



# INFRARED SAUNA USER MANUAL

MODEL: JSA-NAW-DLX9011



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# Welcome

Thank you for purchasing our sauna products, we congratulate you on your new path to better health. We are striving to become the best infrared sauna supplier in the world; our list of consumers increase daily and we believe your success is our success. We attribute this growth and success entirely to our customer satisfaction, the recognized health benefits, and the quality of our workmanship. At our factory, we use only the finest materials coupled with state-of-art construction and the highest safety standard in the industry.

You will be surprised at the noticeable effects of pain relief, weight control, stress reduction, skin stimulation due to an increased blood circulation when using the sauna.

# Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared Sauna for the first time.

We recommend for you to keep this manual for future reference.

## Benefits:

- Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Beautiful Skin
- Stress Reduction

*You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.*

## Features:

- High quality wood craftsmanship
- High quality control system & control panel
- Pre-assembled board and build-in electrical elements makes the installation easy
- Accurate temperature sensor
- Energy efficient
- Comfortable backrest
- Considerate detailed designs

# Packing List

Any missing parts please contact your local distributor.

1. Front panel
2. Back panel with backrest
3. Side panel (L)
4. Side panel (R)
5. Bottom panel
6. Top panel
7. Bench panel
8. Underbench heater

9. Remote control for color light



10. Screws

(1) For installing the roof with front and back panel (6pcs, 6\*40mm)



(2) For installing clips on top of the front and side panels, and the top cover (20pcs, 3\*25mm)



(3) For installing back panel (6pcs, 6\*55mm screws)



(4) For installing the bench (3pcs, 5\*50mm)



11. Audio cable for play music



# Installation Requirements

1. Do not plug any other appliances into the outlet with your infrared sauna.
2. Install the sauna on a completely level floor.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.

# Assembly instruction

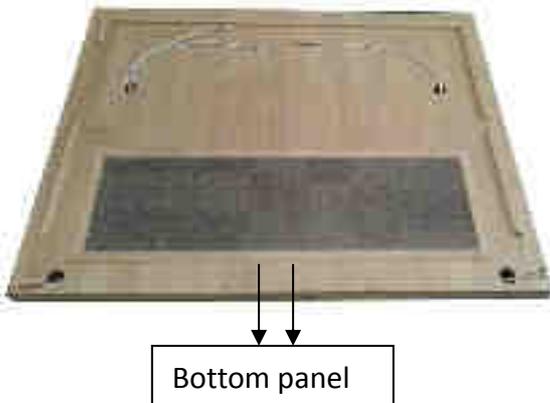
Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

## <1> Location of Sauna

When you find a good location for your sauna, please notice the following.

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled

## <2> Placing the Bottom panel



Make sure that Front direction of you sauna.

## <3> Installation of Front panel



Put the front panel in front of the bottom panel.

#### <4> Connecting side panels with front panel



Align the front panel with side panels' corresponding inside-buckles.

Please take care of the glass door to avoid damage.

Make sure the inside-buckles on both side panels and fixed in place.

**Use the metal bracket to connect the top of front panel and side panel tightly.**

#### <5> Installing under bench heater



Slide down the bench heater panel by lining up its sides with the vertical guides on left side panel.

1. The heater grill is facing outward (toward the front of the sauna).

2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.

## <6> Installing the Bench



1. Install the bench by sliding it over the horizontal bench guides on the side panels.
2. Push the bench all the way in and is securely in place.
3. Screw two screws to the back panel until install the back panel so that make the bench stable.

## <7> Installing Back Panel and Connect the wire of under heater



Install the back panel with the provided screws. Use the metal bracket to connect the top of front panel and side panel tightly.

Connect the wire of under heater to the back panel.

## <8> Placing the Roof



Lower the roof panel onto the assembled panels.

1. Gently place the top panel onto the rest of the assembled panels. When four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cables do not get pinched between the panels.

## <9> Install the two front heaters (option).

1. Connect the front heater wire.
2. Hook the front heater together with the hook in the side panel and position it in place.



## <10> The main power connection on the roof panel

1. Connect the heater wires.
2. Connect the control panel wire.
3. Connect the background LED wire.
4. Check and make sure that all the connections to the control box are secure.



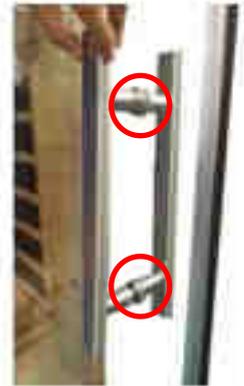
## <11> Install handle with provided screws



Make sure the parts of handle are in order.



Place outside door handle on the glass door. Ensure plastic stoppers are against the glass.



Secure inside door handle by tightening the pre-attached grub screws.

## <12> enjoy your sauna

Plug in the main power cord into the wall outlet and power up your sauna and enjoy the benefits of the sauna!!

# Control Panel Instruction Manual



## I. FUNCTION

- ① Far Infrared Heating
- ② Lighting system includes Reading light and LED light
- ③ Blue Tooth Receiver
- ④ MP3/USB connection and Radio
- ⑤ Heating percentage setting

## II. INSTRUCTION

### 1. On/Off

When the power cord is connected to the wall outlet, within a few seconds, there is a sound “beep beep” from the control box indicating the power is connected. Push the POWER button , all the indication lighting on the control panel is on, which means that the saunas has been turned on. Push the POWER button for  $\geq 3$  seconds, all the indication lightings will be off, which means the sauna is now off.

### 2. Temperature Adjustment

- ① The adjustable range of temperature is 20~70°C. Adjust the temperature by pushing TEMPERATURE +/- button  , temperature value will increase or decrease by 1 degree at a time.
- ② Alternate between Fahrenheit (°F) and Celsius (°C) by pressing both TEMPERATURE   button.

### 3. Time Adjustment

The adjustable range of time is 0~90mins. Adjust the timing by pressing the TIME +/- button  , time value will increase or decrease by 1 minute at a time.

### 4. Heater Adjustment

All the heaters are divided into 3 groups and the power of each group can be controlled at 100%, 70%, 50%, 30%. After setting the temperature (setting temperature should be higher than the environment/ indoor temperature) and time, press again the POWER button and heaters are on. During the session time, when the temperature reaches the setting level on the control panel, all the heaters will be working at 25% power.

### 5. Auto function

“AUTO” button  is for pre-setting the time you want your sauna to turn on. Press “AUTO” button once, then pre-set the HOUR by pressing the buttons of TEMPERATURE +/-; and pre-set the MINUTE by pressing the buttons of TIME+/- . When the pre-set timing is 0, the sauna starts to work.

## 6. Lighting

- ① RGB button  is for LED lighting strip. Color alteration can be pressing this button.
- ② INSIDE button  is to control the on/off of the inside LED light. Color can be changed by the remote control.

## 7. Multimedia

Even though the sauna is turn on, the multimedia is preset off. The DISPLAY of Multi-media will be off too. When the multi-media is on, the DISPLAY will show the status of chosen media.

- ① Press the MULTIMEDIA button (on/off) , the preset FM (Radio) is on. The DISPLAY will show radio frequency.
- ② MODE button : it enables to change to different media. It could switch between LINE (incl. AUX, USB, SD card) → BLUE (blue-tooth) → FM (radio).
- ③ PLAY/PAUSE button : when the media is in the status of LINE or BLUE, media will be played/paused by simply pressing; when it is FM, press against the button for  $\geq 5$  seconds, the radio will search and storage the channels it just searches.
- ④ VOL+ button : press against for  $\geq 3$  seconds, the volume increases. Under the status of LINE/BLUE, shortly press this button to get into next song. Under the status of FM, shortly press this button to get into the next radio channel.
- ⑤ VOL- button : press against for  $\geq 3$  seconds, the volume decreases. Under the status of LINE/BLUE, shortly press this button to get back to former song. Under the status of FM, shortly press this button to get back to former radio channel.

# Recommendation Operation

1. Set up the desired session temperature and time using the control panel.
2. Allow approximately 10~15 minutes for the sauna to warm up before beginning a session.
3. Recommend sauna session use is around 30-45 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna.
5. The ceiling vent can be opened at any time to for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. Take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinsing perspiration from the body.
8. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
9. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

## Recommendation for Use

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
2. If you need more cooling, simply leave the door open until the air around you feel comfortable.
3. Drink plenty of fluids prior to, during, and after your sauna 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 excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
10. Shaving your face or legs with a razor while profusely sweating 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 and 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. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other conditions.
15. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to one of the heaters as feels comfortable.
16. 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 sweat even after the heaters are off. Sit in the sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.

# Safety

**Read all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.**

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic 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.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C (98.6 °F). While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hypothermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. 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.
9. 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.
10. Never sleep inside the sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the sauna.
12. DO NOT stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. 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. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.

# Important Safeguards for Your Sauna

1. READ INSTRUCTIONS -- All the safety and operating instructions should be read before the sauna is installed and operated.
2. RETAIN INSTRUCTIONS -- The safety and operating instructions should be retained for future reference.
3. FOLLOW INSTRUCTIONS -- All operating and usage instructions should be followed at all times.
4. CLEANING -- Unplug the sauna from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. ATTACHMENTS-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.
6. WATER OR MOISTURE—DO NOT use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
7. POWER-CORD PROTECTION-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. LIGHTING-- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. OVERLOADING-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. SERVICING-- Always unplugs your sauna from the wall outlet before servicing.
11. REPLACEMENT PARTS--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. SAFETY CHECK--Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

# Cleaning and Maintenance

- Only repair professionals can operate maintenance process.
- Ensure unplug the sauna cabin before maintenance.
- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the sauna is strong at first, that is normal and please open the door while the sauna is working. The smell will diminish within a weekend.
- Use furniture polish to clean the exterior.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
- Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

# Trouble Shooting Guide

	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plug-in.	1. Check for power to the outlet 2. Check connection between power cord and main control unit.
		The fuse is burnt out.	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burnt out	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed.	Repair or replace what has failed in that circuit.
3	Infrared heater will not heat up.	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loosed or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check the output on the circuit board.
4	Sauna room not maintaining correct temperature	Problem with heater	See item #3
		Incorrect setting on control panel	Reset it.
		The temperature sensor wire maybe loosed or broken.	Check sensor wire connection and condition; Check if the sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component short circuit, failure of controlling system) causing the burning of some component in the electrical system.	1. Unplug sauna, check the voltage;
			2. Find the object of problem;
			3. Replace the plug.
6	The light not working	The light is burning out.	Replace the light
		The socket is broken	Replace it.
		The light driver is loosed or broken	1. Reconnect the wires or driver 2. If broken, replace it.
		Problems with the control panel	Check or replace the control panel.
7	No sound or poor sound of speakers	The speaker is loosed or broken	Check if it need a replacement
		The wire connection is loosed	Check the plug if it is tightly plugged
		The control panel is not functioning	Check if it need a replacement

**Please contact the distributor with questions regarding customer service and troubleshooting.**

# Infrared Sauna Warranty Card

Please register your product to receive a full warranty. Please fill out the following information and mail the form to your dealer within 30 days from the date of purchase:

Model(Please circle one):

1-person sauna; 2-person sauna;

3-person sauna; Corner sauna

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Dealer Name: \_\_\_\_\_

C/No. (located outside of the package) \_\_\_\_\_

**Optional:** Please answer the questions below for us to better serve you and to improve customer care.

What is the primary reason you purchased our Infrared Sauna?

What was the greatest influence on your decision to purchase our Infrared Sauna?

What magazines or publications do you subscribe to?

Where did you hear about our Saunas?

**Suggestions/Comments:**