



## **Infrared Sauna Instruction Manual**

Models: DYN-6996-02 / GDI-6996-02  
6 Person FAR Infrared Sauna



**INFRARED CARBON MODEL SAUNA  
FOR INDOOR USE ONLY  
REQUIRES 2 SEPARATE DEDICATED 120V/20 AMP OUTLETS**

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.

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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
3pc Benches	2pc Bench Heat Emitter Panels	1pc Floor Panel

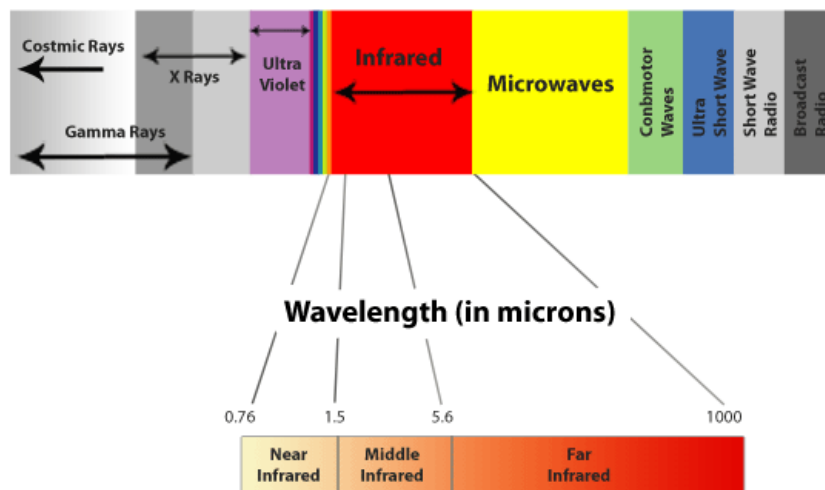
**NOTE: Your model sauna has been completely assembled and tested prior to packaging. The rear wall panel is intentional warped as part of the overall design. Two adults will be needed to assemble the sauna room, but three adults will be ideal.**

**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 Near Zero EMF models range at less than 3mG at approximately 2 inches from the heaters.

## 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

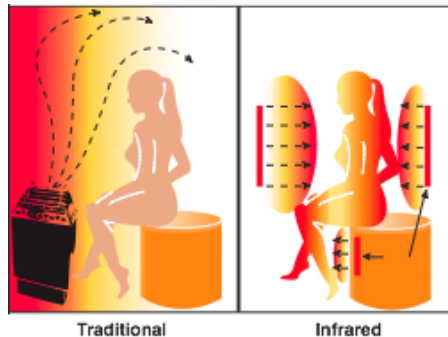
After many years and numerous studies on EMF exposure, no government body including the Occupational Safety and Health Administration (OSHA) have established permissible exposure limits (PEL). Currently, there is no consensus on the potential health hazard from any exposure to EMF. The mainstream scientific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

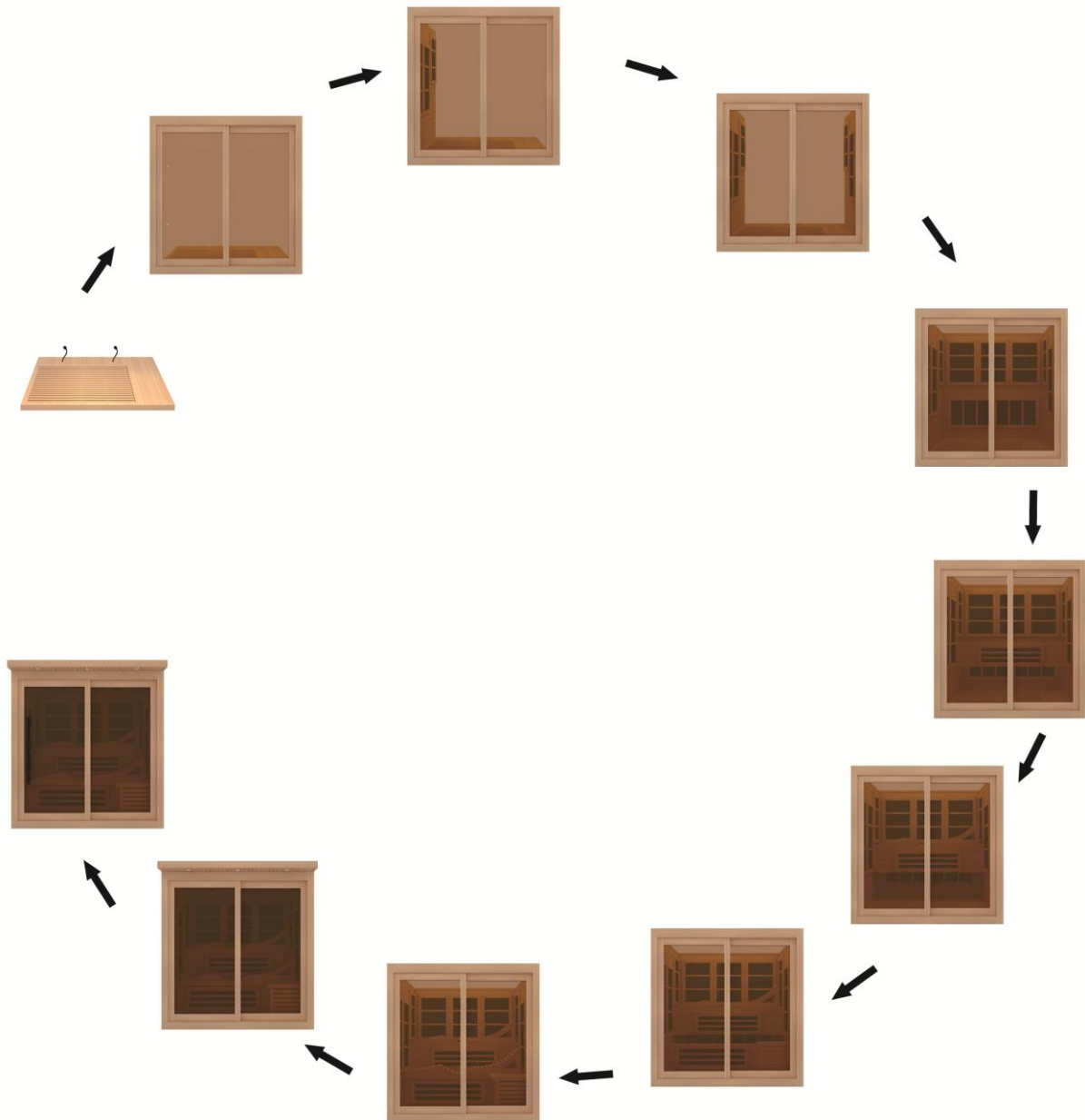
- |  |                           |                     |
|--|---------------------------|---------------------|
| *Pain relief from Rheumatoid Arthritis | *Relaxes muscle spasms    | *Reduces cellulite  |
| *Increases blood circulation           | *Clears, rashes, acne     | *Enhances skin tone |
| *Cardiovascular conditioning           | *Reduces stress & fatigue | *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. Clean floor heater regularly to keep free of debris.

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

**Visual Assembly Diagram  
DYN-6996-02 / GDI-6996-02**

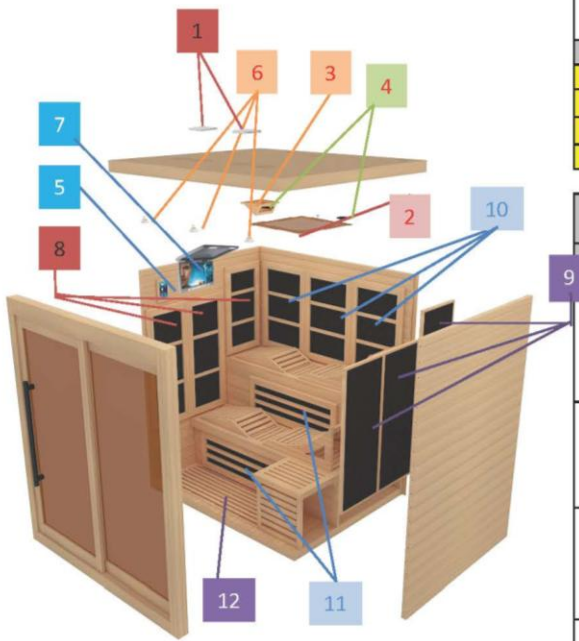


**\*The above assembly diagram is for a quick reference visual guide only. All sauna models are not shown. Parts and accessories may vary and are subject to change. Backrests are sold separately.**

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

**PARTS DESCRIPTION**

**DYN-6996-02 / GDI-6996-02**



Electronic Components			
No.	Name	No.	Name
1	Power Supply	2	Color Therapy
3	DVD Player	4	Speakers
5	Control Panel	6	Roof Lights
7	Monitor		

Power Layout			
Location	No.	Dimension	Power
Left side wall panel	8	1000*400mm	300W*2
		750*400	200W*1
Right side wall panel	9	1000*400mm	300W*2
		750*400	200W*1
Rear wall panel	10	750*500mm	300W*3
		750*500mm	300W*2
Bench Heater	11	1000*300mm	200W*2
Floor Heater	12	1000*400mm	300W*3
<b>Total Power</b>			<b>4400W</b>

**3\*18mm (24 pcs)**



**For ROOF DUST COVER**

**6\*60mm (10 pcs)**



**For FRONT BENCH**

**5\*50mm (18 pcs)**



**For BENCH frames & ROOF**

**3.5\*40mm (8 pcs)**

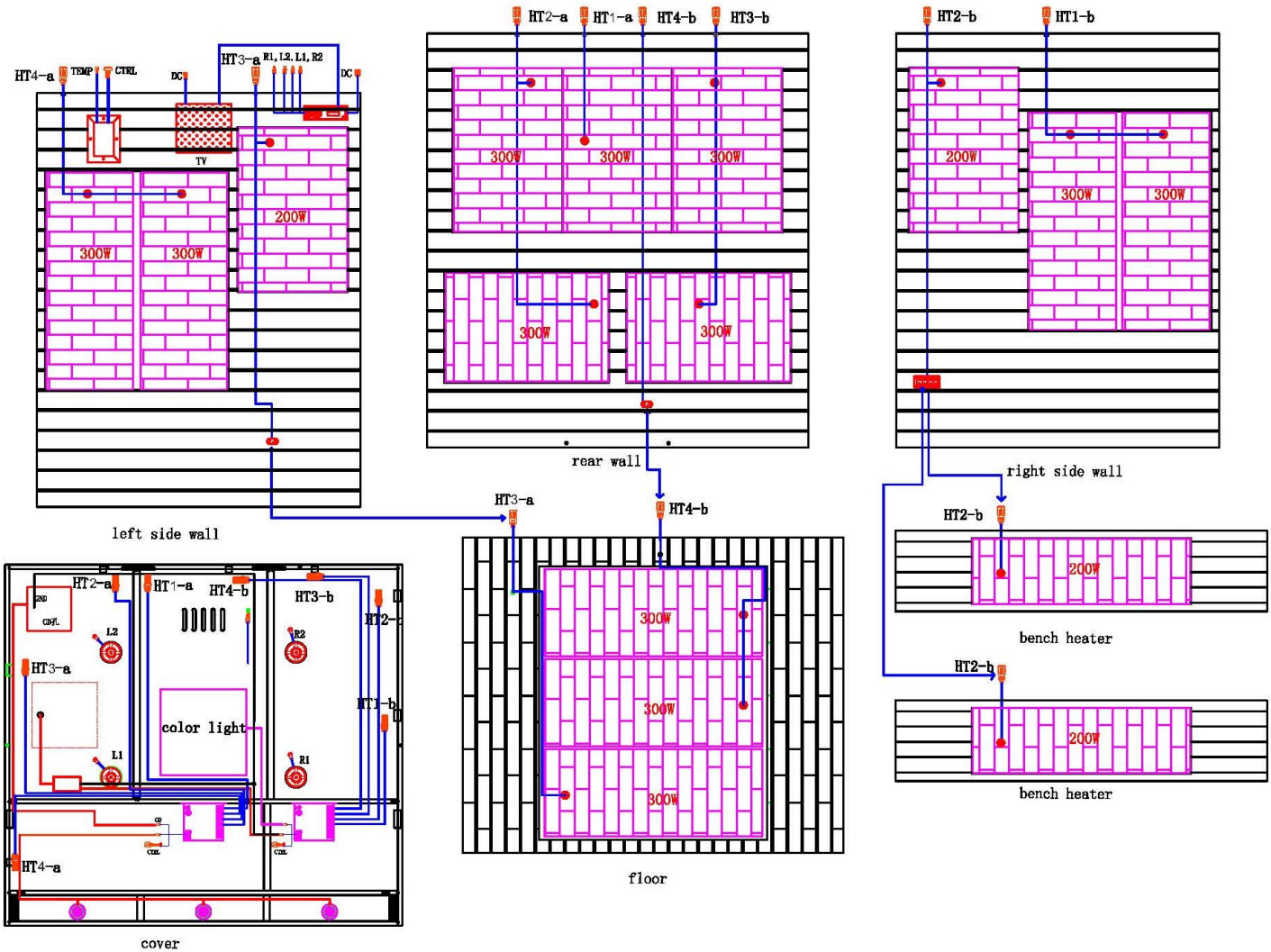


**FOR BENCHES**

**NOTE: 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 are sold separately.**

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

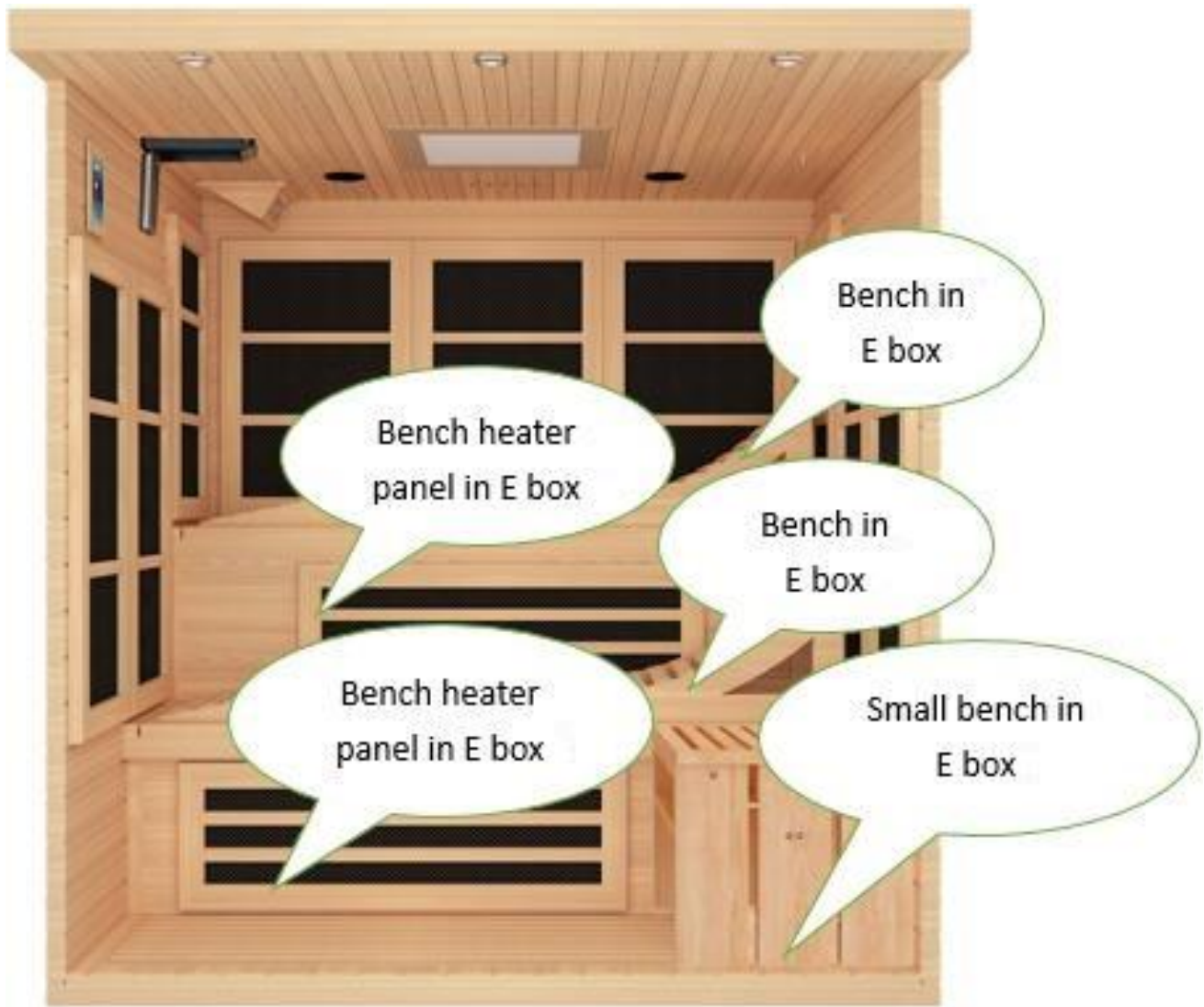
**SCHEMATIC LAYOUT  
DYN-6996-02 / GDI-6996-02**



**NOTE: 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 are sold separately.**

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

**DYN-6996-02 / GDI-6996-02 Visual Interior Diagram**



**\*The above assembly diagram is a quick reference visual guide only. All sauna models are not shown. Model types, parts, and accessories may vary.**

## I. Power Supply

Both POWER SUPPLY BOXES are the control centers of the sauna room. They are installed on the ROOF PANEL and have input/outputs connected to them. (see Figure 1)

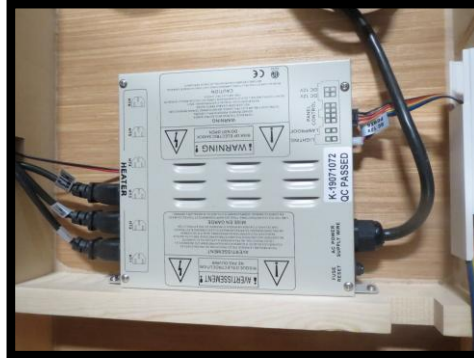


Figure 1 (2) Power Supplies

**MAIN POWER** - main power of the sauna room

**HT1, HT2, HT3, HT4** – heater cords

**LIGHT** – chromotherapy lights

**ROOF LAMP** - roof lamp (optional)

**CTRL** - control panel connection

**CD/SIG** - signal cable group

**FUSE RESET** – protects against power surges

**POWER IN** - main power of the sauna room

**HT1, HT2, HT3, HT4, HT5, HT6** – heater cords

**LAMP ROOF** – roof lamp power (optional)

**LIGHTING** – chromotherapy lights

**PANEL CONTROL** – control panel

**FUSE RESET** – protects against power surges

## II. FM/CD/DVD Player and Monitor

The FM/CD/DVD Player, Monitor, and Speaker System allow you to listen to music and watch DVD's during your sauna session. (see Figure 2)



Figure 2

### III. Component Labeling

<b>POWER</b>	Power Cord
<b>HT1, HT2, HT3, HT4</b>	Emitter (heater) power cords
<b>LIGHT</b>	Reading lamp connector
<b>CTRL</b>	Control panel connector
<b>CD/SIG</b>	For CD/temperature sensor/buzzer/etc.
<b>L/SPEAKER</b>	Left speaker connector
<b>R/SPEAKER</b>	Right speaker connector
<b>TEMP SENSOR</b>	Temperature sensor
<b>BUZZER</b>	Buzzer connector
<b>MP3 AUX INPUT</b>	MP3 /radio connection

### IV. Guide & Guide Inserts and Buckles

The guide and guide inserts are used to connect the FRONT PANEL to the LEFT SIDE PANEL and RIGHT SIDE PANEL. The buckles are used to connect the REAR WALL to the LEFT SIDE PANEL and RIGHT SIDE PANEL. (see Figure 3 and 4)

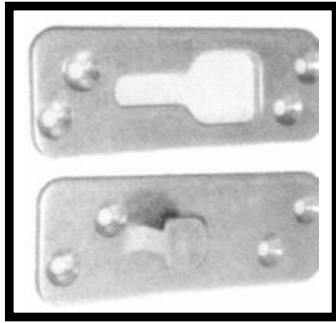


Figure 3



Figure 4

## V. Panel Descriptions

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

### A. Floor Panel

When the FLOOR PANEL faces upward, you will find (3) heat emitter panels in the center of the FLOOR PANEL and a power cord at the rear. (see Figure 5)

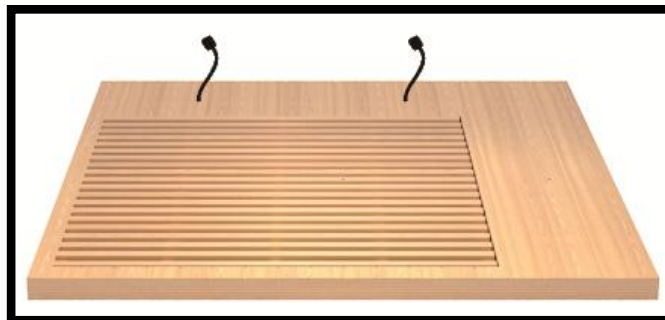


Figure 5

### B. Understanding The Difference Between The Top And Bottom Of The Wall Panels

The top of the wall panels will have heat emitter power cords and control panels coming from them. The control panels will be at the top of the side wall panels. Also, the power outlets will be at the bottom of the REAR WALL PANEL. (see Figure 6)

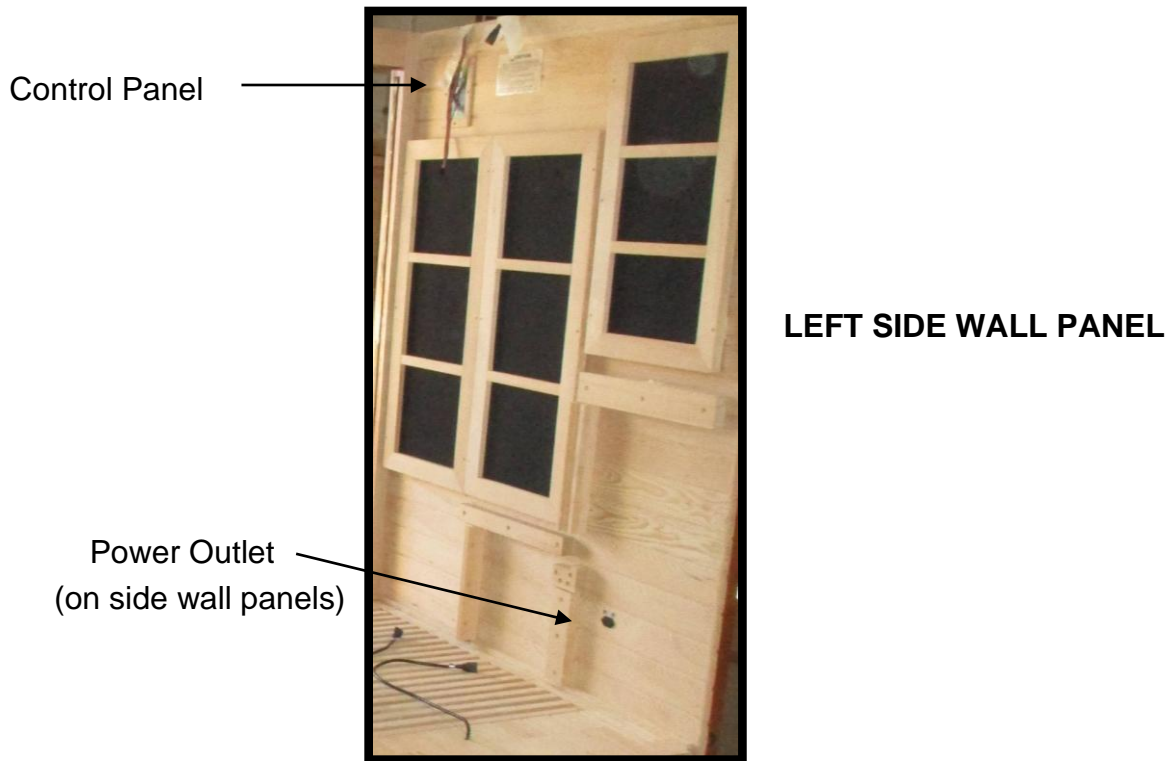


Figure 6

## Assembly Instructions

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

1. The location must be dry, leveled, and away from any source of water
2. MAIN POWER cord must be easily accessible
3. Two adults are required for installation
4. Wood cabin installation order: Floor Panel ► Front Panel ► Left Side Panel ► Right Side Panel ► Rear Panel ► Upper Bench Heater Panel ► Upper Bench ► Lower Bench Heater Panel ► Lower Bench ► Front Bench ► Roof Panel ► Roof Dust Cover
5. Tools Required: Philips Screwdriver and Ladder

## B. Installing the FLOOR PANEL

1. Place the FLOOR PANEL on the floor. Turn the FLOOR PANEL so that the heater power cords are at the rear. (see Figure 7)

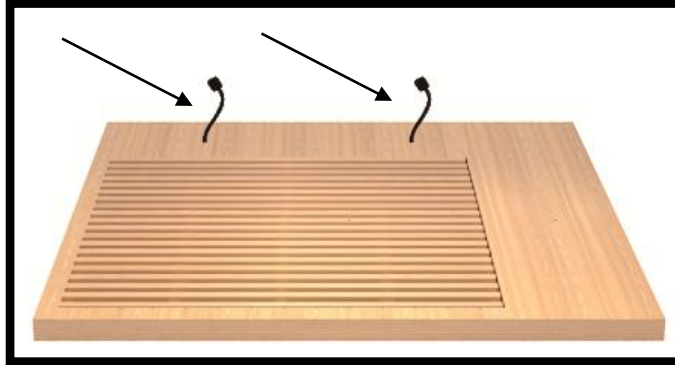


Figure 7

## C. Installing the FRONT PANEL

1. Place the FRONT PANEL up against the FLOOR PANEL. The FRONT PANEL will sit on your floor and not the FLOOR PANEL of the sauna room. The trim molding at the bottom of the FRONT PANEL will rest on the FLOOR PANEL. (see Figure 8 and 8a)



Figure 8



Figure 8a Trim Molding

***Please note that the black protection corners used to protect the corners of the glass door should be removed and discarded once the sauna room is assembled.***

#### **D. Installing the SIDE PANELS**

1. Place the LEFT PANEL up against the FLOOR PANEL. The LEFT PANEL will sit on your floor and not the FLOOR PANEL of the sauna room. The trim molding at the bottom of the LEFT PANEL will rest on the FLOOR PANEL. The LEFT PANEL will need to be lifted up and onto the FRONT PANEL engaging the guide and guide insert brackets. Be sure that the top of the FRONT PANEL and LEFT PANEL are flush at the top. Do the same for the RIGHT PANEL. (see Figure 9 and 9a)

**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. Reattached 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.



Figure 9



Figure 9a

**Trim Molding**

## E. Installing the REAR PANEL

1. Place the REAR PANEL up against the FLOOR PANEL. The REAR PANEL will sit on your floor and not the FLOOR PANEL of the sauna room. The trim molding at the bottom of the FRONT PANEL will rest on the FLOOR PANEL. Use the buckles to latch the REAR PANEL to the SIDE PANELS. Be sure to connect the floor heater cords to the applicable outlets on the REAR PANEL. (see Figure 10 and 10a)



Figure 10

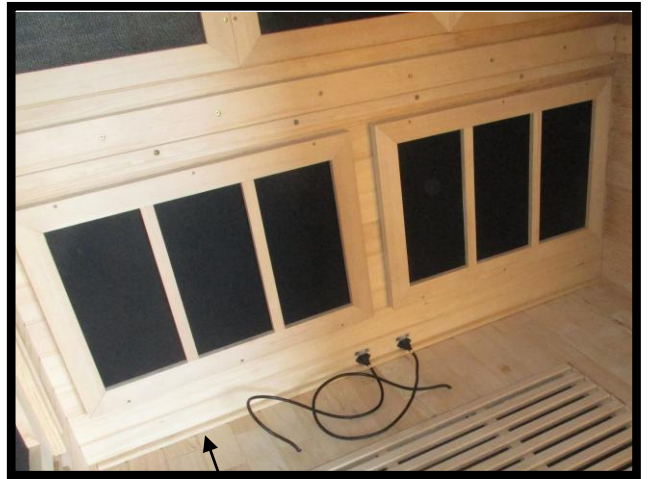


Figure 10a

Trim Molding

## F. Installing the WOOD HORIZONTAL BEAM, UPPER BENCH HEATER PANEL & UPPER BENCH, and LOWER BENCH HEATER PANEL & LOWER BENCH

1. Locate and insert the WOOD HORIZONTAL BEAM as seen in Figure 11. Next, you will proceed with installing the UPPER BENCH HEATER PANEL by sliding it downward using the guides on the SIDE PANELS. See Figure 12. The UPPER BENCH HEATER PANEL has a heater cord that will need to be plugged snugly into the outlet on the RIGHT SIDE PANEL. Now it is time to install the UPPER BENCH frame (UPPER BENCH frame and LOWER BENCH frame are the same). The UPPER BENCH frame will need to sit on top of the UPPER BENCH HEATER PANEL as seen in Figure 13.

Next, use the provided screws to screw the UPPER BENCH frame to the side wall panels and rear wall panel. The UPPER BENCHES can now be installed. See Figure 13. Insert the UPPER BENCH sections with the backrest/footrest facing upward. Use the provided screws to mount the backrest/footrest to the UPPER BENCH frame. See Figure 14 and 15. If you want the flat side of the bench facing upward, you **do not** need to use the screws to mount the benches. See Figure 15a. You can follow these same steps for installing the LOWER BENCH HEATER PANEL, LOWER BENCH frame, and LOWER BENCH. See Figures 16 through 19. Plug the LOWER BENCH HEATER PANEL cord snugly into the outlet on the LEFT SIDE PANEL.

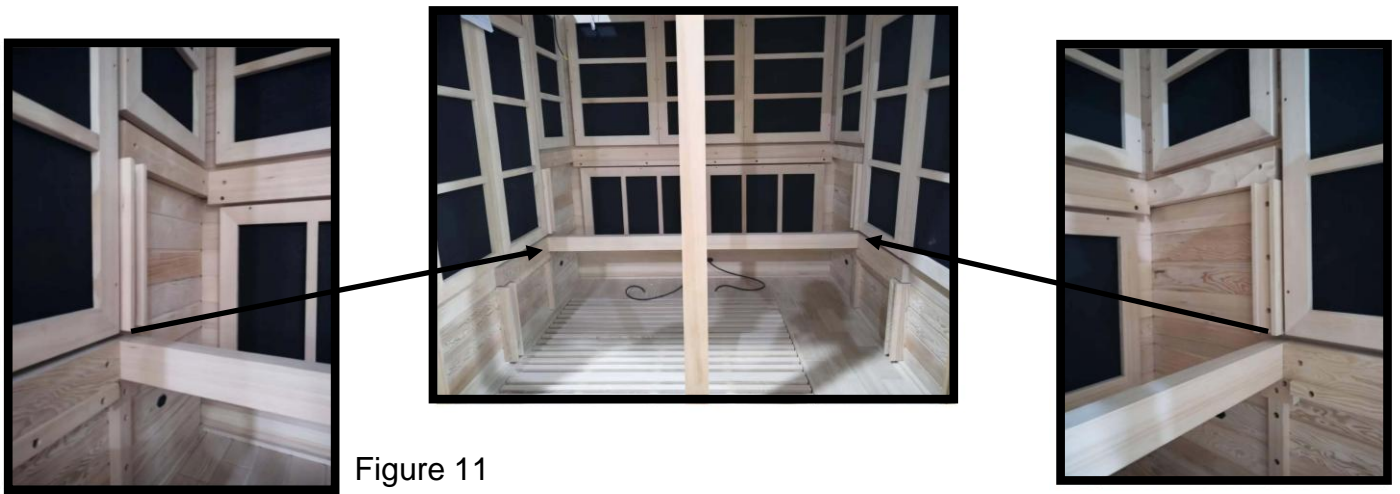


Figure 11



Figure 12



Screw to Side Panels  
Figure 13



Screw to Rear Panel



Figure 14



Figure 15



Figure 15a



Figure 16



Figure 17



Figure 18



Figure 19

### **G. Installing the FRONT BENCH**

1. You will need to assemble the FRONT BENCH before installing it into the sauna room. First, locate the bench top and the bench sides. Each bench side will need to be screwed to the bench top using the machine screws. See Figures 20 & 21. Next, locate the bench support wood. It will need to be inserted between the bench sides as seen in Figure 22. Use the provided machine screws to mount the bench support wood to the bench sides. Lastly, place the BENCH into position up against the RIGHT PANEL. (see Figure 23)



Figure 20



Figure 21

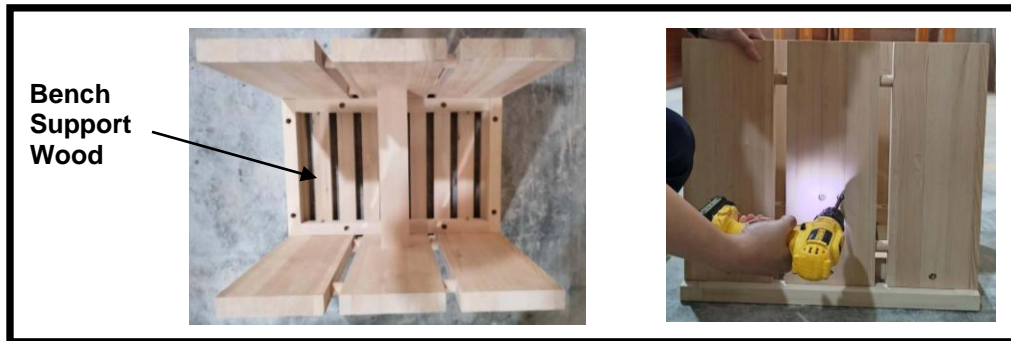


Figure 22



Figure 23

## H. Installing the ROOF PANEL

1. Carefully lift the roof panel up and over the sauna room. Gently sit the roof panel on top of the sauna room. (see Figure 24)
2. Connect the plugs according to the respective labels. You will need to connect the right and left speaker connectors, CTRL harness, etc. (see Figure 25)



Figure 24

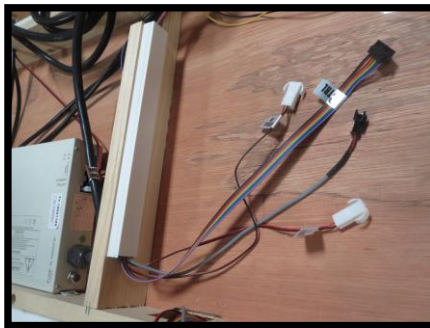
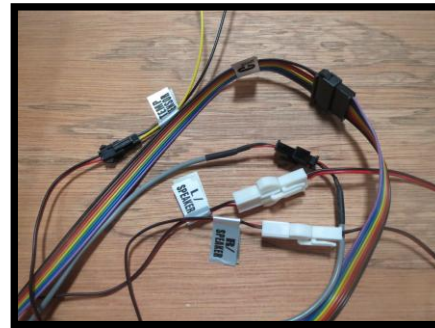


Figure 25 **Before Connecting**



**After Connecting**

## I. Installing the TEMPERATURE SENSOR

1. Enter the sauna and remove the protective masking tape from the TEMPERATURE SENSOR if the TEMPERATURE SENSOR is taped to the ceiling. Situate the TEMPERATURE SENSOR so that it is vertical, pointing downward. (see Figure 26)

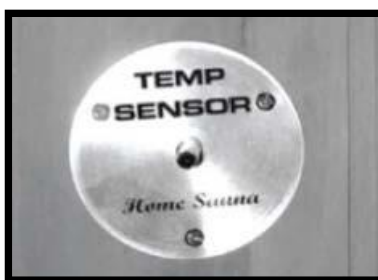


Figure 26

## J. Installing the Radio

1. Locate the hole in the ceiling where the RADIO WOOD BOX HOUSING is going to be placed. Use the provided screws to screw the RADIO WOOD BOX HOUSING into place. (see Figure 27)
2. Next, remove the two TRANSPORT screws (if present) from the top of the DVD player and discard. One person will need to be on a ladder and above the roof and another person will need to feed the radio wires through the RADIO WOOD BOX HOUSING and onto the roof.
3. Attach the radio bracket using the screw provided. This will hold the radio in place.
4. Plug in the CD/radio power. (see Figure 28)
5. Attach the L/speaker and R/speaker connections. (see Figure 29)
6. Plug in the CD/radio antenna connector.
7. Connect the (yellow) Video Out connection from the radio to one end of the extension which is mounted on the roof. (see Figure 30)



Figure 27

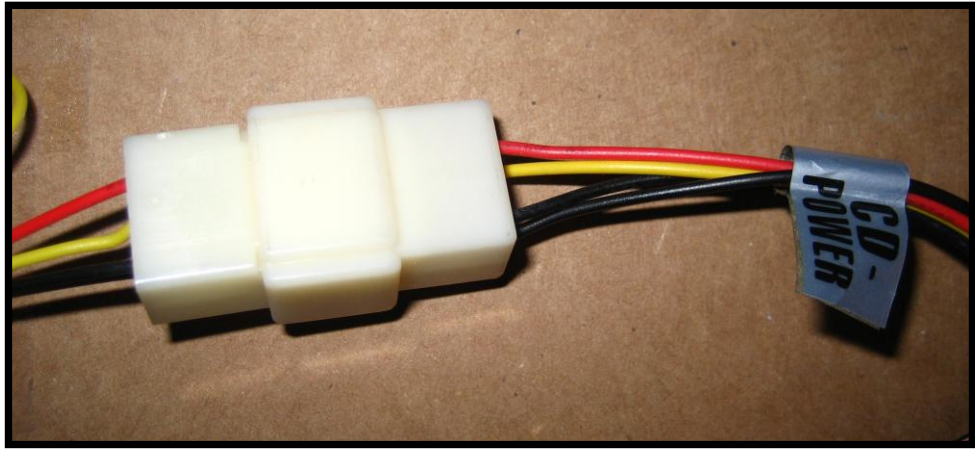


Figure 28

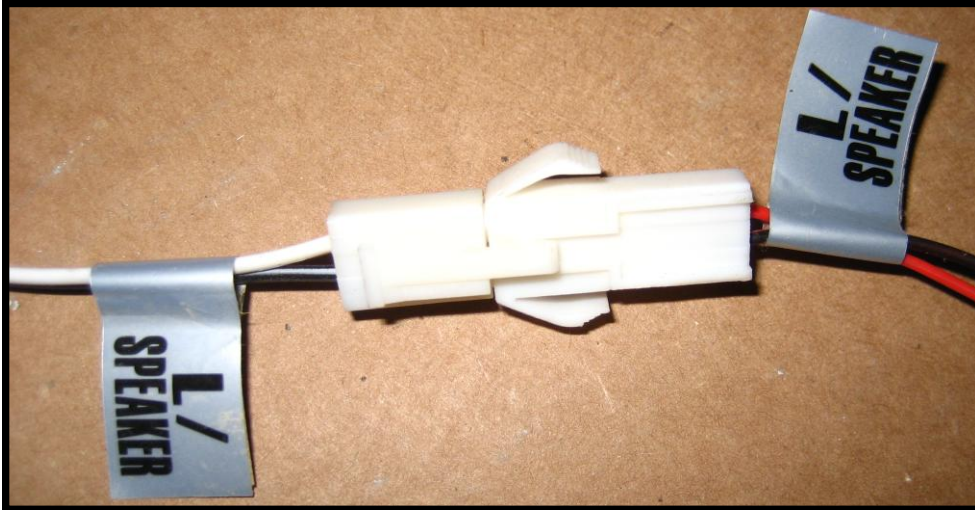


Figure 29



Figure 30

## K. Installing the Monitor

1. **If the Monitor is already installed, please proceed to Step L.**
2. Locate the Monitor. Open the Monitor up and locate the screw holes. You will need to mount the unit to the metal plate that is already attached to the ceiling using the provided screws. You will need to feed the wires through the holes in the ceiling before mounting the monitor to the metal plate. Figure 26 shows how the monitor will look (viewing it from the bench and looking upward) after the monitor has been installed.
3. Again, there should be a Video Out extension mounted on the roof. Connect the (yellow) Video Out connection from the extension to the Monitor. (see Figure 30)
4. There will be a red and black wire harness coming from the Monitor that will need to be connected to the connection that is already up on the roof.



Figure 31

## L. Putting on the ROOF COVER (optional to install)

1. Place the ROOF COVER over the top of the sauna. Take care in pulling the power cord through the hole in the roof cover. Gently

place the ROOF COVER onto the ROOF PANEL. When the edges are aligned, screw the ROOF COVER to the roof panel. (see Figure 32)



Figure 32

### M. Installing the FRONT GLASS DOOR HANDLE

1. You will need screw the door handle to the glass door. The metal door handle will mount to the exterior side of the glass door. Be sure that the glass door is between the plastic washers when screwing on the door handle. (see Figure 33)

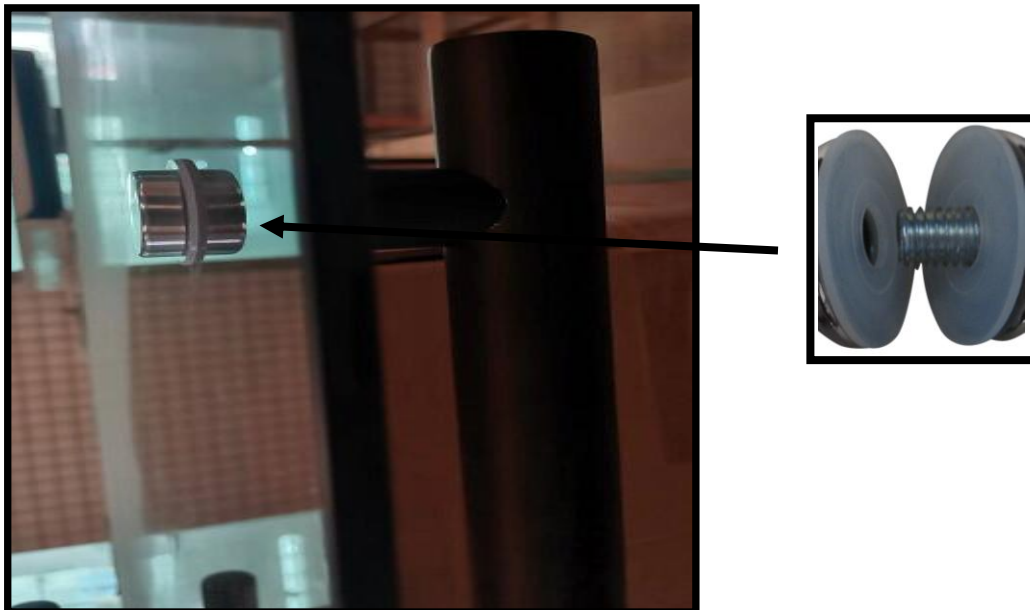


Figure 33

## **N. MP3 Shelf (Optional – not available on all models)**

1. If your sauna comes with the optional MP3 shelf, use the two screws provided to mount the shelf on either the side panels or front panel. (see Figure 34)



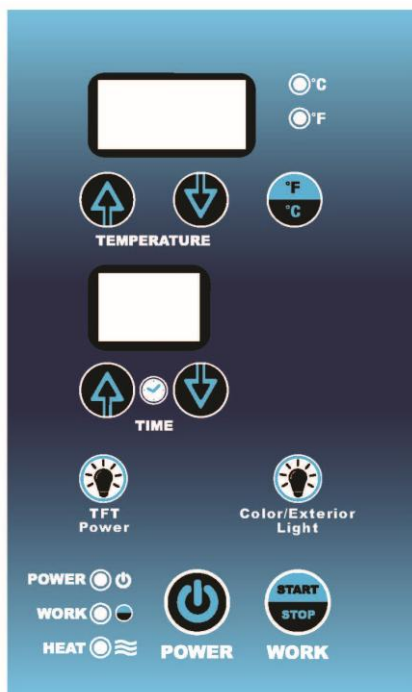
Figure 34

**Assembly Completed**

## Operating the Sauna

**NOTE:** Before the sauna is turned on, remove plastic protective covering from the CONTROL PANELS. Please check and confirm that the connections to the POWER SUPPLY, HEAT EMITTERS, CD/RADIO, and TEMPERATURE SENSOR are connected properly. The power supply voltage and frequency must match the requested voltage and frequency of the sauna (2 Separate 120VAC 20AMP Dedicated Circuits).

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 after use since the pores in your skin will be open and could possibly absorb anything in the water.



## CONTROL PANEL

**Power ON/OFF :** Press to control the main power of the sauna (also turns the DVD player ON/OFF)

**TFT Power ON/OFF:** Press to turn ON/OFF the DVD display screen

**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:** Indicate the working status of the sauna

**Heat Indicator:** Indicate the status of heating function

**Color/Exterior Light ON/OFF:** Press to control the lighting functions

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

**Time:** Press to adjust the setting of the timer

**Temperature Display:** Display the actual interior temperature of the sauna room in °C/°F

**Temperature:** Press to adjust the temperature setting

**°C/°F:** Press to change the temperature display between °C/°F

1. Plug the sauna into the outlet receptacle.
2. Press the POWER button once. The POWER light will come on, the TIME DISPLAY will show 90 (minutes), the TEMPERATURE DISPLAY will show 66 (degrees Celsius), 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 don't 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 will need to pre-heat the sauna room to the set temperature before entering. Please keep in mind that you will increase the time it takes for the sauna room to reach the set temperature if you enter the sauna room before it has reached the set temperature.
4. Please note that if your sauna has the Bluetooth feature, then it will not have the buzzer feature. During your sauna session, set-up time will count down the minutes one by one. When the time remaining is 5 minutes, the buzzer will make a warning sound for approximately 15 seconds letting you know you only have 5 minutes remaining. At this point, you can let the time run out or adjust the time by pressing the up/down arrows under the TIME DISPLAY. 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 50 degrees Celsius / 122 degrees Fahrenheit. When the ambient temperature is low, heating requires additional time. For the first few times of use, you may use 46 degrees Celsius /115 degrees Fahrenheit as a reference starting point for a time period of about 15 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 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, 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. Reading lamps and/or roof lamps and/or color therapy lamps are operated by pressing the respective buttons located towards the center of the control panel. These lamps are offered on some models and are not available on all models.
8. **Chromotherapy/Color Therapy Lighting (optional)** can be operated as follows. First, you will need to install the battery. Once the battery has been inserted into the remote, you are ready to operate the chromotherapy/color therapy lighting system. Press the READING LIGHT button on the sauna control panel. The white light will come on. While pointing the remote at the ceiling light, you can press any of the colors on the remote and that color will be displayed. You can use the SHADE button on the remote to go through a sequence of colors. If you want to turn the light off during your sauna session, you can press the POWER button on the remote. **Please note: You must be inside the sauna room for the remote to work.**



9. **Red Light Therapy** works with the Color Lighting system. When the Color Light is ON, you can press the white button at the bottom right of the Color Light Remote once to turn on the Red Light Therapy feature. To exit the Red Light Therapy feature and return back to the white reading light, just press the white button at the bottom right of the Color Light Remote once again and then press the button of the specific color or the shade button to go through the sequence of colors.
10. To operate the radio, press the power button to turn on the CD/RADIO player. Press the band to choose between the FM/AM frequency on the radio. You must place the radio antenna above the roof cover to receive a radio station

signal. To use the CD function, insert the CD disk into the top (into the CD slot) of the radio. If the CD player does not work, make sure the set screws on the top of the CD/RADIO player have been removed. For more detailed instructions, please see the CD/radio owner's manual.

**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.**

**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.**

## 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 and prevent premature deterioration of the equipment.
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. 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. Never put animals into the sauna room.
4. Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely. Do not spend more than 40 minutes in the sauna at any one time.
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.
25. Do not use the sauna if you are allergic to Infrared heat or heat in general.

## **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.

- Do not use any wall receptacle adapter, surge protector, or extension cord between the sauna cord and wall outlet. Make sure the electrical cord is not crushed or pinched.

## Troubleshooting

**Always check the connections by disconnecting and reconnecting.**

	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 function 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 snug 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 bulb is not working	Light bulb is burned out	Remove burned out light bulb and replace it
		Light bulb wiring is loosened	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 for CD is off	Turn on the switch to start work
10	CD-Player doesn't work	Power connector is loose or damage	Disconnect and reconnect the connection
		DC power supply has no power to the CD-player	Check DC power supply wiring or replace the power supply
		CD-player is defective	Replace the CD-player
		CD-player protection fuses is burnt out	Replace the fuses

## 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.**

## Limited Lifetime Warranty

**5 Year Limited Warranty\***: Golden Designs, Inc. under its brand names 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 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. This warranty covers parts, but does not cover labor.

### Warranty Limitations

This warranty does not apply if the unit has been subject to 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](mailto: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, DVD Player, and Monitor 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.**

