



Sauna Room User Manual



Please read the user manual carefully before installation



CONTENTS

Directory

Operating Instructions.....01-02

Product Assembly Process.....03-04

Common Sense.....05

NOTE.....05

Common Fault Handling.....06

Maintenance And Upkeep Of Instruments.....06

Simple Problems And Solutions.....07-08

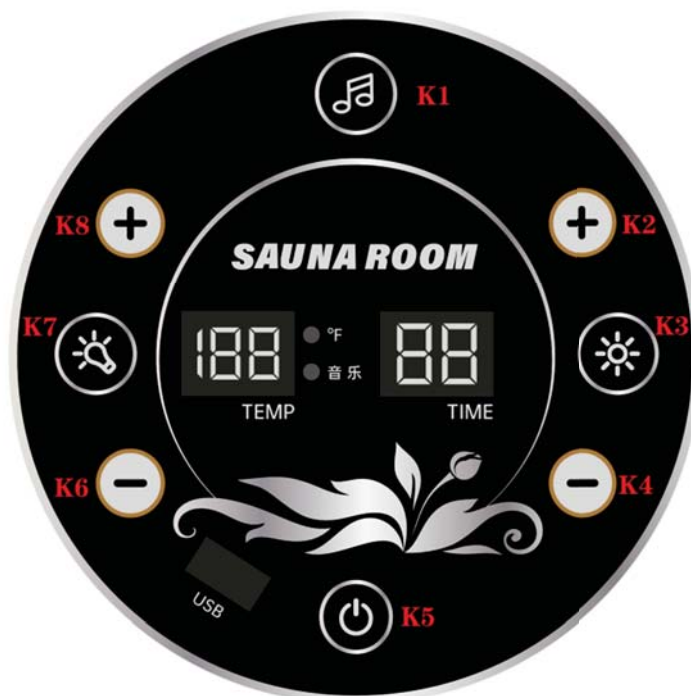
Operating Instructions

1. This controller is used for electrical control in sauna rooms and has:

Heating temperature control function
 Timing function
 Lighting control
 Temperature display
 FM radio reception
 Bluetooth playback
 USB playback

2. Technical parameters

Working voltage: AC120V50Hz/60Hz
 Heating relay current: 30A250VAC
 Lamp MOSFET output: 3A/12VDC
 Switching power output: 12VDC60W
 Timing: 1-90 minutes
 Temperature control: 30 °C~65 °C
 (85°F~150°F)



3. Display operation panel

1) The two digital display windows only light up when running.

The left digital tube displays the temperature inside the box, compatible with Celsius and Fahrenheit displays.

The Celsius display range is 0-75 °C.

The Fahrenheit display range is 32-170 °F.

The right digital display shows the timer time, with a maximum of 90 minutes.

2) Three LED indicator lights, power button indicator lights, light up when there is power.

Music indicator light, constantly on indicates that the music function is activated, flashing indicates that in the music function, K2 (volume+), K1 (automatic channel search), K4 (volume -), K6 (previous song), K8

(Next song) Enable the second function.

The Fahrenheit indicator light on indicates that the displayed temperature is Fahrenheit.

3) All eight buttons beep.

1) K1- "Music" key, cycle "USB" (with USB inserted) - "BL Bluetooth" - "FM radio" - close.

2) K2- Time/Volume "+" and K4- Time/Volume "-" keys.

3) K3- Color light button.

4) K5- "On/Off" button, switch on and off the sauna, press once to turn it on when turned off, the left window will display the current temperature inside the box, the right window will display the remaining time, press again

All closed.

5) K8- Temperature+/Previous and K6- Temperature -/Next.

6) K7- "Light" button, lighting switch.

4. Control functions

(1) Sauna control

1) Time control

The countdown is based on a timed time of 1-90 minutes. K2 time "+" and K4 time "-" keys. Each press will increase or decrease the timer by 1 minute, and holding down the key will result in continuous changes.

Setting range: 1-90 minutes

Afterwards, remember the time set by the user.

When the timer is set to 0, it automatically shuts down.

2) Temperature setting and control

Setting range: 30-65 °C. Fahrenheit 85-150 °F.

Remember the temperature value set by the user.

The K8- temperature "+" and K6- temperature "-" keys are pressed once to set the temperature to increase or decrease by 1 degree. Pressing and holding the key will cause continuous changes, and will extinguish after 4 seconds of inactivity. The temperature displayed without operation is the measured temperature.

Display temperature < set temperature, heating relay closed.

Display temperature = set temperature, heating relay disconnected.

Sensor malfunction

Regardless of whether the machine is turned on or off, if the temperature sensor malfunctions (short circuit E1, open circuit E2), the heating will be turned off, and a beep alarm will sound when the machine is turned on.

3) Lighting control

K7- "Light" button, lighting switch, press once to turn on and then press again to turn off, long press to display "LX" on the digital display

(X is 0~3), L1 internal light on, L2 external light on, L3 all on, L0 all off;

4. Color light function

K3-- Color light button, press and hold to turn on and off, long press to display "LX" on the left (X represents 1-9 different colors), display 2n on the right, then press the color light button to change the color and remember it. After no operation for 4 seconds, the original display will be restored.

5. Celsius and Fahrenheit temperature displays can be switched, and press the temperature "+" and "-" keys for 1 second at the same time.

6. High temperature protection, display temperature ≥ 75 °C, temperature display flashing "HH" and beeping alarm, continuous and non-stop.

(2) Music playback function: Music light on or flashing

1. "Music" button, cycle "USB" (with USB inserted) -> "BL Bluetooth" -> "FM radio" -> turn off;

2. "FM radio" function: the left window displays frequency integers, and the right displays frequency decimals and F. The radio reception effect is related to the antenna direction and position. Channel search: When the sauna function is turned off, turn on the "FM radio" function of the music function. When the music indicator light flashes, long press the "K1" button until there are two beeps, and when it is turned on, automatically search for channels and remember them;

3. "Bluetooth" function: Display "bL" in the left window, open the Bluetooth function of the phone and search for "BT AUDIO" pairing connection;

4. "USB" function: Once inserted, go to the "USB" function and play;

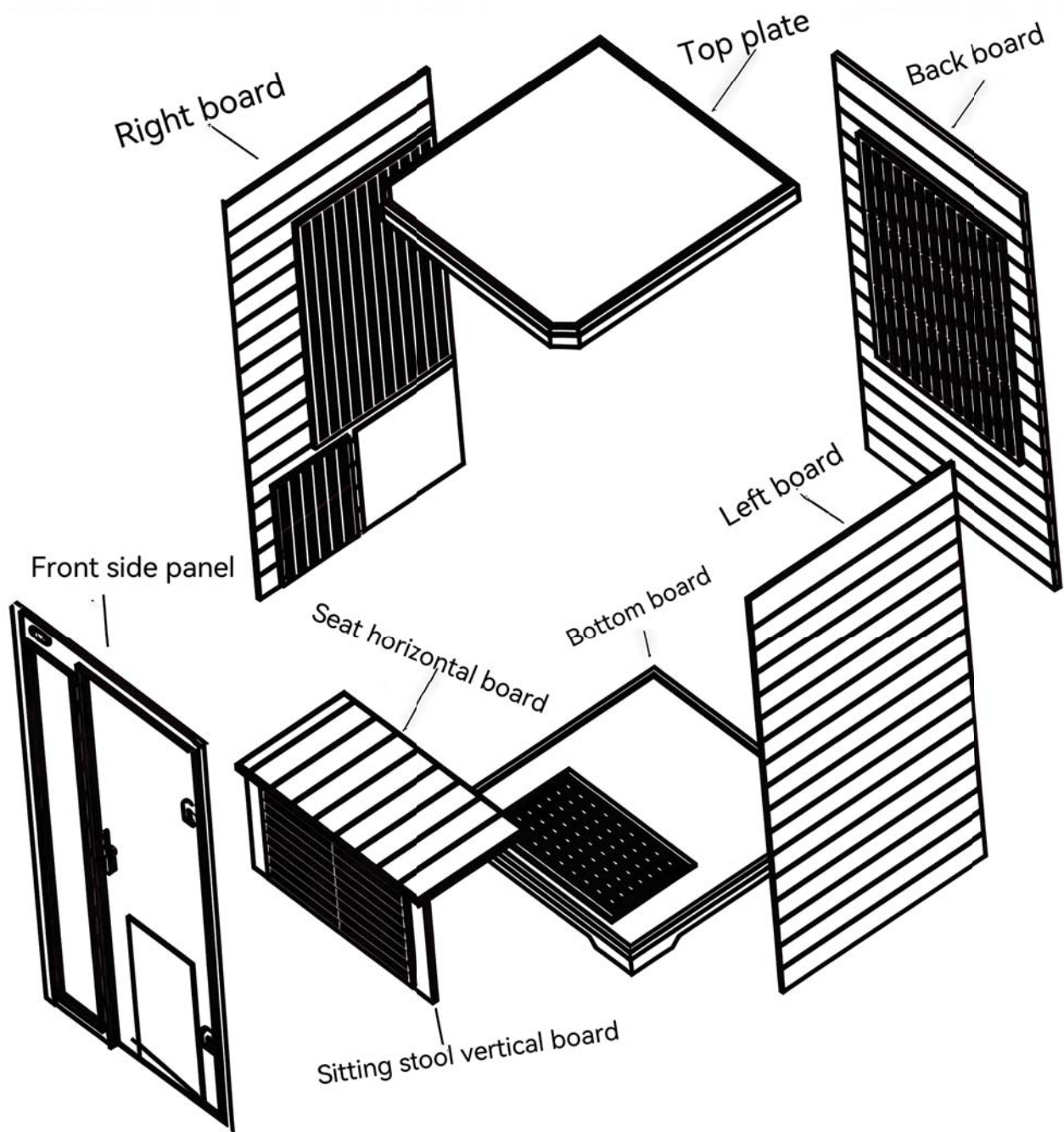
5. Press the "Music" button, the music light will flash, the left window will display "UL" when adjusting the volume, and the right window will display the volume number; When using Bluetooth and USB, pressing the music selection key can select the previous or next song; When listening, press the select button to select the previous or next radio station. After 4 seconds of inactivity, the music light will light up. If the sauna is turned on, it will switch to the display and operation of the sauna.

Important safety instructions

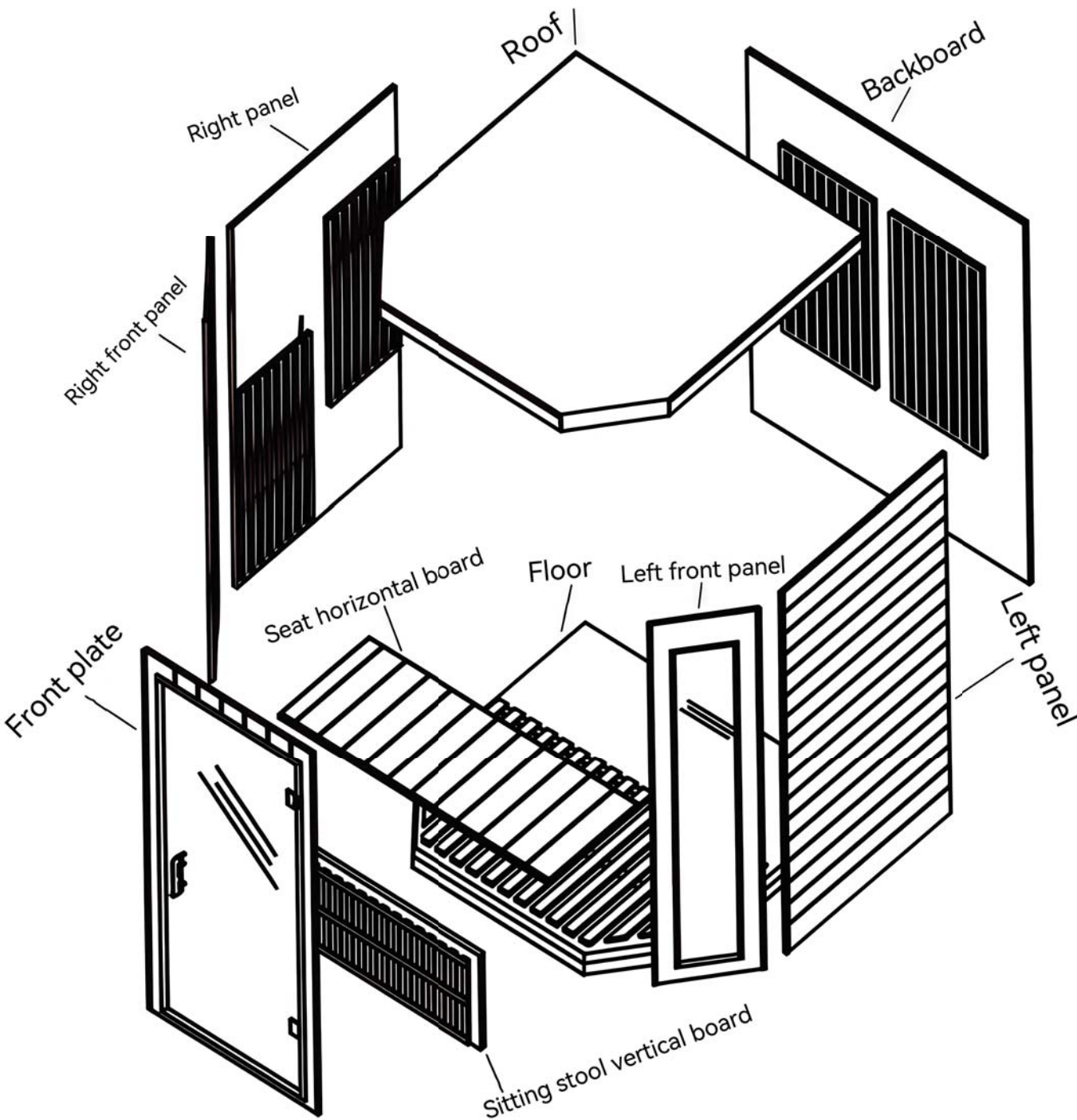
1. Do not use this product near water sources, such as bathtubs, sinks, washing machines, or damp basements.
2. Avoid using this product during thunderstorms.
3. Do not use this product near areas with gas leaks such as gas or natural gas.

Product Assembly Process

Bottom board--Left board--Back board--Sitting stool vertical board
--Seat horizontal board--Right board--Front side panel--Top plate.



Standard version



Hexagonal style

Common Sense

1. Preheat before use and adjust to your desired temperature;
2. Before use, it is recommended to take a shower and dry the body. During use, it is recommended to drink an appropriate amount of warm water (do not drink ice water);
3. Do not eat for 1 hour before use (if used on a full stomach, it may cause discomfort);
4. Prepare a dry towel when using and absorb sweat from your face at any time;
5. During use, stretch your hands and feet, move your muscles, and massage your neck, feet, and other areas for more ideal results;
6. When using the product, if you want a certain area to achieve better results, please try to place that area as close as possible to it
Near heating accessories;
7. After using the product, there is no need to take a shower, just wipe it dry with a dry towel;
8. It is recommended to use it before bedtime to have a relaxing and calming effect, eliminate fatigue, and help improve
Sleep quality;
9. If there are signs of a cold, use the product immediately to inhibit the regeneration ability of the bacteria. Do not use it when you have a fever;
10. After vigorous exercise, it is necessary to wait for the body to fully return to normal body temperature before use;
11. Children and those with limited mobility need to use it under the supervision of a guardian;
12. Women during menstruation, pregnancy, cardiovascular patients, surgical implants, alcoholics, pacemaker wearers, hemophiliacs, people prone to bleeding, and patients with severe blood pressure are prohibited from using it.

NOTE

1. The power cord plug and socket of the equipment should be located out of reach of children to prevent danger;
2. Do not insert fingers, sticks, or other objects into the heating element, otherwise it may cause injury to you while working on this machine;
3. Do not let children play with equipment to prevent electric shock and fire hazards;
4. Do not water the equipment or heating components to prevent electric shock and fire hazards;
5. Children should be accompanied by adults when using it;
6. Do not use or store flammable gases or liquids such as hair glue, gasoline, paint, etc. near or inside the equipment to avoid fire hazards;
7. Do not touch the intelligent control part with metal or hard objects;
8. Do not use organic solvents for cleaning, such as gasoline, alcohol, etc;
9. Do not operate the equipment under long-term high temperatures;
10. It is prohibited to sleep inside the product during operation;
11. The product is made of original cedar/hemlock wood grown in Canada and is purely natural. Tree scars and cracks are natural attributes of trees and should not be considered a quality issue.

Common Fault Handling

1.The lighting is not working

Possible reasons	maintenance methods
LED beads do not light up	Replace with a new LED light
Poor contact between LED light and lamp holder	Remove the light bulb from the cup and reinstall it

2.Control system not working properly

Possible reasons	Maintenance methods
Poor contact of 8P wire	Check if the 8P cable is intact and then plug it into the circuit board
The switch power supply is faulty	Replace the fuse or power supply (at the top of the sweat steaming room)
The power indicator light is on, and there is no display in the display window	Reinsert or replace the sensor (connector on external control)

3.Heating system not working

Phenomenon	Possible reasons	Maintenance methods
Individual heaters not working	Poor or burnt plug contact	Connect or replace it properly
	Damaged heater	Replace with a new heater
	Poor contact of power socket	Re plug the socket tightly
All heaters are not working	Poor contact or burning of heater socket	Connect or replace it properly
	Solid state relay damaged	Replace with a new solid-state relay, paying attention to polarity and direction
	There is an issue with the control panel	Replace with a new panel

Maintenance And Upkeep Of Instruments

1. The relative humidity of the storage environment shall not exceed 80%; Pressure: 78-108kPa;
2. Prohibit tilting equipment and do not use sharp objects to impact it;
3. Prohibit water from entering the equipment;
4. After use, wipe and clean with a semi dry towel, open the door for ventilation;
5. If the stains cannot be wiped off, they can be gently polished with sandpaper. It is strictly prohibited to use alcohol or other chemical agents for cleaning;
6. When idle and not in use, it is recommended to start the device at least once or twice a month, raise the temperature to 40 degrees and keep it for 2 hours before turning off the device.

Simple Problems And Solutions

1. How to maintain the sauna room?

The maintenance of the sauna room is relatively simple. When taking a sauna, place a dry towel on the stool, clean the towel after the sauna, wipe the surface dust with a semi dry towel, or open the door of the sauna room for ventilation.

During humid and rainy seasons, even if not in use, it is necessary to heat up at least twice a week for about 2 hours each time. Turning on the red light in the negative ion oxygen bar can release ozone for sterilization and disinfection.

2. What is the optimal temperature for the sauna room and how long does each sauna last?

The optimal temperature for a sauna is between 38 and 45 degrees, which varies depending on each individual's physical condition. If you feel that it is not hot or the temperature is too high, you can lower or raise it appropriately. The recommended sauna time is 30 minutes to 60 minutes each time, 1-3 times a week. It is not advisable to sauna every day because during the sauna process, people will sweat a lot. Excessive sweating can lead to the loss of ions in the body and have the opposite effect.

3. Why can't the sauna room rise to 60 degrees?

Sauna is different from sauna. Sauna sweats through high temperature, and the optimal temperature for sauna is 42 degrees Celsius. Sauna releases far-infrared waves through heating to encourage human cells to actively sweat during exercise.

4. Why is there a smell in the sauna room?

When you are not in use, open the door for ventilation or turn on the ozone sterilization of the negative ion oxygen bar, because Dr. Sang's sauna room is made of pure natural growing logs and processed into sauna rooms without painting. The logs originally contain a lot of plant oils, which will evaporate when heated. The smell of the sauna slowly dissipated after multiple uses.

5. Is it better to take a shower before or after a sauna? Would it be very uncomfortable not to take a shower after a sauna?

Before taking a sauna, it is better to take a shower and dry the water on the body before taking a sauna. At the same time, drinking warm water (do not drink cold water or ice water) is also recommended because after taking a shower, the pores of the human body will open and the sauna effect will be better. It is recommended not to take a shower for eight hours after a sauna, as taking a shower at this time when the pores are open can easily catch a cold and have a counterproductive effect. And Dr. Sang's sweat from the sauna is not sticky or smelly. After the sauna, you only need to wipe the sweat dry with a towel. After wiping dry, the skin is very smooth, so long-term sauna can improve the skin.

6. Why does the heating plate in the sauna make a creaking sound during the heating process?

The heating system used in the sauna room is a far-infrared carbon crystal heating system, and during the heating process, negative ions are moving, so you can hear the sound of pyridine.

7. Why do the numbers on the controller in the sauna keep jumping back and forth?

It is normal for the temperature to jump back and forth. During the heating process, the temperature inside the sauna is sensed by the probe inside the sauna. The temperature inside the sauna is unstable, causing fluctuations. Once the temperature reaches the set temperature, it will not jump again.

8. How come the temperature on the controller in the sauna room is only over 20 degrees, but it's so hot inside?

It is possible that the probe position is incorrect or the probe wire is in poor contact. Check and correct it, and transfer it to after-sales service through the official account platform.

9. How long does it take to preheat before taking a sauna?

It is best to preheat for about ten minutes or wait for the temperature to rise to about 30 degrees Celsius before sauna.

10. How to use the MP3 player in the sauna room? How to use the radio? Why is there no channel?

Insert the USB flash drive and press the MP3 button; The radio channel may not be available in the region and cannot receive signals.

11. The soles of the feet in the sauna don't seem to be very hot?

The power of the heating system on the soles of the feet is slightly lower than that of the backrest. Considering that the soles of the feet are sensitive parts of the human body, if the temperature of the soles of the feet is designed too high, the comfort of sitting inside will be poor.

12. Is there a leak in the sauna room?

It's not a problem of air leakage. When there is a large temperature difference in the cold winter, the temperature inside the sauna is too high, and the outdoor temperature is low, forming airflow. Therefore, when approaching the door of the sauna, it feels windy.

13. How to use the negative ion oxygen bar in the sauna room?

Turn on the green light during the sauna to release oxygen. If you sit inside and don't feel suffocated, turn on the red light after the sauna to release ozone for sterilization and disinfection, purifying the air. Or find after-sales service to shoot videos to guide the operation.

14. Why haven't you sweated even after two or three saunas?

Individuals with a cold constitution should adhere to sauna twice to three times a week to expel the cold energy from their bodies, which will greatly improve their physical fitness.

15. Why do you sweat a lot during each sauna and keep your legs and feet cold? Is it not good to have a fever?

It's not that the heating system is bad, because the feet come into contact with the ground with a lot of cold air every day, making it difficult to sweat. However, if you persist in removing cold and moisture from the lower body for a long time, your legs and feet will sweat a lot.

16. Do you experience redness in your eyes after using the sauna? Got a lot of red dots on my body? Or is there any other situation?

This is a normal phenomenon because during a sauna, blood circulation accelerates, and some abnormal areas of the body will be reflected. The body is detoxifying, so drinking more water and rest is good. Or have you eaten foods that are prone to allergies? Or is the sauna time too long? If you feel very uncomfortable, please stop using immediately.

17. Can I use my phone during the sauna process?

Normally, it can be used, but please do not place your hand under the heating system or touch the heating accessories. If you feel the phone getting hot during use, please stop using it immediately.

18. Is there a trip in the sauna room?

Check if the circuit is aging? Can it withstand the high power of the sauna room? If so, please replace the circuit and replace the leakage protection or air switch with the matching power.

19. How do the wires in the sauna generate heat during use?

It is a normal phenomenon, as long as it is not too hot.

20. Why is there no temperature and time display on the control board of the sauna room?

Press the temperature up and down keys simultaneously!

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. such modifications could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement.

To maintain compliance with FCC's RF exposure guidelines, the distance must be at least 20 cm between the radiator and your body, and fully supported by the operating and installation

WELCOME

Thank you for purchasing and using the sauna room. Please read this user manual carefully before using this product, and strictly follow the instructions in the manual to avoid affecting the use of this product and causing other hazards.

WARN

To prevent the risk of fire or electric shock, do not expose electrical components to rainwater or damp areas! To prevent electric shock, do not open the electrical cover! Only professional after-sales technicians are allowed to carry out!

Lankangyimao Cross border Trade Service (Xuzhou) Co., Ltd

Address: No. 26 # A-52, Zhonglin Industrial Park, Sushan Street Office, Quanshan District (Port Area), Xuzhou, Jiangsu China.

E-mail: saunad688@163.com