

NEOSAUNA

FULL SPECTRUM INFRARED SAUNA

Installation & Use



Bliss
2 PERSON



Reflect
3 PERSON



Serenity
4 PERSON CORNER



Unity
4 PERSON

NEOSAUNA

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NOTE

The electric cord extends out from the top roof. The cord is approximately 9ft long. It is recommended that the location of the outlet you are installing be above 75", which is the height of the sauna. Dedicated requires that no other appliance should share outlet/circuit with sauna. Failure to comply with this requirement may cause electrical interruption and diminished sauna performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna function and to avoid any potential electrical hazards

Electrical Requirements

Bliss: 110-120 volts / 15amp dedicated circuit / outlet

NEMA5-15R (OUTLET)



NEMA5-15P (SAUNA PLUG)



7 HEATERS 1600 WATTS

Reflect / Serenity: 120 volts / 20amp dedicated circuit / outlet

NEMA5-20R (OUTLET)



NEMA5-20P (SAUNA PLUG)



8 HEATERS 2150 WATTS

Unity: 220-240 volts / 20amp dedicated circuit / outlet

NEMA6-20R (OUTLET)



NEMA6-15P (SAUNA PLUG)



14 HEATERS 2850 WATTS

NEOSAUNA UNITY SAUNA INSTRUCTION MANUAL

Read all instructions carefully before using this wooden sauna room

SKUS: SAU-UNI-4-B, SAU-UNI-4-C



OVERALL HEIGHT 78"



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**** ATTENTION ** PRECAUTIONS FOR USE *****

- ⌘ Read all instructions before using this appliance.
- ⌘ Serious injury may result if warnings and instructions below are not observed.
- ⌘ When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER

To reduce the risk of burns, fire, electric shock, or injury to persons.

- ⌘ Connect the power cord to a properly grounded outlet only.
- ⌘ Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- ⌘ Always unplug this appliance from the electrical outlet immediately after using.
- ⌘ Keep the electrical cord away from heated surfaces.
- ⌘ Heaters shall not be subjected to water spray; shower heads shall not be installed within the sauna room.
- ⌘ If the temperature limiting control reset switch trips frequently, a qualified service person should be contacted.
- ⌘ Never operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been dropped or damaged.

WARNING

- ⌘ If you have any health problem or condition, consult your physician for permission to use the sauna room. ("health problem" includes but is not limited to: acute diseases, malignant tumors, high blood pressure, heart disease, allergic dermatitis, pregnancy, etc.)
- ⌘ The sauna room should not be used by children.
- ⌘ Should you have any abnormal feeling with your body while using the sauna, immediately exit the sauna.
- ⌘ If you feel uncomfortable while using the sauna, stop immediately and consult with your doctor.
- ⌘ The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.
- ⌘ Discontinue use if nervousness, tremor, headache, feeling of sickness or nausea occurs.
- ⌘ Covering visible shall be visible after the heater has been installed.
- ⌘ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety
- ⌘ Children should be supervised to ensure that they do not play with the appliance.

HYPERTHERMIA

Prolonged exposure of the user in the sauna room is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6! F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- a) Failure to perceive heat
- b) Failure to recognize the need to exit the room
- c) Unawareness of impending heat
- d) Fetal damage in pregnant women
- e) Physical inability to exit the room
- f) Unconsciousness

FREQUENTLY ASKED QUESTIONS

Q: What is the optimal time/temp for a typical sauna session?

A: Neosauna recommends that you start out at approx. 110-120F for your first few sessions in order for your body to adjust to infrared therapy. After your initial sessions, you may start to increase your temp into the higher ranges. A typical infrared sauna session is approx. 30-45min. Please note that optimal range for infrared therapy is approx. 115-130F. The 135-150F settings on the control panel are for users who prefer higher temperatures.

Q: Can I use my Neosauna outdoors?

A: For optimal results Neosauna recommends that you install your sauna indoors. We do, however, offer canvas covers for your sauna if your space is limited to outdoors only. Please note that if sauna is placed outdoors heating the sauna may take longer.

Q: How do I clean my Neosauna unit?

A: You may wipe down heaters that have accumulated seat and the wood inside using a damp cotton cloth. The exterior may be treated with wood polish or tongue oil.

Q: Does Neosauna have any other recommendations?

A: Neosauna strongly recommends that you gradually introduce your body to infrared sauna therapy. You should drink sufficient amounts of fluids prior to, during, and after your sauna sessions in order to assist with the detox process and to prevent dehydration. Although most sauna users will sweat during their first few sessions, others require more time and therapy like any other therapy it will take time for your body to adjust to produce the desired results.

PART NAMES



Control Panel
Timer/Temp/Lights



Far Infrared
Carbon Heater



Near/Mid Infrared
Ceramic Heater



Himalayan Salt
Brick



Internal/External
Lighting



PANEL LOCKING INFORMATION:

- ⌘ Each panel is heavy. Be careful to avoid injury when installing, especially the top panel.
- ⌘ Two adults are required for the installation of sauna room.
- ⌘ There is a “+” button or a “-” button at the sides of each panel, which will be installed correspondingly with one “+” to one “-” in following way when installing: The panel with “+”button should be lifted up about 4 inches (10cm) higher than the panel with the “-” button (Refer to Picture 1); place the “+” panel against the panel with “-”button (Refer to Picture 2),and then slide down the panel with “+”button until the two panels are equal in height (Refer to Picture 3). If they are not equal in height or there is an obvious gap between the two panels, that means they are not properly attached, and you should try again.



The panels should be installed in the following order:

- ⌘ **Floor Panel**→**Back Panel**→**Left Side Panel**→**Right Side Panel**→**Bench Support Panel**
→**Bench Surface Panel**→**Front Panel**→**Top Panel**

INSTALLATION OF SAUNA ROOM BODY

1. Place the floor panel in the desired location on a level surface (Note: The floor panel must be level before installing wall and ceiling panels. If the surface is not level you may need to shim the bottom panel to get level.)
 - ☞ Make sure lines/grooves of the flooring of the floor panel are parallel with the front wall.



Illustration 1

2. Place left rear panel in the slot of floor panel. Make sure to lock panels properly as explained in the PANEL LOCKING INFORMATION section on page 4.



Illustration 2

3. Place the left and right rear side panels in the slot of floor panel. Make sure to lock panels properly as explained in the PANEL LOCKING INFORMATION section on page 4.



Illustration 3

4. Place the left side panel in the slot of floor panel. Make sure to lock panels properly as explained in the PANEL LOCKING INFORMATION section on page 4.



Illustration 4

5. Place the Bench Support panel first and then place the Bench surface panel into the sauna room.

ğ Slide the Bench Support Panel down the wooden supports with the heater/salt wall facing out.

ğ Make sure the two side slots of the Bench Support Panel slide completely into the corresponding grooves of the wooden supports . (Refer to picture 1)

ğ Connect the power connector from the back of Bench Support Panel to the floor Panel. Connect the power connector from the back of Bench Support Panel to the Right Wall Panel. Ensure the connection is completely fastened (Refer to picture 2)

ğ Place the Bench Surface Panel on the Bench Support Panel and slide toward the Back Wall until flush to the Back Wall. (Refer to picture 3)



Illustration 5: slide bench support panel into corresponding grooves



Illustration 6: place bench surface panel on bench support panel and slide toward the back wall



Illustration 7: connect power connector from floor panel and from the bench to the right wall

6. Place the front panel in the slot of floor panel and lock both front side panels to front panel. Make sure to lock panels properly as explained in the PANEL LOCKING INFORMATION section on page 4.



Illustration 8



Illustration 9

7. Place the top panel on the four side panels. Make sure the connection wires from the three side panels protrude through the corresponding holes of the top panel.

- ğ Make sure the top panel's air vent corresponds to the back of the unit and wire holes align (Illustration 10-11).

- ğ Make sure the wire is through each hole smoothly and completely.

- ğ Make sure trim of the top panel fits completely around all side panels and front panel.



Illustration 10: proper top panel alignment with wires pulled through corresponding holes



Illustration 11 feed wires through holes in top panel

8. Make sure each of the wires on the top of the left, right, back and front panels is protruding through the top panel; then plug each of the wires into the matching connectors on the top panel.



Illustration 12



Illustration 13

9. Locate the towel rack, phone shelf, and cup holder. Align each in a manner that matches your accessibility needs and carefully attach to sauna wall with screws (this will be permanent so be careful and take your time).



Illustration 14

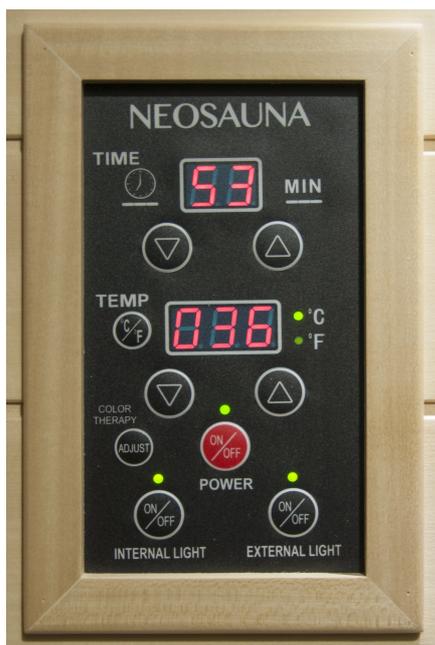


Illustration 15

11. Congratulations on finishing your sauna installation.



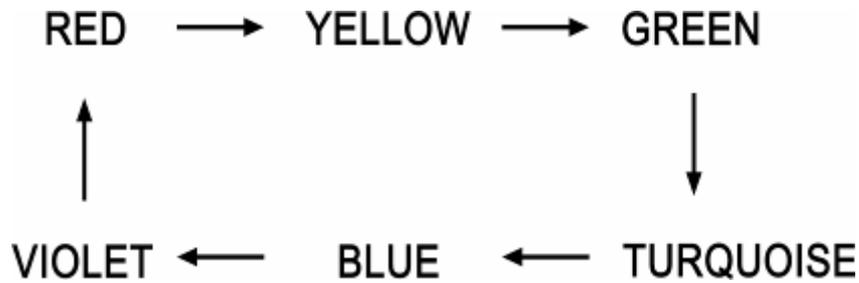
CONTROL PANEL



1. Press “POWER” to switch on or off.
2. “TIME” refers to control of operating time and indicates the amount of time remaining.
 - ğ Once power is on, the default amount of operating time is at 45 minutes.
 - ğ Press “UP” and “DOWN” to adjust and set time of use; pressing once will increase or reduce in 5 minute increments. The maximum operating time is 60 minutes.
 - ğ After time of use is set, the number will flash for about three seconds.
 - ğ After the set “Time” stops flashing , the number indicated will show operating time remaining.
3. “TEMP” refers to control of the “set temperature” and also indicates the “actual temperature” inside sauna room.
 - ğ “°C/°F” refer to the switching of “°C” and “°F”.
 - ğ Once the control is turned on, the indicated temperature of use defaults to 120 degrees F (50°C).
 - ğ Press “HIGH” or “LOW” to adjust and set temperature in sauna room; pressing once will increase in one degree increments. The maximum set temperature is 150°F/65°C.
 - ğ After temperature of use is set, the number of temperature will flash for about 5 minutes.
 - ğ After the numbers of the set temperature stop flashing, the number indicated will show actual temperature inside sauna room.
4. Press “External Light” to switch on or off.
5. Press “Internal Light” to switch on or off.

COLOR LIGHT THERAPY SYSTEM

1. To activate the color light therapy system press “ADJUST” on the sauna control panel. Upon turning the system on, the color light system will go into an automatically cycling mode, changing color every 8 seconds:



2. Press “ADJUST” 2X: Light system will glow GREEN
3. Press “ADJUST” 3X: Light system will glow RED
4. Press “ADJUST” 4X: Light system will glow BLUE
5. Press “ADJUST” 5X: Light system will glow YELLOW
6. Press “ADJUST” 6X: Light system will glow TURQUOISE
7. Press “ADJUST” 7X: Light system will glow VIOLET
8. Press “ADJUST” 8X: Light system will turn OFF
9. Color Light System automatically goes off if Power is turned OFF.

WARNINGS AND SUGGESTIONS FOR USE

Please read carefully the following warnings, to reduce the risk of burns, fire, electric shock, or injury to persons:

- ⌘ Do not put the sauna room in a moist environment.
- ⌘ Place room on level surface.
- ⌘ Do not repair the product by yourself.
- ⌘ Do not disassemble the product by yourself except as indicated in the manual.
- ⌘ Do not spray the heater with water.
- ⌘ Do not use any sharp tools on or near the heaters (severe damage may result).
- ⌘ Do not use the product for any other purpose than originally designed and intended.
- ⌘ Do not directly touch the heater with hands or body for extended periods of time.
- ⌘ Do not use continuously for more than one hour.

SUGGESTIONS FOR USE

- ⌘ When enjoying a sauna room bath, it is suggested to turn power on at least 15 minutes beforehand. After 15 minutes of preheating, the temperature inside the sauna room should reach about 105 degrees F (40°C) ; at this stage most people find the sauna a comfortable temperature to begin the sauna bath. The temperature will continue to rise to the set temperature.
- ⌘ If it feels too hot during use, adjust the temperature down, open the vent or open the door for fresh air.

CLEANING

Clean the outside and inside with a damp cloth, or clean with a small amount of hand-soap mixed with warm water if necessary. Do not use benzene, alcohol, or strong cleaning chemicals on sauna.

Note: Some chemicals can damage wood material and the protection layer that is on the outside wood surface.

TRANSPORTATION

Take care and place them lightly during transmission, and pile them towards the pointing direction of the arrow on the cartons. The maximum height is three layers.

Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

STORAGE

Do not store product in a moist environment or in direct sunlight.

PRODUCT SPECIFICATIONS

Product Name	Wooden Sauna Room
Product No.	Unity
Product Size	73*54*78(H) INCHES
Weight	533lb(Basswood) 472lb(Cedar)
Power Supply	<input type="checkbox"/> AC120V <input type="checkbox"/> AC220V <input type="checkbox"/> AC230V <input type="checkbox"/> AC240V
Power Consumption	2850W
Wooden Material	<input type="checkbox"/> Basswood <input type="checkbox"/> Canadian Red Cedar
Manufacture	NEOSAUNA
AD	

<p> WARNING</p> <p>REDUCE THE RISK OF ELECTROCUTION It is Forbidden To Bring Wet Towels Into Sauna</p>	<p> WARNING</p> <p>Install In A Dry Environment</p>
<p> WARNING</p> <p>REDUCE THE RISK OF FIRE Do Not Install Closer Than 12.7mm (0.5 inches) To A (Vertical/Horizontal) Surface</p>	<p> WARNING</p> <p>REDUCE THE RISK OF ELECTROCUTION AND BURNS Do Not Operate Unless Guard Is In Place.</p>
<p> WARNING</p> <p>REDUCE THE RISK OF FIRE Do Not Place Combustible Material On Heater At Any Time.</p>	<p> CAUTION</p> <p>REDUCE THE RISK OF ELECTROCUTION Disconnect All Supply Connections Before Servicing</p>
<p> WARNING</p> <p>REDUCE THE RISK OF OVERHEATING</p> <ol style="list-style-type: none"> 1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating. 2. Supervise children at all times. 3. Check with a doctor before use if pregnant, in poor health, or under medical care. 4. Breathing heated air in conjunction with consumption of alcohol, or drugs, or medication is capable of causing unconsciousness. 	<p> WARNING</p> <p>Excess Exposure Can Be Harmful To Health. Persons With Poor Health Should Consult Their Physicians Before Using Sauna</p>