

Infra 4 Health

Diamond Edition - Infrared Sauna - Canadian Redcedar 

MODELS:

SH1

SH2

SH3

SH4



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Introduction

Congratulations on your purchase of our infrared sauna and your path to improved well-being and health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using your Infrared Sauna for the first time. We recommend you keep this manual for future reference.

Important Safety Information

i.) This appliance is not intended for use by any persons (including children) who have reduced physical, sensory or mental capabilities unless they are supervised by person responsible for their safety.

ii.) Children should not be permitted to play in or with the appliance.

iii.) If the power cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

iv.) Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.



v.) Do Not Cover Infrared Emitters. Covering the infrared emitter causes fire risk.

vi.) Before starting the infrared sauna or resetting the timer check the sauna to ensure it is in safe condition and not occupied.

vii.) It is recommended that the infrared cabin should not be used within 24 h after UV radiation exposure from artificial sources or sun-bathing.

viii.) Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of infrared warming cabin.

ix.) When persistent erythema (reddening of the skin lasting more than a day) and netlike colour changes persist after regular exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema abigne.

x.) If you are a person with compromised heat pain sensation or under the influence of alcohol or tranquilizers you should not use infrared warming cabins.

Packing List for Square Infrared Sauna

1. Front Panel
2. Back Panel
3. Side Panel (L)
4. Side Panel (R)
5. Floor Panel
6. Roof Panel
7. Roof Dust Cover
8. Bench Panel
9. Backrest
10. Front corner heater (L)
11. Front corner heater (R)
12. Wooden Cover
13. Remote control



14. Screws list

(1) For installing inside door handle (2 pieces)



(2) For installing roof dust cover (4 pieces)



(3) For installing bench (2 pieces)



(4) For installing backrest (6 pieces)



(5) For installing front heaters (8 pieces)



(6) For installing wooden cover (4 pieces)



(7) For connecting the roof and side panels (4 pieces)



(8) For installing clips on top of the front and side panels (8 pieces)



Installation Requirements

1. Do not plug any other appliances into the wall power point with your infrared sauna.
2. 230V / 10-15 amp standard power point is required for this infrared sauna. Do not use extension leads
3. Install your infrared sauna on a dry, level flat floor.
4. Do not spray the exterior with water.
5. If the location floor is subject to dampness, install an insulating mat to keep the infrared sauna high & dry.
6. Do not store flammable objects or chemical substances near the infrared sauna.
7. The infrared sauna must be placed indoors or outdoors under cover and in a dry area that will not be subject to rain or direct weather elements. Moisture will cause damage to the interior and exterior of the sauna and will void warranty claims.

Assembly Instructions

Assembly of your infrared sauna requires a minimum of 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the infrared sauna.

<1> LOCATION OF INFRARED SAUNA

When you find a good location for your infrared sauna, please note the following:

1. The main power cord on the infrared sauna must be easily accessible.
2. The infrared sauna location must be dry and level.

<2> PLACING BOTTOM PANEL



Square model

Place the Floor Panel on the floor. Make sure that the **FRONT** direction of your sauna room faces where you require.

<3> CONNECTING THE BACK PANEL TO BOTTOM PANEL



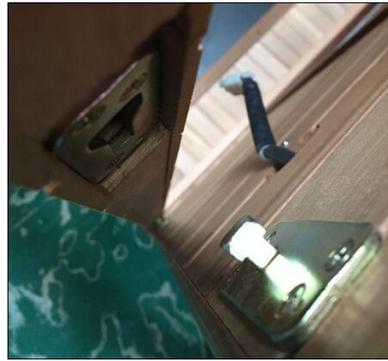
Before place the back panel to the bottom panel, pls pull out the wire of the bottom heater and through the back panel. Then put the back panel onto the bottom panel and make sure its inner side stands against the wooden beam on the bottom panel.

<4> INSTALLING LEFT PANEL AND BACK PANEL WITH BUCKLES



Align the back panel with left side panel's corresponding outside-buckles.

<5> INSTALLING RIGHT PANEL AND BACK PANEL WITH BUCKLES

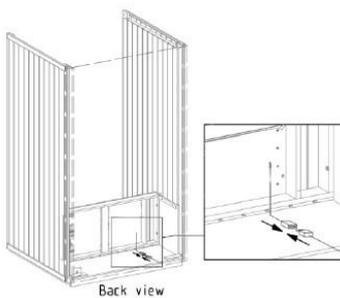


<6> INSTALLING THE FRONT PANEL AND CONNECT IT TO THE SIDE PANEL WITH INSIDE BUCKET



Slide down the bench heater panel by lining up its sides with the vertical guides on left side panel .

1. The heater grill is facing outward (toward the front of the sauna)
2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.



No.1: Connect the plug of the bench heater to connector A and make sure they are tightly connected.

No.2: Connect the plug of the floor heater to connector B and make sure they are tightly connected.

<7> PLACING TOP PANEL

1. Gently place the top panel onto the rest of the assembled panels. When four corners are in place, gently push down the top panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cable does not get pinched between the panels.



<8> THE MAIN POWER CONNECTION ON THE TOP PANEL

1. Connect the heater wires
2. Connect the control panel wires.
3. Connect the light wires.
3. Check to be sure that all connections to the control box are secure.



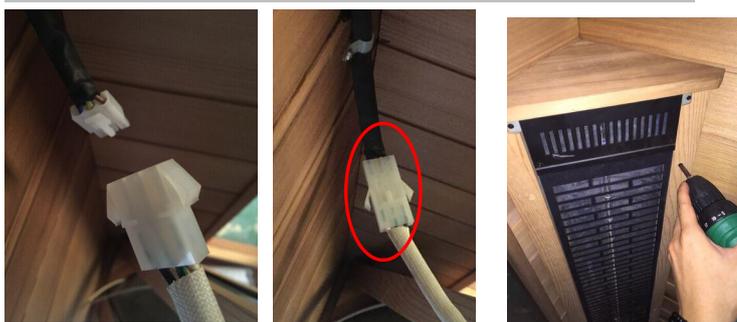
<9>INSTALLING THE BENCH WITH SCREWS PROVIDED



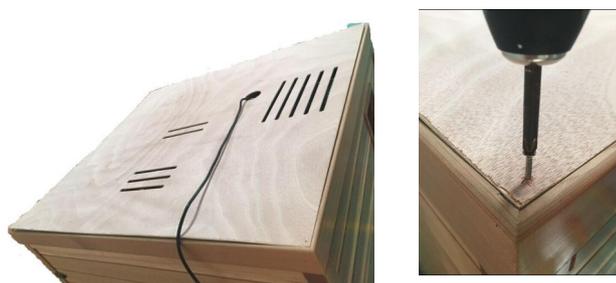
<10>CONNECT THE BACKREST LIGHT CABLE AND INSTALL THE BACKREST



<11> INSTALL THE TWO FRONT HEATERS.



<12> PLACE THE ROOF COVER ONTO THE ROOF PANEL AND SCREW IT TO THE ROOF.



<13> INSTALL THE DOOR HANDLE AND ENJOY YOUR INFRARED SAUNA!



Control Panel Instruction Manual



I. FUNCTION

- ① Far Infrared Heating
- ② Lighting system includes Reading light and LED light
- ③ Blue Tooth Receiver
- ④ MP3/USB connection and Radio
- ⑤ Heating percentage setting

II. INSTRUCTION

1. On/Off

When the power cord is connected to the wall outlet, within a few seconds, there is a sound “beep beep” from the control box indicating the power is connected. Push the POWER button , all the indication lighting on the control panel is on, which means that the saunas has been turned on. Push the POWER button for ≥ 3 seconds, all the indication lightings will be off, which means the sauna is now off.

2. Temperature Adjustment

- ① The adjustable range of temperature is 20~70°C. Adjust the temperature by pushing TEMPERATURE +/- button  , temperature value will increase or decrease by 1 degree at a time.
- ② Alternate between Fahrenheit (°F) and Celsius (°C) by pressing both TEMPERATURE   button.

3. Time Adjustment

The adjustable range of time is 0~90mins. Adjust the timing by pressing the TIME +/- button  , time value will increase or decrease by 1 minute at a time.

4. Heater Adjustment

- a. All the heaters are divided into 3 groups and the power of each group can be controlled at 100%, 70%, 50%, 30%, 0%. After setting the

temperature (setting temperature should be higher than the environment/ indoor temperature) and time, press again the POWER button and heaters are on. During the session time, when the temperature reaches the setting level on the control panel, all the heaters will be working at 30% power.



b.  button is to control the on/off of the floor heater.

5. Auto function

“AUTO” button  is for pre-setting the time you want your sauna to turn on. Press “AUTO” button once, then pre-set the HOUR by pressing the buttons of TEMPERATURE +/-; and pre-set the MINUTE by pressing the buttons of TIME+/- . When the pre-set timing is 0, the sauna starts to work.

6. Lighting

- ① RGB button  is for LED lighting strip. Color alteration can be pressing this button.
- ② LIGHT button  is to control the on/off of the inside reading light.
- ③ Color therapy light can be controled by the remote control(on/off,color changed.).

7. Multimedia

Even though the sauna is turn on, the multimedia is preset off. The DISPLAY of Multi-media will be off too. When the multi-media is on, the DISPLAY will show the status of chosen media.

- ① Press the MULTIMEDIA button (on/off) , the preset FM (Radio) is on. The DISPLAY will show radio frequency.
- ② MODE button : it enables to change to different media. It could switch between LINE (incl. AUX, USB, SD card) → BLUE (blue-tooth) → FM (radio).
- ③ PLAY/PAUSE button : when the media is in the status of LINE or BLUE, media will be played/paused by simply pressing; when it is FM, press against the button for ≥ 5 seconds, the radio will search and storage the channels it just searches.
- ④ VOL+ button : press against for ≥ 3 seconds, the volume increases. Under the status of LINE/BLUE, shortly press this button to get into next song. Under the status of FM, shortly press this button to get into

the next radio channel.

- ⑤ VOL- button : press against for ≥ 3 seconds, the volume decreases. Under the status of LINE/BLUE, shortly press this button to get back to former song. Under the status of FM, shortly press this button to get back to former radio channel.

Tips & Things to know about your infrared sauna

1. Allow approximately 15 - 20 minutes for the infrared sauna to warm up before beginning a session. Recommended sauna session use is around 30 - 45 minutes.
2. The heaters automatically maintain the desired temperature inside the infrared sauna.
3. The ceiling vent can be opened at any time for air circulation.
4. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from perspiration.
5. Taking a hot shower or bath prior to the infrared sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water may stain the timber.
6. To absorb perspiration, place a towel on the bench seat and floor of the infrared sauna. Keep one towel handy to wipe excessive sweat from your body.
* Do not cover any of the heaters – may cause fire risk.
7. The interior timber is mildly aromatic – this is quite normal and adds to the enjoyment of your infrared sauna session.

Recommendations During infrared Sauna Sessions

3. To help regulate the temperature inside the infrared sauna during your session, use the roof vent. If you need more cooling, simply leave the door slightly open until the air around you feels comfortable.
4. Drink plenty of fluids prior to, during and after your sauna session.
5. If you take a hot / warm shower or bath before your sauna session, you may perspire more freely. Try it with and without bathing or showering first to determine which way you prefer.
6. Use at least 2-3 towels; sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat. Be sure to towel off excess sweat during your session to help the body perspire more freely.
7. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster. Do not put any lotions or oils on the body or face when using the infrared sauna. This may block the skin pores.
8. Do not eat anything at least an hour before your infrared sauna session. It is better to go in the infrared sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
9. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by an infrared sauna session will help you sleep easier and better.

Safety

Read all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the infrared sauna unless they are closely supervised by a responsible adult.
4. Do not use the infrared sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. **Pregnant or possibly pregnant women should contact their physician prior to using the infrared sauna.**
6. Hyperthermia Danger: Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C (98.6°F). While hyperthermia has many health benefits, it is important **not to allow** your body's core temperature to rise above 103°F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
7. The use of alcohol, drugs, or medications prior to or during the infrared sauna session may lead to unconsciousness.
8. **Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.**
9. **Persons using medication should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.**

10. Never sleep inside the infrared sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the infrared sauna.
12. DO NOT stack or store any object on top of or inside the infrared sauna.
13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
18. All natural wood articles have variations in the color / grain and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood and should not be considered as defects.

Important Safeguards for Your Infrared Sauna

- 1.) **READ INSTRUCTIONS** - All the safety and operating instructions should be read before the sauna is installed and operated.
- 2.) **RETAIN INSTRUCTIONS** - The safety and operating instructions should be retained for future reference.
- 3.) **FOLLOW INSTRUCTIONS** - All operating and usage instructions should be followed at all times.
- 4.) **CLEANING** - Unplug the infrared sauna from the wall outlet before cleaning **DO NOT** use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
- 5.) **ATTACHMENTS** - Do not use any attachments that are not recommended by the manufacturer, as these may be hazardous.
- 6.) **WATER OR MOISTURE** - **DO NOT** use your infrared sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
- 7.) **POWER-CORD PROTECTION** - Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
- 8.) **LIGHTNING & STORMS** - For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, please unplug it from the wall outlet.
- 9.) **OVERLOADING** - Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
- 10.) **SERVICING** - Always unplug your sauna from the wall outlet before servicing.
- 11.) **REPLACEMENT PARTS** - When replacement parts are required, be sure it is specified by the manufacturer and supplied by us. Unauthorized substitutes may result in fire, electric shock or other hazards and will void all warranty.
- 12.) **SAFETY CHECK**--Upon completion of any service or repairs to your infrared sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operational condition.

Cleaning and Maintenance

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the wood is strong at first, this is quite normal - please open the door while the sauna is working. The smell will soon dissipate.
- Use dry cloth to clean the exterior.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
- Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

Basic Troubleshooting Guide

	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plugged in. Power is not turned on	1. Check for power to the wall outlet. 2. Check connection between power cord and main control unit.
		The fuse is burned out	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature/ Display shows E1	Problem with heater.	See Item #3.
		Incorrect setting on control panel	Reset it.
		The temperature sensor wire may be loose or broken.	Check sensor wire connection and condition. Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system	1. Unplug sauna, check the voltage.
			2. Find the objects with problems
			3. Replace the parts
6	The light is	The LED is burned out.	Replace LED insert.

	not working	The LED insert is not secured in the base	1. Make sure the LED insert is correctly fitted. 2. Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.
7	No sound or poor sound from speakers	The speaker is broken or speaker is loose	1. Check speaker wire. 2. Check speaker
		The wire connection is loose	Check connectors to be sure they make proper contact

Limited Manufacturers Warranty

1 Year Limited Warranty: We warranty this sauna against defects in materials and workmanship **on functional parts**, for a period of 1 year from the original date of purchase. **Your sales receipt showing the date of purchase of the product is required for warranty parts and service.**

Please keep it in a safe place for future reference.

Manufacturer's Warranty

All our products are manufactured with the highest quality materials and are warranted for 12 months to be free from defects in material and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by us and are delivered in Netherland, and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and / or owner transfer (unless otherwise authorized by us). Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this limited warranty, and may be redirected to said retailer or third party for coverage.

Extent of Warranty

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a manufacturer / workmanship defect. Note that surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all wood. Unless we were the direct shipper, shipping damage should be addressed with the shipping company, retailer, or place of purchase, prior to making a claim to us, as the manufacturer.

The purchaser must present us with proof of purchase documents (including the date of purchase) when requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to **VOID** this limited warranty. Products, in which the serial number has been defaced or removed, are not eligible for warranty coverage.

Warranty Limitations

This warranty does not apply if the unit has been subjected to incorrect installation, negligence, misuse, abuse, or repairs (unless authorized verbally, or in writing, by our Representative), alteration by none our personnel or any case beyond the control of us. Examples of warranty invalidation may also include, but are not limited to:

- **Use of lacquer or paints in (and around) the sauna**
- **Exposure to weather elements**
- **Normal wear / tear / weathering**
- **Sauna placed on non-level / non-approved surfaces**
- **Pet / Consumer accidents**

- **Power Provider & Supply deficiencies or power spikes and surges**
- **Incorrect installation and use including extension cords / timers / surge protectors**

Disclaimers

We shall not be liable for any loss due to incorrect installation or misuse of the sauna or related incidental or consequential costs, expense or damages.

Specifications are subject to change without notice or obligation.

PLEASE KEEP YOUR RECEIPT AS PROOF OF PURCHASE!

Your receipt is required for warranty, parts and service.