

Infra 4 Health

Diamond Edition - Infrared Sauna - Canadian Redcedar 

Model: Infrared FS barrel with 30cm canopy



Installation user manual

Instructions before use

1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation , blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 to 80 make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature .
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

Instructions before assembly

1. At least two people are required to assemble the IR sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use.

Parts list



1. Regular Staves: 34pcs
2. Top stave: 2pcs (different sizes. only 1pc needed)
3. Bottom stave: 1pc (with 2 holes)
4. Left & right stave with bench support: 2pcs
5. Front and rear sealing parts----9pcs/set * 2
6. Front panel:1pc
7. Back panel: 1pc
8. Triangle wooden piece ---2pcs
9. Bitumen roof ---1set
10. Steel strip ----3sets
11. Remote controller for color light --- 1pc

12. Backrest: 1pc big +2pcs small

13. Inside floor panel: 2pcs

14. Bench: 1pc

15. Base: 1set



16. Screws - 1 bag

A. 1pc 6*75mm screw for door handle

B. 350pcs 3*14 screw for shingle roof cover + water proof material

C. 136pcs 3*30mm screw for the stave installation

D. 90pcs 4*40mm screw for bench, backrest, floor, front & back cover installation

E. 15pcs 4*30mm screw for triangle wooden piece installation

F. 3sets connectors for the metal banding

G. 2pcs metal grill for the bottom stave

H. 4sets connectors for the base + 4pcs plastic cover for the base



FIRST CONSIDERATIONS

When you begin the initial layout for assembly, it is very important to check your floor or deck to see if it is level. Most garage floors, basement floors, and decks are sloped for drainage. If this is the case in your installation, it is suggested that you use shims to make the sauna level. Failure to do this can result in unplumbed panels, poor fit and or poor function of your sauna.

OUTDOOR INSTALLATION RECOMMENDATIONS

Take caution to prevent the wind from catching and breaking the glass door. Do not install boards with knots on the top of the sauna where water could accumulate and freeze, causing the board to split.

NOTE: While your IR Barrel Sauna is designed for outdoor use, it is important to build the sauna in accordance with these instructions to minimize water seepage into the sauna. Properly installed, water will not drip into the sauna. However, over time water may seep between the staves due to the porous nature of softwood. This will not hurt the IR sauna and will quickly evaporate once the IR sauna heater is turned on. If the water proofing is desired, shingles or other roofing material can be installed on the top section of the IR Barrel Sauna.

1. Base installation:



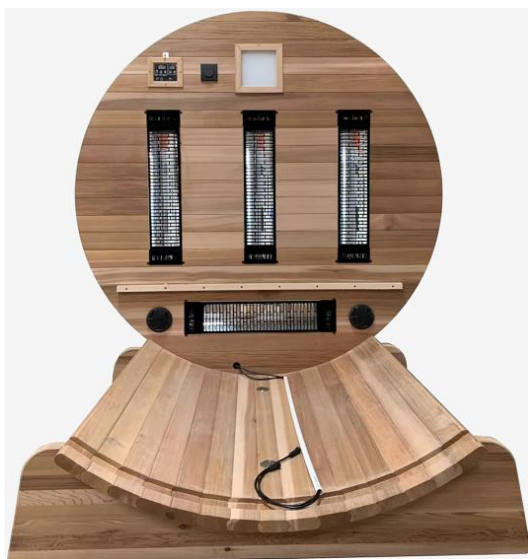
2. Install the 2pcs metal grill to the bottom stave. Match the 2pcs wooden dowel with the 2 holes on the bottom stave and place the bottom stave in the middle of the base.



3. Place 7pcs additional staves on each side of the bottom stave to each end of the cradle base. Use a rubber hammer to gently tap the staves together to make them fix compactly. Use 42pcs 3*30mm screws to fix the 14pcs stave onto the base.



4. Place the back panel & front panel. Handle with care!!!!



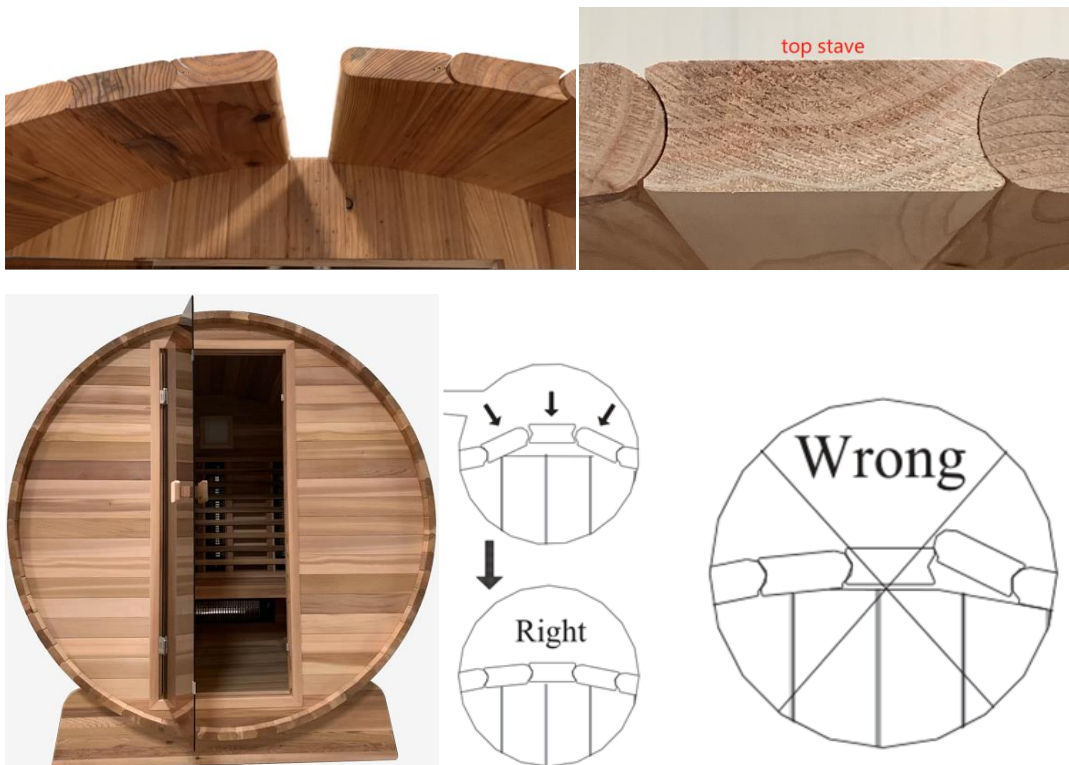
7. Install the door handle. Place additional 18pcs staves on each side of the barrel. Use 72pcs 3*30mm screws to fix the 36pcs staves to the front & back panel.

Very important: The two special stave with right & left bench support must be the same level as the bench support in the back panel.



8. Install the rest of 9pcs staves on each side forwards the top BUT DO NOT WITH SCREWS!!!!!! Use rubber hammer to make sure all the staves are installed tightly.

9. Top piece provided with 2 sizes. Choose the one that fits. After the top piece is well installed, fix all the staves with screws.



10. Steel strip assembly --- Caution! Sharp Edge! Protective gloves needed.



11. Connect the floor heater cable and install the 2pcs floor with 4*40mm screws.



12. Install the bench, backrest with 4*40mm screws.



13. Outside bench assembly

A. Fix the bench support to the barrel by screws (2pcs 4*40mm).

B. Fix the bench to the bench support by screws (2pcs 4*40mm).



13. Install the triangle wood piece to the barrel with 4*30mm screws at both sides. Attach it to regular stave NO. 17 counting from bottom.



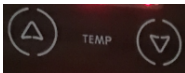
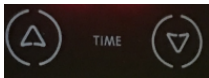
17. Install the water proof material and bitumen roof (Pls refer to the Bitumen roof installation manual)

18. Install the front & back cover (4*40mm screws). The center of the top piece cover must match the center of the barrel.



Control panel instruction manual



1. Press ON/OFF quickly to switch the sauna on to a stand-by mode.
2. Set the desired temperature using  buttons.
3. Set the time to desired length using  buttons.
4. Press ON/OFF quickly a second time to activate the heaters.
5. When time reaches 00, all the heaters will automatically shut off.
6. Press and hold ON/OFF to switch the sauna off.
7. Press AUTO button. Temp becomes hours ahead. Time becomes minutes ahead. Your sauna will begin heating after the programmed time has elapsed.
8. Press light button to turn on/ turn off the lights.
9. Alternate between Fahrenheit and Celsius by pressing °F / °C buttons.
10. Bluetooth: IR SAUNA or HY