IMPORTANT

Carefully check the unit prior to installation to ensure there is no damage. Do not dispose of any packaging until you are satisfied with this unit.

If you have any problems with this unit or there are missing or damaged parts, please call toll free: 1-800-459-4409. DO NOT RETURN THE UNIT TO THE PLACE OF PURCHASE before calling the toll free number above.
IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL APPLIANCES, BASIC PRECAUTIONS SHOULD ALWAYS BE FOLLOWED TO REDUCE THE RISK OF FIRE, ELECTRIC SHOCK, AND INJURY TO PERSONS, INCLUDING THE FOLLOWING:

1. Read all instruction before using the sauna.
2. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
4. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should get permission from their physician prior to using the sauna.
5. **WARNING:** The use of alcohol, drugs, or medication can greatly increase the risk of fatal hyperthermia.
   **Hyperthermia Danger:** Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C (98.6°F). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia includes:
   - a) Failure to recognize the effects of the heat
   - b) Failure to recognize the need to exit the sauna
   - c) Unawareness of impending hazard
   - d) Fetal damage in pregnant women
   - e) Physical inability to exit the room
   - f) Unconsciousness
6. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
7. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure and circulation.
8. Exercise care when entering or exiting the sauna.
9. Never sleep inside the sauna while the unit is in full operation.
10. Do not use liquid cleaners or aerosol cleaners inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use a damp cloth for cleaning.
11. Do not stack or store any objects on top of or inside the sauna.
12. Do not operate the sauna room with damaged cord/wires or plug or after the unit has malfunctioned. If power supply cord becomes damaged, it must immediately be replaced by a qualified electrician to avoid a hazard.
13. Do not use the unit during an electrical storm, as there is a remote risk of shock.
14. Altering or tampering of any electrical connections on the power supply will void the manufacturer’s warranty.
15. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet as the danger of electrical shock exists.
16. Do not attempt any repair without consulting the manufacturer first. Any unauthorized repair will void manufacturer’s warranty.

17. Do not use the sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool or similar wet/damp location.

18. Do not shower inside the sauna. Wood material may become deformed if made wet. Do not pour water or other liquids on heaters and electrical equipment.

19. Do not run cord over carpeting or other heat insulators. Keep the power supply cord away from traffic area or pinched by items placed upon or against it. Please protect the power cord. Do not step on the power cord or submerge it in water as this is very dangerous.

20. Unplug the unit from the power supply when not in use for a long period.

21. **CAUTION:** For indoor household use only.

22. Install in accordance with all the manufacturer’s installation instructions.

23. **CAUTION:** Use only time delay fuses or low-melting point fuses marked “D” or HRC form 1 fuses.

24. **CAUTION:** If the manual resettable (reset plug-14) temperature-limiting control trips frequently, a qualified serviceman should be contacted.

25. Minimum room size for assembly: 210cm W x 180cm D x 210cm H / (82.6” W x 70.8” D x 82.6” H)

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**TIPS FOR USE**

1. If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.

2. By leaving the thermostat at the highest setting you will get continuous output from the infrared heaters in your unit.

3. Drink plenty of fluids prior to, during, and after your session.

4. If you take a hot/warm shower or bath before your sauna session you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.

5. To utilize the sauna’s heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.

6. Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra perspiration. A third towel draped over the knees may aid you in comfort and is useful to towel off perspiration.

7. Towelling off excess perspiration during your session helps the body perspire more freely.

8. To help relieve sore and tense muscles, massage the affected areas while in sauna.

9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores and hinder perspiration.

10. Shaving your face or legs with a razor while perspiring in a sauna yields an incredibly smooth result without the use of gels or foams.

11. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.

13. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.

14. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to perspire even after the heaters are off. Sit in the sauna with the door open and let the body perspire a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Thank you for choosing our infrared sauna and congratulations on your purchase. We are confident that your entire family will enjoy many benefits of using this product for coming years.

Carefully and thoroughly read this manual before using the sauna for the first time. We recommend keeping this manual for regular review and future reference.

**WHAT IS INFRARED?**

Infrared refers to electromagnetic waves whose wavelengths lie between visible light and microwave. Depending on its wavelength, infrared can be further divided into close-range, mid-range, and distant-range. The distant-range infrared has the longest wavelength and highest efficiency among the three.
INTRODUCTION

The infrared sauna is composed of a wood structure, infrared heaters and a control system. The wood structure includes front panel, back panel, left panel, right panel, bench panel, bench heater panel, bottom panel, and top panel. Inside, the walls are installed with infrared heater and back protection frame. On the front exterior panel is the control panel. You can use the interior lamp to read inside sauna room, and there’s an MP3 plug in the back corner for you to enjoy music by connecting it to an MP3 player (not included) while taking a sauna.

PANEL PARTS

A. FRONT PANEL
(see figure 1)
1. Door handle
2. Safety glass door
3. Control panel

B. INTERIOR (see figure 2)
4. Ventilation grid
5. Speaker
6. Temperature sensor
7. Reading lamp (MAX 11W energy saving E26 base)
8. Heater
9. Bench panel
10. Bench heater panel
11. Back frame
12. Mp3 sdapter
13. Mp3 shelf
14. Reset plug
PARTS LIST

1. Back/Side Panel x 1
2. Front/Side Panel x 1
3. Screw x 6
4. Mounting Bracket x 2
5. Bulb x 1
6. Base x 1
7. Top Panel x 1
8. Lamp Frame x 1
9. MP3 Cable x 1
10. Mounting Screw (for door handle) x 2
11. Door Handle (outside) x 1
12. Door Handle (inside) x 1
13. Bench Heater x 1
14. Bench Seat x 1
15. Bench Support Bar x 1
16. Mounting Screw x 8
17. Mounting Screw x 6
18. Mounting Screw (for Bench) x 1
19. Mounting Screw x 2
20. Power Supply Cord x 1
21. LED Control Panel Cable x 1

Illustrations may vary from actual product
1. CONTROL BOX
The control box is the control centre of the sauna room. It’s installed on the lower back panel (see figure 3).

2. COMPONENT MARKINGS
For easy and proper installation, please read the information below thoroughly to make sure all connections are correct (see form 1).

<table>
<thead>
<tr>
<th>MARKING</th>
<th>COMPONENT CONNECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>POWER</td>
<td>Power cord</td>
</tr>
<tr>
<td>F1</td>
<td>Fuse</td>
</tr>
<tr>
<td>FH1, FH2</td>
<td>Heater fuse</td>
</tr>
<tr>
<td>F/LIGHT</td>
<td>Reading lamp fuse</td>
</tr>
<tr>
<td>HT1, HT2</td>
<td>Heater power cord</td>
</tr>
<tr>
<td>LIGHT</td>
<td>Reading lamp connector</td>
</tr>
<tr>
<td>CTRL</td>
<td>Control panel connector</td>
</tr>
<tr>
<td>L/SPEAKER</td>
<td>Left speaker plug</td>
</tr>
<tr>
<td>R/SPEAKER</td>
<td>Right speaker plug</td>
</tr>
<tr>
<td>TEMP SENSOR</td>
<td>Temperature sensor</td>
</tr>
</tbody>
</table>

form 1
3. RIGHT SIDE PANEL ASSEMBLY

Attach the bench support bar [15] to the right side panel using 2 screws [19] ensuring the bottom of the support bar is aligned with the bottom of the side panel (see figure 4).

figure 4
4. ATTACHING LEFT/BACK PANELS TO BASE

Place the right side/front panels [2] onto the base [6] as shown (see figure 6).

5. SECURING THE WALLS
Insert the 6 screws [17] into the pre-drilled holes as shown and use screwdriver to tighten (see figure 7).
6. ATTACHING RIGHT/FRONT PANELS TO BASE

Secure the front and right side panels to the base with an L-bracket [4] and 3 screws [3] (see figure 8).

![Figure 8](image1.png)

7. ATTACHING THE BENCH HEATER PANEL

Install the bench heater panel [13] by sliding it down between the 2 support bars on either side of the sauna walls as shown. Make sure the bench heater panel is touching the base after installation. Remove the power box cover panel on the bottom rear panel. Insert power cord through panel slot and reattach the power box panel. (see figure 9).

![Figure 9](image2.png)
8. CONNECT CONTROL PANEL
Use the control panel connection cable [21] and connect the control panel socket on the front panel to the connection on the top panel. The connection cable should be routed through the wire exit holes and run under the top and up through the hole to the connection on the back panel (see figure 10).

9. INSTALLING THE BENCH SEAT & LIGHT FRAME
Install the bench seat panel [14] so it rests on the rear panel and bench heater panel as shown. Secure the bench seat in place using one screw [18] into the pre-drilled hole located at the mid point of the bench seat. Screw light bulb [5] into light socket and install the lamp frame [8] with 2 screws (see figure 11).

10. TOP PANEL INSTALLATION
Install the top panel [7] with eight screws [16] (see figure 12).
11. INSTALL DOOR HANDLE
Install the inside and outside door handles [11 & 12] on the glass door as shown with two screws [10] (see figure 13).

IMPORTANT: Do not overtighten the door handle screws.

12. SAUNA LOCATION
- Choose a good location to install the sauna room. Do not install closer than 500 mm (19.7 in) from the intake ventilation grid to any vertical surface, and 200 mm (7.9 in) to the ceiling.
- MAIN POWER cord must be easily accessible.
- The location must be dry and leveled, far from water sources

WARNING: Do not install any plumbing inside or above the sauna (water taps, showers etc.)

13. TEMPERATURE SENSOR
IMPORTANT: after ensuring all the plugs are firmly connected, REMOVE THE ADHESIVE FILM from the temperature sensor (see figure 14).

14. PLUG IN
Plug the unit into a grounded (3-prong) outlet (120V 60Hz). The sauna is ready to be used. READ AND FOLLOW ALL OPERATING INSTRUCTIONS BEFORE FIRST USE.

15. VENTILATION
There is a ventilation grid on the bottom of the right panel as well as the top panel. Move the sliding doors to open/close the ventilation grids.
SAUNA OPERATION

NOTE: Before powering on the sauna for the first time, please check and confirm the connections of all wiring (CONTROL BOX, HEATERS, TEMPERATURE SENSOR etc.) are correct and undamaged.

CONTROL PANEL FUNCTION

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

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

Power indicator: Indicates the status of the sauna’s main power

Work indicator: Indicates the working status of the sauna

Heat indicator: Indicates the status of heating functions

Reading Lamp: Press to control the lighting function

Time Display: Displays the heating time of the sauna in minute(s)

Time: Press to adjust the setting of the timer

Temperature Display: Displays 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 or °F
1. **MAIN POWER:** Plug in the main power to your household power.

2. **SAUNA POWER:** To power on the sauna, press POWER ON/OFF one time on the inside control panel. The POWER light should then light up. The TIME DISPLAY will flash 90. TEMPERATURE DISPLAY will flash 60. Pressing POWER ON/OFF again, will power down the sauna.

3. **HEATING TIME:** To set the heating time, power on the sauna, press the TIME up or down arrow to increase or decrease the heating time of sauna room. When you press one time, it increases or decreases 1 minute. If you press the set-up button continuously for more than 2 seconds, the digital read out will fast forward to the desired setting. If you don’t press the button for more than 5 seconds, the digital read-out will stop flashing, and the set-up value will be memorized. This value will be shown when you restart the sauna the next time.

During your sauna session, the set-up time will count down by minute increments. When there is 5 minutes remaining, the equipment will make a warning sound for 15 seconds. The time display will then begin flashing. When display time is reaches 0, the sauna will power off automatically.

4. **TEMPERATURE UNITS:** To switch between Fahrenheit and Celsius, press the °F / °C button. The display value will change accordingly.

5. **HEATING TEMPERATURE:** To set the heating temperature, power on the sauna and press the TEMPERATURE up or down arrows to increase or decrease the heating temperature of sauna room. The temperature will increase or decrease by one degree for each press of the button. Holding the button continuously for more than 2 seconds will fast forward to the desired setting. This value will then be the sauna temperature. If you don’t press the button for more than 5 seconds, the digital read-out will stop flashing and the value will be memorized. It will show this value when you restart the sauna the next time.

6. **STOPPING/STARTING HEATERS:** To start or stop the heating unit, with the power on, press WORK START/STOP button one time. If the WORK / HEAT light is on, the heaters will start heating. If you press the button again, the heaters will shut off and the light will go out. In the summer (with ambient room temperature at 30 °C / 86 °F), the heating time and actual sauna temperature will be approximately:

When the ambient room temperature is low, heating times will increase. The above data is only for reference only and heating time will vary.

<table>
<thead>
<tr>
<th>INSIDE TEMP.</th>
<th>40 °C (104 °F)</th>
<th>50 °C (122 °F)</th>
<th>55 °C (131 °F)</th>
<th>60 °C (140 °F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEATING TIME (in minutes)</td>
<td>5-7</td>
<td>17-19</td>
<td>23-25</td>
<td>31-33</td>
</tr>
</tbody>
</table>
When the sauna temperature reaches the set value, the digital control will switch the heaters off. The WORK light remains on, the HEATER light goes out. When the heaters stop, the sauna will keep the set temperature for some time. When sauna temperature reduces by 2 °C from the set value, the heaters will come on bringing the temperature back up the the set values. This will continue for the entire sauna session, maintaining the internal temperature within 2 °C of the desired temperature.

**READING LAMP:** To use the inside reading light, press the light ON/OFF one time to switch on, press again to switch off.

**MP3 PLUG:** Connect your MP3 player or radio (not supplied) to the MP3 PLUG with MP3 cable [9] while using a sauna, the speakers will then work.

**OVERHEAT PROTECTION**

On the rear wall of the sauna is a temperature sensor with a recessed reset button. In the event the sauna room overheats, the heaters will automatically shut off. Once the sauna cools down to a safe temperature, press the reset button to restart the heaters.

**SAFEGUARDS**

1) Do not use your sauna near water, e.g. bathtub, in a wet basement, or near a swimming pool.

2) Do not take a shower inside the sauna as excessive water will damage or warp the wood. Do not pour water or other liquids on heaters or electrical equipment.

3) Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use damp cloth for cleaning.

4) Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it. Disconnect power cord when not in use.

5) When replacement parts are required, be sure they are specified by the manufacturer. Unauthorized parts may result in fire, electric shock or other hazards. After repair, ask the service technician to perform safety checks to determine that your sauna is in proper operational condition.

**WARNING:**

Disconnect power and unplug before attempting any maintenance or cleaning to reduce the risk of fire or electric shock.
**WARNING:**
Do not plug anything other than this sauna into a 2 outlet receptacle. Plugging an appliance into the second outlet while the sauna is in use may cause the circuit to trip.

**LAMP REPLACEMENT**
1. Remove the LAMP FRAME. Slide the lamp cover up to remove.
2. Remove the burnt out bulb and replace with new Energy Saving Bulb MAX 11W with E26 base.
3. Return the LAMP FRAME. Slide down to re-install and lock in place with 2 SCREWS.
4. Plug in the unit.

**CLEANING INSTRUCTIONS**
Clean the unit with clean damp cloth. Do not use abrasive cleaner or spray liquids on this unit. Any chemical that can damage wood will damage the sauna and the protective finish that is on the wood.

**SAUNA LOCATION**
- Choose a good location to install the sauna room. Do not install closer than 500 mm (19.7 in) from the intake ventilation grid to any vertical surface, and 200 mm (7.9 in) to the ceiling).
- MAIN POWER cord must be easily accessible.
- The location must be dry and leveled, far from water sources

**WARNING:** Do not install any plumbing inside or above the sauna (water taps, showers etc.)

**DANGER:** Do not install receptacles inside the sauna.
# TROUBLE SHOOTING GUIDE

<table>
<thead>
<tr>
<th>PROBLEMS</th>
<th>EXPLANATION</th>
<th>SOLUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Indicator light for power supply not working</td>
<td>The socket doesn’t work properly&lt;br&gt;The fuse is burned out</td>
<td>Check the power supply and socket, or replace a new one</td>
</tr>
<tr>
<td>2 Indicator light for function is not working</td>
<td>The corresponding indicator light is broken&lt;br&gt;The circuit or some accessories are broken for relevant functions</td>
<td>Repair or replace the control panel&lt;br&gt;Repair or replace the circuit for corresponding functions</td>
</tr>
<tr>
<td>3 Infrared heater won’t work to produce heat and infrared ray</td>
<td>The heater is broken&lt;br&gt;Intensity will gradually diminish after being used for many times&lt;br&gt;The fuse is burned out&lt;br&gt;The circuit connection for the heater has become loose&lt;br&gt;The circuit for corresponding control panel or accessories is broken</td>
<td>Replace with a new heater with the same specifications&lt;br&gt;Replace with a new fuse with the same specifications&lt;brDisconnect from power source, check it, and reconnect them correctly&lt;br&gt;Repair or replace it</td>
</tr>
<tr>
<td>4 Incorrect temperature inside the sauna room</td>
<td>Some problems with heater&lt;br&gt;Wrong setting&lt;br&gt;The circuit for temperature control or some accessories are broken</td>
<td>See the previous section&lt;br&gt;Reset it&lt;br&gt;Replace the control panel</td>
</tr>
<tr>
<td>5 Burning smell inside sauna.</td>
<td>Circuit problems (broken accessories, short circuit, failure for controlling system) may have caused the burning of some accessories and electrical controlling center</td>
<td>Disconnect from power source, check the power supply and voltage&lt;br&gt;Call the 800 number in this manual.</td>
</tr>
<tr>
<td>6 The light is not working</td>
<td>The bulb burned out&lt;br&gt;The bulb and the lamp fixture are loose</td>
<td>Disconnect the sauna replace the bulb&lt;br&gt;Disconnect the sauna, replace the bulb and raise the reed in the middle of the lamp fixture, screw in the bulb again and reconnect them properly.</td>
</tr>
<tr>
<td>7 Cannot hear sound from the speakers.</td>
<td>The speaker is broken&lt;br&gt;The electrical connection is loose</td>
<td>Replace with a new one of the same specifications&lt;br&gt;Disconnect the sauna, reconnect speakers wires.</td>
</tr>
</tbody>
</table>

**NOTE:** Keep the serial number for product warranty, (which is shown on the sauna Front Panel and outside package). Give this information to your distributor for after-sale service.
ONE YEAR WARRANTY

Every sauna is tested before it leaves the factory and it is guaranteed for one year. If the unit should fail to operate correctly within one year from the date of purchase, call customer service at 1-800-459-4409 (8:30am – 5:30pm, EST). We will at our discretion either repair or replace the unit. It will have to be returned to us freight prepaid and we will return the repaired or replaced unit to you freight prepaid. The company’s sole obligation is to repair or replace the unit.

This warranty is void if in the opinion of Quality Craft the unit has been tampered with, altered, misused, damaged, abused or used with the wrong power source. Light bulbs are not covered by this warranty. The warranty is for homeowner use only and does not cover units used in commercial situations.