



*Finnish
sauna*
PALO



Thank you for choosing our Finnish sauna and congratulations on your purchase. We are confident that your whole family will enjoy everything this product has to offer and that you will enjoy using it for years to come. Please read this manual carefully and thoroughly before using your sauna for the first time. We recommend that you keep this manual for regular reference and future reference.

The illustrations in the manual may not exactly correspond to the delivered version; they serve mainly to better understand the text of the manual.

The manufacturer and supplier reserve the right to make changes to the product without the need to update these installation and use instructions.

SAFETY INSTRUCTIONS

1. Before using the sauna, carefully read and follow all instructions in this manual.
2. When installing and using this electrical appliance, basic safety precautions should always be followed. To power this appliance, use a power supply socket that is installed in accordance with current technical standards and that is protected by a circuit breaker with an appropriate current rating and characteristics. We recommend that the power supply is also fitted with a residual current device with a tripping current not exceeding 30 mA, especially when installed in bathrooms or other damp areas.
3. Do not use your sauna in the immediate vicinity of water, for example near a bathtub or on a wet foundation or near a swimming pool, etc.
4. The power cord should be routed to reduce the likelihood of it being walked on or pinched by items placed on or against it. Provide proper protection for the power cord, do not lay it flat on the floor, as this is very dangerous. When the appliance is not in use, unplug the cord from the outlet and coil it. When disconnecting the power cord from the outlet, pull on the plug, not the cord. This could damage the cord or the outlet.
5. Before each use, inspect the sauna for signs of damage and make sure that there are no flammable objects in the sauna, especially near the stove.
6. Warning: Do not touch the stove while the sauna is in operation; its temperature exceeds 70°C and contact with its surface may cause burns. Do not cover the stove, there is a risk of fire. Do not touch the outer walls of the stove while the sauna is in operation – they may be very hot, there is a risk of burns
7. When parts need to be replaced, make sure that the replacement parts are specified by the manufacturer or have the same characteristics as the original parts. The use of unauthorized parts may result in fire, electric shock or other hazards. After repairs, ask a service technician to perform safety checks to determine that the sauna is in proper operating condition before using it again.
8. The device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction by a responsible person; by persons who are not familiar with the operation within the scope of these instructions; by persons under the influence of medication, narcotics, etc., which reduce the ability to react quickly.
9. Do not use the sauna immediately after strenuous exercise. Wait at least 30 minutes before to allow your body to cool down.

10. Danger of overheating. Normal body temperature should not rise above 39°C (103°F).
Symptoms of excessive overheating include dizziness, lethargy, drowsiness, and fainting.
The consequences of excessive overheating of the body can include the inability to perceive heat, the physical inability to leave the sauna, the inability to recognize imminent danger, loss of consciousness and fetal damage in pregnant women. Overheating increases your body's internal temperature, so high temperature settings for sauna use are not recommended.
11. Use of alcohol, drugs or certain medications before or during sauna use may lead to loss of consciousness.
12. Never fall asleep inside the sauna when the sauna is in operation.
13. Do not use steam cleaners, high-pressure cleaners or water sprayers to clean the sauna.
Only use products that are specifically designed for this purpose.
14. Do not place any objects on the top or inside walls of the sauna. Do not bring anything into the sauna.
pets, metal objects. The sauna is not intended for drying laundry.
15. If the supply cord is damaged, it must be replaced immediately by the manufacturer or its service agent or a similarly qualified person. If you find that the supply cord is excessively hot, this may indicate a problem with the electrical appliance; in this case, have it checked by the manufacturer or its service agent in order to avoid a hazard.
16. Do not use the sauna during an electrical storm to avoid the risk of electric shock.
17. Do not turn the power and heating system on and off repeatedly, as this may cause damage to electrical equipment.
18. Dry your hands before inserting or removing the plug from the power outlet. Never touch the power cord with wet hands or bare feet to avoid the risk of electric shock. Do not touch the metal pins of the outlet or the plug with your fingers.
19. Do not use the sauna if the power cord is damaged, if it is not working properly or if it is damaged. Do not attempt any repairs yourself; if you have any problems, contact your sales representative or the manufacturer, otherwise safety regulations may be violated. Unauthorized attempts at repair will void the manufacturer's warranty.
20. Make sure that the electrical outlet has sufficient parameters for the sauna to operate; if the power consumption is too high, the outlet could overheat and possibly cause a fire.
21. On some sauna models with roof lights, the temperature of the light is very high once you turn on the sauna and turn on the light. Do not touch the light, as it may burn your skin.
Also, do not touch this light for 20 minutes after heating has finished.
22. Do not pour water or other liquids into parts of the stove that are not intended for this purpose, or onto other electrical devices, or hit them with any hard object, as this could cause a short circuit, which could cause a fire or power outage.
23. This product contains a light source of energy class (G).

WHEN TO AVOID USING A SAUNA

1. It is recommended that the sauna not be used within 24 hours of exposure to UV radiation from artificial sources or sunbathing.
2. Prescription medications: Always consult your doctor or pharmacist about possible interactions with your medications. Some medications, such as diuretics, antihistamines, beta-blockers, and barbiturates, can negatively affect the body's natural ability to regulate heat. Both prescription and over-the-counter medications fall into this category.

3. Heart disease: sauna therapy is not suitable for patients with certain heart diseases, including hypertension or hypotension, chronic heart failure or coronary circulation problems. If you suffer from one of the above diseases, prolonged exposure to elevated temperatures can be dangerous, as its direct consequence is an increase in heart rate by about 10 beats (in some cases up to 30) per minute for each degree of increased body temperature. This contraindication also applies to patients taking blood pressure medication or a pacemaker - some saunas may contain magnets that can affect their operation.

4. Children and the elderly: Children and the elderly are two age groups for whom it is recommended to consult a doctor before using a sauna. Although for both of these age groups, it is generally sauna use is safe and beneficial for them, the body temperature of children increases noticeably faster than that of adults and their ability to thermoregulate through sweating is not yet as developed as in adults. Similarly, the ability to maintain optimal body temperature and the function of sweat glands decreases with age, so caution is needed in both these age groups and sauna therapy should be consulted with your doctor.

5. Joint problems: Acute joint injuries should not be heated for the first 48 hours, or until the redness and swelling have subsided. In cases of chronic joint swelling, they may not respond favorably to heat therapy.

6. Pregnancy: During pregnancy (or suspected pregnancy), sauna use is not recommended. As body temperature increases, the temperature of the amniotic fluid may also increase, which in extreme cases could lead to fetal damage and birth defects. Pregnant women are also more likely to overheat, leading to unconsciousness. The heart and blood vessels during pregnancy work at increased capacity even under normal conditions in order to nourish the developing fetus, and if the body overheats, the demands on the heart and blood vessels will increase even more. This results in reduced blood flow to internal organs, including the heart, which can lead to loss of consciousness.

7. Certain medical conditions: increasing core body temperature may be inappropriate for individuals with multiple sclerosis, systemic lupus erythematosus, diabetic neuropathy, Parkinson's disease, central nervous system tumors, or adrenal insufficiency (such as Addison's disease). People with hemophilia or bleeding disorders should also avoid sauna use, as heat causes blood vessels to dilate. People with fevers or those sensitive to heat are also not recommended to use saunas. However, any patient with any implant should consult their surgeon before using a sauna. As with massages, sauna use is not appropriate for those with any infectious disease, under the influence of alcohol or drugs. And as with any similar activity: If sauna use causes you discomfort, even pain, or worsens your health, stop immediately.

If you have any health problems, always consult your doctor before using a sauna!

Warning: If skin redness persists for more than one day after sauna use, do not use the sauna again and consult your doctor.

PRODUCT INTRODUCTION

A Finnish sauna consists of a wooden cabin, a sauna stove and sauna accessories. The wooden cabin includes a BOTTOM PANEL, TOP PANEL, LEFT PANEL, RIGHT PANEL, REAR PANEL, FRONT GLASS PANEL + DOOR, BENCH, LIGHTING.



Sauna stove and sauna accessories are not included in the package of this product. Contact your dealer.

ASSEMBLY INSTRUCTIONS

Please read the instruction manual carefully before assembly. 2 adults are required to assemble the sauna.

Note: Please read all instructions carefully before proceeding with the installation of your sauna, and remember that basic safety precautions should always be followed when using it. Also read the instructions for sauna accessories, especially sauna stoves and their installation conditions.

Before the installation itself, it is important to choose a suitable location for the sauna:

1. The sauna can only be placed in a temperature-controlled area with low humidity.
Avoid placing the sauna in damp areas with poor ventilation (air circulation). Heating the sauna causes condensation of air moisture in damp areas, which can have a negative effect on the lifespan of the sauna's electronic components, especially in long-term use.
2. We recommend placing the sauna in a room with an air temperature of at least 15°C. The external ambient temperature directly affects the internal temperature of the sauna. If you place the sauna in a cold environment, the internal temperature in the sauna will not reach the specified maximum values.
3. The sauna must be level. It is necessary to ensure that the base under the sauna is solid and horizontal and sufficiently load-bearing for the weight of the sauna and the people using the sauna. Uneven surfaces must be leveled.
4. The sauna area must be at a safe distance from any source of running water (bathtubs, showers, washbasins, etc.).
5. A 230 V/50 Hz electrical power supply socket with sufficient current protection, corresponding to the current consumption (power) of the sauna and sauna stove must be installed near the sauna, i.e. within reach of its power cable - see the product label of the sauna and sauna stove. We recommend that the power supply is also fitted with a residual current device with a tripping current not exceeding 30 mA, especially when installed in bathrooms or other similar spaces.
6. The power supply cable must be easily accessible so that the power supply cable can be quickly disconnected from the power source if necessary.

REQUIRED TOOLS

Screwdriver, stepladder

INSTALLATION ORDER

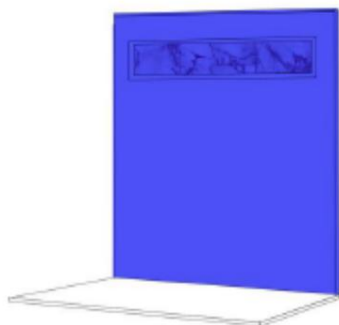
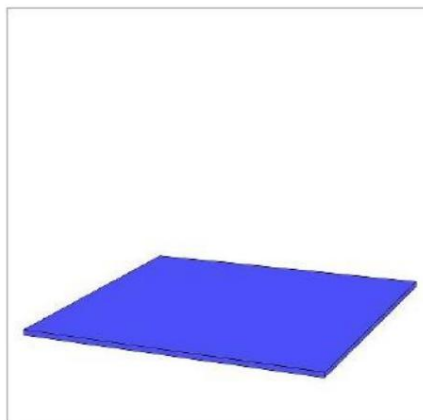
BOTTOM PLATE - REAR PLATE - RIGHT PLATE - LEFT PLATE - FRONT PLATE -
DOOR - BENCH SIDE BOARD - UPPER AND LOWER BENCH SEAT - WOODEN
BACKREST - SAUNA LIGHTING - STONE RAILING - DOOR HANDLE

Note:

1. The wooden parts of the sauna that are hidden from view may have minor damage caused during production (dings, scratches, etc.), which do not affect the function of the sauna or reduce its final appearance.
2. During use of the sauna, small cracks may appear in the wood. This is not a defect of the product, but a normal characteristic of the wood used.
3. Sauna doors are not designed to seal the sauna hermetically. If you use the sauna in a cold place, you can provide the door with a suitable seal.

A. Place the BOTTOM PLATE.

Place the BOTTOM PLATE where the sauna will be located. Pay attention to the correct placement.

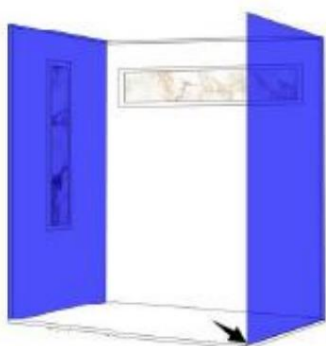


B. Place the BACK PLATE.

Place the BACK PLATE at the back of the BOTTOM PLATE – slide it in. The wall will not stand on its own, you will need to hold it with your hand before attaching the next wall.

C. Place the RIGHT and LEFT PLATE.

Place the RIGHT PLATE and then the LEFT PLATE against the BACK PLATE and secure both with the snap clips.



Note: Make sure the right glass plate is close to the front corner to avoid a gap!!!

D. Install the TOP PLATE.



E. Install the FRONT PANEL.

The FRONT PANEL consists of a left glass wall and a door located on the right.

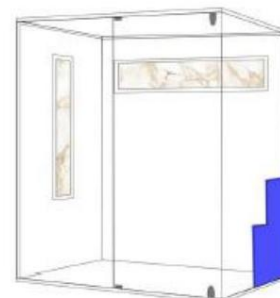


Both solid glass walls (the left part of the FRONT PLATE AND the RIGHT PLATE) must be secured with the included screws with decorative caps to the TOP AND BOTTOM PLATE.



F. Install the DOOR.

First, install the hinges into the pre-set holes of the ceiling panel and floor panel, then install the glass onto the hinges.



G. Install BENCHES.

Screw the BENCH SIDE BOARD to the BOTTOM and BACK BOARDS and then place the UPPER AND LOWER BENCH SEATS and secure with the included screws into the pre-drilled holes.

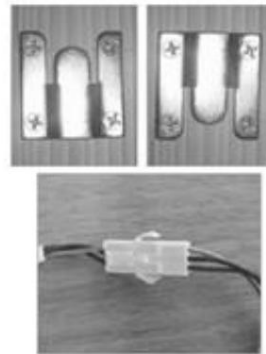
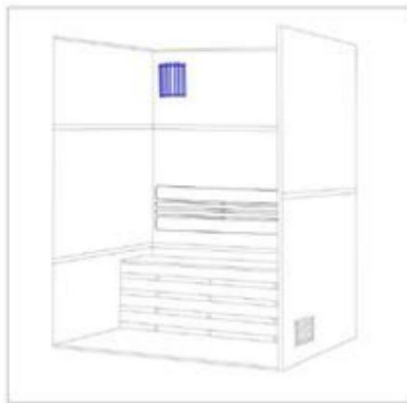


WOODEN BACKREST

The backrest is pre-installed on the back panel, there is a colored light strip behind the backrest.

H. LIGHTING installation.

Install the wooden lamp using the pre-set hook and insert the cable connectors on the roof.



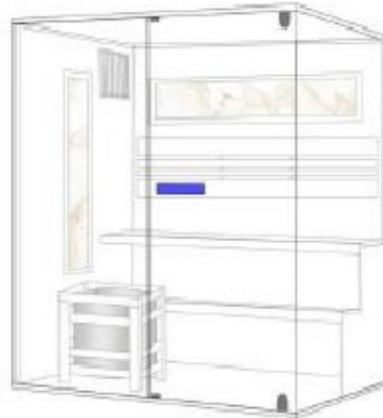
I. LIGHTING control.

On the inside of the TOP PLATE (inside the sauna) there is a main switch for turning the LIGHTING on and off (hanging wooden lamp, backrest backlight, salt panel backlight).



J. Installation of STONE FENCES and DOOR HANDLES.

Screw the stove frame together using the screws provided. Screw the wooden handle onto the glass door.



DISPOSAL



The packaging consists of materials that can be recycled in municipal waste collection yards or collection containers.



Protect the environment! Do not throw away electrical equipment in the household waste!

In accordance with European Directive 2012/19/EU, used electrical equipment must be collected separately and returned for environmentally friendly recycling. For information on how to dispose of your old equipment, please contact your local authority.



This product meets all essential safety and health requirements of the EU directives that apply to it.

WARRANTY CONDITIONS

The warranty period is stated on the sales receipt, but is at least 24 months, and begins on the day of receipt of the product, which must be proven by the original sales receipt. The warranty applies to defects that the product has upon receipt, as well as to demonstrable manufacturing defects that occur during the warranty period. The warranty does not apply to normal wear and tear of the product and its parts and to damage caused by failure to follow the instructions for use, neglect of maintenance, improper use, intentional damage, unprofessional intervention, modification or repair using non-original parts, or external influences (oxidation, corrosion, flooding, etc.). Repairs during the warranty period may only be carried out by authorized repair shops or the manufacturer's service.



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