heavenly heat
saunas

2 Person

Red Light Therapy Infrared Sauna



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Safety & General Information

BEFORE YOU BEGIN

Please read this assembly manual in full before beginning installation. Following each step carefully will help ensure your Heavenly Heat Sauna is assembled correctly and safely.

If you have any questions or are unsure about any stage of the installation, **stop assembly and contact Heavenly Heat Saunas for assistance before proceeding.**

Customer Support
Phone: 1-703-935-5777
Email: heavenlyheat@heavenlyheatsaunas.com

IMPORTANT ASSEMBLY INFORMATION

- A **minimum of two adults** is required to safely assemble the sauna. Do not attempt to lift, position, or install the sauna panels alone.
- Before assembly, ensure the installation area is **clear, level, dry, and suitable for the sauna.**
- Carefully inspect all packages, panels, components, and hardware before beginning assembly.
- If any components are missing or appear damaged, **do not continue with installation**. Contact Heavenly Heat Saunas for assistance.
- Follow the assembly sequence and instructions provided in this manual. Do not force panels, connectors, electrical components, or fittings into position.
- Keep this manual accessible during installation and retain it for future reference.

WARRANTY & INSTALLATION

Correct assembly is important for the safe operation, performance, and longevity of your sauna. Improper assembly, unauthorized modifications, or installation that does not follow the instructions provided in this manual may affect your warranty coverage.
Heavenly Heat Saunas is not responsible for injury, product damage, or property damage resulting from incorrect assembly, misuse, unauthorized modification, or failure to follow the instructions provided.
For complete warranty terms, exclusions, and coverage, please refer to the official Heavenly Heat Saunas Limited Warranty.

PRODUCT INFORMATION

Product specifications, components, and design details may be updated or improved without prior notice. As a result, minor differences may exist between your sauna and the illustrations shown in this manual.

This assembly manual applies only to the **sauna model identified on the cover.**

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Installation Requirements

To ensure safe operation and protect your sauna:

•Install the sauna on a stable, completely level surface capable of supporting the assembled unit.

•The sauna is designed for installation in a dry environment. Do not install it in areas exposed to excessive moisture or water.

•Do not install plumbing, taps, shower fittings or other water fixtures inside the sauna.

•Keep water and other liquids away from heaters, electrical components, control systems and connections.

•Maintain adequate clearance around the sauna and ensure ventilation openings are not obstructed.

•Keep flammable materials, combustible products and corrosive chemicals away from the sauna at all times.

•Ensure all electrical connections remain accessible and are not pinched, trapped or placed under tension during assembly.

•Inspect all panels, components and electrical connections before operating the sauna for the first time.

•Do not use an extension cord or power strip. These may not be compatible with this sauna and may interfere with proper operation.

•Where local electrical code requires GFCI protection for the installation location, such as a garage, basement, outdoors, or near a water source, GFCI protection must be used. Confirm what your location requires with a licensed electrician.

Warranty Protection

- Improper assembly or deviation from the instructions may result in warranty cancellation.
- Any modifications made to your unit outside of authorized recommendations are not covered and may invalidate your warranty.
- Keep this manual accessible for future reference.

General Notes

- Product specifications are subject to change at any time without prior notice.
- This manual applies exclusively to the sauna model indicated on the cover.
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Important. Assemble and operate the sauna only as described in this manual. Incorrect installation may affect performance, cause damage to the sauna or create a safety hazard.

Electrical Requirements

Electrical Specifications, 2 Person Red Light Therapy Infrared Sauna

This sauna comes with two standard household plugs (NEMA 5-15): one for the infrared heaters and one for the red light panel. We strongly recommend plugging both into the same wall outlet on a true dedicated 20-amp circuit. Most kitchens, bathrooms, and newer rooms already have one.

Owners who don't have 20-amp circuits at all have found that two separate 15-amp circuits work (one for each cord), though this sometimes requires an extension cord into another room.

Specification	Infrared Heaters	Red Light / NIR Panel	Both Together
Voltage	120V	120V	**120V**
Power	1700 W	400 W	**2100 W**
Current draw	14.2 A	3.3 A	**17.5 A**
Circuit required	15 A minimum	15 A	**20 A**
Circuit recommended	20 A dedicated	Any 15 A	**20 A true dedicated**
Wire gauge	14 AWG (12 AWG for 20 A)	14 AWG	**12 AWG**
Plug type	NEMA 5-15P	NEMA 5-15P	**NEMA 5-15P (x2)**
Outlet type	NEMA 5-15R or 5-20R	NEMA 5-15R or 5-20R	**NEMA 5-15R or 5-20R on a 20 A circuit**

IMPORTANT. For any questions about your electrical setup, consult a licensed electrician. Always follow the electrical specifications provided for your specific sauna model.

Pre-Assembly Overview

Relocating Your Sauna Post-Installation

If you need to move the unit after assembly—such as into a corner, closet, or other tight space—we suggest using furniture sliders from your local hardware retailer (Home Depot or Lowe's). Install sliders beneath the Base Platform corners before assembly begins.

When repositioning an assembled unit:

- Avoid pushing against the wooden panels, as damage can occur.
- Always apply force through the base platform only.
- Sliders may remain in place to simplify future repositioning.

Setup Tips

Each panel includes an identification label that remains attached. This simplifies parts identification if you later disassemble and reassemble elsewhere.
Adhere to every instruction step

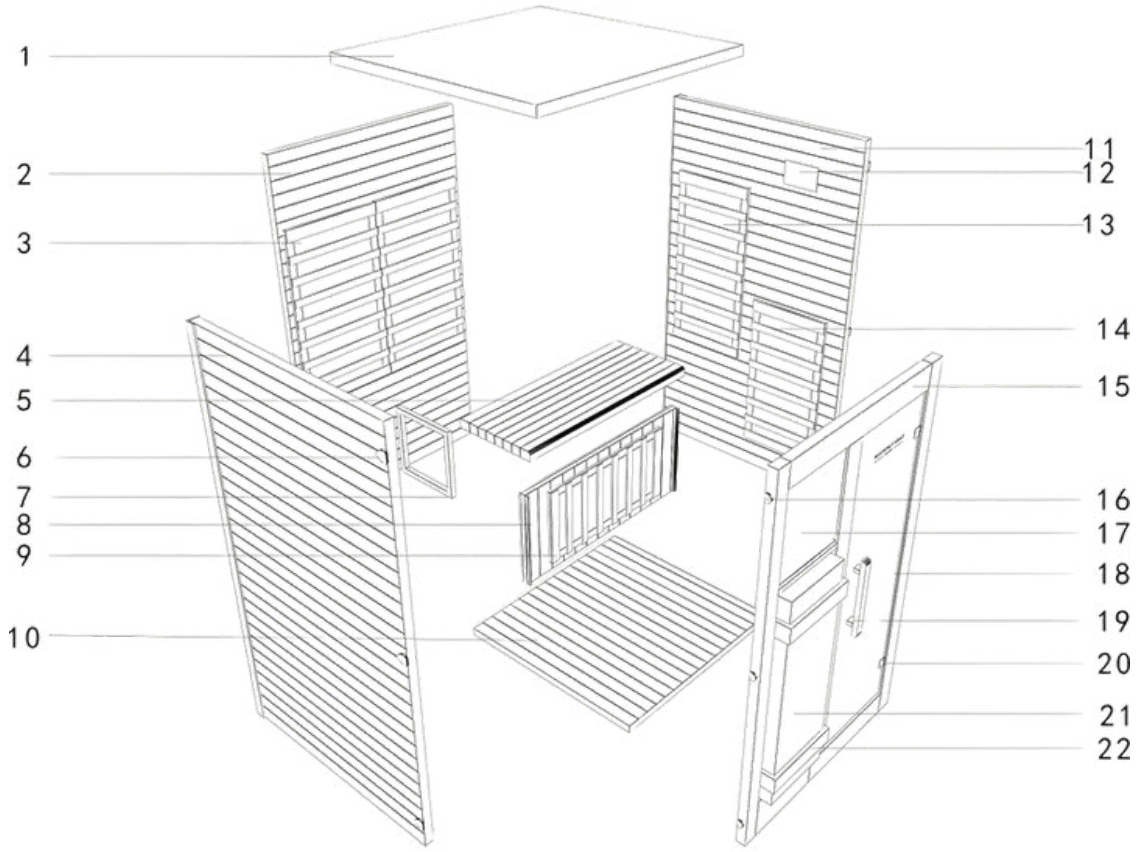
Pre-Assembly Overview

Tools Needed

- #2 Phillips Head Screwdriver
- Small Step Ladder
- Metal Band Cutters or Pliers
- Exacto Knife or Scissors

Questions during assembly. Phone 1-703-935-5777. Email heavenlyheat@heavenlyheatsaunas.com

Exploded Diagram



1	Roof Panel	**9**	Far Infrared Heater	**17**	Glass Window
2	Back Panel	**10**	Floor Panel	**18**	Glass Door
3	Far Infrared Heater	**11**	Right Panel	**19**	Handle
4	Left Panel	**12**	Control Panel	**20**	Hinge
5	Bench Panel	**13**	Far Infrared Heater	**21**	Red Light Panel
6	External Buckle	**14**	Far Infrared Heater	**22**	Red Light Frame
7	Support	**15**	Front Panel		
8	Calf Panel	**16**	External Buckle		

Accessories & Hardware

Accessories

1.40mm*6pcs-40mm for Sitting Bench Support
2.40mm*6pcs-40mm for Roof Holder
3.30mm*10pcs-30mm for Red Light Frame-External and Bottom
4.35mm*30pcs-35mm for Red Light Frame-Internal
5.25mm*12pcs-25mm for Glass Window Frame
6.40mm*6pcs-40mm for Wire Frame
7.50cm*2pcs-- 50mm for Curved Seating Panel
70cm*2pcs- 70mm for Flat Seating Panel
8.30mm*10pcs-30mm for Red Light Frame-External & Bottom
9.35mm*30pcs-35mm for Red Light Frame-Internal
10.25mm*12pcs-25mm for Glass Window Frame
11.40mm*6pcs-40mm for Wire Frame
12. Sandpaper*1piece
Phillips*1
Phillips Head Drill Bits*1
Allen Wrench*

Hardware & Fastener Disclaimer

The hardware and fastener sizes shown throughout this manual are provided as a guide. **Screw, bolt and other hardware sizes may change between production runs** as components and manufacturing processes are updated.

As a result, the exact hardware supplied with your sauna may differ slightly from the sizes referenced or pictured in this manual.

All required hardware is supplied with your sauna and should be easily identifiable by matching each fastener to its corresponding component and fixing point.

If you are unsure which hardware should be used at any stage of installation, **do not force or substitute a fastener**. Please contact Heavenly Heat Saunas for assistance before continuing.

> **Questions during assembly.** Phone 1-703-935-5777. Email heavenlyheat@heavenlyheatsaunas.com

Sauna Assembly

Step 1. Floor Base [Part #10]



LAY OUT THE FLOOR BASE

Begin by laying the Floor Base [Part #10] in an area close to the sauna's permanent location. If desired, this is a good time to position furniture sliders under the base for easier movement into the sauna's final location. Sliders are available at any local hardware store.

Orientation: The Floor Base [Part #10] should be positioned so that the trim pieces attached to the floor face forward, toward where the Front Wall [Part #15] will be installed. A label near the front marks the front of the Floor Base [Part #10] to help ensure correct placement.

The trim pieces will act as guides when installing the four walls.

Step 2. Back Panel [Part #2]



INSTALL THE BACK PANEL

Position the Back Wall [Part #2]
Place the back wall [Part #2] close to the rear of the floor base [Part #10], leaving enough room to access and connect the cables.

Place the Back Wall [Part #2]
Carefully lift and position the back wall [Part #2] onto the floor base [Part #10]. Ensure the bottom edge sits fully flush with the floor.
Check Alignment

Align the back wall [Part #2]
evenly with both the left and right sides of the floor base [Part #10]. Check that the wall is sitting straight and square before continuing.

Hold the Wall in Position
One person must hold the back wall [Part #2] securely in place while the next wall panels are installed.

Important: Ensure both the heater and earthing cables are fully connected before positioning the back wall [Part #2]. Take care not to pinch or damage any cables when lowering the wall into place.

Right Side Wall [Part #11]







POSITION THE RIGHT WALL

Carefully position the right side wall [Part #11] onto the right side of the floor base [Part #10], bringing it into place against the back wall [Part #2].

Align the Wall

Ensure the bottom of the right wall [Part #11] sits fully flush with the floor base [Part #10] and the rear edge sits snugly against the back wall [Part #2].

Seat the Wall in Position

Gently tap the right wall [Part #11] into position until it is sitting square and securely against the back wall [Part #2]. The connection should be tight with no visible gaps.

Secure the Back Wall [Part #2] to the Right Wall

Locate the three locking clips running down the rear side and align them with their corresponding connection points.

Lock the Walls Together

Engage and close each of the three clips until fully locked. Check that the back wall [Part #2] and right wall [Part #11] are firmly connected with no gaps or movement.

Left Side Wall [Part #4]







POSITION THE LEFT WALL

Carefully position the left side wall [Part #4] onto the left side of the floor base [Part #10], bringing it into place against the back wall [Part #2].

Align the Wall

Ensure the bottom of the left wall [Part #4] sits fully flush with the floor base [Part #10] and the rear edge sits snugly against the back wall [Part #2].

Seat the Wall in Position

Gently tap the left wall [Part #4] into position until it is sitting square and securely against the back wall [Part #2]. The connection should be tight with no visible gaps.

Secure the Back Wall [Part #2] to the Left Wall

Locate the three locking buckles running down the face of the wall and align them with the three corresponding hooks on the left wall [Part #4].

Lock the Walls Together

Engage and close each of the three buckles until fully locked. Check that the back wall [Part #2] and left wall [Part #4] are firmly connected with no gaps or movement.

Calf Panel [Part #8]



INSTALL THE CALF PANEL

Hold the Calf Panel [Part #8] upright and level, positioning it diagonally across the sauna.

Push the right-hand side of the Calf Panel toward the back of the sauna to create enough clearance for installation. Keeping the panel level, position the left-hand edge between the two timber guides on the Left Panel [Part #4].

Once the left-hand side is correctly seated in the guides, keep it in position and pull the right-hand side forward until it engages securely with the corresponding timber guides on the right.

Check that both sides of the Calf Panel are fully seated, level and securely positioned before releasing the panel



CONNECT THE CALF HEATER

Locate the heater cable from the Calf Panel and connect it to its corresponding matching socket. Ensure the connection is fully seated and that the cable is not pinched, trapped or under tension.

Before moving to the next step, check that the **Back Panel, Left Panel and Right Panel are all correctly aligned and securely seated in the Floor Panel.**

IMPORTANT: Do not force the Calf Panel into position. If the panel does not engage correctly, move the right-hand side back slightly, check that the left-hand edge is correctly seated between the timber guides, and repeat the installation.

Seat Support [Part #7] & Bench [Part #5]



INSTALL THE BENCH SUPPORT [PART #7]

Position the **Bench Support [Part #7]** inside the sauna as shown, ensuring it is correctly seated and aligned with the side supports.

Secure the Bench Support in place using the 40mm Yellow Screws. Check that the support is level and firmly secured before proceeding. *Screws & Hardware subject to change from time to time,



INSTALL THE BENCH SEAT [PART #5]

Place the **Bench Seat [Part #5]** onto the installed Bench Support.

The Bench Seat is reversible and can be installed with either the **flat side or contoured side** facing up, depending on your preference.

Once positioned correctly, secure the Bench Seat using the pre-drilled holes:

Contoured side facing up: use 50mm screws.
Flat side facing up: use 70mm screws.

Front Wall Installation [Part #15]



POSITION THE FRONT WALL [PART #15]

Carefully position the front wall [Part #15] onto the sauna floor [Part #10]. Ensure the bottom edge sits fully flush with the floor and the side edge is aligned with the right [Part 11] and left panel [Part 4].

Check Alignment

Before securing the wall, confirm the front, right wall,and left wall panels are sitting square and tightly together with no visible gaps.

Secure the Locking Latches

Locate the three locking latches running vertically down the rear edge of the front wall [Part #15]. Engage each latch with the corresponding fitting on the right wall panel and left wall panel.

Lock the Wall in Place

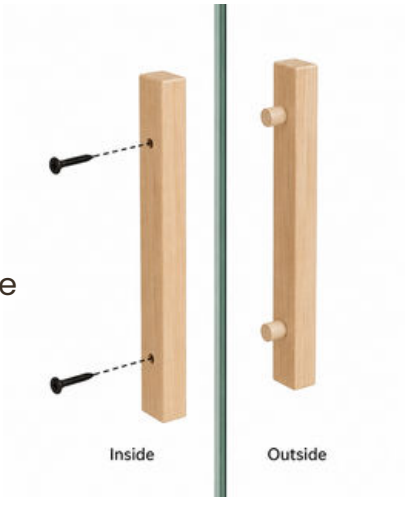
Close each of the three latches firmly until fully locked.

IMPORTANT: Do not force the latches closed. If a latch does not engage easily, recheck the alignment of the front, right, and left panels before locking.

DOOR HANDLE [PART 19]

Find the door handle that came with your sauna. It arrives with screws already in place—start by removing those screws and separating the handle into its two pieces.

Stand the Front Wall upright and align both handle pieces with the predrilled holes in the glass door. Position the piece with the screw holes on the inside of the sauna. Insert the screws from the inside and tighten them until both pieces are secure.

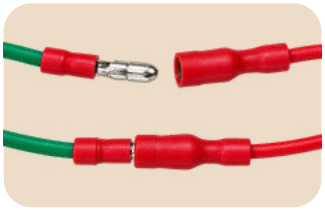




! Caution: Do not overtighten the screws. Excessive tightening can cause damage to the glass door.

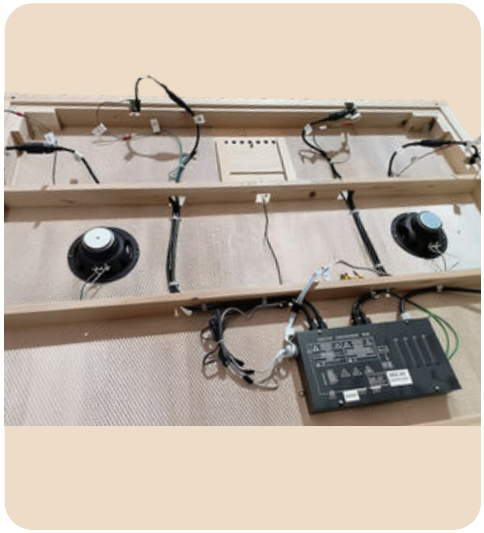
Roof Panel Installation [Part #1]











Prepare the Cables
With all four walls securely installed, locate the cables protruding from the top of the wall panels. Before installing the roof, position all cables toward the exterior of the sauna so they remain accessible once the roof is in place.

Check the Roof Orientation
Identify the correct orientation of the roof panel [Part #1] before lifting it into position. The electrical control box should be positioned toward the front of the sauna.

Install the Roof Panel [Part #1]
Carefully lift the roof panel [Part #1] above the sauna and slowly lower it onto the four walls. Take care to keep all cables clear while lowering the panel.

Seat the Roof Panel [Part #1]
The roof panel [Part #1] is designed to drop slightly inside the four wall panels, allowing it to seat securely into position. Check all sides and ensure the roof is sitting evenly, square and flush before continuing.

Connect the Heater & Control Cables
Locate the numbered cables coming from the wall panels and match each one with the corresponding numbered cable on the roof panel [Part #1]/control box. Connect each cable securely before moving to the next.

Connect the Earthing Cables
Locate and connect all earthing cables to their corresponding connections. Ensure each connection is fully secured.

Check that all heater cables, control panel cable [Part #12], and earthing cables are connected to their correct matching connections.
Each numbered cable must be connected to the corresponding numbered cable for example, #1 connects to #1, #2 connects to #2, and so on.

IMPORTANT: Always match the numbered cable connections before connecting them. Do not connect the sauna to mains power until all roof connections have been completed and checked.

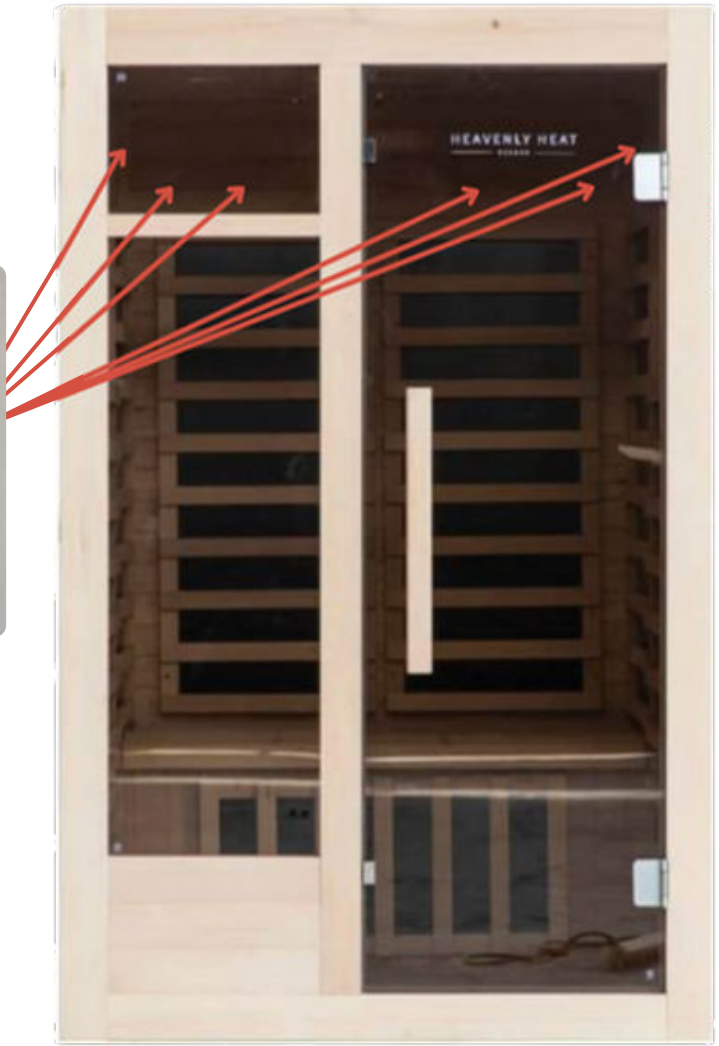
Secure Roof Panel [Optional]

Once the Roof Panel [Part #1] is fully seated, aligned and all electrical connections have been completed, the Roof Panel may be secured to the Wall Panels for additional stability.

Using 30mm or 40mm brass screws, fasten the Roof Panel down into the Front, Back and Side Wall Panels at the recommended fixing locations.

This step is not required for normal operation of the sauna. However, securing the Roof Panel is recommended if the sauna will be moved or slid after installation.







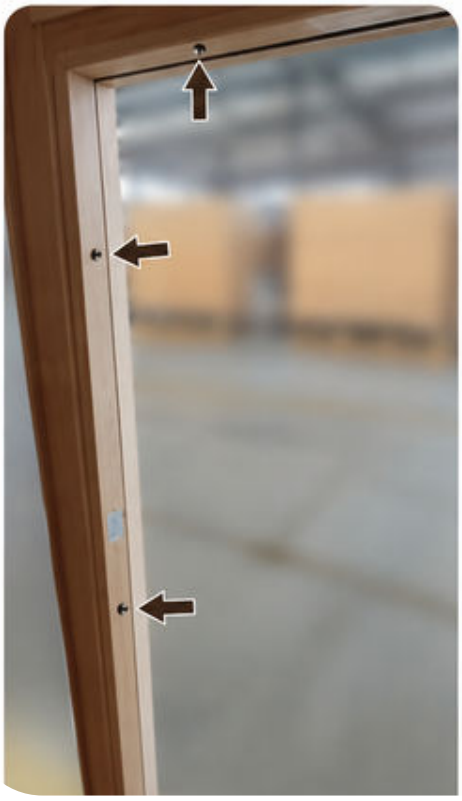


Congratulations!

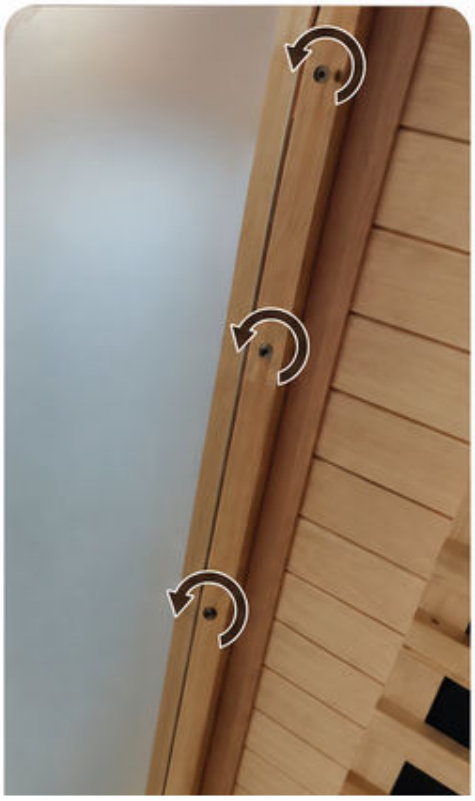
The assembly of the sauna is complete
Now you're ready to install the red light

Red Light Installation Procedure

1 Remove Screws
Use a screwdriver or drill to remove the window frame screws on the inside of the sauna.



2 Remove All Screws
Using a screwdriver, remove all screws from the window frame.



3 Remove Glass Section
Gently push on the glass from the outside and control removing it from the inside.

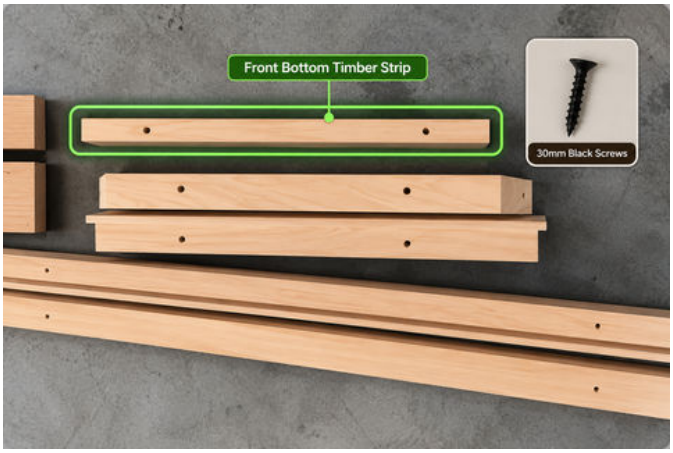




3 Locate the frame and mounting pieces for the red light.



4 Install the wood base for the Red Light with two 30mm black screws in the pre-drilled holes.





5 Install the backing for the Red Light with 30mm black screws in pre-drilled holes.



30mm Black Screws

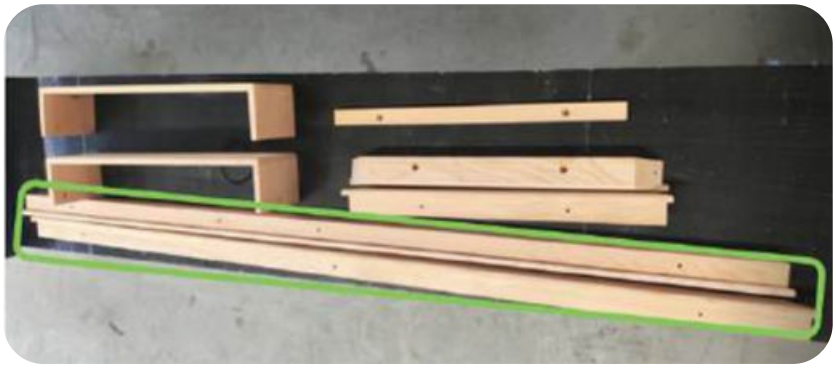


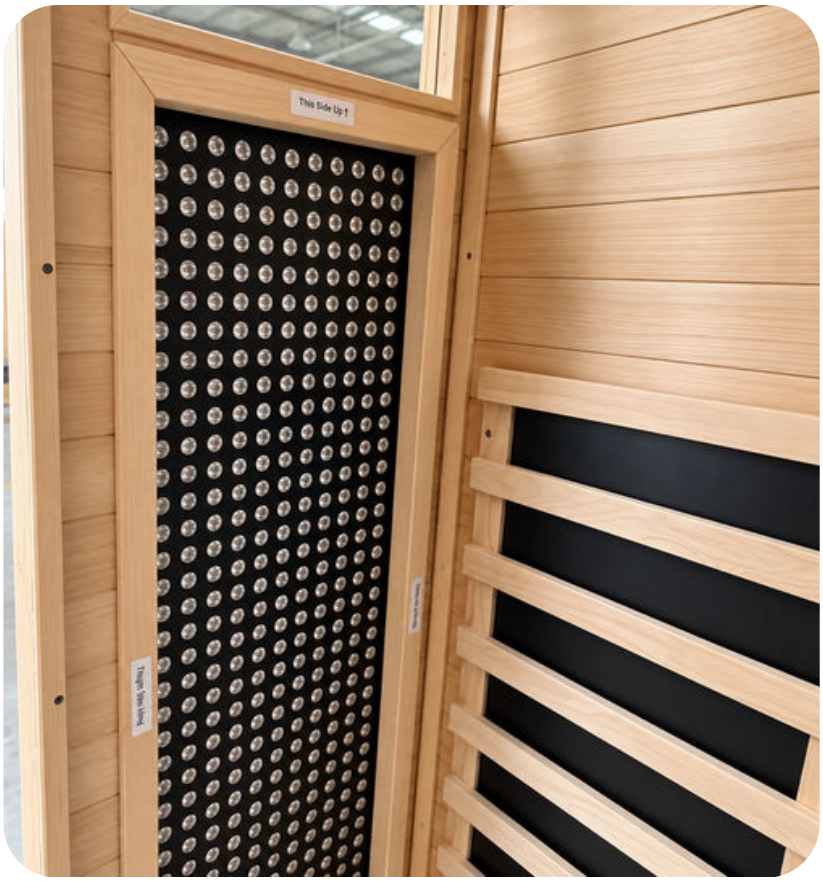


6 Use a screwdriver or drill to remove the window frame on the inside of the sauna. (Image not shown)

7 Install the Red Light frame on the inside of the sauna using 35mm yellow screws. This frame has a very tight fit. You may need to use a few strong taps to get frame into place before securing with 35mm yellow screws.







8 Plug in red light and turn power on. Optional: Install cord cover on the exterior of the left Side Wall Panels in pre-drilled holes and secure it with 35mm yellow screws.







Red Light Controls



Power On / Off



Select Mode - Red Light, Near Infrared, or Both*Power must be OFF to change Mode



Timer Control



Mode Display

Grounding Instructions

Plug any grounding products into the top hole on the outlet located by the floor of the sauna on the Right Wall Panel.



How to Use Instructions

Caution

- Check all the circuitry and the plug connections carefully.
- Do not share the outlet with other electrical appliances to avoid danger.
- Do not use the sauna room if under the influence of alcohol, drugs, or medications.
- Pregnant women or persons with poor health should consult their physicians before use.
- Minors should be supervised in order to prevent injury.
- Allow up to 15 minutes heat up time.
- Do not use the room for drying clothes, bathing suits, etc.
- Do not put animals in the sauna.

Use Environment

Temperature: 41F ~ 106F.
Comparative humidity: ≤ 85%.
Atmospheric pressure: 700 hpa ~ 1060 hpa.

Operation Instructions



On/Off



Heaters On/Off

On/Off



Temperature Control



Timer Control

The Infrared Heaters will shut off once the temperature of the sauna reaches the selected temperature.



Bluetooth Control



Chromotherapy on/off Control



Chromotherapy Colour Control

Standby state

When plugged in, the sauna will be on standby. The backlight will be on.

Turning on

Press  key, the sauna will be on, it will display "---", "--" on screen, Lamp will be on. LOGO backlight will also be on.

Function

When the sauna is on, press  key. Temperature and time will turn on to the setting from the last use of the sauna.

Time setting

When the sauna is on, press +, - to adjust time, time range is 5 min to 60 min, every press will adjust 1 min, if you keep pressing this key, time will adjust continuously.

Temperature setting

When the sauna is on, press +, - to adjust temperature. Every press will adjust 1F. If you keep pressing this key, temperature will adjust continuously.

Bluetooth Connection

When the sauna is on, press the **Bluetooth button**  to activate Bluetooth. Turn on Bluetooth on your mobile device and select the sauna from the available devices. Pairing may take approximately **6–7 seconds.**

Once connected, the **temperature display will show "bt**" and the **time display will show the volume level (01–26).** Use the Volume **+ / – buttons** to adjust the volume. After approximately 8 seconds of inactivity, the display will automatically return to showing the sauna

Lamp setting

When the sauna is on, press the Light button  once to turn the lamp ON/OFF.

Press the Colour button  once to cycle through the available lighting options:

L01 RGB (All Colours) · L02 Red/Blue · L03 Blue · L04 Blue/Green · L05 Green · L06 Green/Red · L07 Red · L08 Colour Jump · L09 Gradual Colour Change

Continue pressing the Colour button to cycle through each option. After 8 seconds of inactivity, the display will return to normal and the last selected light setting will remain active.

System Alerts & Troubleshooting

Your sauna is equipped with built-in safety monitoring. If the system detects excessive temperature or a temperature sensor fault, the sauna will automatically stop heating and display an error code.

HH — High Temperature Protection

The control panel can be set up to 175°F.
If the internal temperature exceeds 194°F (90°C):
Both displays will show “HH” and flash.
An audible alert will sound.
The heating system will automatically shut down.
Allow the sauna to cool below 194°F (90°C).
Once cooled, the sauna must be manually reset. Disconnect the sauna from power, wait briefly, then reconnect it before attempting to restart.
If the HH warning returns during normal operation, discontinue use and contact Customer Support.

E0 — Temperature Sensor Open Circuit

If “E0” appears and flashes on both displays, the system has detected an open-circuit fault with the temperature sensor.
The sauna will stop operating and an audible alert will sound.
Disconnect the sauna from power and check that the temperature sensor and associated connections are securely connected. Do not operate the sauna until the fault has been resolved.
If the error remains, contact Customer Support.

E1 — Temperature Sensor Short Circuit

If “E1” appears and flashes on both displays, the system has detected a short-circuit fault with the temperature sensor.
The sauna will stop operating and an audible alert will sound.
Disconnect the sauna from power and do not continue using the sauna until the fault has been resolved.
If the error remains after restarting the sauna, contact Customer Support.

Care & Maintenance

Regular care will help protect the natural wood and keep your sauna clean, fresh, and performing at its best.

After Each Session

Always sit on a clean towel during use to minimize direct contact between perspiration and the wood.
After each session, leave the door and ventilation openings open to allow residual heat and moisture to escape and the interior to dry naturally.
Do not leave damp towels, clothing, or other items inside the sauna.

Cleaning the Interior

For routine cleaning:

1. Lightly dampen a soft cloth with warm water and wring it out well.
2. Wipe the benches, backrests and other interior wood surfaces.
3. Wipe over again with a second clean, dry cloth.
4. Leave the door and vents open until the interior is completely dry.

For heavier marks, add a few drops of unscented, pH neutral dish soap to warm water, wipe over, then wipe again with a cloth dampened in clean water to remove any residue.
Avoid using excessive water when cleaning. The wood should never be soaked or saturated.
If the wood becomes noticeably damp during cleaning, run the sauna afterward to ensure the interior dries thoroughly.

Cleaning the Glass

Clean glass surfaces using a soft cloth with diluted white vinegar or a suitable non-abrasive glass cleaner.
Avoid abrasive pads or harsh chemicals that could damage the glass, surrounding wood, or finishes.

Important: Our manuals are frequently updated for clarity and optimization. The version you receive by email after your purchase may differ slightly from the one you're currently reading.

Care & Maintenance

Removing Sweat Marks & Stains

Your sauna is built from untreated, unsealed timber, and it is designed to stay that way. There is no lacquer, varnish or chemical finish on the interior wood. Heat volatilises whatever sits on a surface, so anything applied to the timber ends up in the air you breathe during your session. That is why our approach to stains is mechanical rather than chemical.

Light sanding is the correct way to refresh sauna wood and it is what we recommend for any mark that does not lift with warm water. It removes nothing but a whisper of the timber itself, introduces no VOCs, no fragrance and no residue, and returns the surface to bare, clean wood.

Use fine grit sandpaper, 120 to 180 grit, and always work in the direction of the wood grain.

Sand lightly and evenly, feathering out past the edges of the mark so the surface blends and there is no visible patch.

Remove all sanding dust with a vacuum, ideally one with a HEPA filter, or a cloth dampened with clean water. Allow the area to dry completely before using the sauna again.

Do not apply any sealant, oil, varnish, wax or wood treatment to the interior timber afterwards. Bare wood is the correct finish and the reason the air in your sauna stays clean.

Sanitising

For most owners, sitting on a towel and drying the cabin out after each session is all the hygiene management a sauna needs. Heat and thorough drying do the work.

If you would like to sanitise the benches occasionally, use 3% household hydrogen peroxide diluted half and half with clean water, applied to a cloth rather than sprayed. Hydrogen peroxide breaks down into nothing but water and oxygen. It leaves no residue, no fragrance and no VOCs, which is why it is the only sanitiser we recommend for use inside the cabin.

Wipe over with a cloth dampened in clean water afterwards, and leave the door and vents open until the timber is completely dry.

Never soak the wood. Avoid using excessive water when cleaning. If the wood becomes noticeably damp during cleaning, run the sauna afterward to ensure the interior dries thoroughly.

Important: Our manuals are frequently updated for clarity and optimization. The version you receive by email after your purchase may differ slightly from the one you're currently reading.

Using Your Sauna

Your sauna is now ready to use.

Allow approximately 10 to 15 minutes of warm-up time before beginning your session. You do not need to wait for the sauna to reach your selected temperature before entering. The infrared heaters begin delivering radiant heat as soon as they are operating.

Your First Sessions

If you are new to infrared sauna use, begin gradually while you become familiar with how your body responds to the heat. A good starting point is:

•15 to 20 minute sessions
•Approximately 110°F (43°C)
•Allow adequate recovery time between your first few sessions

As you become comfortable, you can gradually adjust the temperature, session duration, and frequency to suit your personal preference.

Always listen to your body. End your session immediately if you feel dizzy, faint, nauseous, or otherwise unwell.

Hydration

Ensure you are adequately hydrated before and after sauna use.
Sweating rates vary considerably between individuals, particularly when first beginning infrared sauna use. Some people may sweat heavily during their first session, while others may take several sessions before experiencing significant perspiration.
Sweating is not required for the infrared heaters to be operating effectively.
Your First Sessions

Why Does the Temperature Rise and Fall?

Small temperature fluctuations during operation are normal.

Once the sauna reaches the selected temperature, the heating system will automatically cycle on and off to maintain the desired cabin temperature. As the temperature falls slightly, the heaters will reactivate. This

cycle will continue throughout your session.

What Temperature Will My Sauna Reach?

The maximum achievable cabin temperature can vary depending on the environment in which the sauna
is installed. Factors may include:
•Ambient room temperature
•Installation location
•Ventilation and airflow
•Electrical supply
•Frequency of door opening •Surrounding environmental conditions

For optimal performance, install and operate your sauna according to the installation and operating requirements outlined in this manual.
Small temperature fluctuations during operationare normal.

Once the sauna reaches the selected temperature, the heating system will automatically cycle on and off to maintain the desired cabin temperature. As the temperature falls slightly, the heaters will reactivate. This
cycle will continue throughout your session.

Call or Text: 1-703-935-5777
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FAQs

How should I start using my sauna for the first time?
During your initial two weeks, we suggest limiting sessions to 15–20 minutes at 110°F, spaced out with rest days in between. Once you're comfortable, experiment with different session lengths, temperature settings, and usage frequency to discover your personal preference.

Why am I not sweating during my session?
Your body may need time to acclimate to infrared sauna therapy before sweating becomes noticeable. Staying hydrated throughout the day is equally important. A helpful guideline: take half your body weight in pounds and consume that equivalent in ounces of plain water or herbal tea (avoid caffeine and carbonated drinks).

Why does the temperature rise and fall during my session?
Temperature fluctuation is expected and part of normal operation. Once your target temperature is reached, the heating elements power down. The temperature will drop roughly 5 degrees before the heaters reactivate. This on-and-off cycle repeats to keep your sauna at the temperature you've set.

What is the maximum temperature my sauna can reach?
Maximum temperature varies based on installation specifics, your room's ambient temperature, where you've placed the sauna, and your electrical system's capacity all play a role. Every home's setup is unique, so results may differ.

How do I clean my sauna?
Warm water and a soft cloth. Wring the cloth out well, wipe down the interior wood, then follow with a clean dry cloth and leave the door and vents open until everything is dry. For heavier marks, add a few drops of unscented, pH neutral dish soap and finish with a clean water wipe.

Tip: Cleaning regularly prevents sweat buildup and keeps your sauna wood in excellent condition.



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