

Infrared sauna Lotta

INSTALLATION AND USE INSTRUCTIONS

Thank you for choosing our infrared 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. Read this manual carefully and in detail before using the sauna for the first time. We recommend that you retain this manual for regular review and future reference.

The images shown in the instructions may not correspond exactly to the delivered version; these serve mainly for a better understanding of the text of the instructions. The manufacturer and supplier reserve the right to make changes to the product without the need to update this installation and use manual.

SAFETY INSTRUCTIONS

1. Before using the sauna, carefully read and follow all instructions in this manual.
2. When you install and use this electrical equipment, you should always observe basic safety measures. Use an outlet to power this appliance of the power supply circuit, which is installed according to valid technical standards and which is protected by a circuit breaker with the corresponding current value and characteristic. We recommend the power supply should also be equipped with a current protector with a tripping current not exceeding 30 mA, especially when installed in bathrooms or other wet areas.
3. Do not use your sauna in the immediate vicinity of water, for example near a bathtub or on wet foundation or near a swimming pool, etc.
4. The supply cable should be routed in such a way as to limit the possibility of you will step on it or it will be pinched by the elements that will be placed on this cable or against him. Ensure proper protection of the power cord, do not lay it straight on floor as it is very dangerous. Unplug the device when not in use cable from the socket and twist it. Disconnect the power cable from the socket by pulling on its plug, not by cord. This could damage the cable or socket.
5. Inspect the sauna for signs of damage before each use, a check, make sure there are no flammables in the sauna and especially near the heater subjects.

6. **Warning:** Do not touch the heaters while the sauna is in use; their temperature exceeds 70 °C and contact with their surface can cause burns. Do not cover the heaters, there is a risk of fire. When the sauna is in use, do not touch the outer part of the walls in the area of the heaters - they can 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. Use of unauthorized parts may result in fire, electric shock or other hazards. After the repair, ask the service technician to carry out safety checks to determine that the sauna is already in proper operating condition, after which you can use it again.
8. The device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless their supervision and instruction is provided by a responsible person; by persons who are not familiar with operation within the scope of this manual; by persons under the influence of drugs, narcotics, etc., which reduce the ability to react quickly.
9. Do not use the sauna immediately after strenuous exercise. Wait at least 30 minutes, 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 of the body 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, failure to recognize imminent danger, loss of consciousness and fetal damage in pregnant women. Overheating causes your body's internal temperature to rise, so high temperature settings for sauna use are not recommended.
11. The use of alcohol, drugs or certain medications before or during sauna use may lead to loss of consciousness.
12. Never sleep inside the sauna while the sauna is in working mode.
13. Do not use steam cleaners, high-pressure cleaners or water sprayers to clean the sauna. Use only preparations that are directly intended for this purpose.
14. Do not place any objects on the upper or inner walls of the sauna. Do not bring into the sauna pets, metal objects. The sauna is not intended for drying laundry.
15. If the supply cable is damaged, you must arrange for the immediate replacement of this cable through the manufacturer or its representative or a similarly qualified person. If you find that the power cord is too hot, it may indicate that there is a problem with the electrical equipment, in which case have it checked by the manufacturer or its representative to avoid danger.
16. Do not use the sauna during an electrical storm to avoid the risk of electric shock by current.
17. Do not switch the power supply and heating system on or off repeatedly, as this could lead to damage to electrical equipment.

18. Dry your hands before inserting or removing the plug from the power circuit. Never touch the cable with wet hands or wet bare feet to avoid the risk of electric shock. Do not touch the metal terminals of the outlet or the plug of the power cord with your fingers.

19. Do not use the sauna if the supply cable is damaged, if it is not working properly or if it is damaged. Do not attempt any repair yourself; If you have any problem, please contact your sales representative or manufacturer, otherwise it may violate the safety policy. Unauthorized repair attempts will void the manufacturer's warranty.

20. Make sure that the socket for connection to the electrical supply network has sufficient parameters for the operation of the sauna; if the input is weak, the outlet could overheat and possibly cause a fire.

21. In some sauna models with roof lights, the temperature of the light is very high as soon as you turn on the sauna and turn on the light. Do not touch the light, it could burn your skin. Also, do not touch this light for 20 minutes after heating is finished.

22. Do not pour water or other liquids on the infrared heating units or other el. devices or hit them with any hard object, as this could cause a short circuit, which could cause a fire or a power outage.

WHEN TO AVOID USING THE SAUNA

- It is recommended that the sauna is not used within 24 hours after exposure to UV radiation from artificial sources or sunbathing.
- Prescription drugs: always consult your doctor or pharmacologist regarding possible interactions with the effects of 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.
- Heart diseases: infrared therapy is unsuitable for patients with certain heart diseases including hypertension or hypotension, chronic heart failure or problems with coronary circulation. If you suffer from one of the above diseases, prolonged exposure to elevated temperatures can be dangerous, as its direct result is an increase in heart rate of about 10 beats (but in some cases up to 30) per minute for each degree of increased body temperature. This contraindication also applies to patients on blood pressure medication or with a pacemaker - some infrared saunas may contain magnets that can affect its operation.
- Children and the elderly: children and the elderly are the two age groups for whom sauna use is preferable. Consultation with a doctor is recommended. Although for both of these age groups it is generally true

for them, the use of an infrared sauna is safe and beneficial to their health, the body temperature in children rises noticeably faster than in adults, and their ability to thermoregulate with the help of sweating is not yet as developed as in adults. Similarly, the ability to maintain optimal body temperature and the function of sweat glands decrease with age, so caution should be exercised in both of these age groups and infrared therapy should be discussed with your doctor.

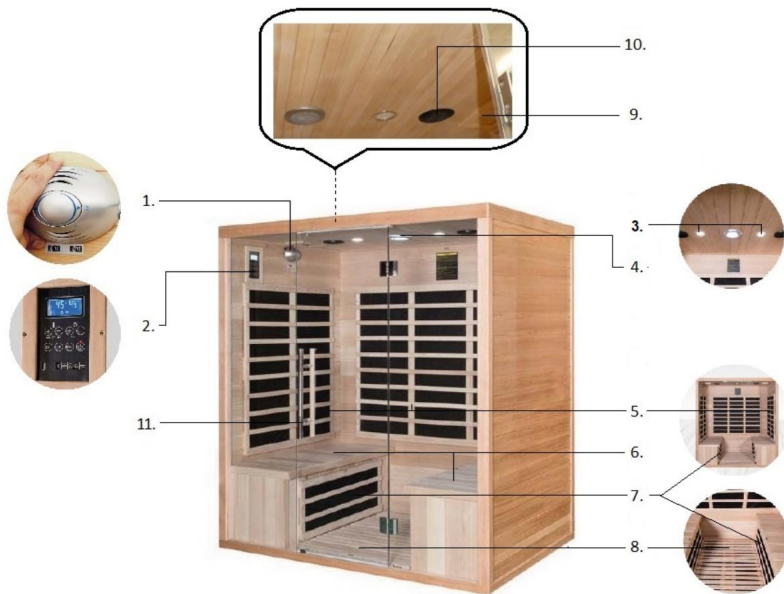
- Joint problems: an acute joint injury should not be heated during the first 48 hours or until the redness and swelling subsides. In cases of chronic joint swelling it is possible that they will not respond favorably to heat therapy.
- Pregnancy: do not use during pregnancy (or even suspicion of pregnancy). infrared saunas recommended. As the body temperature increases, it can also occur increasing the temperature of the amniotic fluid, which in extreme cases could lead to fetal damage and birth defects. It is also much easier for pregnant women to get pregnant overheating of the body leading to unconsciousness. The heart and blood vessels work even harder during pregnancy normal state in increased performance so that they can nourish the developing fetus and if the body will overheat, the demands on the heart and blood vessels will increase even more. This results in reduction of blood flow to internal organs, including the heart, which can lead to loss of consciousness.
- Some diseases: increasing the internal temperature may be inappropriate for individuals with diffuse sclerosis, systemic lupus erythematosus, diabetic neuropathy, Parkinson's disease, tumors of the central nervous system or adrenal insufficiency (such as Addison's disease). People suffering from hemophilia or bleeding conditions would they should also avoid using the sauna, as the heat causes blood vessels to dilate. To people those suffering from fever or sensitive to heat are also not recommended to use the sauna. Metal screws, joint replacements and other implants usually long-wave infrared radiation they reflect, so they don't heat up. Silicone implants absorb infrared radiation, so they can be heated as well as the surrounding tissue, but since silicone melts at temperatures over 200 °C, infrared radiation should not have a negative effect on them influence. However, every patient with any implant should consult the use of an infrared sauna your surgeon. As with massages, sauna use is not suitable for any infectious disease disease, under the influence of alcohol or drugs. And as with any similar activity, the following applies: If Saunas cause you feelings of discomfort, or even pain or deterioration of your health status, discontinue it immediately.

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

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

PRODUCT PRESENTATION

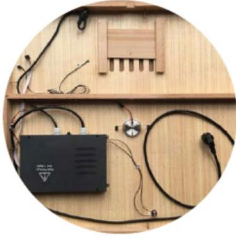
An infrared sauna (infrasauna) consists of a wooden cabin, infrared heating elements made of carbon fibers, a control system and an ionizer. Wooden cabin includes BOTTOM PLATE, TOP PLATE, LEFT PLATE, RIGHT PLATE, BACK PLATE, FRONT GLASS PLATE + DOOR, PLATE WITH BENCH HEATERS, BENCH SIDE PARTS, BENCH SEATS.



1. Ionizer
2. Control panel
3. Reading lamp
4. Colored light
5. Ceramic heating elements (7x320 W)
6. Bench

7. Ceramic heating elements calf (2x 240 W)
8. Ceramic floor heating elements (2x 240 W)
9. Ventilation grille
10. Radio/MP3/BT speaker
11. Glass door with handle

CONTROL BOX



The control box is the control center of the sauna. It is mounted on the TOP PLATE, during assembly it is only necessary to connect the appropriate cable ends.



**High Voltage,
don't Open**

HAZARD OF INJURY
ELECTRICAL
CURRENT, DO NOT OPEN

CONNECTING CLAPS



ASSEMBLY INSTRUCTIONS

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

Note: Read all instructions carefully before proceeding with the installation of the sauna and remember that basic safety precautions should always be followed when using the sauna.

Before the actual installation, it is important to choose a suitable place for the sauna:

- 1) The location of the sauna is only possible in a temperate area with low air humidity. Avoid placing the sauna in damp areas with poor ventilation (air circulation). When the sauna is heated, moisture in the air condenses in humid areas, which can have a negative effect on the lifespan of the electronic components of the sauna during 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 firm and horizontal and sufficiently load-bearing for the weight of the sauna and sauna users. Uneven surfaces must be leveled.
- 4) The place for the sauna must be at a safe distance from the source of running water (bathtubs, showers, sinks, etc.).
- 5) A 230 V/50 Hz power supply socket with sufficient current protection, corresponding to the sauna's current consumption (power input), must be installed near the sauna, i.e. within reach of its power cable - see the sauna's production label. We recommend that the power supply be equipped with a circuit breaker with a tripping current not exceeding 30 mA, especially when installing in bathrooms or other wet areas.
- 6) The power supply cable must be easily accessible in order to be able to quickly if necessary disconnect the power cable from the power source.

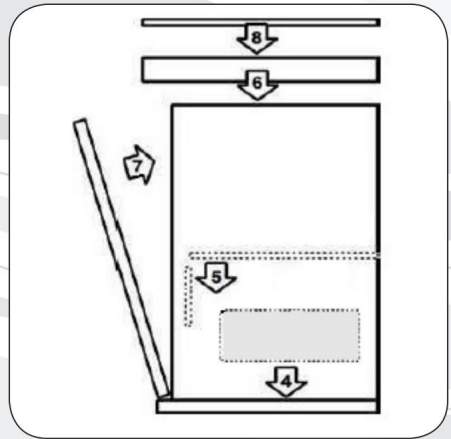
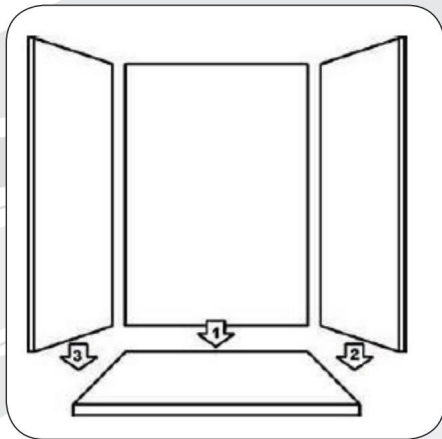
1) REQUIRED TOOLS Screwdriver,
steps

2) ORDER OF ASSEMBLY

BOTTOM PLATE - BACK PLATE - RIGHT PLATE - LEFT PLATE - PLATE WITH BENCH HEATERS - SIDE PARTS AND BENCH SEATS - TOP PLATE - FRONT PLATE AND DOOR WITH HANDLE - TOP PLATE COVER

Note:

- On wooden parts of the sauna that are hidden from view, there may be minor damage caused during production (scratches, scratches, etc.), which do not affect the function of the sauna or reduce its final appearance.
- During the use of the sauna, small cracks may appear in the wood. This is not a product defect, but a common feature of the wood used.
- The sauna door is not designed to hermetically close the sauna. 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** on the place where the infrared sauna will stand. Pay attention to the correct location, the cables of the floor heater are in the back of the infrared sauna.

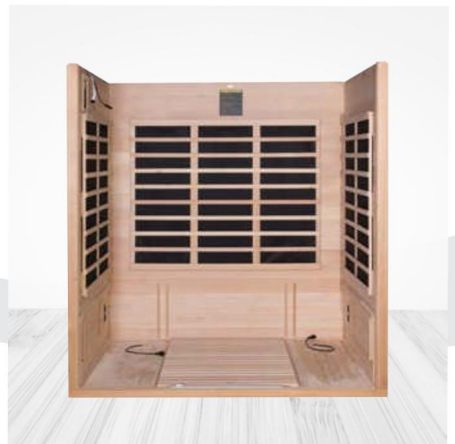
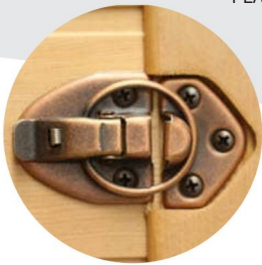


B. Place the BACK PLATE

Place the **BACK PLATE** in the back of the floor - slide it in. The wall will not stand by itself, it must be supported by hand before you attach another wall.

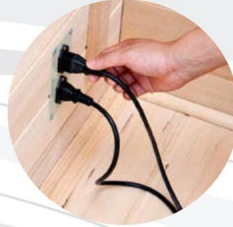
C. Place the RIGHT and LEFT BOARDS

Attach the **RIGHT PLATE** and then the **LEFT PLATE** to the **BACK PLATE** and fasten both using snap fasteners.



D. Install BENCHES WITH HEATERS

Use the guide rails to place the heaters under the seat of the benches. Plug the cables from the floor heater and the cables from the heater under the bench into the sockets on the side walls.

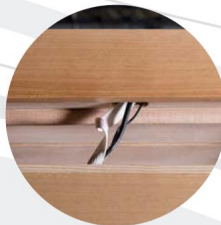
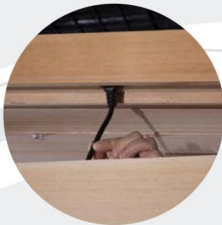


In the guide groove on the front face of the bench, insert the side part of the bench and finally place the bench seats.



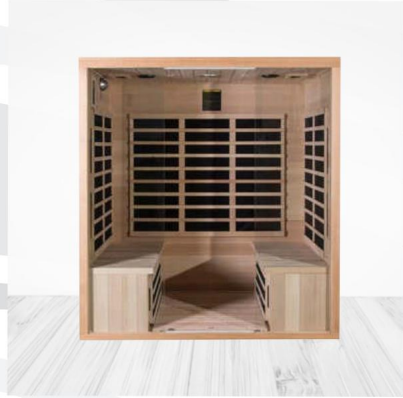
E. Fitting the TOP PLATE and routing the cables

The top of the TOP BOARD contains the wiring. Cables from the inside of the sauna - from the side walls, must be passed through the holes on the top plate, where you will then connect them. Conversely, the connector for the ionizer must be pulled inside the sauna. Beware of cable damage. Wall and ceiling openings must be aligned before the ceiling is installed.



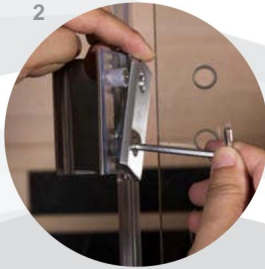
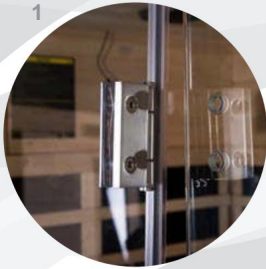
F. Fitting the FRONT GLASS PLATE

THE FRONT GLASS PLATE consists of a right glass panel with prepared holes for door hinges, a left glass panel and a glass door. Insert the right glass panel into the guide grooves in the right wall, ceiling and floor (the ceiling must be raised). Insert the second glass panel (without holes) into the left wall in the same way.



Fitting the door

Install the door hinges in the glass panel with the holes prepared. The hinges are fixed on the door - see picture 1. Remove the small parts from the hinges located on the door - see picture 2. Place the small part of the hinges on the inner wall of the sauna and screw it - see picture 3.



Note: The door is heavy. When installing them, it is advisable to support them with a firm, adequately sized pad so that you can seat and tighten the hinges precisely and without much effort.

G. Handrail Installation

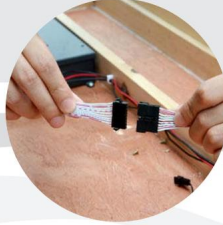
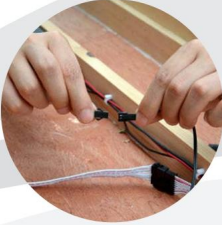
Attach the handle to the door with screws. The wooden handle is inside the infrared sauna. On wooden cover the screws with the enclosed caps.



H. Connecting the plugs on the TOP PLATE

After fitting the TOP PLATE, proceed to connect all the cable connections. You always connect the same cable ends.

Note: Do not plug the power cord from the TOP PLATE into the power supply during installation.



I. Location of accessories

Screw the ionizer where the connector for connecting the ionizer is - the connector must be extended from the ceiling of the infrared sauna inward.



J. Replace the TOP COVER

Lift the TOP COVER onto the top of the sauna. Insert the power cord through the round hole in the TOP COVER and place the TOP COVER

on the TOP PLATE. Align the TOP COVER on the TOP PLATE and after connecting and testing the correct functionality of the infrared sauna, screw it firmly with the supplied screws.



INFRA SAUNA CONTROL



To start, you need to connect the sauna to the socket with a cable, after which the control switches over panel to standby mode (the Power light is on on the control panel).



The button is used to turn it on and turning off the infrared sauna.



The MP3 button is used to turn on MP3 mode after inserting a flash drive into the USB slot.



The FM button is used to turn on the radio mode.



The button is used to start and pause the music.



The buttons are used to select the length of the sauna cycle. You can accelerate the determination of the desired time by holding the button. These buttons are also used to control the music volume.



The buttons are used to set the temperature. You can accelerate the setting of the desired temperature by holding down the button. To switch between temperature scales, hold both buttons at the same time. These buttons are also used to switch radio stations and MP3 tracks.

Note: The ambient temperature and the location of the temperature sensor affect the difference between the actually measured temperature in the infrared sauna and the temperature set on the control panel, by up to 5 °C.



The buttons are used to control lights and bluetooth.

1. Bluetooth connection
2. Color light control
– switching on
3. Color light control –
change colors by pressing*
4. Interior light control
5. Outdoor light control*

* buttons are functional depending on the selected sauna model

IONIZER CONTROL

The ozone generator creates O₃ and disinfects the interior of the infrared sauna. The ionizer generates negative ions and creates fragrant and fresh air. Both devices can only work separately. Ozone, used primarily to destroy viruses, bacteria and fungi, has an important function for the human body - it oxygenates the blood, improves blood circulation and stimulates the production of oxygen in human tissues. In general, many health problems can be treated with ozone therapy.



The ION button is used to switch on the ionizer. After pressing, the control diode lights up - green. Before and during sauna use, choose the "Ion" option, which has a 60-minute cycle of negative ion generation.

The O₃ button is used to turn on the ozone generator. After pressing, the control diode lights up - red and a 15-minute ozone generation cycle will begin, then it will automatically switch to ionizer mode. Use ozone generation after using the sauna to disinfect the infrared sauna space and it is not recommended to stay in the sauna during generation. Turning on the ozone generator may cause radio interference.

WHAT ARE INFRARED RAYS (IR)

An infrared ray is actually an electromagnetic wave that lies between the wavelength range of visible light and the microwave range. This beam is similar to the natural rays from the sun that help warm our skin with direct IR even during cold days. 95% of the energy from the carbon fiber is transformed into long-wave infrared rays with a wavelength from 5 to 17 microns. The sun produces long-wave infrared rays with a wavelength of 9.4 microns.

Wave (mm)		0.2	0.4	0.75	1000
Gamma ray	X-ray beam	Ultraviolet	Visibly	Infrared	Microwave

Shortwave infrared	Mid-wave infrared	Longwave infrared	Microwave
0.75	1.5	5.5	1000

INFRARED RAYS ARE SAFE Infrared rays are very important to almost every part of life on our planet. In addition to providing warmth to people, infrared rays can also enhance the health of the body at the cellular level. This technology is so safe that it has been used for many years in hospital delivery rooms to help newborns reach an acceptable body temperature.

IT'S NOT A HEAT CHAMBER When people hear the word "sauna," they usually think of a steam sauna, where high temperature and high humidity can make a person sweat. For example, a steam sauna is a device similar to a conventional stove that is able to cook food by heating it to an extremely high temperature. In contrast, an infrared sauna is more like a microwave oven, as it produces energy that heats the food and excites the water molecules inside the food, causing it to cook. An infrared sauna produces energy that heats your body and triggers the desired reactions without having to reach extremely high (and uncomfortable) temperatures inside the unit. Due to the effect of infrared rays on the human body, sweating inside an infrared sauna will start at much lower temperatures than in the case of a steam sauna.

WHAT WILL HAPPEN INSIDE

Your will feel the heat created by the infrared radiators immediately. The wavelength of this heat will allow the rays to penetrate your skin and heat your body beneath the surface. This will excite the water molecules stored in the fat layer just under your skin, causing you to sweat. Most people tend to sweat after about 20 minutes, although this time shortens with more frequent use of the sauna. This sweat also allows the body to carry out detoxification, as the toxic substances that the body has eliminated from your bloodstream circulation and stored in your fat layer, can now be sweated to the surface of the skin. Direct heat will also cause your blood vessels to dilate (increasing your circulation) and lead to an increase in your breathing and heart rate. Your body will also burn calories as it produces sweat. It is recommended that you drink water before, during and after the sauna to ensure that the body does not become dehydrated.

Also, be careful about what you take with you to the infrared sauna. Some metals absorb infrared rays and can become extremely hot during sauna use.

HOW TO USE THE INFRA SAUNA

1. You can best use the potential of infrared therapy if you set the temperature to the highest value. During the entire sauna, your body will use the full power of infrared radiation. If you set the temperature to a lower value, the heaters will continuously turn off and on again to maintain the set temperature. Since the direct action of infrared rays has far greater effects than the action of the high temperature alone in the sauna, you would thus lose part of the therapeutic effects in certain intervals of the sauna session. In addition to lowering the set temperature, you can also regulate the temperature inside the sauna to a certain extent by moving the roof ventilation or by slightly opening the door.
2. Before the sauna itself, it is good to take a shower and dry yourself.
3. Do not use the sauna immediately after strenuous exercise. Wait at least 30 minutes to allowed their body to cool down.
4. Use at least 2-3 towels or tea towels. Sit on one towel that will be several times folded over for good padding. Place another towel on the floor to absorb the exudate, and place the third towel over your knees for frequent wiping of sweat. This will encourage more sweating.
5. Take a rough washcloth or towel with you to the sauna and you can wipe your face with it when you start sweating. This will remove dead skin cells and make your skin look younger and smoother. You can do the same on other parts of the body, using a towel, brush or peeling salt.
6. The best time for a sauna is in the morning, if you have the opportunity to get up 30 minutes earlier. Shortly after waking up, stretch your body slightly, then sweat in the infrared sauna, take a shower and finally drink a few glasses of pure water. You would be hard-pressed to find a better source of energy for the day ahead. If, on the other hand, you have problems sleeping, you can use the sauna in the evening. The calm and relaxed state ensured by the sauna will help you fall asleep more easily and better.
7. When saunaing in an infrared sauna, the best position to take is sitting and not lying down. The heaters are positioned in such a way that they provide the most benefit from the radiation to a person sitting in an upright position with their feet at bench level.
8. It is not important what the temperature is inside the infrared sauna when you enter it. Significant sweating occurs only after approx. 15 minutes. For this reason, it is not necessary to wait for the sauna to fully heat up. The best solution is to enter it when it is turned on and warm up together sauna.
9. After finishing the sauna, it is not ideal to take a shower immediately. Since your body has warmed up during the sauna, it will continue to sweat for some time after the heating units are turned off, even after leaving the sauna. Sit in the sauna with the door open and let your body sweat while it cools down. Once you are comfortable enough, take a lukewarm (not cold) shower to completely rinse the discharge from your body. After using the sauna, it is not recommended to use soap, shower gels or other preparations, as your pores will be open and these substances could clog them.
10. After the sauna, it is important to replenish the fluids lost during the sauna. The ideal drink is pure water, which does not return to the body the calories burned during the sauna.
11. After finishing the sauna, remove water and sweat from the interior with a slightly moistened cloth (see further in the CARE OF YOUR SAUNA chapter) and leave the door open so that the interior of the sauna can air out.

CARE OF YOUR SAUNA

It is very important to clean the sauna regularly:

- sweep or vacuum the floor, or benches
- wipe down walls where people have touched them - i.e. above benches, around doors and control panels
- use warm water with a mild soapy detergent and a clean cloth, then wipe with a clean damp cloth
- avoid strong cleaning agents that can stain the wood or even leave traces of chemicals that can then be released by heat.

We recommend using only products designed directly for cleaning infrared saunas, such as **Saunareiniger**

- do not use a cloth that is too wet, the wood could darken in this case
- always use a towel to absorb sweat when using the sauna, in general it should not come into direct contact with your skin with the surface of the sauna, i.e. both benches, walls or backrests
- never use steam cleaners, high-pressure cleaners or water sprayers to clean the sauna
- never spray or rinse the inside or outside of the infrared sauna
- never use paints, stains or other chemical coatings inside the sauna, heat can cause release of fumes from these coatings
- to impregnate the wood and protect it against moisture, the benches and other exposed wooden parts of the sauna can be continuously treated with paraffin oil, which can also highlight the natural grain of the wood

BENEFITS OF YOUR SAUNA

The benefits of infrared therapy have been studied for decades in Japan, Europe, and more recently in the United States.

In people who regularly used an infrared sauna, the following beneficial effects were observed:

- reduction of blood pressure
- reduction of joint stiffness
- weight loss
- strengthening of the cardiovascular system
- reduction of blood sugar
- increase of blood flow
- reduction of cholesterol and triglycerides
- relief of muscle spasms
- relief from pain
- replenishment of energy and release of stress
- increase in strength and vitality of the organism
- increase in the elasticity of collagen tissue
- the sauna helped in solving problems with inflammatory infiltrates, edemas and effusions
- the sauna helped in the treatment of acne, eczema, psoriasis, burns and injuries and cuts on the skin
- the sauna helps open wounds to heal faster and fewer scars remain during the sauna
- improves the color of the skin and its elasticity
- helps in the treatment of cellulite
- strengthens the immune system
- helps reduce the possibility of injury when used to warm up muscles before stretching and exercise
- detoxifies the body
- helps treat bronchitis (inflammation of the bronchi)
- helps treat urticaria, gout, tissue damage, prostate hypertrophy

IMPORTANT NOTICE

The infrared rays emitted by your infrared sauna are recognized as a tool that offers a wide range of possible therapeutic benefits and effects, as evidenced by research conducted in various parts of the world. These benefits are presented here for reference purposes only and are not intended to imply that infrared saunas constitute a cure or cure for any disease, nor should such inferences be drawn from such statements. If you use prescription drugs, suffer from acute joint problems, or have other health problems, please consult your doctor before starting regular infrared sauna therapy. People with surgical implants (metal pins, nails, artificial joints, silicone or other implants) usually do not experience any negative effects, but should also consult their doctor before starting infrared therapy.

HOW THE DEVICE WORKS

Infrared saunas are made with two types of heaters, they are either ceramic or carbon.

Ceramic heaters produce infrared radiation through thin glass tubes strategically placed across the sauna. During the production of infrared radiation, they emit very intense heat and are significantly heated (250-300 °C). They are always protected so that they never come into direct contact with the skin. A sauna equipped with ceramic heaters usually heats up faster than a sauna with carbon heaters. Their acquisition costs are lower and their service life is approximately 8000 hours.

A carbon fiber heating unit consists mainly of a metal glow cathode and carbon fiber. When an electric current passes through a metal glowing cathode, the carbon fiber is heated, which then emits long-wave infrared rays. Carbon heaters heat up a little slower, but the distribution of infrared rays is much more even and efficient. Their surface temperature reaches 70–170 °C. The proportion of infrared waves in the long-wave spectrum is higher than that of ceramic heaters, so they can penetrate the tissues more easily and deeper, thereby increasing the therapeutic effect a little. The acquisition costs are slightly higher, but the operating costs are lower and their service life is approximately 12,000 hours.

ERROR LOCATION

PROBLEM	SOLUTION
1. Sauna does not work, control panel nothing does not display.	<ol style="list-style-type: none"> 1. Check if the sauna is properly connected to the electrical supply energy. 2. Check the cable plugs properly connected and secured. 3. Check the current fuse, if applicable replace it.
2. Heaters do not heat.	<ol style="list-style-type: none"> 1. Plug in the sauna, turn it on and check that the temperature on the sauna display is the same as the ambient temperature. 2. If the temperature on the display is the same, check that the set temperature is higher than the ambient temperature. 3. If yes, have it checked cable connection and control function lockers.
3. The bench heater does not work.	<ol style="list-style-type: none"> 1. Check that the other heaters are working. If so, check the wiring under the bench.
4. Display on the control panel nothing does not show	<ol style="list-style-type: none"> 1. Check when the main button is turned on and starting the control panel from the controller unit will beep each time. 2. Check the cable plugs properly connected and secured. 3. If the sounds described in point 1, the control unit must be replaced.
5. The radiator works, the temperature inside the sauna rises, but the temperature display does not change.	<ol style="list-style-type: none"> 1. Check that it is correctly positioned temperature sensor (in the top plate). If so, replace the temperature sensor.
6. The display on the control panel shows only part of the text.	<ol style="list-style-type: none"> 1. The control panel needs to be replaced.
7. Some light does not work.	<ol style="list-style-type: none"> 1. Check that the plug of the light correctly connected (it will be necessary remove the top cover).

SOUND SIGNALING

Some types of saunas may have a self-check feature that only works when is something unusual. Types of self-monitoring alarms:

2 long beeps every 2 seconds	control box malfunction - contact an authorized service
1 long beep every 2 seconds	loose temperature sensor wire
2 short beeps every 2 seconds	the temperature of the control box is higher than 80 °C, reduce the ambient temperature
3 short beeps every 2 seconds	the signal between the control box and the control panel is faulty, check the wiring
4 short beeps every 2 seconds	input voltage is too low, check el. feed
1 short and 1 long beep every 2 seconds	loose cable connection for left speaker
1 long and 1 short beep every 2 seconds	loose cable connection for the right speaker

WARRANTY CONDITIONS, SERVICE AND SPARE PARTS

The warranty period is stated on the sales document, but at least 24 months, and begins on the day of receipt of the product, which must be proven with the original sales document. 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 cover normal wear and tear of the product and its parts and damage caused by non-observance of the instructions for use, neglect of maintenance, incorrect use, as a result of intentional damage, unprofessional intervention, modification or repair using non-original parts, as a result of 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.

Note: We recommend that you note down the model and production number of the product in order to claim the warranty, obtain a spare part or service intervention (these numbers can be found on the production label on the BACK PLATE of the sauna).

Model number	
Production number	

Note: Removal of the serial number tag may be grounds for non-recognition complaint.

DISPOSAL



Protect the environment! Do not dispose of electrical equipment in household waste! In accordance with European Directive No. 2012/19/EU, they must be electrical equipment collected separately and handed over for ecological recycling. Information you will be informed by the municipal authorities about the possibilities of disposing of retired equipment management.



The packaging consists of materials that can be returned to municipal recycling collection yards or collection containers.







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