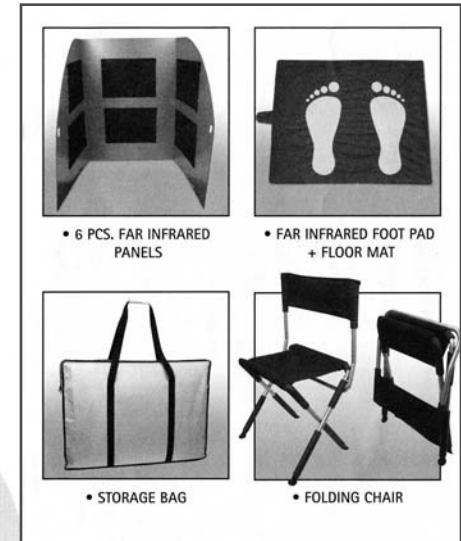
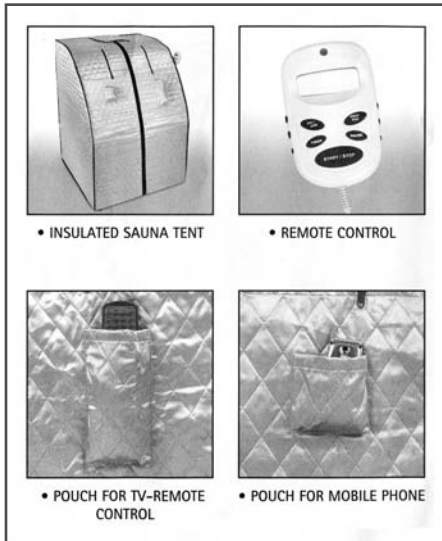
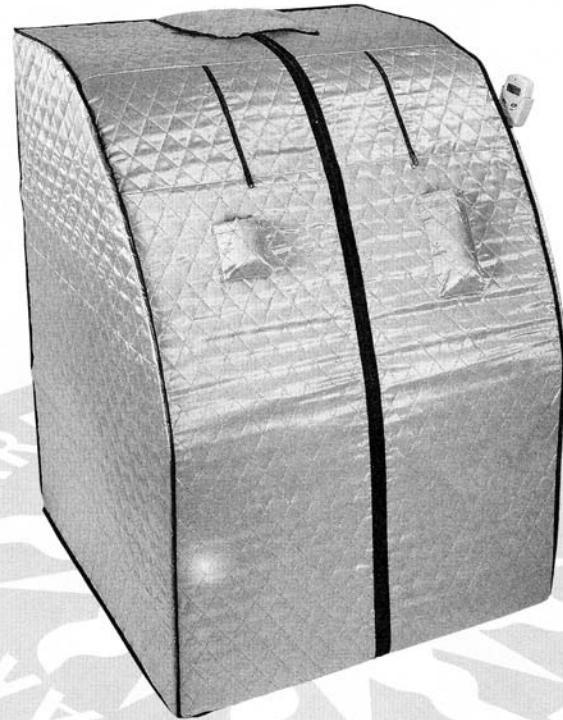
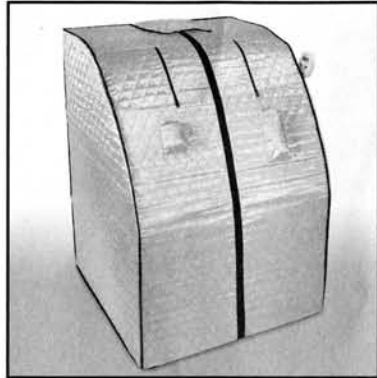




# Foldable Far Infrared Sauna



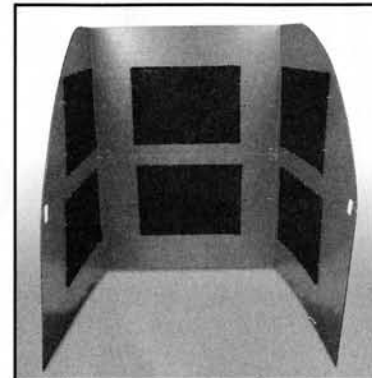
## USER'S GUIDE



• INSULATED SAUNA TENT



• REMOTE CONTROL



• 6 PCS. FAR INFRARED  
PANELS



• FAR INFRARED FOOT PAD  
+ FLOOR MAT



• POUCH FOR TV-REMOTE  
CONTROL



• POUCH FOR MOBILE PHONE



• STORAGE BAG



• FOLDING CHAIR



We thank you for purchasing your FOLDABLE FAR INFRARED SAUNA.

You have acquired an appliance, which has been designed for easy and practical use at home. In order to use your Foldable Far Infrared Sauna to it's maximum potential, please read the Operating Instructions carefully!

### What are (FAR) infrared rays?

Far infrared rays are electromagnetic waves, which are part of the sunlight spectrum. They are invisible and heat the parts of the human body which they meet, but have little effect on the ambient temperature. An experience which most of us have had during the winter! On a typical sunny winter day, it is fairly cold in the shade, but the side of the body facing the sun immediately feels warm. The back remains cold, because the air is cold.

Depending on the wavelength, there are 3 types of infrared rays: IR-A, IR-B and IR-C rays. Infrared A/ B rays are in the short to medium wave range, which can be sensed and seen (red light, for example). The far infrared C rays (IR C) are a long wave radiation (from 3,000 nm - 10,000 nm) which penetrate the human body quite well, heating deeper layers of the human body and not only the surface of the skin.

A similar thermal effect is achieved in your FOLDABLE FAR INFRARED SAUNA:

### II) How does your FOLDABLE FAR INFRARED SAUNA work?

The far infrared rays, which are emitted by the heating elements in your Foldable Far Infrared Sauna heats all body part facing directly the panels, penetrating the deeper tissue layers. The heat produced is distributed throughout the entire body by the circulating blood, triggering (heavy) sweating from the inside-out (**deep heat effect**), but the air in the sauna cabin is heated only to a small extent. (**Sweating at low temperatures (max. 55° C)**)

The main advantage over a conventional sauna or steam sauna is, that your circulation is not burdened by the extreme temperatures reached by these types of saunas.

During Far Infrared Sauna sessions, your head remains outside the unit, allowing you to breath easily while being able to watch TV, make phone calls, listen to your favourite music or watch the children.

The two pockets on the front of the sauna are conveniently designed to hold a TV/ HIFI remote control unit and mobile phone.

Your FOLDABLE FAR INFRARED SAUNA can easily be set up or folded down and stored away in only a couple of minutes! Due to it's dry heat, the unit is virtually care-free!

### III) USAGE

The long-wave infrared rays activate the blood circulation, detoxifies your body and strengthens the immune system. This effect is especially important during the winter months for prevention of colds.

It speeds up the healing process of inflamed muscles and joints, after sport or other physical activities as well as for rheumatic problems. You can use it for various purposes as follows:

- General prevention of colds
- Problems in muscles and joints
- Sport-related injuries
- Blood circulation problems
- Stress relief

### IV) Starting to use

- 1) After assembly follow the Set-up Instructions. Plug in the unit in a ||0 V AC plug socket. The LCD display on the control unit glows for about 2 seconds and executes a self-test.
- 2) Press the ON/OFF button, the LED light switches on and the LCD display shows the entire information. (The FOOT symbol, the PAUSE symbol and 88"88' appear.)
- 3) Press the TIMER key to adjust the heating time of the sauna. The first two digits on the LCD display show the minutes; every successive pressing raises the inputted duration of use by 5 minutes, to a maximum of 30.
- 4) Press the START/STOP button to begin the heating phase. A signal tone is emitted 1 x and the LCD display lights up 3x.

- 5) The timer begins to count down the set time in seconds. Within the last 10 seconds a beep tone will sound, reminding you of the end of the present session.
- 6) Press the FOOT button to switch on the foot element. The foot symbol appears on the LCD display. Pressing the FOOT button once more switches this function off. The foot symbol on the LCD display disappears.
- 7) Press the PAUSE button to interrupt the countdown of the TIMER. The heat is still switched on and a PAUSE symbol appears in the LCD display. Pressing the PAUSE button once more switches this function off. The unit switches off after 15 minutes completely, for the sake of safety, in case the user has forgotten to activate the TIMER again.
- 8) You can always switch on / off the unit by pressing START / STOP button. The LED lamp then glows again. Begin again at the step 5) in these instructions to start the operation of the FOLDABLE FAR INFRAROT SAUNA again.
- 9) Press the ON / OFF button to switch off the appliance finally. Now the LED lamp goes off.
- 10) Both the short zippers on the front of the sauna can be opened from the inside during use and thus allowing freedom of movement for your arms. For example to operate a TV/ HIFI or make a call from a mobile telephone. (The two small pockets on the front of your sauna)
- 11) The long zipper must remain closed during use; only the head is in the open; the velcro closure around the neck ensures that the heat remains inside the sauna. The velcro closure can be opened from inside.
- 12) After usage let the tent and panels cool down for a period of time. Then disassemble and fold the sauna tent and walls in reverse order as shown in the Set-up instructions. Store the tent in the enclosed storage bag. The folding chair must be stored separately!

#### V) Cleaning:

- 1) Neither the tent nor the heating element should be washed. For cleaning, use a light moist piece of cloth.
- 2) Do not pour any water on the tent, nor on the heating element.

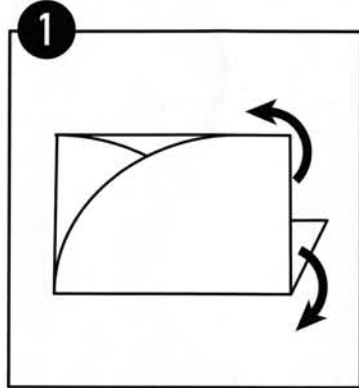
#### VI) Important note:

Read the instructions for use attentively before starting to use the appliance and observe the instructions!

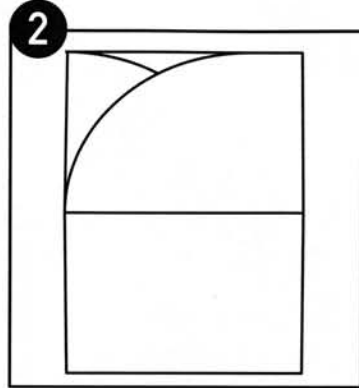
- 1) Do not use the appliance if the LCD display is damaged.
- 2) The Foldable Far Infrared Sauna is not intended for use with children or pets.
- 3) If the power cable is damaged, have it changed by the manufacturer or one of his Service Agents or an authorised workshop.
- 4) Do not enter the Foldable Far Infrared Sauna with walking shoes.
- 5) The heatable footmat should not be used if the surface of the mat / or the tent walls are damaged.

To avoid the risk of fire, electric shock or any other injury:

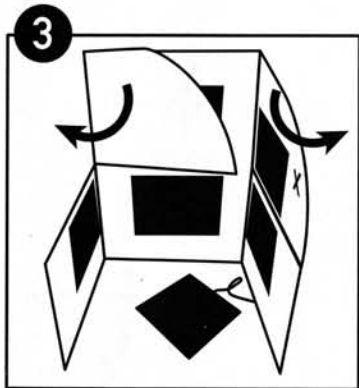
- Use the appliance only indoors, never outdoors.
- The unit is a household appliance and not a toy. Children must not be around a switched-on unit unattended.
- Do not pull on the cable to unplug the unit, but pull on the plug itself. The cable is not meant for carrying the unit around!
- Always use the Voltage as given in the Technical Details. The motor could otherwise be damaged and harm the user.
- Plug the unit only into earthed sockets.



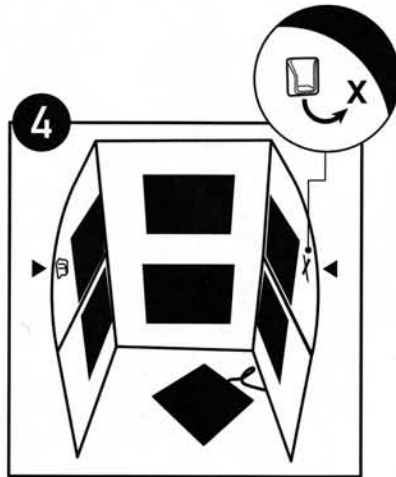
- SIDE & BACK BOARD WITH 6 INTEGRATED FIR-PANELS



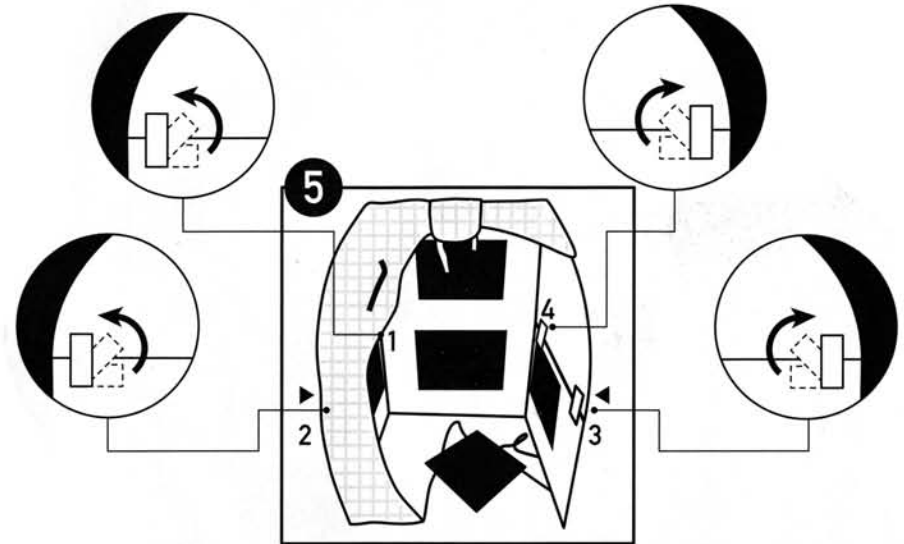
- UNFOLD THE BOARD AS SHOWN



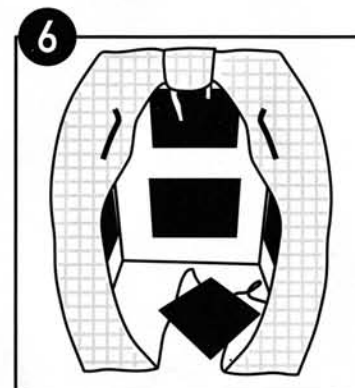
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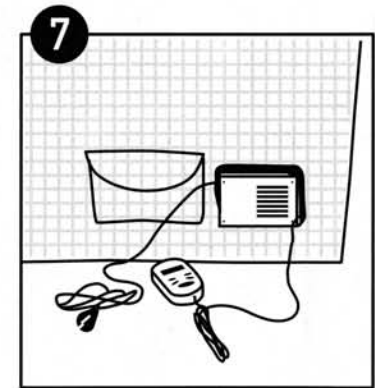
- ATTACH THE PLASTIC HOLDERS FOR THE STABILIZING POLE AT THE MARKED POSITIONS



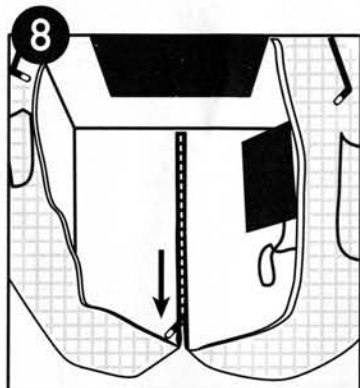
- USE THE 2 LATCHES ON EACH SIDE OF THE LOWER SIDE PANEL TO STABILIZE THE WALLS



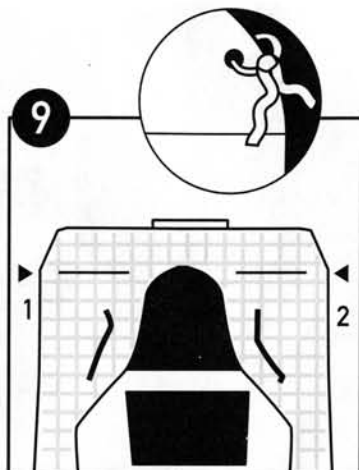
- PULL THE SAUNA TENT OVER ALL SIDE AND BACK BOARD



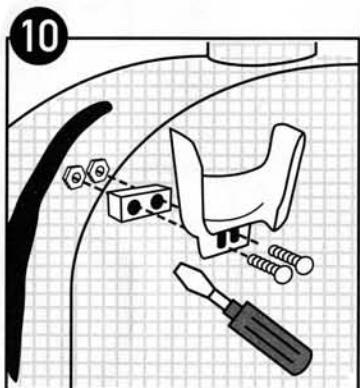
- PULL THE REMOTE CONTROL ALONG WITH THE PLUG AND CABLES THROUGH THE HOLE ON THE BOTTOM SIDE OF THE TENT



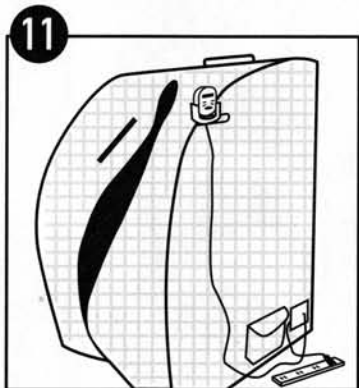
- CLOSE THE ZIPPER ON THE FLOOR



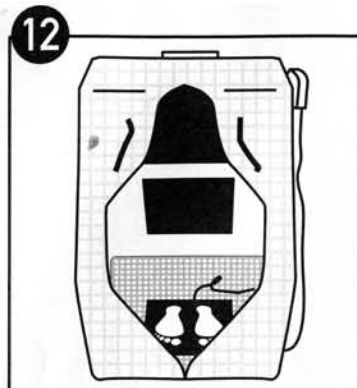
- TIE UP THE TENT TO THE SIDE BOARDS WITH THE 4 AVAILABLE BANDS



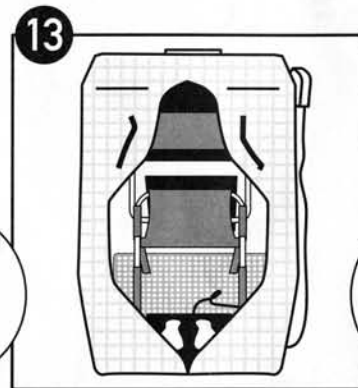
- ATTACH THE HOLDING UNIT FOR THE REMOTE CONTROL AS SHOWN



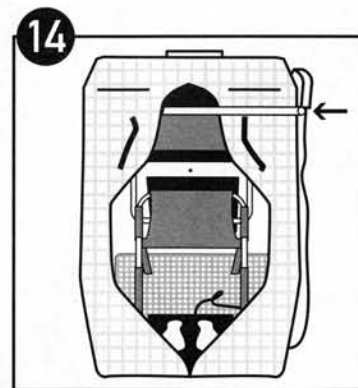
- PLACE THE REMOTE CONTROL IN THE HOLDER



- PLACE THE FLOOR MAT INTO THE TENT AND THEN ADD THE INFRARED FOOT PAD



- PLACE THE FOLDING CHAIR INTO THE SAUNA AS SHOWN



- STEP INTO THE SAUNA, SIT DOWN AND PLACE THE STABILIZING POLE INTO THE 2 SIDE HOLDERS. CLOSE THE TENT FROM THE INSIDE.