



## **GDI-6254 / GDI-6354**

2 - 3 Person Sauna



## **Owner's Manual**

FOR CARBON MODEL SAUNAS

FOR INDOOR USE ONLY

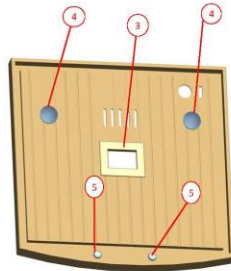
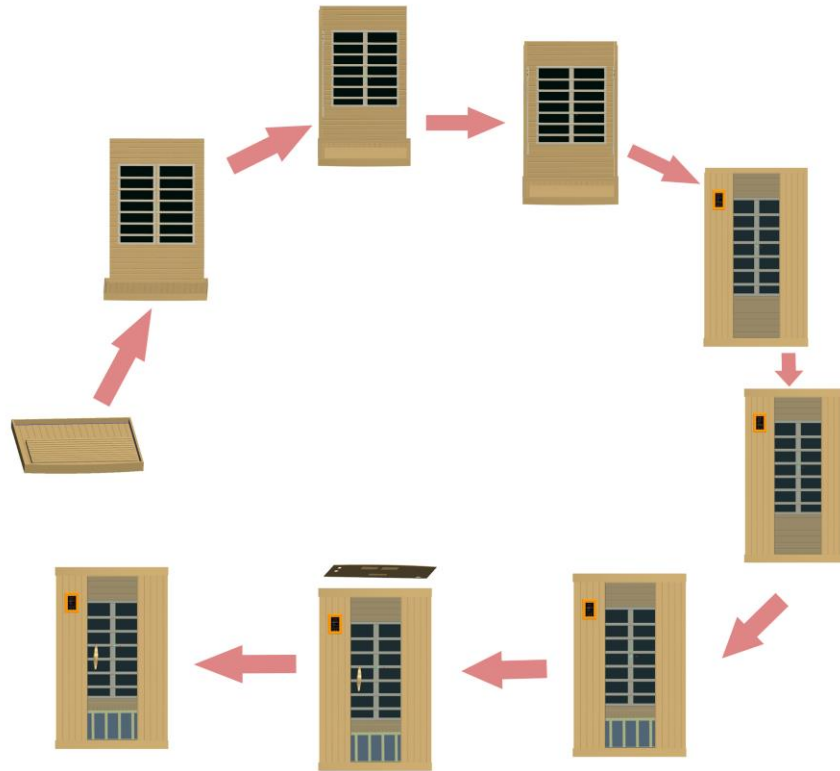
120VAC 15AMP (GDI-6254) DEDICATED CIRCUIT

120VAC 20AMP (GDI-6354) DEDICATED CIRCUIT

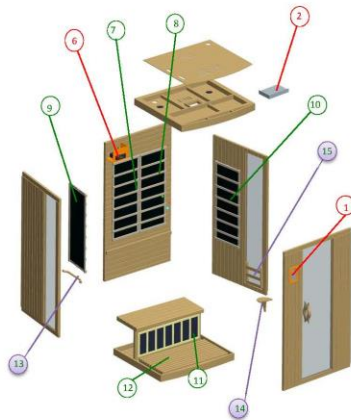
Sauna: Now you can enjoy the European secret for youthful vitality. Carefully and thoroughly read this manual before using the sauna. We recommend keeping this manual for regular review and future reference.

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

**GDI-6254**



Roof panel (Inside View)			
No.	Name	No.	Name
1	Control Panel	2	Control Box
3	Color Light	4	Speaker
5	Exterior Lights	6	CD



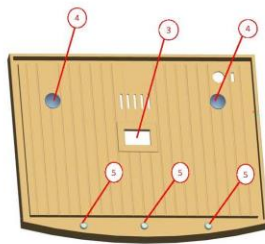
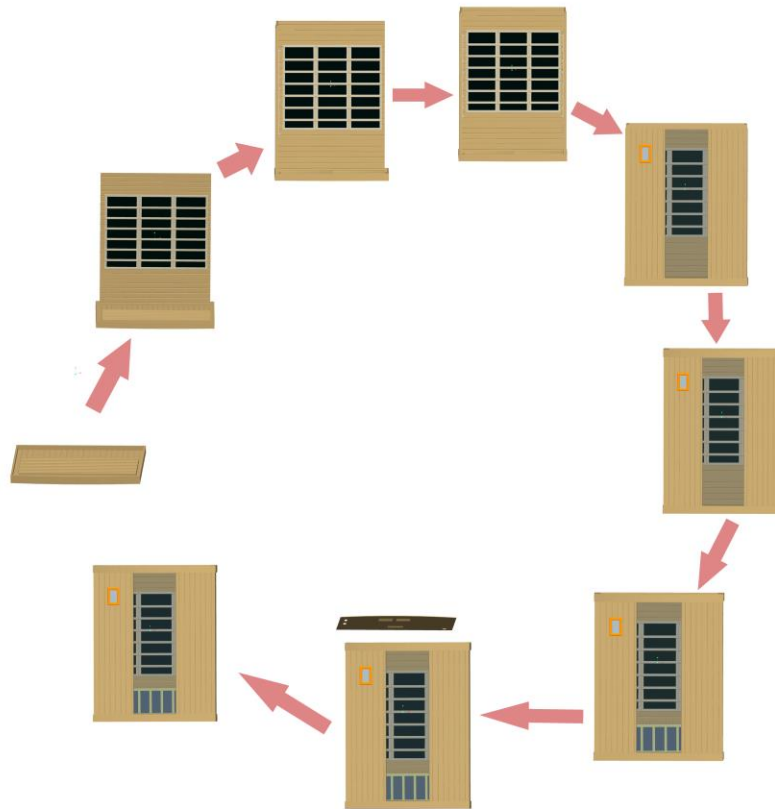
Power Distribution			
Location	No.	Dimension	Power
Rear Panel	7	39.37*15.75 inch	300W
	8	39.37*15.75 inch	300W
Left Panel	9	39.37*15.75 inch	300W
Right Panel	10	39.37*15.75 inch	300W
Bench Panel	11	39.37*11.81 inch	200W
Bottom Panel	12	39.37*15.75 inch	300W
TOTAL			1700W

Accessories			
No.	Name	No.	Name
13	Towel rack	14	Tea board
15	Magazine rack		

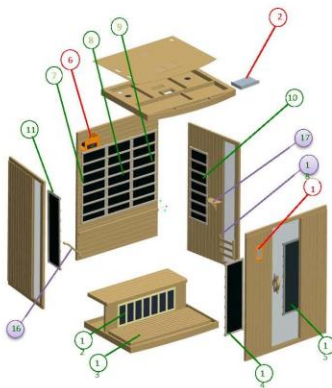
**\*The above assembly diagrams are quick reference visual guides only. All sauna models are not shown. Model types, parts, and accessories may vary.**

**\*PLEASE READ INSTRUCTIONS BEFORE ASSEMBLY\***

**GDI-6354**



Roof panel (Inside View)			
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3	Color Light	4	Speaker
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Power Distribution			
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Bench Panel	12	39.37*11.81 inch	200W
Bottom Panel	13	39.37*15.75 inch	300W
Front Panel	14	39.37*11.81 inch	200W
	15	39.37*11.81 inch	200W
TOTAL			2200W

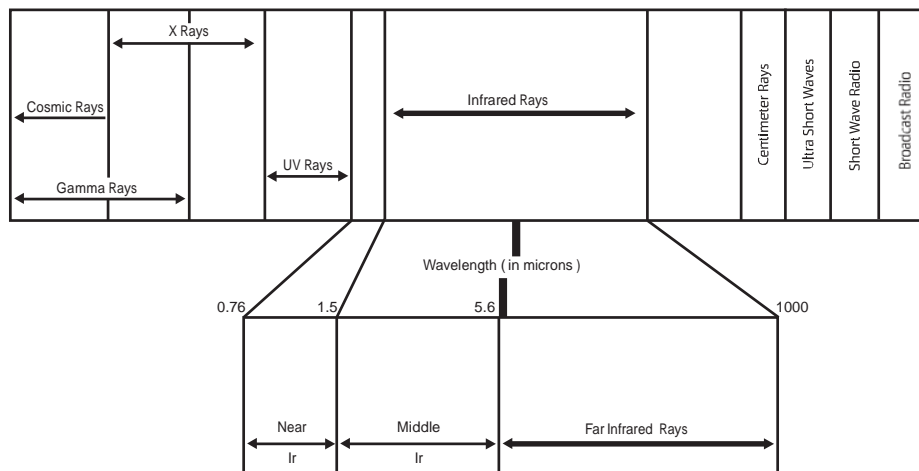
Accessories			
No.	Name	No.	Name
16	Towel rack	17	Tea board
18	Magazine rack		

**\*The above assembly diagrams are quick reference visual guides only. All sauna models are not shown. Model types, parts, and accessories may vary.**

## WHAT ARE INFRARED RAYS?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called **conversion**.

The infrared is divided into 3 segments by wavelengths measured in microns: near infrared: 0.76-1.5 microns; middle infrared: 1.5-5.6 microns; and far infrared: 5.6-1000 microns. Among these segments, only far infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



## ARE INFRARED RAYS SAFE?

Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to **treat muscle and joint problems**. In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm**.

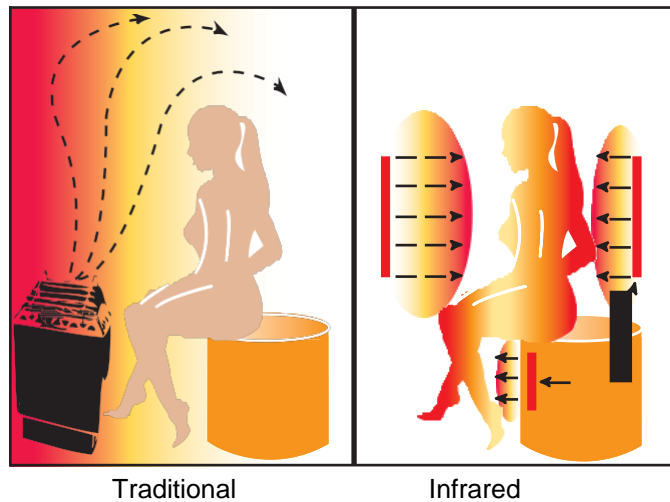
## WHAT IS AN ELECTROMAGNETIC FIELD (also known as EMF)?

An Electromagnetic Field is a physical field produced by electrically charged objects. It is one of the fundamental forces of nature. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges and the magnetic field by moving charges referred to as currents. Although all of our sauna products have been developed to have low EMF, this specific model uses our advance carbon panel technology which significantly reduces the amount of EMF exposure resulting in ultra-low EMF or less than 1 milligauss (mG).

## HOW IT WORKS

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration.

Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.



## BENEFITS

Because infrared rays penetrate the body through convection, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart.

Our body reacts to the increased heating through the **natural cooling process of perspiring**. Through the perspiration process, **acid and waste residue** like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic **heavy metals are removed from the cells** (especially zinc, lead, nickel, cadmium, etc). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on infrared treatments and have reported many provocative findings. In Japan, there is an "infrared society" composed of medical doctors and physical therapists dedicated to furthering infrared research. Their findings support the health benefits of infrared therapy as a method of healing.

**Benefits include, but are not limited to:**

- Pain relief from Rheumatoid Arthritis
- Relaxing muscle spasms
- Increasing blood circulation
- Cardiovascular conditioning
- Clears rashes, acne
- Reduces cellulite
- Removes toxins and mineral waste
- Reduces stress and fatigue
- Enhances skin tone

**SAUNA MAINTENANCE**

Since infrared saunas do not require hot rocks, water, or steam to operate, they require very little maintenance. You can simply wipe it down with water and a soft clean cloth. **Do not use any cleaning chemicals** as they can be absorbed into the wood and be released into your sauna during use.

**DISCLAIMER**

The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 25 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for or treating any disease is implied nor should it be inferred. If you have a health condition, are taking prescription drugs, or have acute joint injuries, please consult your physician before starting infrared therapy. Persons with surgical implants (metal pins and rods, artificial joints, silicone, or other types of surgical implants) typically do not experience any adverse effects, but should also consult their physician or surgeon before starting infrared therapy.

**CAUTION: Exit sauna immediately if you feel dizzy, sleepy, or any discomfort.**

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**WARNING: Visually inspect all heaters before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the heating elements. DO NOT START the sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts.**

### 1. Product Introduction

The infrared sauna room is composed of a wood cabin, infrared heat emitters, and a control system. The wood cabin includes a FRONT PANEL, REAR PANEL, LEFT SIDE PANEL, RIGHT SIDE PANEL, BENCH, BENCH EMITTER PANEL, FLOOR PANEL, ROOF PANEL, and ROOF COVER. The infrared sauna comes with control panels, a drink shelf, a reading lamp, and infrared heat emitters.

**NOTE: The pictures and diagrams shown within this owner's manual are representations of this model. Actual model may vary.**

## PARTS DESCRIPTION

A.FRONT OF SAUNA (see figure 1)

B.INSIDE OF SAUNA (see figure 2)

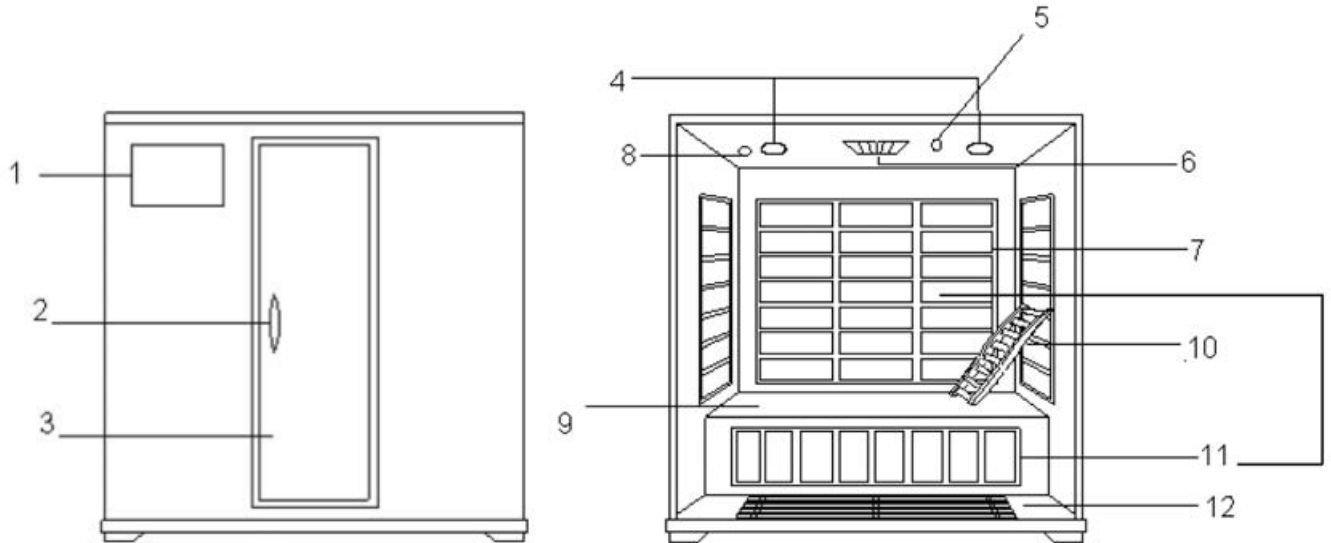


Figure 1

Figure 2

- 1) Control Panel
- 2) Door Handle
- 3) Tempered Glass Door
- 4) Speaker
- 5) Temperature Sensor
- 6) Ventilation Grid
- 7) Back Protection Grid
- 8) MP3 Auxiliary Socket (optional)
- 9) Bench Panel
- 10) Backrest (optional)
- 11) Heat Emitter
- 12) Floor Panel Heat Emitter



## I. Power Supply

The POWER SUPPLY BOX is the control center of the sauna room. It is installed on the ROOF PANEL and has input/outputs connected to it as seen below. (see figure 3)



Figure 3

MAIN POWER  
HT1, HT2, HT3, HT4  
LIGHT  
CTRL  
CD/SIG

main power of the sauna room  
emitter power output cords  
reading lamp power output cord  
control panel connection  
signal cable group

## II. MP3 Auxiliary Socket (optional)

The MP3 Auxiliary Socket allows you to connect a musical device (with an auxiliary out function) to the speakers for your listening pleasure. Saunas equipped with a FM/CD Player will not have this option. (see figure 4)



Figure 4

### III. Component Labeling

POWER	Power Cord
HT1, HT2, HT3, HT4	Emitter (heater) power cords
LIGHT	Reading lamp connector
CTRL	Control panel connector
CD/SIG	For CD/temperature sensor/buzzer/etc. connectors
L/SPEAKER	Left speaker connector
R/SPEAKER	Right speaker connector
TEMP SENSOR	Temperature sensor
BUZZER	Buzzer connector
MP3 AUX INPUT	MP3 /radio connection

### IV. Buckles

#### A. External Buckles

The buckles are used to connect the LEFT and RIGHT SIDE PANELS to the REAR PANEL. (see figure 5)



Figure 5

#### B. Guide and Guide Inserts

The guide and guide inserts are used to connect the FRONT PANEL to the RIGHT SIDE PANEL and the LEFT SIDE PANEL. (see figure 6)

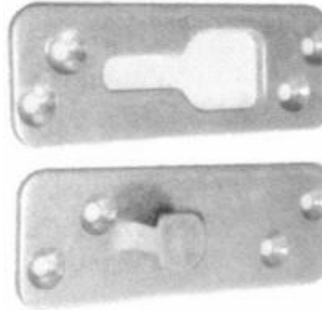


Figure 6

## V. Panel Descriptions

For easier installation, please understand and distinguish the differences between each panel.

### A. Floor Panel

When the floor panel faces upward, you will find that the edges are raised. The wall panels will seat inside of the raised edge. The front of the floor panel is the portion with the FLOOR HEAT EMITTER PANEL. Please note this before you began assembling the wall panels. (see figure 7)

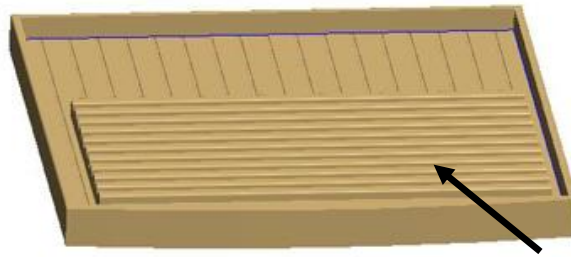


Figure 7

**FLOOR HEAT EMITTER PANEL**

### B. Understanding The Difference Between The Top And Bottom Of The Wall Panels

The (4) panels are in the upright position when the heater cords are at the top. Place the heater cords to the outside of the sauna room before the roof is placed on top of the unit. These heater cords will be connected once the roof panel is placed on top of the sauna room. (see figure 8)



Figure 8

### C. Rear Panel

The REAR PANEL has the two heat emitter panels side-by-side. The REAR PANEL will be slightly warped. This allows for a snug and tight fit once the sauna room is assembled. (see figure 9)



Figure 9

### D. Understanding The Difference Between The Inside And Outside Of The Rear Panel

You will find the heat emitter panels on the inside of the rear panel.

## Assembly Instructions

### A. Choose a good location to install the sauna

1. The location must be dry, leveled, and away from any source of water
2. MAIN POWER cord must be easily accessible
3. Two adults are required for installation
4. Wood cabin installation order: Floor Panel ►Rear Panel ►Right Side Panel ►Left Side Panel ► Front Panel ►Roof Panel ►Floor Emitter ►Bench Emitter Panel ►Bench ►Roof Cover
5. Tools Required: Philips Screwdriver and Ladder

### B. Installing the FLOOR PANEL

1. Place the FLOOR PANEL on the floor. **Some models have wood braces that must be installed on the underside of the FLOOR PANEL.** Please check to see if such wood braces were packed in the box containing the FLOOR PANEL. If so, mount according to the designated labels located on the underside of the FLOOR PANEL. If there are no labels present on the underside of the floor panel, then disregard mounting any wood braces as your model does not have any. Once installed, turn the FLOOR PANEL right side up. Make sure the front and rear of the FLOOR PANEL are longer than the sides. (see Panel Descriptions)

### C. Installing the REAR PANEL and SIDE PANELS

1. Remove the protection paper (tape) from the buckles. Place the REAR PANEL into the recessed area on the FLOOR PANEL. The bottom of the wall panels will rest on and up against the outer raised edge of the FLOOR PANEL. Next, attach the REAR PANEL to the SIDE PANELS and buckle them together. (see figure 10)

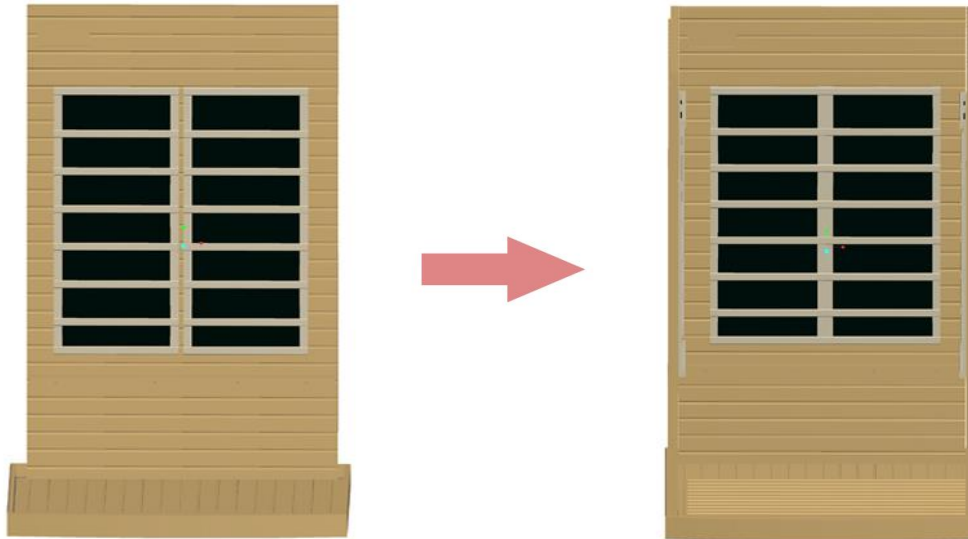


Figure 10

### D. Installing the FRONT PANEL

1. Place the FRONT PANEL onto the recessed area on the FLOOR PANEL. The RIGHT SIDE PANEL and LEFT SIDE PANEL will need to be raised slightly, inserted into the FRONT PANEL, and then pull downward. This can be done one side at a time with two adults, one on the right side and the other on the left side of the sauna room. (see figure 11)

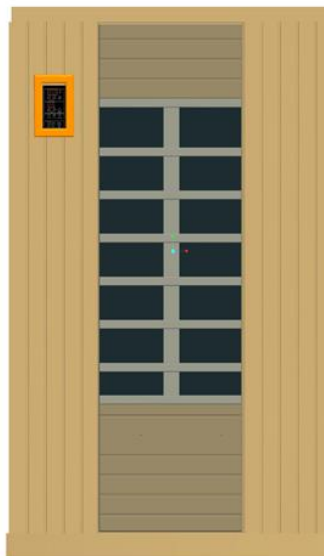


Figure 11

## E. Installing the ROOF PANEL

1. The side with the power supply faces up.
2. The edge nearest the power supply is the front of the ROOF PANEL. Be careful of the cords/wires coming from the FRONT PANEL, REAR PANEL, and SIDE PANELS when you set the ROOF PANEL down onto the wall panels. Feed the cords/wires through the holes in the ROOF PANEL.
3. Be careful not to force the ROOF PANEL into place. Make sure that the cords/wires are properly fed through the holes. (see figure 12)
4. When all the wires are fed through their appropriate holes, lower the ROOF PANEL into place.
5. **Optional:** The four screws taped to the four sides of the ROOF PANEL are used to mount the ROOF PANEL to each of the wall panels.
6. Insert the (2) screws that mount the front wall panel to the roof and floor panels. (see figure 12a)

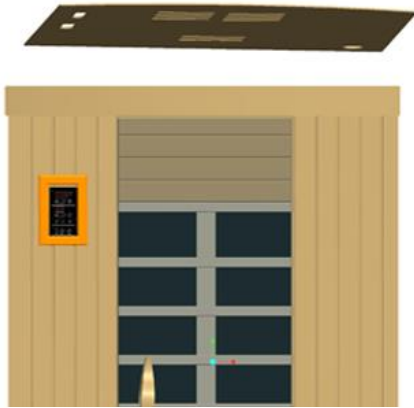


Figure 12



Figure 12a

Inside View at the Ceiling



Inside View at the Floor



## F. Connecting the plugs on the ROOF PANEL

1. Connect the plugs according to the respective labels. (see figure 13 – 15)
2. Connect the CTRL plug from the power supply to the CTRL plug from the control panel. Then screw together.
3. Connect the buzzer connection. (see figure 16)



Figure 13



Figure 14

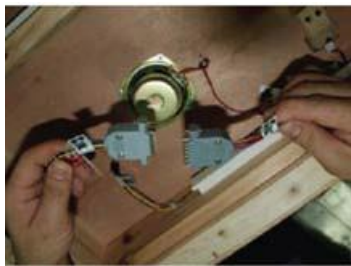


Figure 15



Figure 16

## G. Installing the FLOOR EMITTER PANEL

1. Place the FLOOR EMITTER onto the floor as seen in the Figure below. The heater cord can be connected into the REAR WALL. It is optional if you would like to mount the FLOOR EMITTER PANEL to the floor using the provided screws. (see figure 17)



Figure 17

## H. Installing the BENCH EMITTER PANEL and BENCH

1. Slide down the BENCH EMITTER PANEL by lining up its sides with the vertical guides on each side panel. The emitter grid will face outward. Push the BENCH EMITTER PANEL all the way down until it is touching the FLOOR PANEL and is secured in place. The FLOOR EMITTER cord will fit through the notch on the bottom of the BENCH EMITTER PANEL.
2. Plug in the BENCH EMITTER connector into the REAR PANEL. (see figure 18)
3. Install the BENCH by sliding it over the horizontal bench guides on the side panels. Push the BENCH all the way in until it touches the REAR PANEL and is secured in place. Make sure to Install the BENCH with the smooth and finished side facing up. It is optional if you would like to mount the bench using the provided screws.



Figure 18

## I. Installing the TEMPERATURE SENSOR

1. Enter the sauna and remove the protective covering from the TEMPERATURE SENSOR. Situate the TEMPERATURE SENSOR so that it is vertical, pointing downward. (see figure 19)

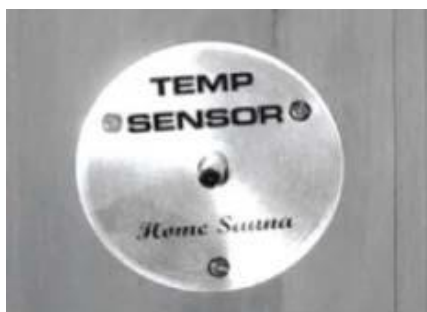


Figure 19

**Note:** Some sauna models are shipped with a spare TEMPERATURE SENSOR in case the TEMPERATURE SENSOR is damaged in transit. The manufacturer decides this according to sauna models and packaging.



#### J. Installing the Radio (optional)

1. Remove the two screws from the top of the CD player and discard. Put in the CD/radio from the outside. (see figure 20 and 21)
2. Attach the bracket using the screw provided. (see figure 22)
3. Plug in the CD/radio power. (see figure 23)
4. Attach the L/speaker and R/speaker connections.
5. Plug in the CD/radio antenna connector.



Figure 20



Figure 21



Figure 22



Figure 23

#### K. Assembling the RADIO BOX (optional)

1. Locate the wood sides for the CD/Radio housing. There is one for the front, side, and bottom. (see figure 24)
2. Attach "A" on side panel with "A" on bottom panel and insert screws. (see figure 25)
3. Attach "B" on front with "B" on side panel and "C" on front panel with "C" on bottom panel and insert screws. (see figure 26)
4. Screw the RADIO BOX to the FRONT PANEL. The back opening on the RADIO BOX will face the FRONT PANEL.

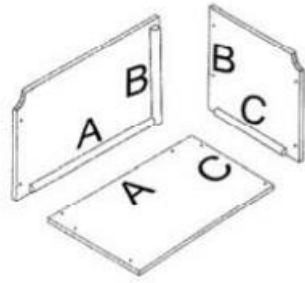


Figure 24

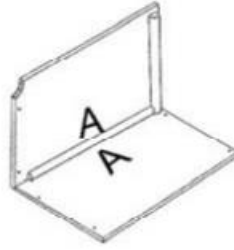


Figure 25

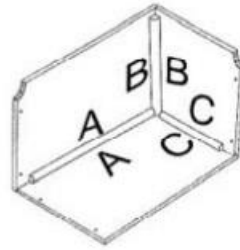


Figure 26

#### L. Putting on the ROOF COVER

1. Place the ROOF COVER over the top of the sauna. Be careful when pulling the power cord through the hole in the roof cover. Gently place the ROOF COVER onto the ROOF PANEL. When the edges are aligned, screw the ROOF COVER to the roof panel. (see figure 27)



Figure 27

#### M. Optional Accessories

1. If your sauna comes with the optional MP3 shelf, magazine rack, cup holder shelf, or towel rack, use the provided screws and mount according to designated labeled locations. The optional backrest can lean directly up against the heat emitter panels. (see figures 28 - 32)



Figure 28 (MP3 Shelf)



Figure 29 (Magazine Rack)



Figure 30 (Cup Holder Shelf)

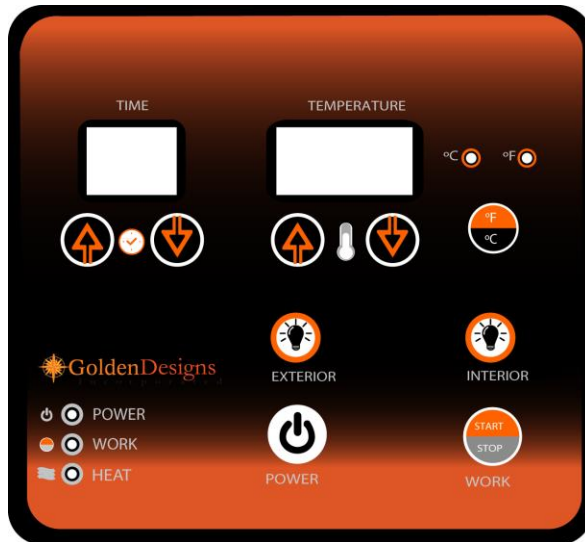


Figure 31 (Towel Rack)



Figure 32 (Backrest)

## STANDARD CONTROL PANELS



**Power On/Off:** Press to control the main power of the sauna

**Indicator:** Indicates the status of the sauna's main power - "POWER", "WORK", & "HEAT"

**Start/Stop:** Press to control the working functions of the sauna

**Indicator:** Indicate the working status of the sauna

**Heat Indicator:** Indicate the status of heating function

**Light:** Press to control the lighting function

**Time Display:** Display the heating time of the sauna in minutes

**Time:** Press to adjust the setting of the timer


**Temperature Display:** Display the actual interior temperature of the sauna room in C/F


**Temperature:** Press to adjust the temperature setting


**C/F:** Press to change the temperature display between C/F

## UPGRADED CONTROL PANEL (Optional Upgrade On Some Models)





**Power On/Off** : Press to control the main power of the sauna


**Indicator** : Indicates the working status of the sauna


**Start/Stop** : Press to start/stop the working functions of the sauna


**Temp Indicator** : Press to select the temperature adjustment mode

**Time Indicator** : Press to select the time adjustment mode

**Exterior Light** : Press to control the exterior lighting

**Interior Light** : Press to control the interior lighting

**Time & Temperature Display** : Displays the heating time and temperature of the sauna / Press the arrows to adjust the heating time and temperature


**C/F** : Press to change the temperature display between Celsius and Fahrenheit

## Operating the Sauna

**NOTE:** Before the sauna is turned on, remove plastic protective covering from the CONTROL PANELS. Please check and confirm that the connections to the POWER SUPPLY, HEAT EMITTERS, CD/RADIO, and TEMPERATURE SENSOR are connected properly. The power supply voltage and frequency must match the requested voltage and frequency of the sauna (120VAC 15AMP Dedicated Circuit or 120VAC 20AMP Dedicated Circuit).

Since many materials absorb the infrared rays, minimal clothing is recommended for maximum effect. The infrared sauna emitters are designed to heat you and not necessarily the air inside the sauna. It is not a hot box like a traditional sauna. The temperature gauge is a guide for your safety. It is recommended that you drink water before, during, and after sauna use to prevent dehydration since body fluids will be lost through perspiration. It is not recommended to shower after use since the pores in your skin will be open and could possibly absorb anything in the water.

1. Plug the sauna into the outlet receptacle.
2. Press the POWER button once. The POWER light will come on, the TIME DISPLAY will show the last time setting (60 minutes for example), the TEMPERATURE DISPLAY will show the last temperature setting (120 degrees Fahrenheit for example), and the control panel will flash. Press the "START"/"WORK" button to let the sauna room begin heating.
3. **Standard Control Panel:** Press the up/down arrows under the TIME DISPLAY to adjust the amount of time you want the sauna to remain on. Press the up/down arrows under the TEMPERATURE DISPLAY to adjust the temperature setting. Once you have set these adjustments to the desired settings, press the "START"/"WORK" button. If you don't press the button for 5 seconds, the control panel will stop flashing and the set-up values will be memorized. The "POWER", "WORK" and "HEAT" lights will now be on and the emitters will now be generating heat. If you adjust the "TIME" or "TEMP" during your sauna session, you will need to press the "START"/"WORK" button twice for the heaters to again generate heat. Press the C/F button to choose between Celsius and Fahrenheit. You will need to pre-heat the sauna room to the set temperature before entering. Please keep in mind that you will increase the time it takes for the sauna room to reach the set temperature if you enter the sauna room before it has reached the set temperature.

**Upgraded Control Panel:** Press the "Time" button and this will allow you to adjust the set time upward or downward by pressing the up/down arrows. Press the "TEMP" button and this will allow you to adjust the set temperature upward or downward by pressing the up/down arrows. Once you have set these adjustments to the desired settings, press the "START"/"WORK" button. If you don't press the button for 5 seconds, the control panel will stop flashing and the set-up values will be memorized. The WORK indicator (  ) will now be on and the emitters will now be generating heat. If you adjust the "TIME" or "TEMP" during your sauna session, you will need to press the "START"/"WORK" button twice for the heaters to again generate heat. Press the C/F button to choose between Celsius and Fahrenheit. You will need to pre-heat the sauna room to the set temperature before entering. Please keep in mind that you will increase the time it takes for the sauna room to reach the set temperature if you enter the sauna room before it has reached the set temperature.

4. During your sauna session, set-up time will count down the minutes one by one. When the time remaining is 5 minutes, the buzzer will make a warning sound for approximately 15 seconds letting you know you only have 5 minutes remaining. At this point, you can let the time run out or adjust the time by pressing the up/down arrows under the TIME DISPLAY. If you do choose to adjust the time, the control panel will flash and the emitters will stop generating heat. Once you

set the time to the desired setting, then press the START/WORK button twice and the control panel will stop flashing and heat will began coming from the emitters once again.

5. Heating times do vary. Generally, it will take approximately twenty to thirty minutes to preheat the sauna to approximately 115 degrees Fahrenheit/46 degrees Celsius. When the ambient temperature is low, heating requires additional time. For the first few times of use, you may use 115 degrees Fahrenheit/46 degrees Celsius as a reference starting point for a time period of about 15-30 minutes (this represents the actual time you are in the sauna at the desired temperature). As you become more comfortable and familiar with the sauna, you can increase the temperature and time period according to personal preference.
6. When the temperature is at the set-up value, the temperature sensor will allow the sauna room to maintain the set temperature. The WORK indicator light will remain on and the HEAT light will turn off. The emitters will stop generating heat. Once the inside temperature drops approximately 4 degrees Fahrenheit, the HEAT light will turn back on and heat will again be generated by the emitters. With the temperature sensor, the inside temperature will always remain around the set-up value.
7. Reading lamps and/or roof lamps and/or color therapy lamps are operated by pressing the respective buttons located towards the center of the control panel. These lamps are offered on some models and are not available on all models.
8. **Chromotherapy/Color Therapy Lighting (optional)** can be operated as follows. First, you will need to install the battery. Once the battery has been inserted into the remote, you are ready to operate the chromotherapy/color therapy lighting system. Press the "READING LIGHT"/"INTERIOR" button on the sauna control panel. The white light will come on. While pointing the remote at the ceiling light, you can press any of the colors on the remote and that color will be displayed. You can use the SHADE button on the remote to go through a sequence of colors. If you want to turn the light off during your sauna session, you can press the POWER button on the remote. **Please note: The Control Panel overrides the remote and you must be inside the sauna room for the remote to work.**



9. To operate the radio, press the power button to turn on the CD/RADIO player. Press the band to choose between the FM/AM frequency on the radio. You must place the radio antenna above the roof cover to receive a radio station signal. To use the CD function, insert the CD disk into the top (into the CD slot) of the radio. If the CD player does not work, make sure the set screws on the top of the CD/RADIO player have been removed. For more detailed instructions, please see the CD/radio owner's manual.

## Tips for using Your Sauna

- 1) If you take a hot/warm shower or bath before using your sauna, you may perspire more and experience more comfort.
- 2) Drink water prior to, during, and after your sauna session to replenish body fluids.
- 3) To regulate the set temperature inside the sauna to your comfort level, use the movable roof ventilation or leave the door open slightly. The roof ventilation is installed on the sauna and used based on personal preference.
- 4) Use 2 or 3 towels during your sauna session. Fold one of the towels several times and place it on the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench. Place another towel on the floor to absorb perspiration as it falls from your body (only on Ceramic Model Saunas). Be sure not to place any towels over the floor heat emitters. Use a third towel to wipe perspiration from your body from time to time.
- 5) At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of viruses.
- 6) To help relieve sore and tense muscles, massage the affected areas during your sauna session.
- 7) To treat your ankles and feet more effectively, you can elevate them and move them close to one of the heat emitters to achieve a deep heating effect.
- 8) To utilize the sauna's heat therapy effect, put oil or treatment into your hair and wrap it with a towel. After your sauna session is over, rinse your hair thoroughly. Please follow the product directions for the intended benefits.
- 9) The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
- 10) To conserve energy consumption, please unplug your sauna when not in use.
- 11) After the sauna session is over, do not jump into the shower or bath immediately. Because your body was heated up during the sauna session, it will continue to perspire even after the heat emitters are off. Sit in the sauna with the door open slightly and let your body cool down. Once your body has cooled down and you feel comfortable, you can exit the sauna. After about twenty minutes and when your body has completely cooled down, you can take a shower to rinse the perspiration off your body.

## Safety Instructions

- 1.) Read and follow all instructions carefully before using the sauna.
- 2.) When installing and using the electrical equipment, safety precautions should always be followed.
- 3.) To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times by an adult.
- 4.) Do not use the sauna immediately following strenuous exercises. Wait at least 30 minutes to allow the body to cool down completely.
- 5.) Pregnant or possibly pregnant women should contact their physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during pregnancy.
- 6.) **Hyperthermia Danger:** the normal body temperature can't rise above 39°C (103°F). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, physical inability to exit sauna, unawareness of impending hazard, unconsciousness and fetal damage in pregnant women. Hyperthermia could make your body's core temperature rise. Setting desired temperature to an excessively high temperature is not recommended.
- 7.) The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness and/or other harmful physical injuries .
- 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 medications should consult a physician before using the sauna. Some medications may induce drowsiness while others may affect the heart rate, blood pressure, and/or blood circulation.
- 10) Exercise care before and after sauna use.
- 11) Never sleep inside the sauna.
- 12) Do not use any type of cleaning agents on the interior of the sauna. Only wipe down with a cloth and water.
- 13) Do not stack or store any object on top or inside the sauna.
- 14) If the power supply cord becomes damaged, it must be replaced immediately by the manufacturer or its agent. If you find the power cord is too hot or that the electrical equipment may be experiencing technical problems, please contact the manufacturer or its agent immediately to avoid hazardous conditions.
- 15) Do not use the sauna during an electrical storm to avoid risk of shock.
- 16) Do not continuously switch the power on and off as it will compromise the life of the electrical components.
- 17) Your hands must be dry and free of moisture before plugging and unplugging cords and wiring harnesses from the power supply and circuit boards. Never operate the sauna with wet hands or wet feet to avoid risk of electric shock. Never touch the metal prongs of the plug.
- 18) Do not attempt to make any repairs yourself. If a problem occurs with the sauna, please contact seller, distributor, or the manufacturer to avoid safety risks. Unauthorized repair attempts will void manufacturer's warranty.
- 19) Please make sure the outlet power supply meets the specifications required. Failure to meet the requirements may cause safety risks.
- 20) Some sauna models are equipped with reading and roof lamps. Because the lamp temperature will become very hot once powered on, do not attempt to touch the lamp to avoid being burned. Do not attempt to touch it for at least 20 minutes after it has been powered off.
- 21) Do not pour water or any other liquids on the infrared emitters. Do not bump, hit, or break the heating elements as it may cause an electrical short and pose a safety risk.
- 22) Do not make any modifications to the sauna, the sauna structure, or the sauna components.
- 23) Prior to each sauna session, the sauna room is to be inspected for correct operation. If for any reason your sauna room does not seem to be operating properly, discontinue use and contact the manufacturer.

## **Safeguards For Your Sauna**

1. Do not install the sauna near water, near a bathtub, near a shower, in a wet basement, or near a swimming pool.
2. Do not use liquid cleaners or aerosol cleansers inside the sauna. Unplug the sauna from the wall outlet before cleaning. Use plain water and a soft cloth for cleaning.
3. The power supply cord should be routed so that it is not walked on or pinched by any object that may be placed against it. It is recommended to use a heavy duty surge protector or unplug the sauna room when not in use. This will protect the sauna room against uncontrollable power surges.
4. When replacement parts are required, be sure they meet the specified requirements of the manufacturer. Unauthorized substitutes may result in fire, electric shock, or other hazardous conditions. After any repairs, please ask the service technician to perform safety checks to determine that your sauna is working properly.
5. Do not use any wall receptacle adapter or extension cord between the sauna cord and wall receptacle.

# Troubleshooting Guide

## 1. No Heat Coming From Some Of The Heat Emitters

**Solution:** Check to make sure all the heat emitter cords are properly connected, including the cord to the heat emitter underneath the bench (if applicable). Go to the roof, and also check that the heat emitter cords are properly connected to the cords on the roof and that those cords are properly plugged into the power supply.

**Solution:** If some of the heat emitters are working, then the ones which are not working may have been damaged. Do not continue to operate. Contact the manufacturer for replacement parts.

**Solution:** If the heat emitters are not working but the control panel displays the time and temperature, then the temperature sensor may not be plugged in properly or it may be damaged. Turn the control panel off and then go to the roof of the sauna and locate the red and black wires near the air vent towards the rear of the sauna. After you have located the red and black wires labeled “TEMP SENSOR”, disconnect them. Connect the spare temperature sensor. For testing purposes, insert the “TEMP SENSOR” (you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button. If the heat emitters now have heat, then the “TEMP SENSOR” was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

## 2. Control Panel Malfunctioning

**Solution:** The control panel will turn on , but not off and the displayed numbers flash. The issue may be a connection problem. Go up to the roof and locate the “CTRL” wire harness you connected when the roof was installed onto the sauna room. Disconnect the “CTRL” wire harness, check the pins to make sure they are straight and not bent, and firmly reconnect the “CTRL” wire harness. Attempt to turn the sauna on at the control panel and check to see if the buttons are now responding. Contact the manufacturer for any additional troubleshooting.

**Solution:** The control panel will not turn off, the power/work/or heat lights do not come on, or the temperature and timer buttons do not work means the control panel may have been damaged and will need to be replaced. Contact the manufacturer for additional troubleshooting.

## 3. Sauna Shows Signs Of No Power

**Solution:** There could be one of a few problems causing this. First, check to see if the cord from the power supply is plugged into the wall outlet. Also check your main circuit breaker to confirm that it has not tripped. Check the power supply on the roof of the sauna to make sure there are no signs of malfunctioning, such as a high temperature, burning odor, or strange sounds. Also, check to make sure none of the power cords are damaged. If the power supply is malfunctioning or power cords are damaged, then unplug the sauna immediately and contact the manufacturer.

**Solution:** If your sauna is plugged in and you have no power at the control panel, then the power supply may need to be reset. Go to the roof of the sauna and locate the power supply. Press the RESET button to reset the power supply. The RESET button is on the same side of the power supply as all the heater cord connections. Attempt to turn the sauna on at the control panel. Contact the manufacturer for any additional troubleshooting.

**Solution:** There could be damage to the temperature sensor. If your sauna arrived with a spare temperature sensor, turn the control panel off and go to the roof of the sauna and locate the red and black wire near the air vent towards the rear of the sauna. After you have located the red and black wires labeled “TEMP SENSOR”, disconnect them. Connect the spare temperature sensor. For testing purposes, insert the “TEMP SENSOR”

(you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button. If the heat emitters now heat, then the temperature sensor was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

**Solution:** Check the wiring harnesses coming from the power supply located on the roof of the sauna. Make sure the wiring harness labeled "CTRL" is connected to the power supply at one end and connected to another wiring harness labeled "CTRL" at the other end. If this wiring harness is not properly connected, then the sauna will show signs of having no power.

#### 4. CD Player Will Not Work

**Solution:** Check to make sure the lock screws on top of the radio have been removed. The CD player will not work if the screws are not removed.

## Limited Lifetime Warranty

**\*Limited Lifetime Warranty:** Golden Designs, Inc. warrants the heating elements and electronics against defects in material and workmanship for the life of the product from the original date of purchase. **This sauna is for INDOOR use only. Placing your sauna outdoors will VOID this warranty. Any damage due to exposure to outdoor elements such as rain, snow, sun, wind or extreme temperatures will not be covered by this warranty. Any damages as a result of modifications made to the sauna or its components will void this warranty.**

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### Extent of Warranty

This limited warranty applies to products manufactured or distributed by Golden Designs, Inc. under the Dynamic brand name, delivered in the continental United States or Canada and extends to the original purchaser at the original site of installation only. This warranty becomes valid at time of purchase and terminates either by specified time frame listed above, owner transfer, or relocation. **Your sales receipt showing the date of purchase of the product is your proof of purchase.**

### Manufacturer Warranty

All Golden Designs, Inc. products are manufactured with the highest quality appliances and are warranted to be free from defects in material and workmanship at the time of delivery. The appliance warranty is extended through the manufacturer for the product including, but not limited to: stereos, CD/DVD players, etc. All exchanged parts and products replaced under this warranty will become the property of Golden Designs, Inc. Golden Designs, Inc. reserves the right to change manufacturers of any part to cover any existing warranty. Any parts determined to be defective must be returned to Golden Designs, Inc. to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with the transportation of the parts. In addition you are responsible for insuring any parts shipped or returned. You must present Golden Designs, Inc. with proof of purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to **VOID** this limited warranty. Products on which the serial number has been defaced or removed is not eligible for warranty service.

### Warranty Limitations

This warranty does not apply if the unit has been subject to negligence, alteration, modification, misuse, abuse, repairs by non-Golden Designs, Inc. authorized personnel, inappropriate installations, or any case beyond the control of Golden Designs, Inc. invalidating this warranty including but are not limited to:

- Use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications
- Normal wear and tear or weathering
- Use of product not in accordance with instructions

**Surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all woods. This includes minor cracks due to wood expansion and contraction. Note: Since the wood used in construction has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment.**

### Disclaimers

Golden Designs, Inc. shall not be liable for loss of use of sauna or other Golden Designs, Inc. products or other secondary or incidental or consequential costs, expense or damages - which may include the removal of permanent deck or other custom fixtures or the necessity for crane removal - arising directly or indirectly out of the use or inability to use the product. Any implied warranty shall have duration equal of the applicable warranty stated above. Under no circumstances shall Golden Designs, Inc. or any of its representatives be held liable for injury to any person or damage to any property, however arising. Specifications are subject to change without notice or obligation.

### Legal Remedies

This limited warranty gives you specific legal rights. You may have other rights, which may vary from state to state.

### Customer Service

For customer service, contact your authorized dealer. If you need additional information or assistance, please email Golden Designs, Inc. At [info@goldendesignsinc.com](mailto:info@goldendesignsinc.com) or call (909) 212-5555.

\*Limited Lifetime Warranty of Sauna Products is 7 years on heating elements and electronics from the date of purchase. The wood structure has a 3 year limited warranty and the radio has a 1 year limited warranty.

**WARRANTY CARD**

Congratulations on your purchase of an Infrared Sauna from Golden Designs, Inc. Please take the time to complete the following Warranty Card and mail it back to:

**Golden Designs, Inc.  
1920 Proforma Ave.  
Ontario, CA 91761**

Please include a copy of your sales receipt showing date of purchase as this will serve as proof of purchase.

**Warranty will be VOID if the following warranty card is not mailed back within 60 days of purchase date along with proof of purchase.**

**\*\*Serial number (S/N) is located on the sauna’s front panel, rear panel, or on the carton.\*\***

DETACH HERE



**WARRANTY CARD**

All fields must be completed to validate the warranty.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Purchase From: \_\_\_\_\_

Serial Number: \_\_\_\_\_