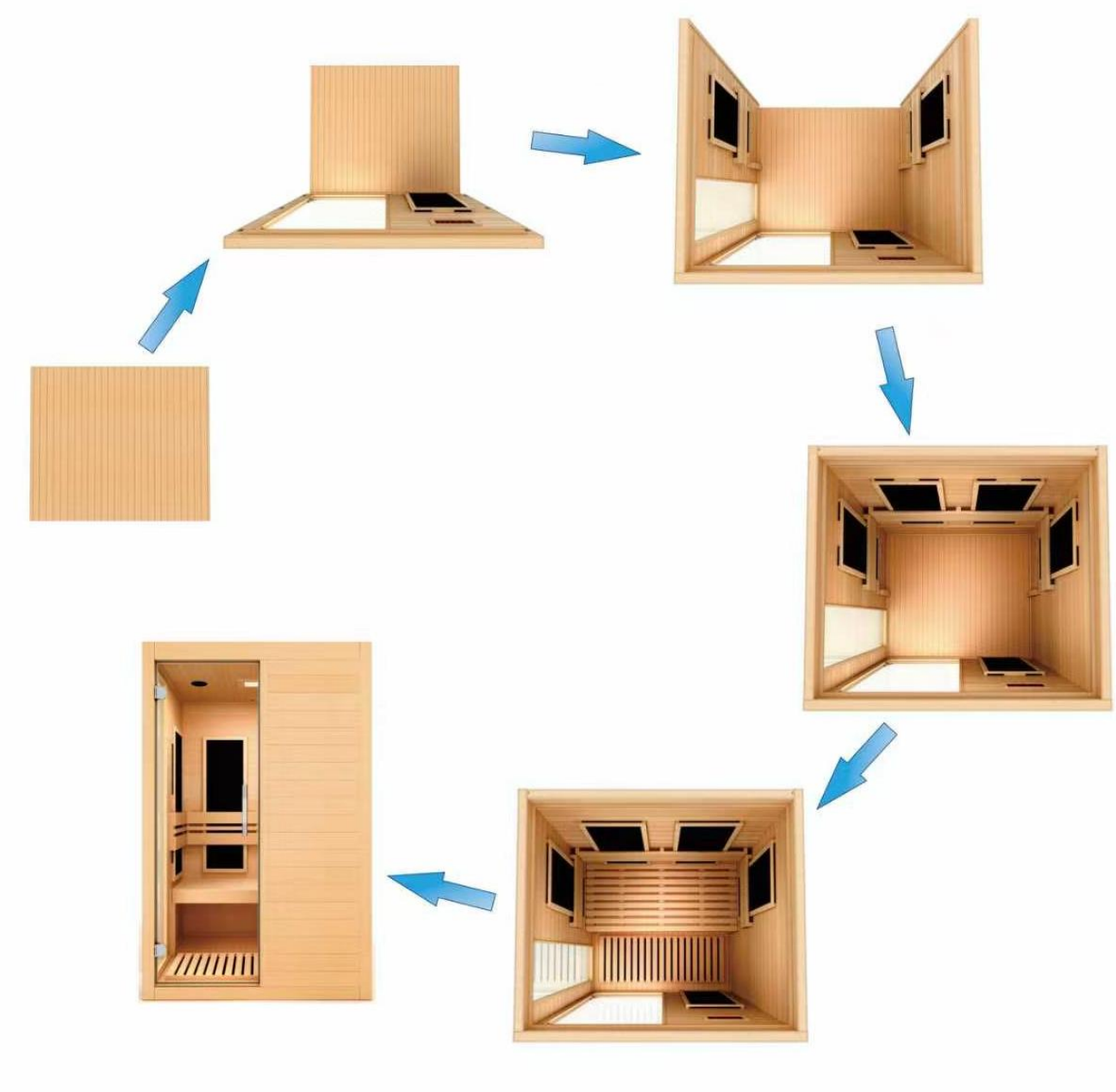
### Visual Assembly Diagram

### DYN-6215-05 ELITE (SJ-8272)



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### Visual Assembly Diagram

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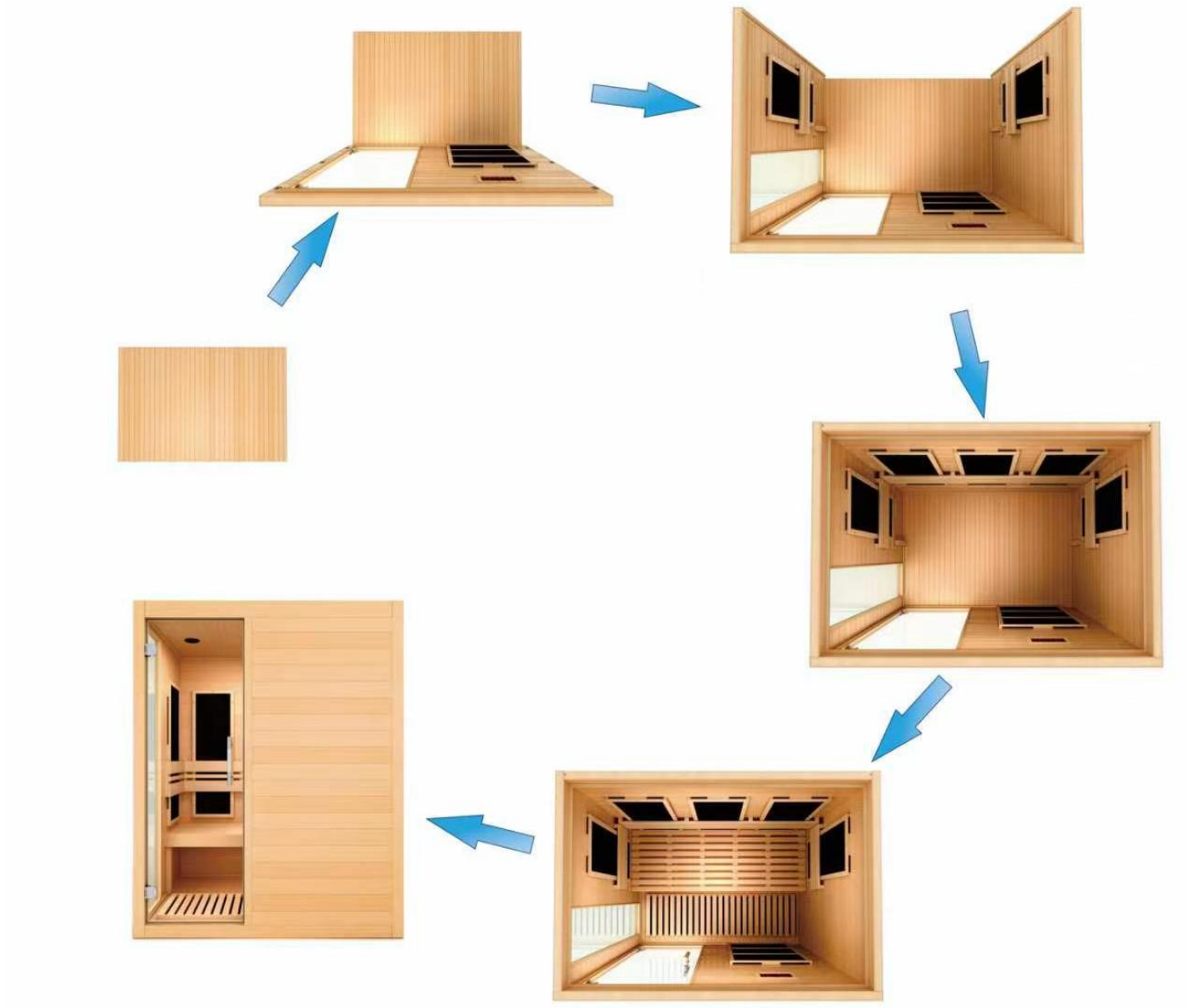

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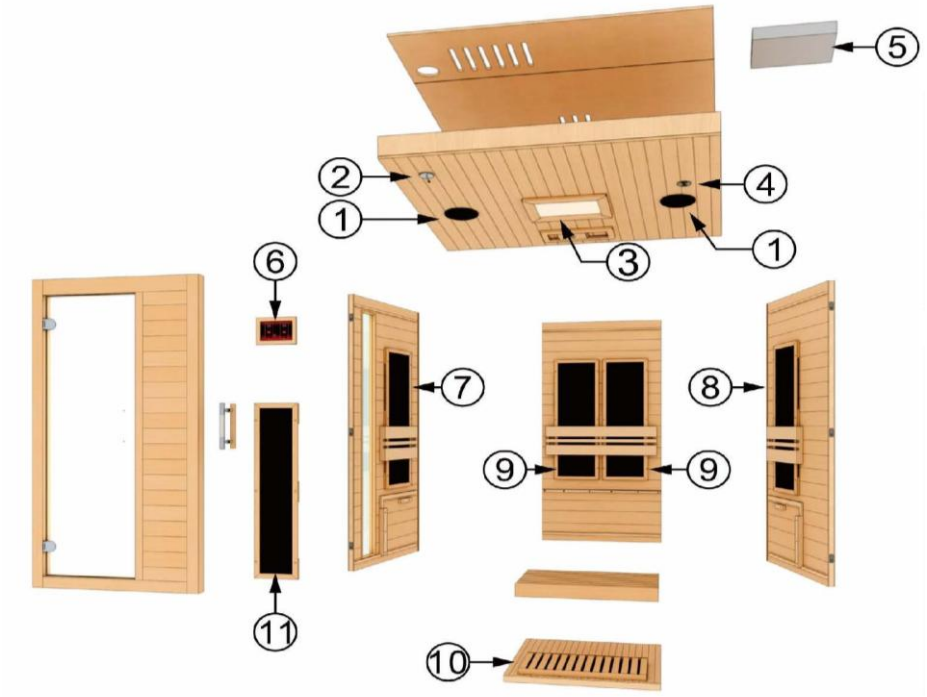
## DYN-6115-05 ELITE (SJ-8172) - Schematics

| Electronic components | | | |
|---|---|---|---|
| No. | Name | No. | Name |
| 1 | Speakers | 2 | Temperature Sensor |
| 3 | Color light w/red light therapy | 4 | AUX MP3 |
| 5 | Power supply | 6 | Control Panel |

| Power layout | | | |
|---|---|---|---|
| Location | No. | Dimension | Power |
| Left wall panel | 7 | 1000*300mm=2PCS | 300W |
| Right wall panel | 8 | | |
| Rear wall panel | 9 | 1000*300mm=2PCS | 300W |
| Floor heater | 10 | 700*300=1PCS | 200W |
| Front wall panel | 11 | 1000*200mm=1PCS | 200W |
| Total | | | 1600W |

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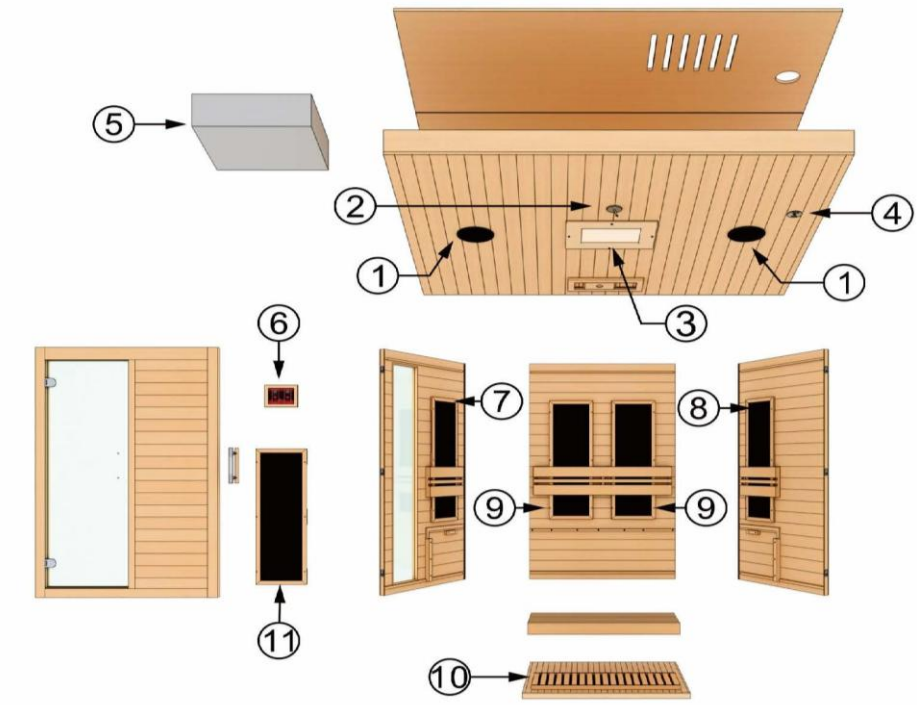
## DYN-6215-05 ELITE (SJ-8272) - Schematics

| Electronic components | | | |
|---|---|---|---|
| No. | Name | No. | Name |
| 1 | Speakers | 2 | Temperature Sensor |
| 3 | Color light w/red light therapy | 4 | AUX MP3 |
| 5 | Power supply | 6 | Control Panel |

| Power layout | | | |
|---|---|---|---|
| Location | No. | Dimension | Power |
| Left wall panel | 7 | 1000*300mm=1PCS | 300W |
| Right wall panel | 8 | 1000*300mm=1PCS | 300W |
| Rear wall panel | 9 | 1000*300mm=2PCS | 300W |
| Floor heater | 10 | 1000*300mm=1PCS | 200W |
| Front wall panel | 11 | 1000*300mm=1PCS | 300W |
| Total | | | 1700W |

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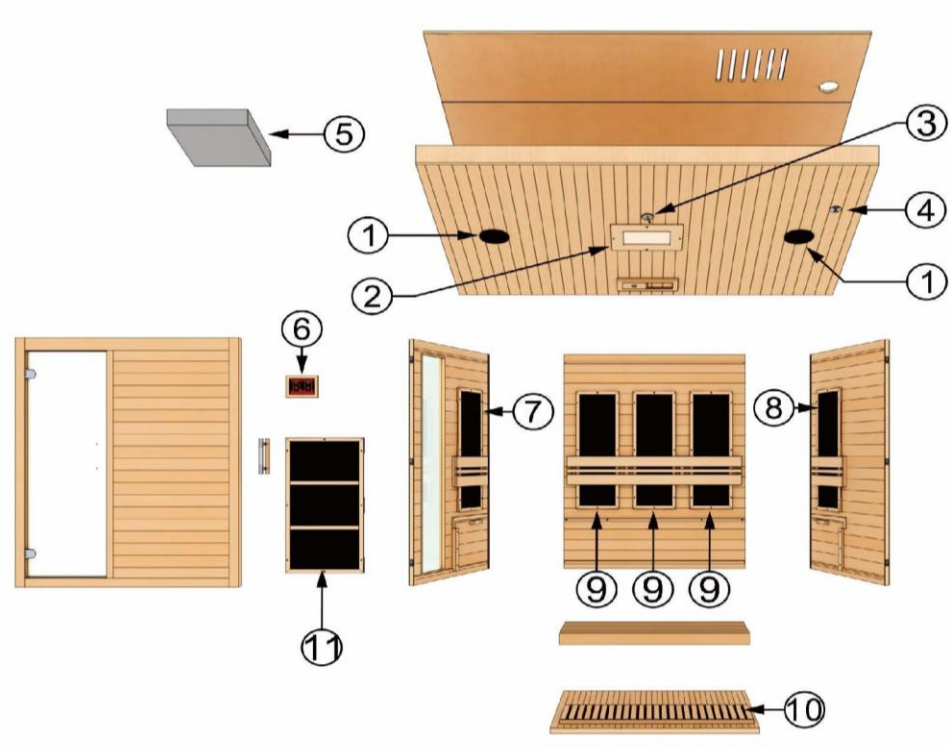
## DYN-6315-05 ELITE (SJ-8372) - Schematics

| Electronic components | | | |
|---|---|---|---|
| No. | Name | No. | Name |
| 1 | Speakers | 2 | Temperature Sensor |
| 3 | Color light w/red light therapy | 4 | AUX MP3 |
| 5 | Power supply | 6 | Control Panel |

| Power layout | | | |
|---|---|---|---|
| Location | No. | Dimension | Power |
| Left wall panel | 7 | 1000*300mm=2PCS | 300W |
| Right wall panel | 8 | | |
| Rear wall panel | 9 | 1000*300mm=3PCS | 300W |
| Floor heater | 10 | 1000*300mm=1PCS | 300W |
| Front wall panel | 11 | 1000*500mm=1PCS | 400W |
| Total | | | 2200W |

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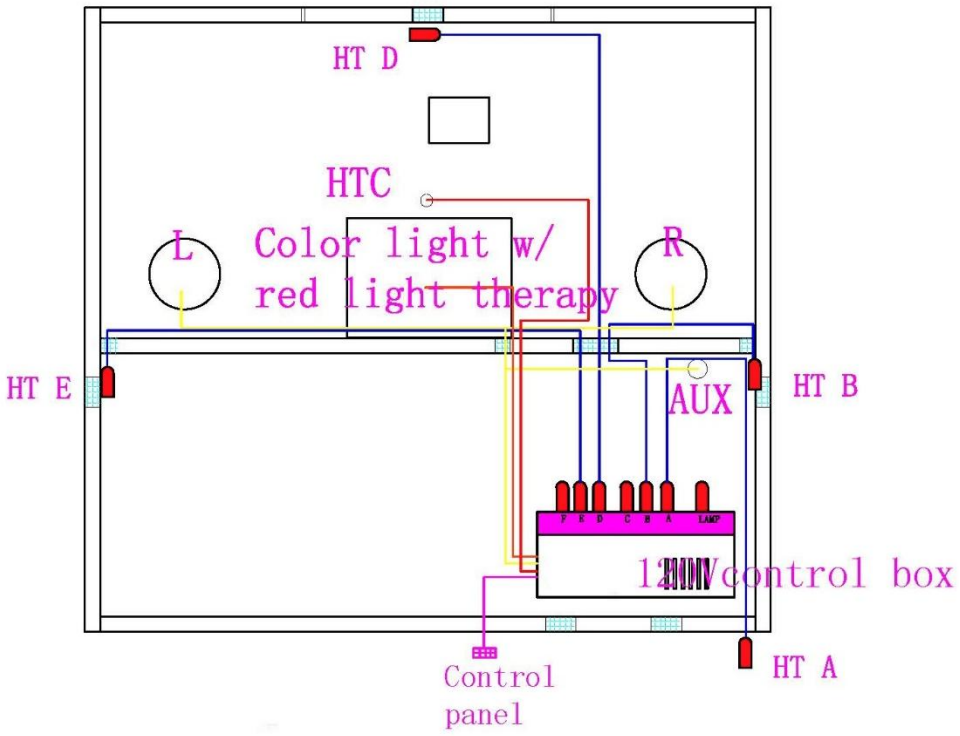
## DYN-6115-05 ELITE (SJ-8172) – Schematic Layout




**Roof Panel**

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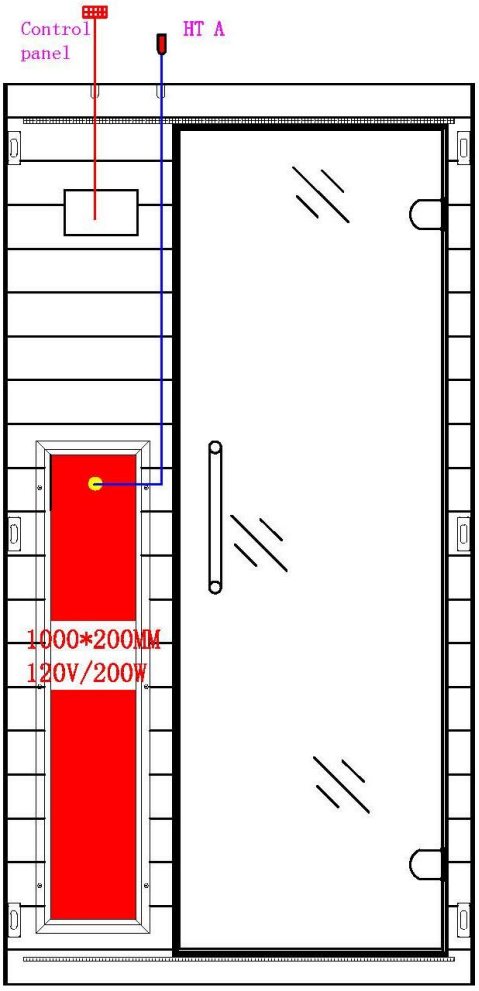
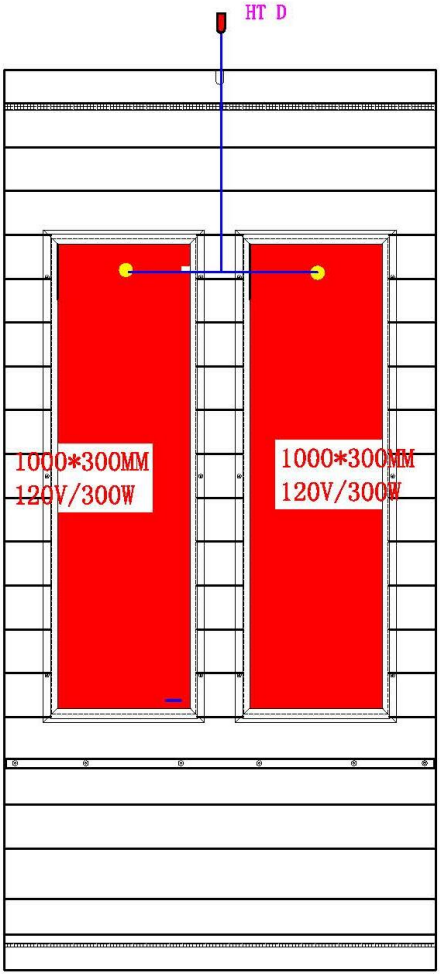



Front Wall Panel




Rear Wall Panel

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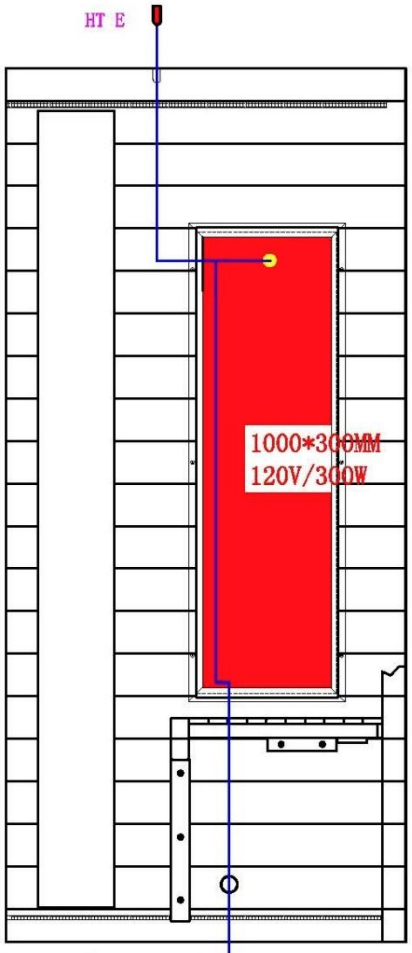
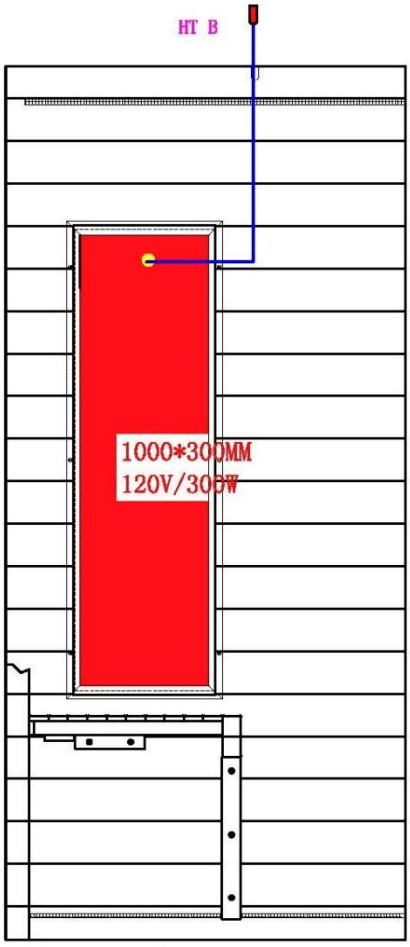
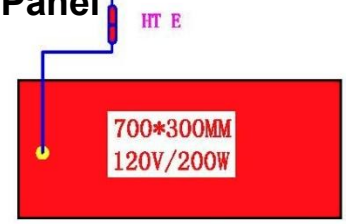



Left Side Wall Panel




Right Side Wall Panel




Floor Heater Panel

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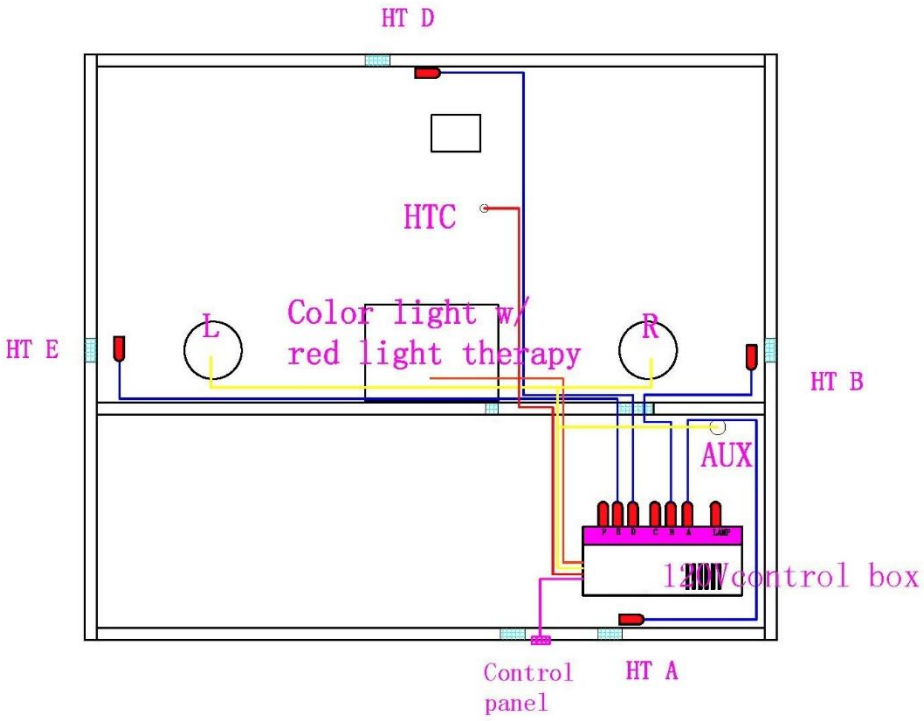


**Roof Panel**

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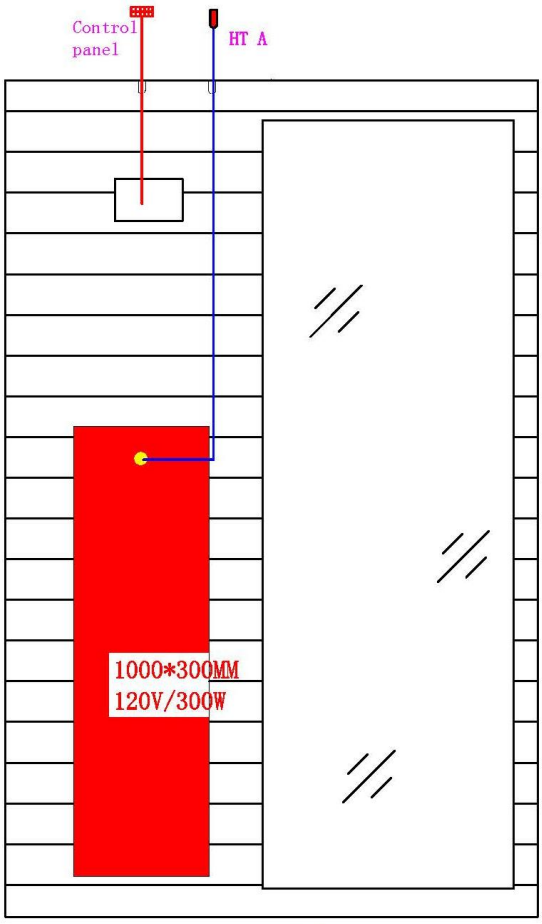
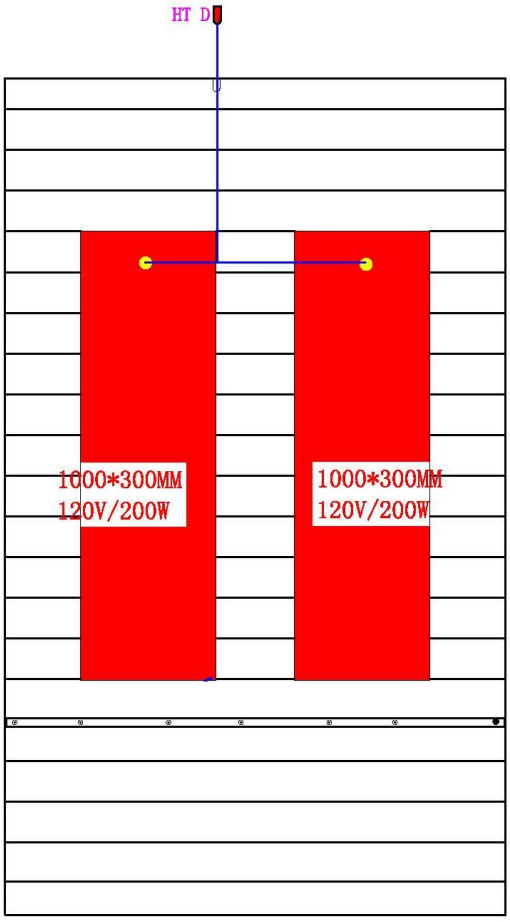



Front Wall Panel




Rear Wall Panel

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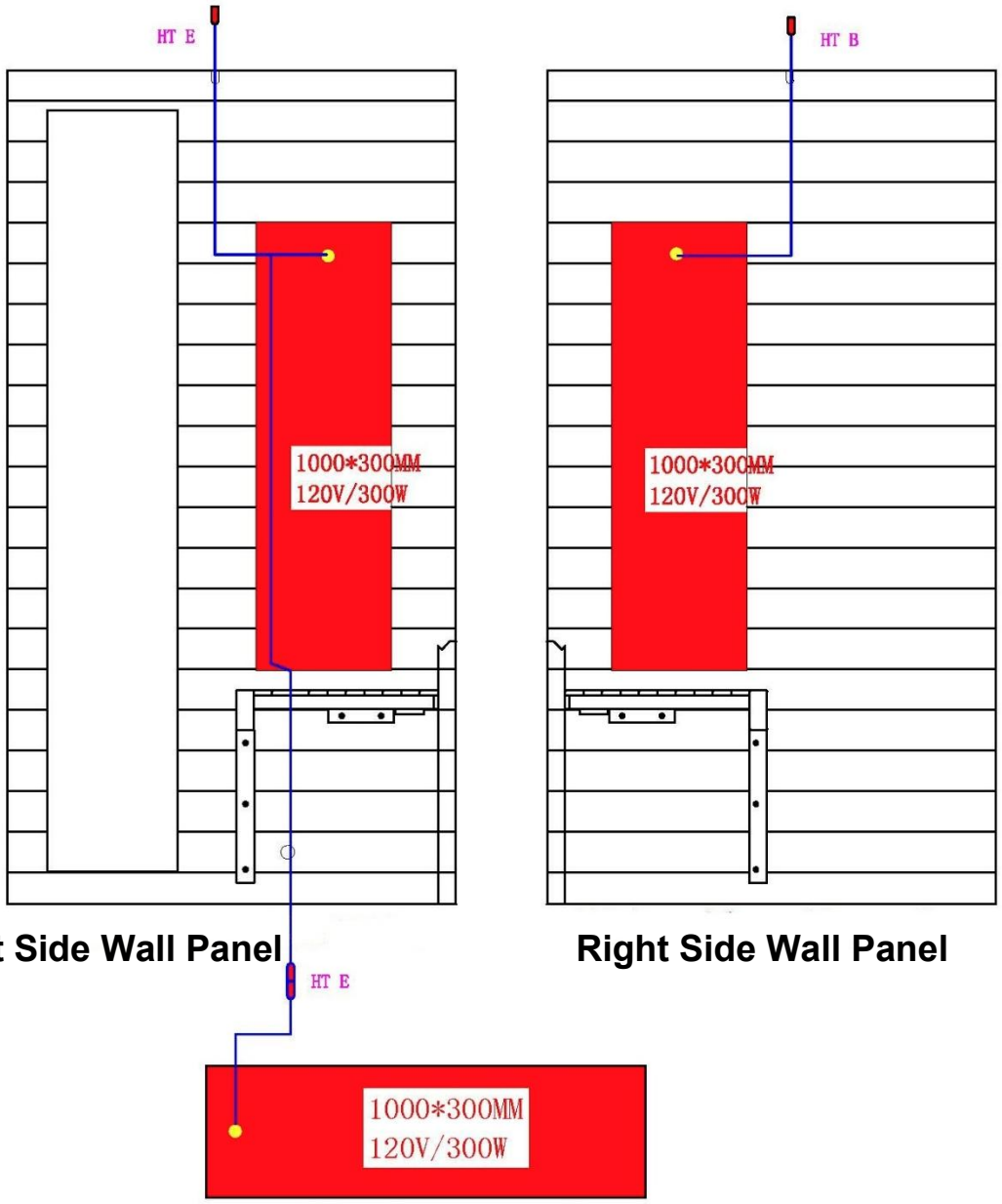


Left Side Wall Panel

Right Side Wall Panel

Floor Heater Panel

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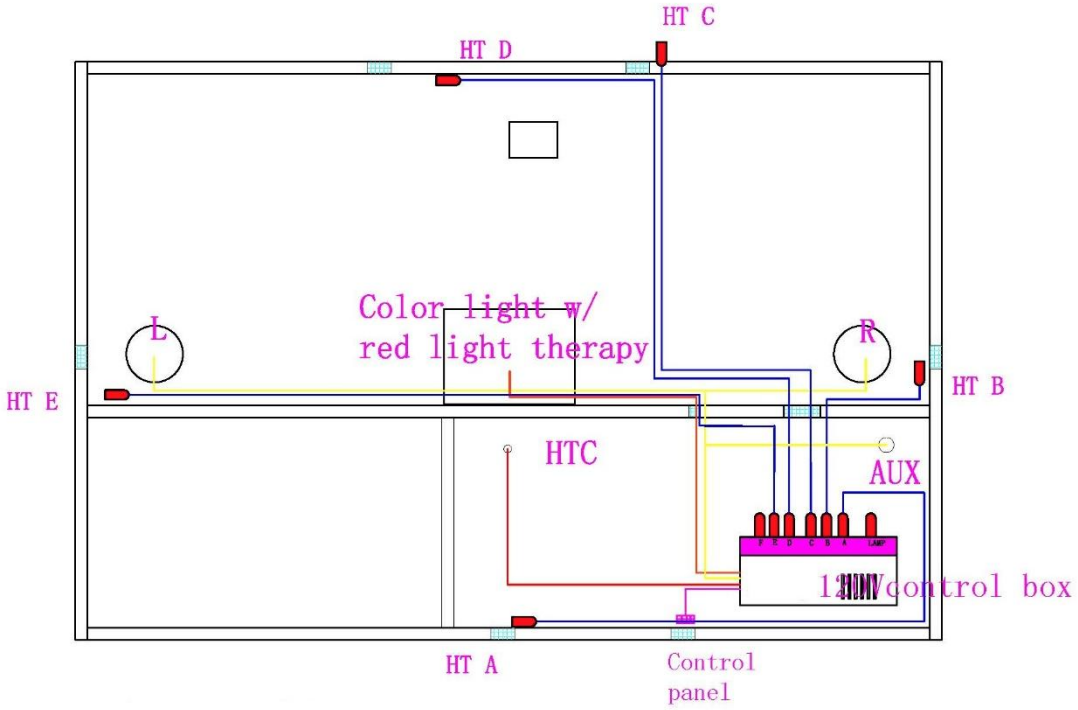


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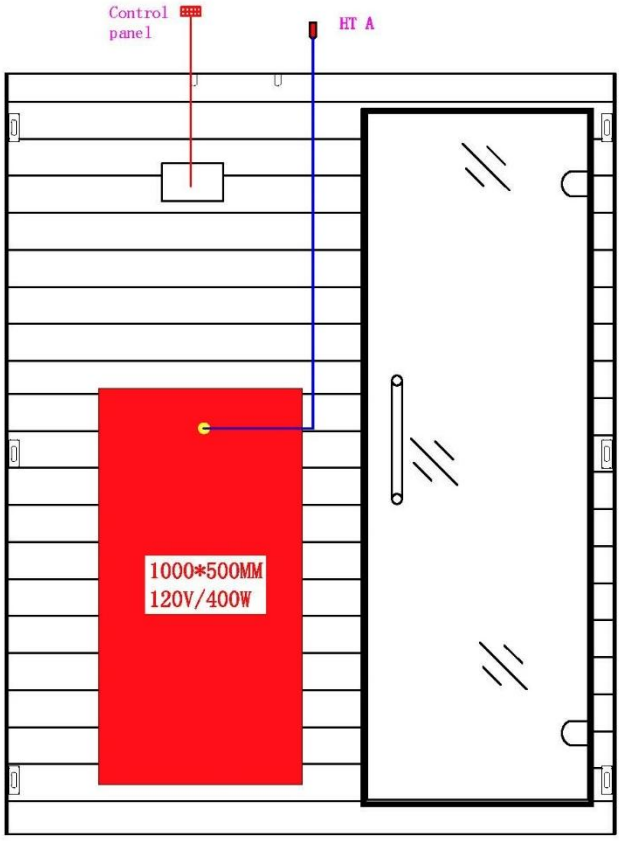
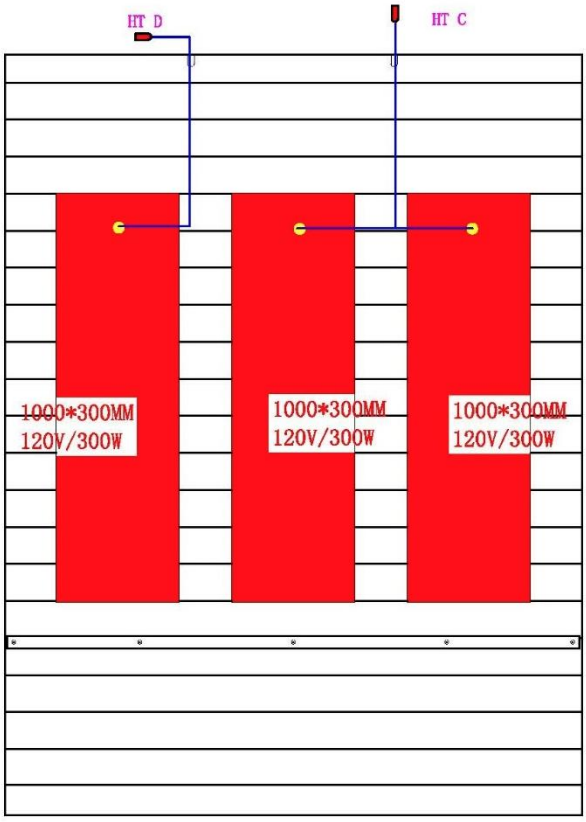



Front Wall Panel

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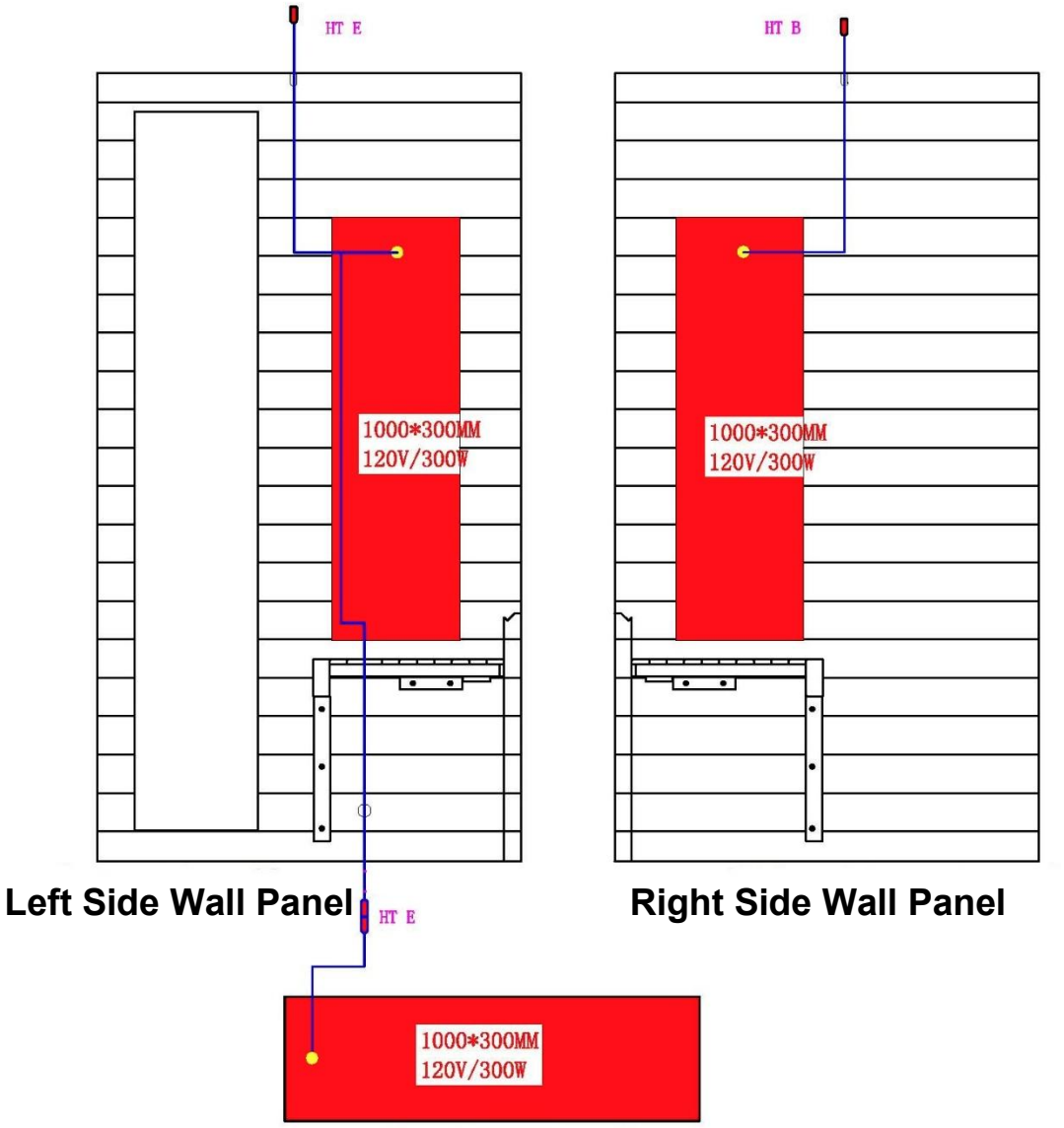


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Floor Heater Panel

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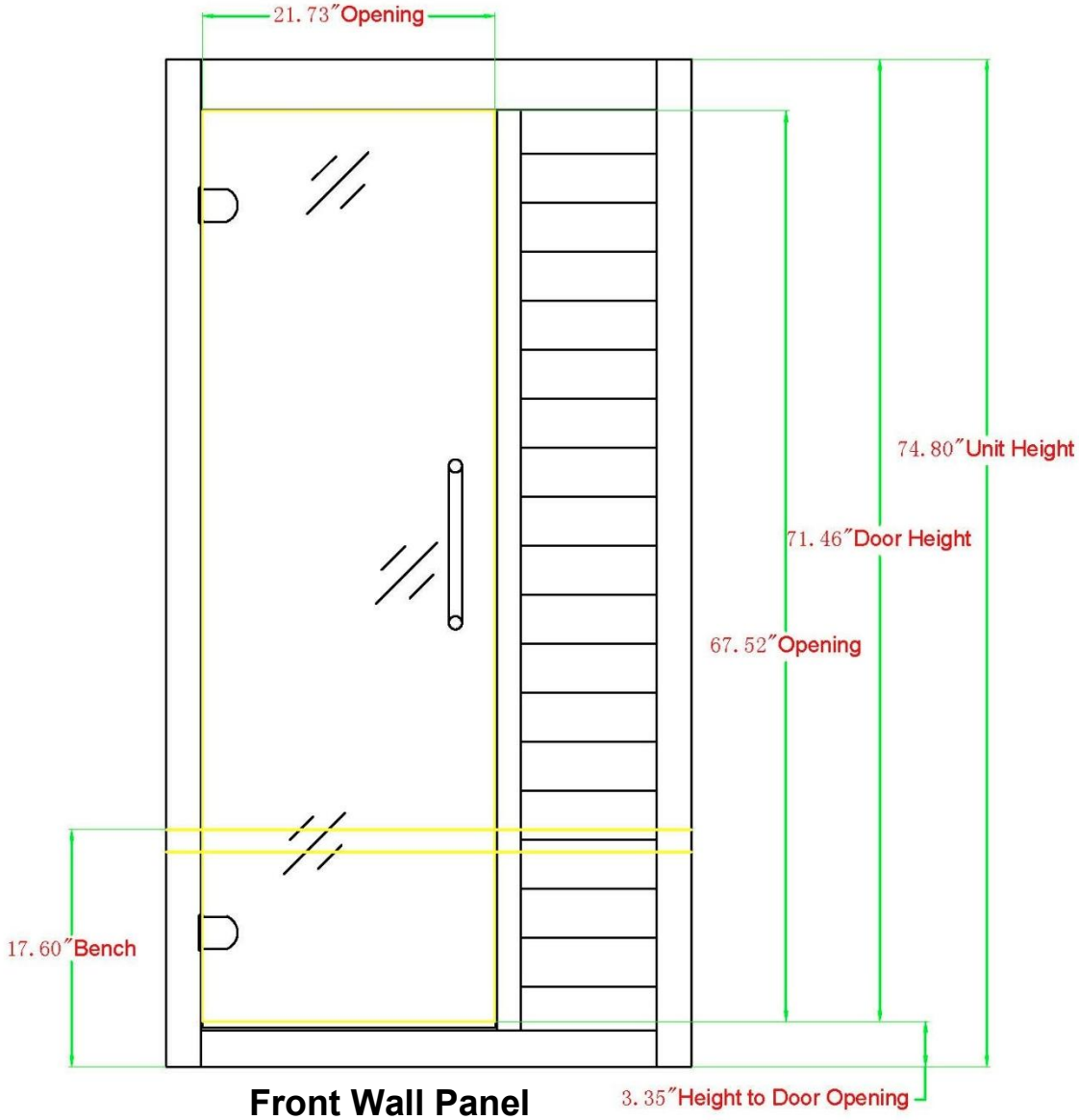
## DYN-6115-05 ELITE (SJ-8172) – DIMENSIONAL DIAGRAM




**Front Wall Panel**

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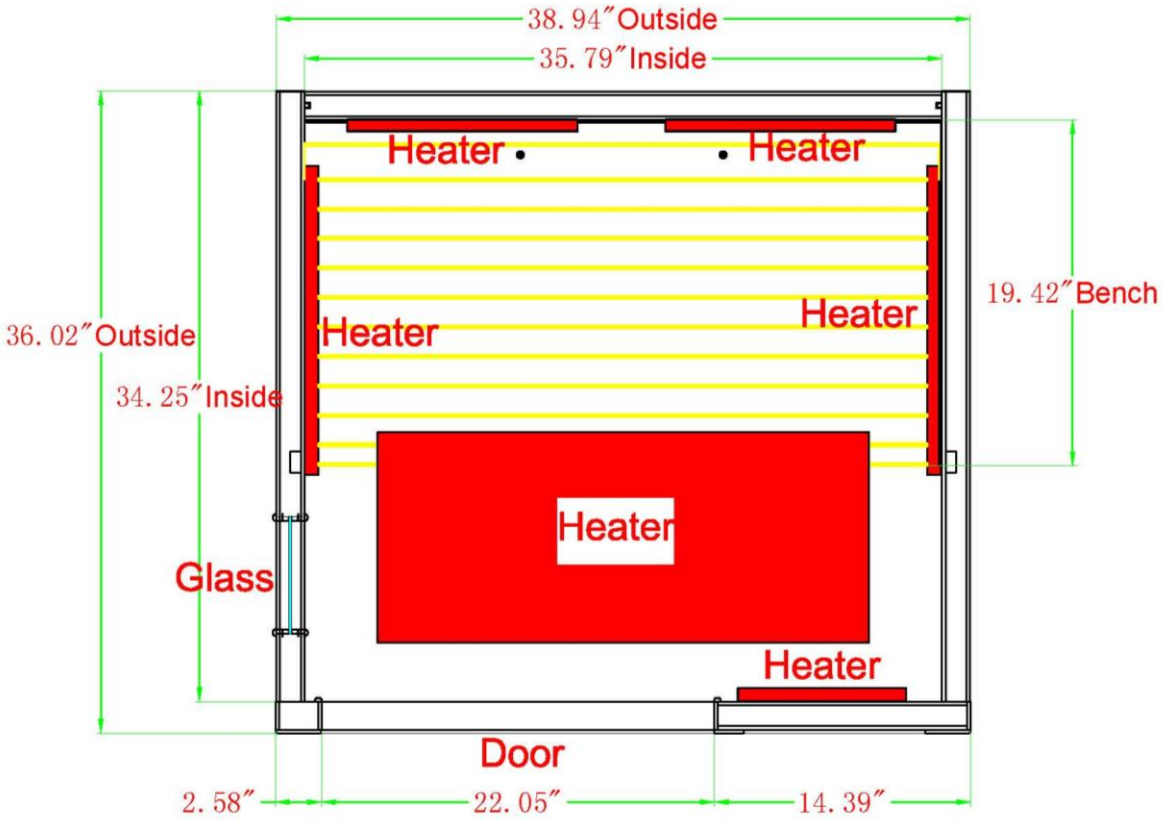


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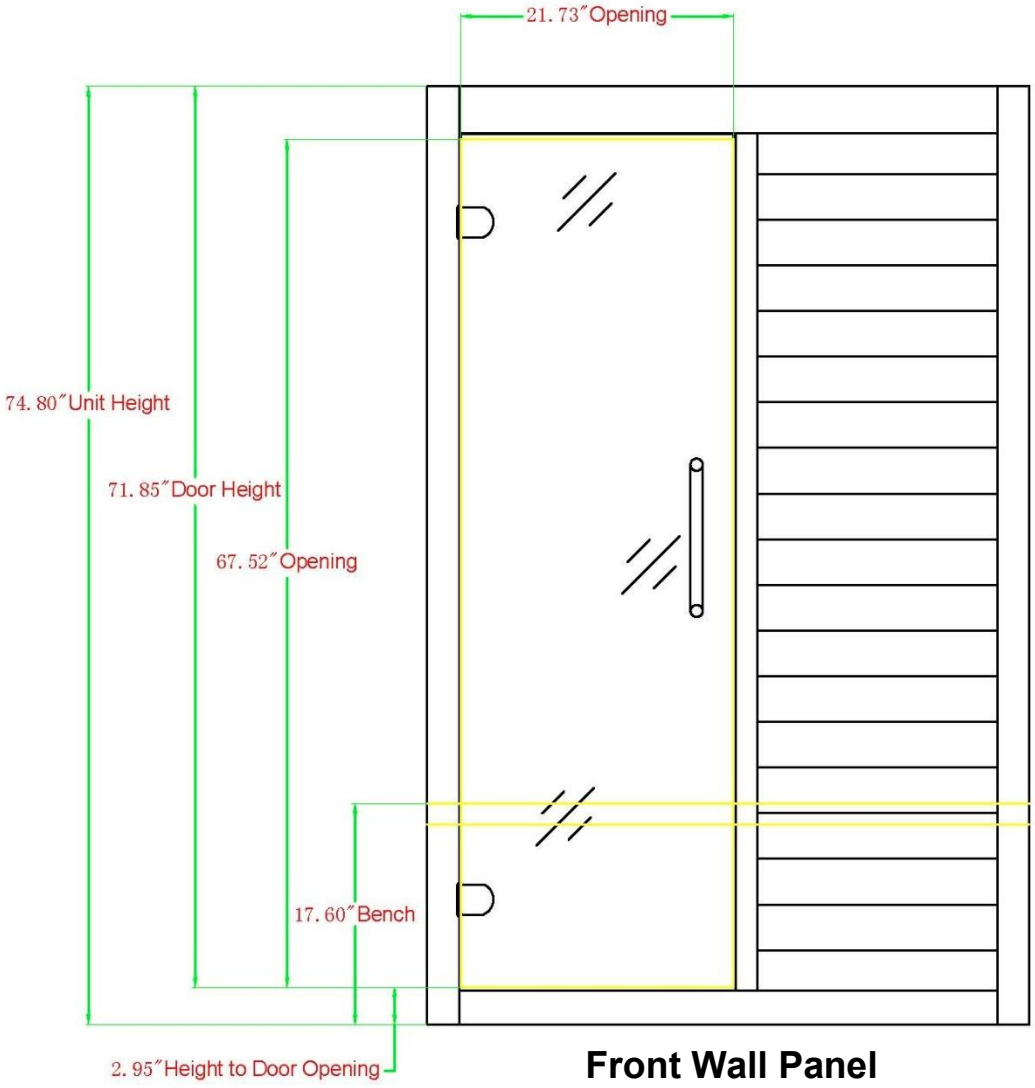
## DYN-6215-05 ELITE (SJ-8272) – DIMENSIONAL DIAGRAM




**Front Wall Panel**

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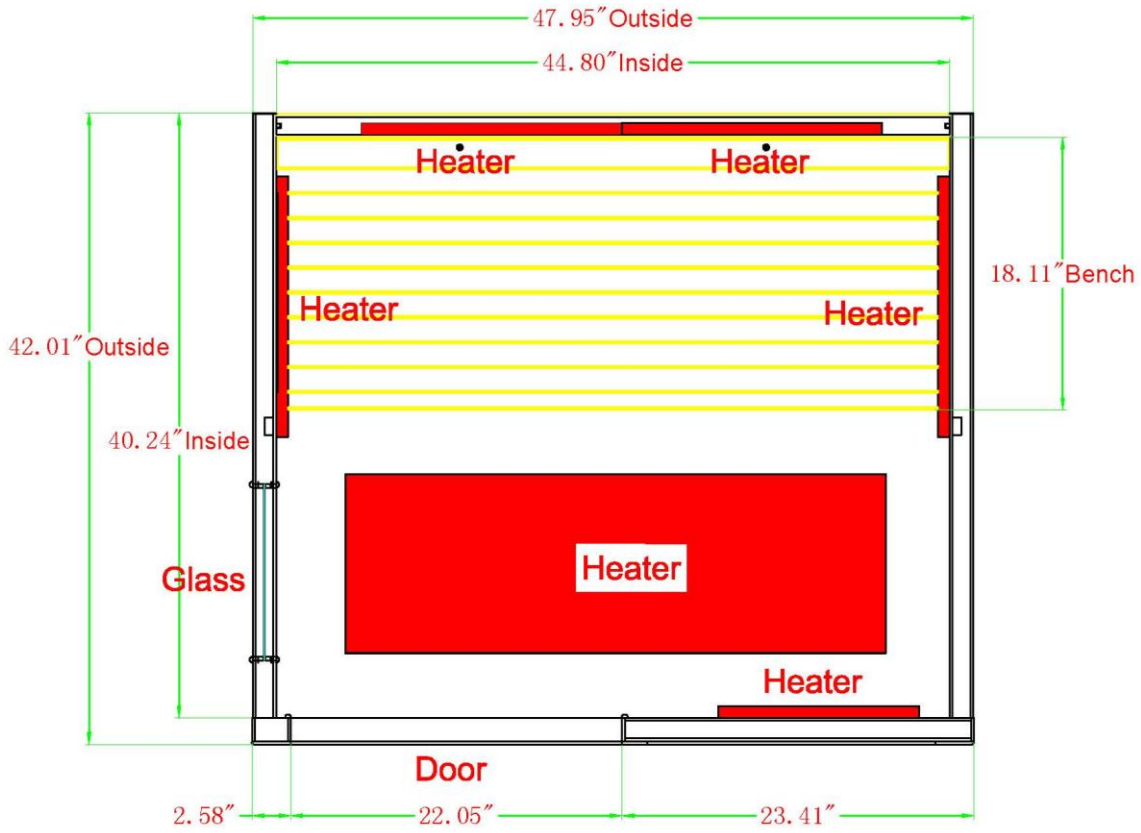


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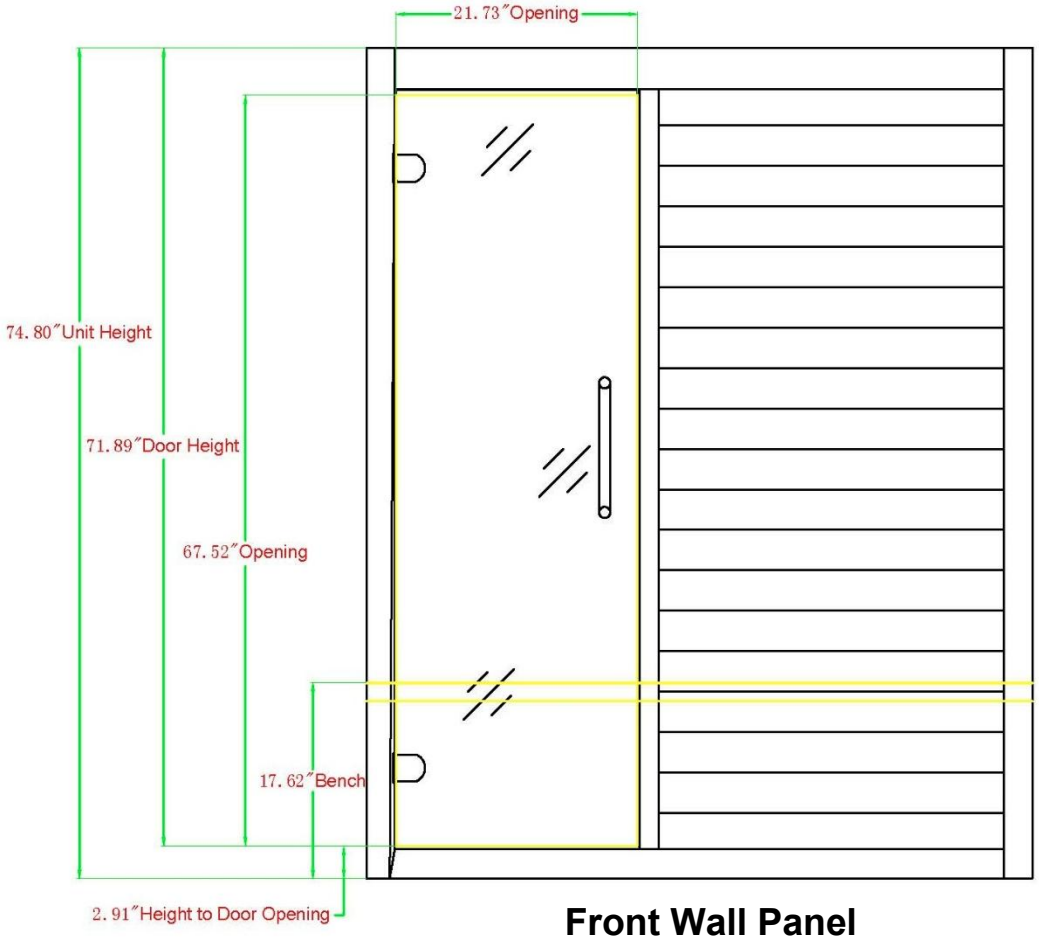
# READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

## DYN-6315-05 ELITE (SJ-8372) – DIMENSIONAL DIAGRAM

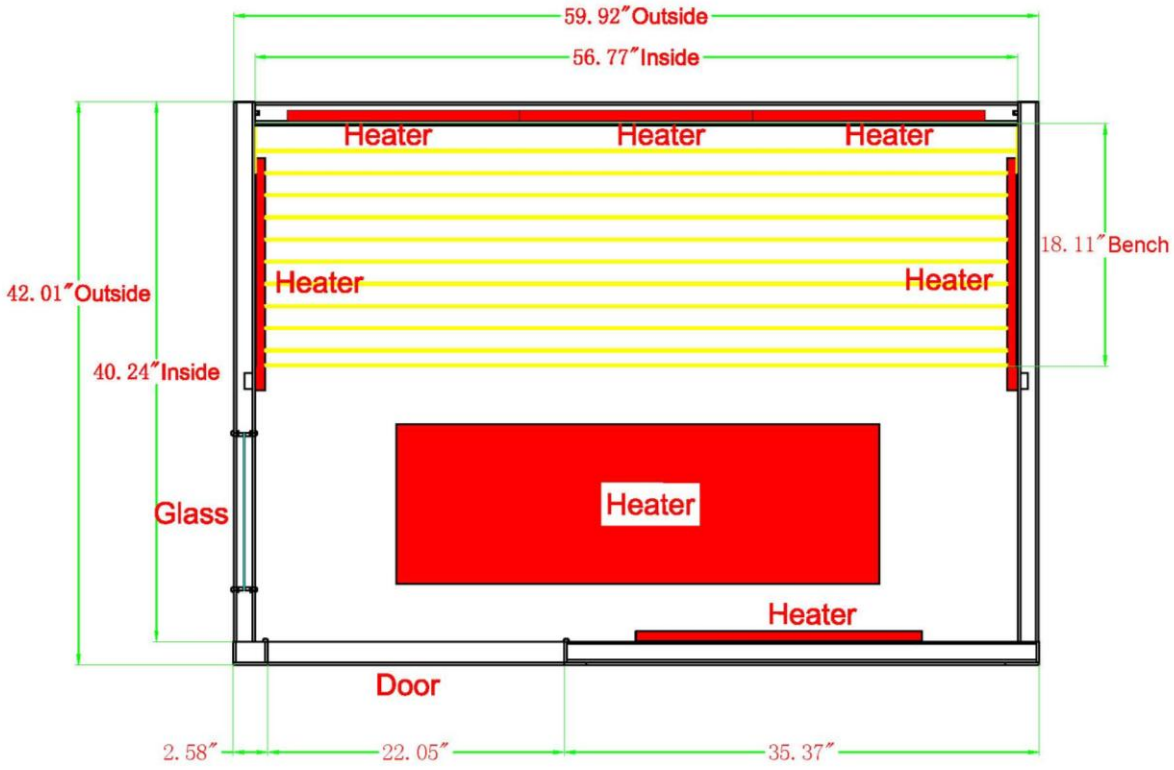



**Front Wall Panel**

***THE PICTURES AND DIAGRAMS SHOWN WITHIN THIS OWNER'S MANUAL ARE REPRESENTATIONS OF THIS MODEL. ACTUAL MODEL MAY VARY. DESIGN AND CONSTRUCTION ARE SUBJECT TO CHANGE. BACKRESTS NOT INCLUDED.**

# READ ALL INSTRUCTIONS THOROUGHLY BEFORE ASSEMBLY

## DYN-6315-05 ELITE (SJ-8372) – DIMENSIONAL DIAGRAM (cont'd)

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# SCREW IDENTIFICATION AND LOCATION CHART




| MODEL: DYN-6115-05 Elite (SJ-8172) | | |
|---|---|---|
| LOCATION | SPECS | USAGE |
| Roof Panel | 5*50mm (color plating) | 3 |
| Floor Heater Assembly | 4*40mm (color plating) | 4 |
| Dust Cover | 3*18mm (color plating) | 12 |
| MP3 Shelf | 3*18mm (color plating) | 2 |

| MODEL: DYN-6215-05 Elite (SJ-8272) | | |
|---|---|---|
| LOCATION | SPECS | USAGE |
| Roof Panel | 5*50mm (color plating) | 4 |
| Floor Heater Assembly | 4*40mm (color plating) | 4 |
| Dust Cover | 3*18mm (color plating) | 16 |
| MP3 Shelf | 3*18mm (color plating) | 2 |

| MODEL: DYN-6315-05 Elite (SJ-8372) | | |
|---|---|---|
| LOCATION | SPECS | USAGE |
| Roof Panel | 5*50mm (color plating) | 4 |
| Floor Heater Assembly | 4*40mm (color plating) | 4 |
| Dust Cover | 3*18mm (color plating) | 16 |
| MP3 Shelf | 3*18mm (color plating) | 2 |

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## Highlights

**A.** High quality craftsmanship
**B.** Temperature control
**C.** Timer
**D.** Infrared carbon heat emitter panels
**E.** Control Panel:



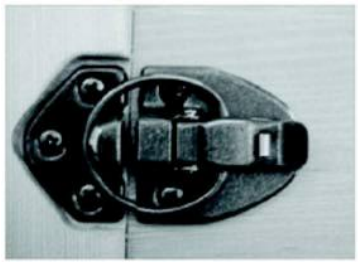

**F.** Power supply:



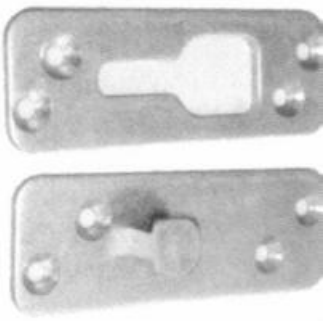

**G.** MP3 Jack:




**H.** Buckles:



**I.** Guide and Guide Inserts:



## Panel Descriptions

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

**A. Floor Panel**

When the FLOOR PANEL faces upward, the surface will be flat. (see Figure 3)

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

The (4) panels are in the upright position when the moldings are at the top. The moldings will be facing inward towards the interior of the sauna room. You will see the heat emitter cords coming from the topside of the wall panels. (see Figure 1)

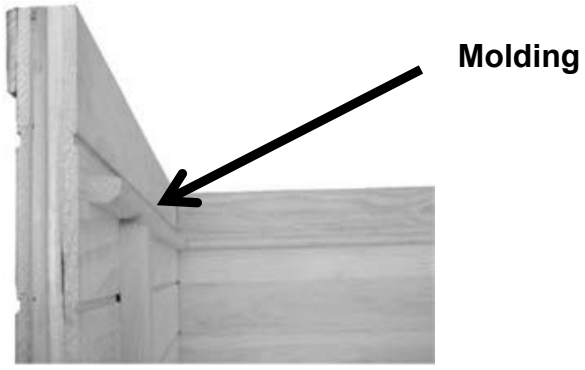



**Figure 1**

**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 2)



**Figure 2**

**D. Understanding the Difference Between the Inside and Outside of the Rear Panel**

You will find the heat emitters on the inside of the REAR PANEL.

## Assembly Instructions (model DYN-6215-05 used in images)

### A. Choose a good location to install the sauna

**1.** The location must be dry, leveled, and away from any source of water. You will need to be able to walk around the sauna room during assembly. Once assembled, we recommend a 1" to 2" clearance around the sauna room and a 10" to 12" clearance above the sauna room. If you need to push the sauna room into place, be sure to do so at the base of the sauna room.

**2.** Two to three adults are required for installation.

**3.** Sauna Panels: FLOOR PANEL – LEFT SIDE WALL PANEL – REAR WALL PANEL – RIGHT SIDE WALL PANEL – FRONT WALL PANEL – ROOF PANEL – FLOOR PANEL – BENCH

**5.** Tools Required: Battery Operated Screwdriver or Hand-Held Philips Screwdriver, Rubber Mallet, and (2) Ladders.

### B. Installing the FLOOR PANEL and FRONT WALL PANEL

**1.** Place the FLOOR PANEL in the chosen location for the sauna room. Please note that the wood pattern on the floor runs front-to-rear. You will need to have enough space to navigate around the sauna room while

assembling. Next, place the FRONT WALL PANEL up against the FLOOR PANEL. Note that the ¼ round trim molding at the bottom of the FRONT WALL PANEL will rest on the FLOOR PANEL. One adult will need to hold the FRONT WALL PANEL in place. (see Figure 3)

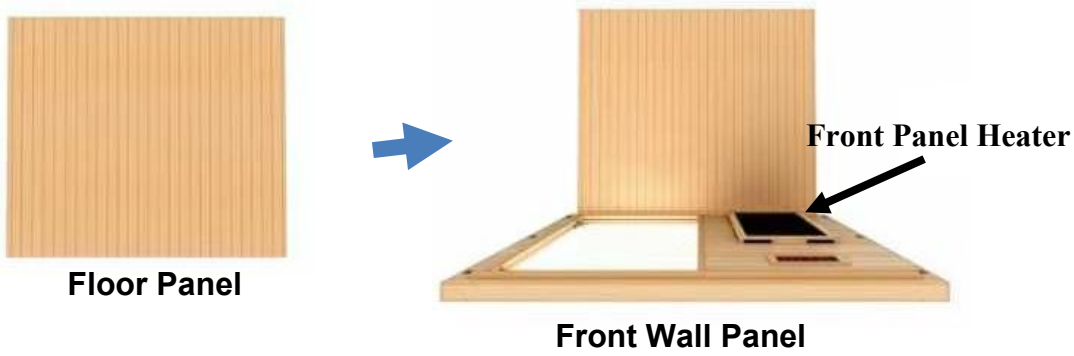



**Figure 3**

## C. Installing the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL

1. Place the LEFT SIDE WALL PANEL up against the FLOOR PANEL and next to the FRONT WALL PANEL. Align the guide and guide insert brackets on the FRONT WALL PANEL and LEFT SIDE WALL PANEL. The LEFT SIDE WALL PANEL will need to be lifted upward in order to lock the guide insert brackets into the guide bracket on the FRONT WALL PANEL. Secure into place by pulling downward on the LEFT SIDE WALL PANEL. Make sure the top of the wall panels are flush. Do the same for the RIGHT SIDE WALL PANEL. (see Figure 4)



**Figure 4**

**NOTE: If any of the wall panels do not slide all the way down, then follow this tip:**

1. **First, remove the side wall panel.**
2. **Locate the guide and guide insert brackets on the two wall panels (6 pieces total).**
3. **Loosen the screws on the guide and guide insert brackets by two-to-three turns (so the guide and guide inserts have a slight movement).**
4. **Reattach the wall panels.**

**The above will help as sometimes the guide and guide insert brackets are countersunk too deep. Please note that the guide and guide insert brackets slide together at an angle - as the wall panels slide downward, the guide and guide insert brackets pull the wall panels tighter together.**

### D. Installing the REAR WALL PANEL

1. Place the REAR WALL PANEL up against the FLOOR PANEL and next to the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL. Attached the REAR WALL PANEL to the LEFT SIDE WALL PANEL and RIGHT SIDE WALL PANEL using the buckles. (see Figure 5)

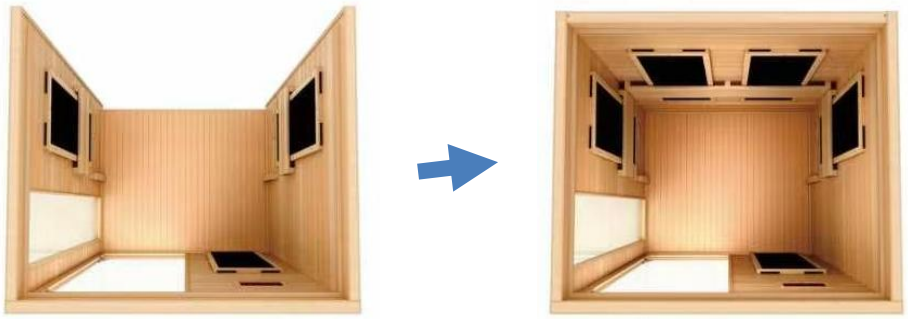


**Figure 5**

### E. Installing the FLOOR HEATER and BENCH

1. Locate the FLOOR HEATER and place it on top of the FLOOR PANEL and position it towards the FRONT WALL PANEL. Proceed to plug in the FLOOR HEATER cord at the LEFT SIDE WALL PANEL. Do not screw it down yet. Next, locate the BENCH and slide it horizontally over the guides on the side wall panels and all the way against the REAR WALL PANEL. Next, proceed to position the FLOOR HEATER at a comfortable location on the FLOOR PANEL and use the provided screws to screw it down to the FLOOR PANEL. It should sit about 1” to 2” in front of the BENCH. (see Figure 6)



**Figure 6**

## F. Installing the ROOF PANEL

**A.** Locate the ROOF PANEL. It will need to be lifted up and over the wall panels and placed into position resting on the supports of the wall panels. Make sure that the cords/wires are slipped through the corresponding holes in the ROOF PANEL. Once installed, connect all of the cords/wires to the corresponding outlets on the ROOF PANEL. Make sure that all cords/wires are connected snug and tight. Please note that the 12V line will not be connected to anything on this model. It is optional to use the provided screws to screw the ROOF PANEL to the wall panels. See Figure 7 and 7a. Enter the sauna and remove the protective masking tape from the Temperature Sensor if the Temperature Sensor is taped to the ceiling. (see Figure 7b)

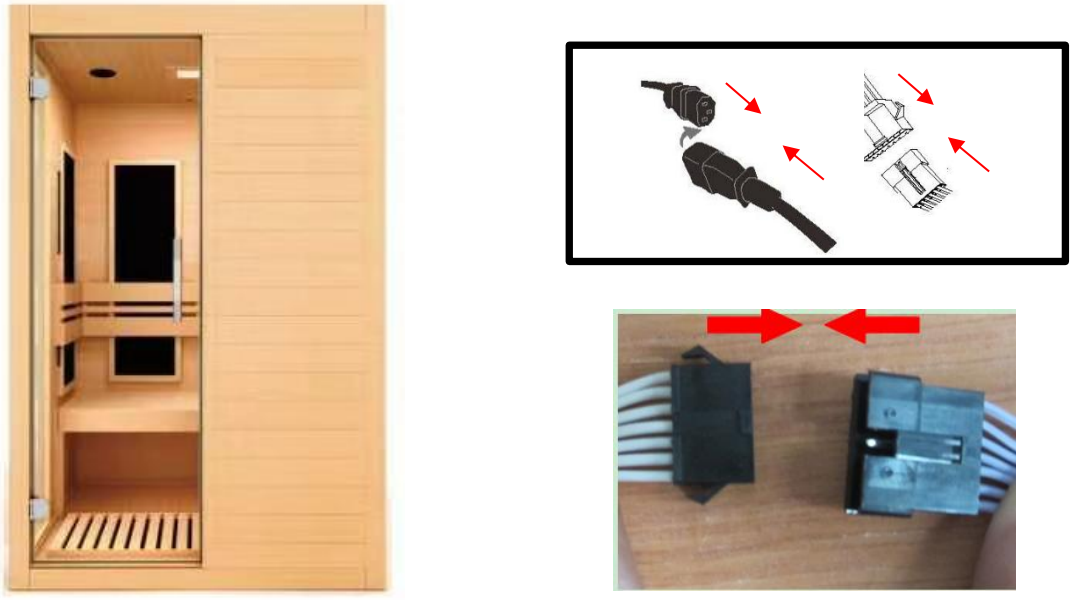


**Figure 7**



**Figure 7a**




**Figure 7b**

## G. Installing the ROOF DUST COVER (optional)

1. The ROOF DUST COVER can be installed on the rooftop. It is a cosmetic cover to hide the wires. It is optional to install using the provided screws. (see Figure 8)



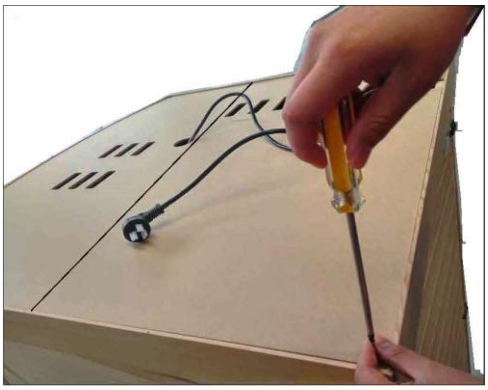


**Figure 8**

## H. Installing the DOOR HANDLE

**1.** Now that the FRONT WALL PANEL has already been installed, the inner and outer door handles need to be mounted to the FRONT GLASS DOOR. According to Figure 9 and Figure 10, the FRONT GLASS DOOR must sit between the (2) washers at the top and bottom of the DOOR HANDLE. The screws are inserted from the inside wood DOOR HANDLE in order to screw the interior wood DOOR HANDLE to the exterior metal DOOR HANDLE. **BE SURE NOT TO OVER TIGHTEN THE SCREWS OR YOU CAN SHATTER THE FRONT GLASS DOOR.**

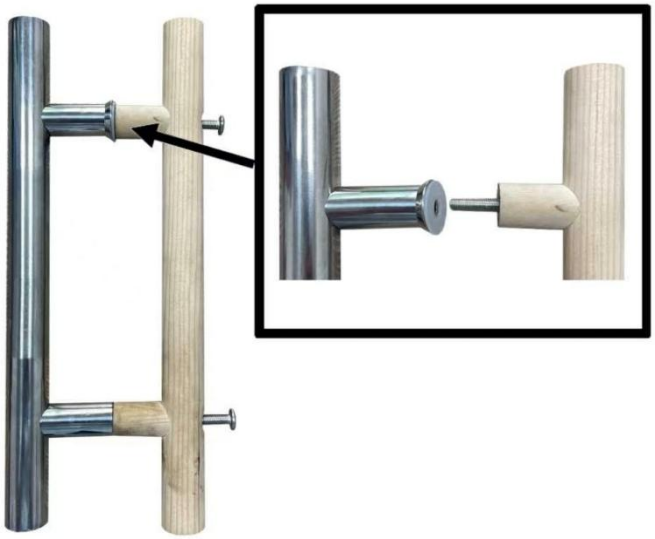


**Figure 9**



**Figure 10**

## ASSEMBLY COMPLETED

# Operating the Sauna




**1. Precautions**

**A.** Please make sure your wall outlet meets the specifications required. Failure to meet the requirements may cause safety risks.

**B.** Set the temperature and time to a comfortable level. 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. Please note 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. 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 150 degrees F/65 degrees C, this is specifically for those users who do not want the heat emitters to ever turn off as the sauna room will most likely never achieve 150 degrees F / 65 degrees C (depending on your room ambient temperature). Please further note that if the ambient temperature is below 72°F, the sauna will take longer to pre-heat. It is not recommended to use the sauna in an environment with an ambient temperature below 60°F.

**C.** Drink water prior to, during, and after your sauna session to replenish body fluids.

**D.** After 3 hours of continuous use, the sauna needs to be shut down for one hour.

**E.** To avoid burns, do not touch the heating element.

## 2. Operating The Sauna

**A.** Review the electrical label on the sauna and then plug the sauna into the proper wall outlet. No other appliance can be operated on the same electrical breaker as the sauna when the sauna is in use. Proceed in turning on the sauna room using the ON/OFF button to activate the sauna.

**B.** The sauna should be **unplugged** when not in use.

**C.** **To set the temperature**, press the  temperature buttons to increase or decrease the temperature to the desired temperature. If the “Heat" light is on, the temperature setting will increase one degree every time the  button is pressed. If pressed for three seconds, the setting will increase quickly. You can decrease the temperature in the same manner by pressing the  button. When and after the sauna reaches the desired temperature, the “Heat” light will turn off.

**D.** Press the  button to turn the light ON. If you want to use the **Chromotherapy Light Therapy System**:

a) While the interior light is ON, press and hold down the  button for 2 seconds. You will notice “2n” in the LED display. This indicates you are in the “light” mode. If you do not press any buttons for approximately 15 seconds, the “2n” will change back to the Timer mode.

b) While the “2n” is displayed, you can now turn the exterior light ON/OFF by pressing the  button in the  section of the control panel.

c) You can also turn the interior light ON/OFF by pressing the  button in the  section of the control panel.

d) While the interior light is on and the “2n” is still displayed in the LED display, you can press the  button to scroll through the different colors within the Chromotherapy Light Therapy System. You will notice that you have two

selections for “white”:

**A.** The first selection for “white” will allow the colors to go through a sequence of the different shades of colors.

**B.** The second selection for “white” will continue to display the white light.

To return back to the Timer mode, press the  button. **The Red Light Therapy Light must be OFF to use the Chromotherapy Light.**

**E.** Press the  button to turn the Red Light Therapy ON and OFF. The Red Light Therapy can operate when the sauna’s power is ON or OFF.

**F.** You can operate the sauna with the ceiling vent in the open or closed position.

**G.** After your sauna session is over, you can turn the control panel off by pressing the ON/OFF button. You can unplug the sauna cord if the sauna will not be used for an extended period of time.

**H.** **To set the time**, press the  buttons. Press  and  buttons to set the timer from 5 to 60 minutes. If pressed for three seconds, the timer will increase/decrease quickly. To extend the sauna session, reset the timer again by pressing the .

**I.** **The Fahrenheit and Centigrade display** can be switched by pressing and holding simultaneously the temperature button  &  at the same time and then pressing the  and then letting go of all three buttons together.

**J.** **The Bluetooth function** is built into the Control Panel. For the Bluetooth function, 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 “**BT-SAUNA”**. Now you can pair your device. Once pairing is successful, your device will be connected. You will control the volume and choose the music on your device.

**K.** For WiFi connection to remotely turn ON/OFF the sauna, please see the “Sauna WiFi Operational Instructions” include separately from the Owner’s Manual in the Accessory Box.

**L.** **The MP3 Jack** will allow you to connect your musical device using the AUX wire. Plug one end of the AUX wire into your musical device and the other end into the MP3 Jack at the ceiling. Do not leave the AUX wire connected at the ceiling when not using this function as it may cause static interference at the speakers. You will control the volume and choose the music on your device. When you disconnect the MP3 wire, the sound system will automatically return back to the Bluetooth mode.

**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 the maximum temperature, this is specifically for those users who do not want the heaters to ever turn off as the sauna room will never achieve up to the maximum set temperature. After 3 hours of continuous use, the sauna needs to be shut down for one hour.**

**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 either constantly wipe the perspiration from your body to perspire faster and also to avoid having too much perspiration dripping onto the floor. Never place any towels over the floor heater. If your legs become cold, you can use a third towel to drape over your legs to trap the heat.**

## Maintenance:

With regards to maintenance, you do not want to use any liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft cloth for cleaning. Clean floor heater regularly to keep free of debris. ***Do not use benzene, alcohol, or strong cleaning chemicals in or on the sauna. NOTE: Any chemical that can damage wood or be absorbed into the wood will damage the sauna.***

**The information provided in this Owner's Manual if for informational purposes only and may not be construed as medical advice or instruction. The information is not recommended for any particular treatment and in all cases, it is recommended that**

**you consult with your medical physician before using. This product does not constitute or imply any medical endorsement. The pictures and diagrams shown within this Owner's Manual are representations of this model(s). Actual model may vary.**

# CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.

## 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 either constantly wipe the perspiration from your body to perspire faster and also to avoid having too much perspiration dripping onto the floor or placing it on the floor to catch your dripping perspiration. If your legs become cold, you can use a third towel to drape over your legs to trap the heat.
5. This is a non-commercial sauna. For every three hours ON, the sauna must be turned OFF for one hour to cool down.
6. 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.
7. To help relieve sore and tense muscles, massage the affected areas during your sauna session.
8. 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.
9. 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.
10. The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
11. 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.
12. 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. Weight Capacity: 1-person sauna model = up to 300 lbs.; 2-person sauna model = up to 300 lbs. (individual)/up to 500 lbs. (aggregate); 3-person sauna model = up to 300 lbs. (individual)/up to 600 lbs. (aggregate); 4-person sauna model = up to 300 lbs. (individual)/up to 600 lbs. (aggregate).
3. When assembling and using the electrical equipment, safety precautions should always be followed.
4. 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.
5. Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
6. 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.
7. **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.
8. 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.
9. 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.
10. 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.
11. Use care when exercising before and after sauna use.
12. Never sleep inside the sauna
13. 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.
14. Do not stack or store any objects on top of or inside the sauna.
15. 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.
16. 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.

17. Do not use the sauna during an electrical storm to avoid risk of shock or injury.
18. Do not continuously switch the power ON and OFF excessively as it will compromise the life of the electrical components.
19. 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.
20. 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.
21. Please make sure the outlet power supply meets the specifications required. Failure to meet the requirements may cause safety risks.
22. 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.
23. 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.
24. Do not make any modifications to the sauna, the sauna structure, or the sauna components.
25. 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, surge protector, or extension cord between the sauna cord and wall outlet.

## Troubleshooting

| | problem | possible reason | countermeasure |
|---|---|---|---|
| 1 | indicator light for power supply not working | The connector is not connected properly | Check the connector or replace a new one |
| | | No power supply input | Check your circuit breaker to confirm power at the wall outlet |
| | | Indicator light is broken | replace the circuit panel |
| 2 | Indicator light for heat is not working | The heating indicator light is broken | Replace the relevant control panel |
| | | The circuit board or components are broken | Replace the circuit board |
| | | The temperature sensor is broken | check the connection of the temperature sensor |
| 3 | Infrared Heater not heating up | The heater is broken | Replace heater panel |
| | | The wire junction or the heater's wire is not connected | Check that the connections are sung and tight |
| | | The temperature sensor is broken | check the connection of the temperature sensor |
| | | The circuit board or the relay is not working | replace the circuit board |
| 4 | Odor from the sauna | Power supply problem | Power supply may need to be replaced |
| 5 | Light is not working | Light bulb is burned out | Remove burned out light bulb and replace it |
| | | Light bulb wiring is loose | Check connection and/or replace the lamp assembly |
| | | Problems with electrical control panel | Replace the relevant control panel |
| 6 | Sauna is not powering up | Power cord is unplugged | Plug the power cord into wall outlet |

| | | | |
|---|---|---|---|
| | | Outlet has no power | Check your circuit breaker to confirm power at the wall outlet |
| | | Power supply or circuit panel is broken | Replace the power supply or related circuit board |
| 7 | The temperature display shows "EP" | The connector of temperature sensor is loose, not connected, or sensor is damaged | Disconnect and reconnect the connector of temperature sensor or change to a new temperature sensor |
| 8 | The temperature display shows "H" | The temperature inside the sauna room is too high | Turn off the unit, and contact the manufacturer |
| 9 | Speaker does not work | The speaker is broken | Replace with a new one of the same specifications |
| | | The speaker wire is loose | Disconnect and reconnect the speaker connections |
| | | The power indicator light is off | Power on the control panel to start work |
| 10 | “HU” appears on the Control Panel | Power cord is connected to incorrect voltage | Connect power cord to correct voltage |

# Limited Lifetime Warranty

**5 Year Limited Warranty***: Golden Designs, Inc. under the Dynamic brand name warranties the wood, structure, heating elements, and electronics against defects in material and workmanship for a period of 1 to 5 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 the Dynamic brand name, 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. This warranty covers parts, but does not cover 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.**

**When using the WiFi feature, it allows for the sauna to be turned on remotely while not being monitored. Any potential liability arising out of the use of the WiFi feature would be solely at the user's and sauna owner's risk.**

**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 5 years for residential use and 1 year for commercial use on heating elements and electronics from the date of purchase. The wood structure and glass have a 1-year limited warranty.

# WARRANTY REGISTRATION

Congratulations on your purchase of an Infrared Sauna from Golden Designs, Inc. Please take the time to register your warranty using the QR Code:




If you do not have the QR Code Reader, you can also register at:

https://app.goldendesigninc.com/public/RegisteredProduct

Please include a copy of your sales receipt or packing slip when registering. The serial number (S/N) is located on the sauna's front panel, rear panel, or on the carton.

**The warranty must be registered within 60 days of the purchase date.**