



**DYN/GDI-6198-01**

**1 Person Sauna**



# **OWNER'S MANUAL**

**FOR CARBON MODEL SAUNAS**

**FOR INDOOR USE ONLY**

**120VAC 15 AMP 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\***

**DYN-6198-01**

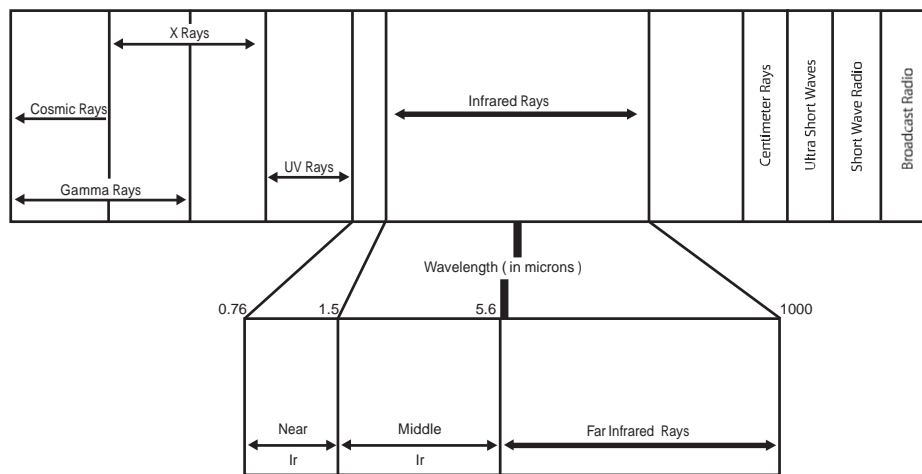


\*The above assembly diagrams are for quick reference visual guides only. All sauna models are not shown. Parts and accessories may vary.

## 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.



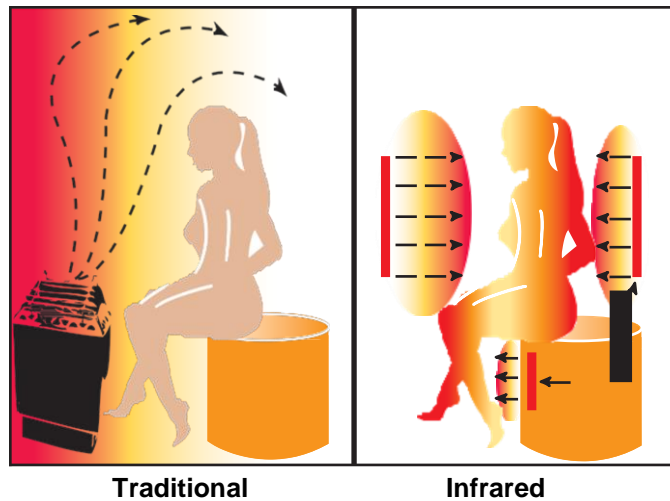
## ARE INFRARED RAYS SAFE?

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**.

## 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 conversion, 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.**

## TABLE OF CONTENTS

Product Introduction	4
Dimensional Diagram	5
Assembly Instructions	9
Operating the Sauna	14
Tips for Using Your Sauna	14
Safety Instructions	15
Safeguards for Your Sauna	16
Troubleshooting Guide	16
Warranty	18
Warranty Card	19

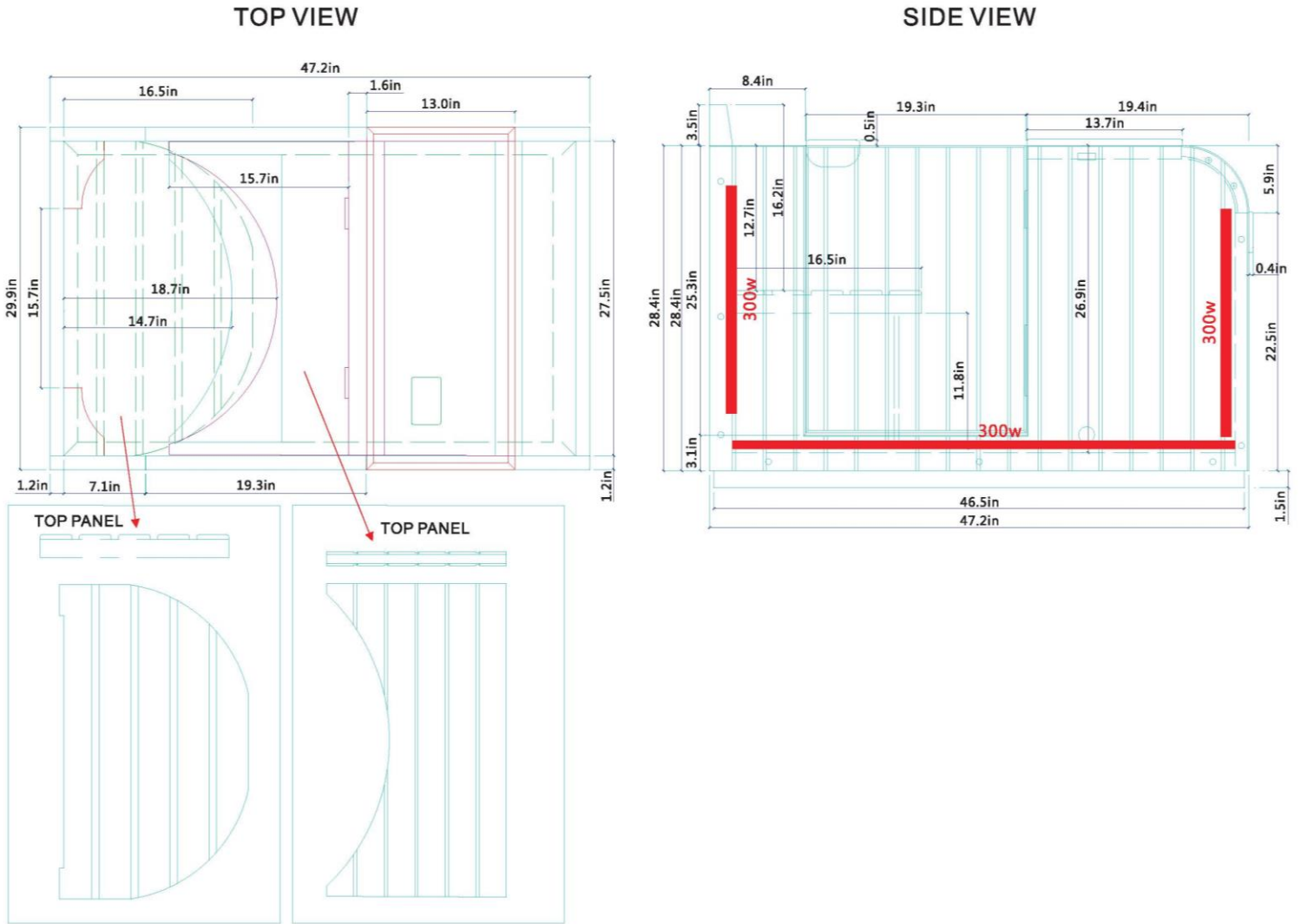
**WARNING: Visually inspect all heaters before assembly to make sure they are not damaged. Any excessive vibrations during transport could cause damage to the heating elements. DO NOT START the sauna if damage is detected! Contact your dealer or manufacturer for troubleshooting and replacement parts.**

### **1. Product Introduction**

The infrared sauna room is composed of a wood cabin, infrared heat emitters, and a control system. The wood cabin essentially includes a FLOOR PANEL, REAR PANEL, FRONT PANEL, and SIDE PANELS.

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

# DIMENSIONAL DIAGRAM



**Figure 1**

**Screw Types:** 6 pieces  
1" Wood Screws (3.5mm x 25mm)



38 pieces  
1.57" Machine Screws (6mm x 40mm)



8 pieces  
1.57" Wood Screws (4mm x 40mm)



2 pieces  
2" Wood Screws (5mm x 50mm)



## I. Temperature Controller

The TEMPERATURE CONTROLLER controls the operation of the sauna. You can adjust the temperature and timer on the sauna at the TEMPERATURE CONTROLLER. (see figure 2)



Figure 2

**POWER BUTTON**  
**SET BUTTON**  
**ARROW BUTTONS**

Turns the Temperature Controller “ON” and “OFF”  
Allows you to set the temperature and timer  
Allows you to adjust the temperature and timer

## II. Screws and 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 the wood grade protection cover over the floor heater. The rear and front of the floor panel have connections (see arrows below) to be connected once the front and rear panels are installed. (see figure 3)

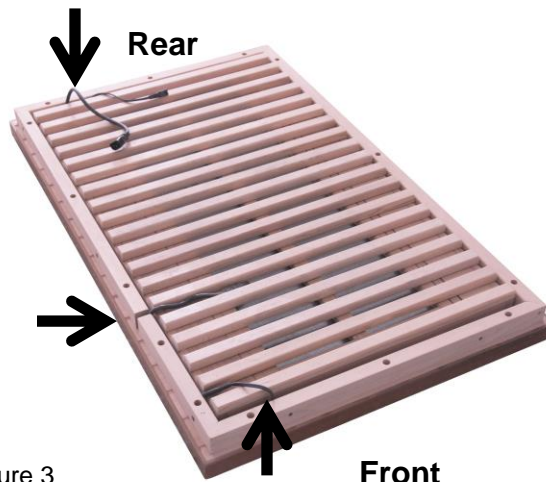


Figure 3



**B. Rear Panel**

There will be a heater on the rear panel interior. The wood grade protective cover is where your back will rest up against once the sauna is completely assembled. (see figure 4)



Figure 4

**C. Front Panel**

The front panel will also have a heater on the interior side. The exterior part of the front panel will have a horizontal wood trim that is darker than the rest of the front panel. (see figure 5)



Figure 5

#### D. Side Panels

1. You will find that both side panels have doors. The natural finish side will be the interior side. (see figure 6)



Figure 6

2. You will find that the TOP PANEL has an adjustable sliding lid. Once you are seated in the sauna, you can adjust this adjustable sliding lid to your comfort. (see figure 6a)



Figure 6a

## Assembly Instructions

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

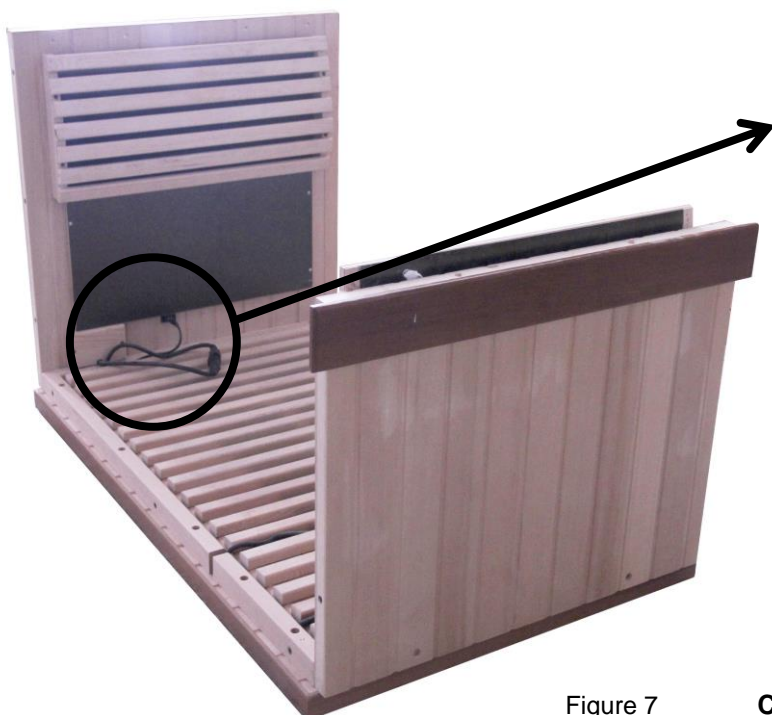
1. The location must be dry, leveled, and away from any source of water
2. MAIN POWER cord must be easily accessible
3. One adult is required for installation
4. Wood cabin installation order: Floor Panel ► Rear Panel ► Front Panel ► Left Side Panel ► Front Upper Panel ► Right Side Panel ► Top Panel
5. Tools Required: Philips Screwdriver

### B. Installing the FLOOR PANEL

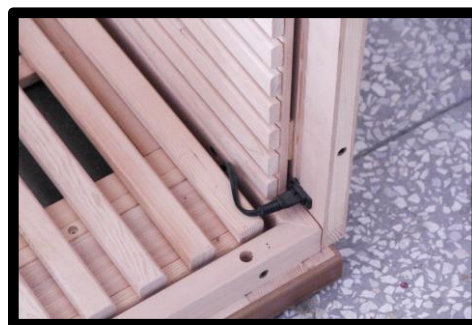
1. Place the FLOOR PANEL on the floor. Make sure the front side of the FLOOR PANEL is facing the correct direction. (see Panel Descriptions)

### C. Installing the REAR PANEL and FRONT PANEL

1. Place the REAR PANEL up against and onto the FLOOR PANEL. Align the holes and use the 1.57" machine screws to screw the REAR PANEL to the FLOOR PANEL. Do the same with the FRONT PANEL. Next, connect the cords from the FLOOR PANEL to the REAR PANEL and the cord from the FLOOR PANEL to the FRONT PANEL. (see figure 7)



Cord From FLOOR PANEL to REAR PANEL



Cord From FLOOR PANEL to FRONT PANEL

Figure 7

#### D. Installing LEFT SIDE PANEL, FRONT UPPER PANEL, and RIGHT PANEL

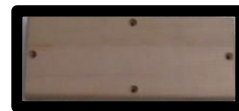
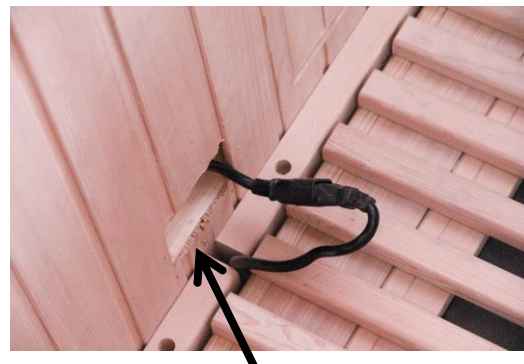
1. Place the LEFT SIDE PANEL up against and onto the FLOOR PANEL. Align the holes and use the 1.5" machine screws to screw the LEFT SIDE PANEL to the REAR PANEL, FRONT PANEL, and FLOOR PANEL. Next, place the FRONT UPPER PANEL onto the FRONT PANEL and use the 1.57" machine screws to screw them together. Do the same with the RIGHT SIDE PANEL. You will need to connect the cord from the FLOOR PANEL to the LEFT PANEL and then use the 1" wood screws to screw the wood trim piece over it to hide the cord. (see figures 8 & 9)



Figure 8



Figure 9



### E. Installing the BENCH SUPPORTS

1. Locate the three BENCH SUPPORTS as seen in Figure 13.
2. Proceed with screwing in the three BENCH SUPPORTS together using the 1.57" wood screws.



Figure 13

3. Next, you are now ready to install the BENCH SUPPORTS into the sauna cabinet. Use the 1.57" wood screws to mount the BENCH SUPPORTS to the LEFT PANEL and RIGHT PANEL. (see figure 14)



Figure 14

4. The BENCH can now be installed by sliding it onto the BENCH SUPPORTS and screwing it down to the BENCH SUPPORTS using the 2" wood screws. (see figure 15)



Figure 15

#### F. Installing the TOP PANEL

1. You are now ready to install the TOP PANEL. Lay the right side down onto the RIGHT PANEL and gradually lay down the left side of the TOP PANEL onto the LEFT PANEL. Then use the 1.57" machine screws to screw the TOP PANEL down. (see figure 10 - 11)



Figure 10



Figure 11

2. ***Please Note:*** When you remove the TOP PANEL from the box, the two buckles will be fastened. Once the TOP PANEL is installed, the two buckles will need to be unfastened. They are fastened for transporting purposes only. Also, be sure to connect the cord from the LEFT PANEL to the TOP PANEL. Then tuck the cord into the LEFT PANEL and use the 1" screws to screw the wood trim piece over it to hide the cord. (see figure 12)

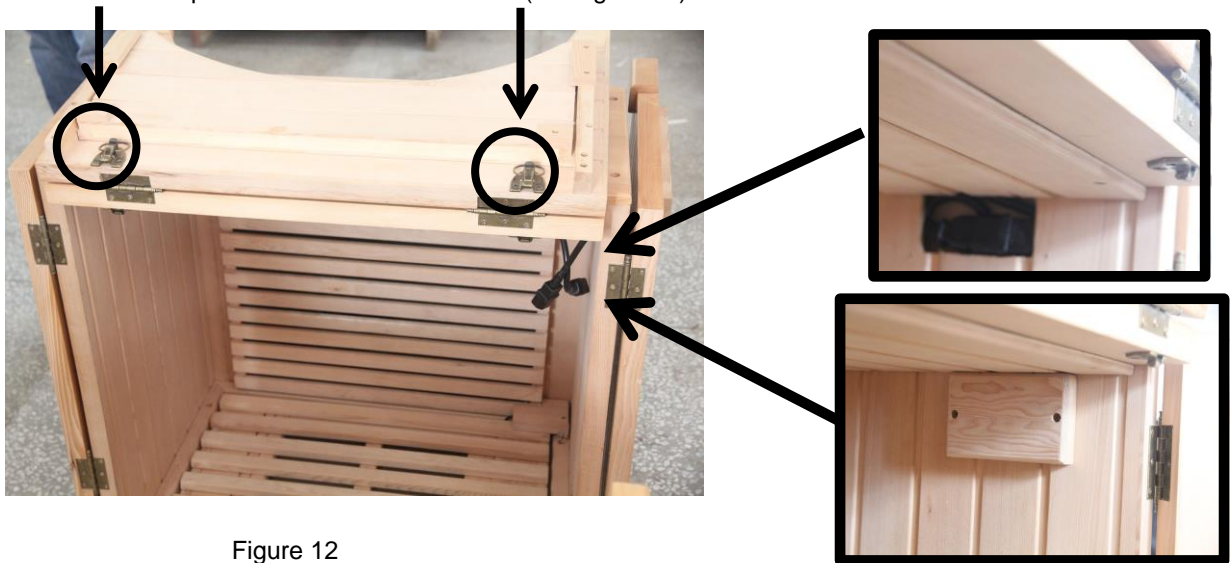


Figure 12

#### G. Installing the CORNER BRACES and NECK SUPPORT

1. Proceed in screwing in the CORNER BRACES and NECK SUPPORT using the 1.57" machine screws (see figures 16 & 17)



Figure 16



Figure 17

# INSTALLATION IS NOW COMPLETE

## Operating the Sauna

- A. There are four buttons on the Temperature Controller: Power Button, Set Button, UP Button, and the Down Button.
1. **Power Button:** Turns the Temperature Controller “ON” and “OFF”. The default setting on the Temperature Controller will show the current ambient room temperature and the default timer will show 60 minutes. **Please NOTE: The maximum set value for the temperature is 65°C/150°F and the maximum set value for the timer is 60 minutes.**
  2. **Set Mode:** Allows you to set the temperature and timer.
    - a. In the “ON” mode on the Temperature Controller, you can set the temperature. By pressing the SET BUTTON once, you will be able to adjust the temperature by pressing the up and down arrows. If you press the up or down arrow for an extended amount of time, you will scroll through the values quickly. The default temperature is set to 40°C. The set range is from 18°C to 65°C.
    - b. In the “ON” mode on the Temperature Controller, you can set the timer. By pressing the SET BUTTON twice, you will be able to adjust the timer by pressing the up and down arrows. If you press the up or down arrow for an extended amount of time, you will scroll through the values quickly. The default timer is 60 minutes. The set range is from 00:00 minutes to 99:00 minutes.
    - c. By pressing the SET BUTTON again, you will have set the values for both the temperature and timer.
  3. **RT Mode:** Allows you to switch between Fahrenheit (F) and Celcius (C).
    - a. In the “ON” mode on the Temperature Controller, you can switch between Fahrenheit and Celcius. Press the set button twice and you should be in the **RT** mode. Once in the **RT** mode, you can press the C/F button to switch between the Fahrenheit and Celcius functions.

**Please Note: Preheat the sauna before using. The average preheat time is about 30 minutes. The average used temperature is about 48°C/118°F to 50°C/122°F and the average session is about 20 to 30 minutes.**

## 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) Use a towel during your sauna session. Fold the towel and lay it across the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench.
- 4) You can use 2 towels during your sauna session. Fold one towel and place it on the bench. This towel will absorb some of your perspiration while adding comfort as you sit on the bench. Use a second 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, you can massage the affected areas during your sauna session.
- 7) The peaceful and relaxed state rendered by a sauna session may help you to sleep easier and deeper.
- 8) To conserve energy consumption, please unplug your sauna when not in use or plug it into a surge protector.
- 9) 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 constantly 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 the 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) 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.
- 21) Do not make any modifications to the sauna, the sauna structure, or the sauna components.
- 22) 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.
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

### A. Auto power-off due to defective temperature sensor or bad wire connection:

1. When the temperature sensor is not connected securely with the Temperature Controller, the LCD screen will have no display and the electronic relay will have switched the Temperature Controller to the "OFF" mode. Please contact Customer Service for troubleshooting.

### B. When the Temperature Controller shows excessive temperatures outside of the maximum range, the sauna's over-temperature alarm will sound. The error codes will show:

1. When the temperature displays between 100°C and 109°C (which is outside the maximum range of 65°C), the Temperature Controller will show E0 to E5.
2. When the temperature displays between 110°C and 119°C (which is outside the maximum range of 65°C), the Temperature Controller will show H0 to H5.
3. When the temperature displays between 120°C and 129°C (which is outside the maximum range of 65°C), the Temperature Controller will show L0 to L5.
4. When the temperature displays over 130°C (which is outside the maximum range of 65°C), the Temperature Controller will show HH.H. You will see the high temperature indicator on the Temperature Controller as see in the figure below.



Indication of high temperature alert

**FOR ANY OF THE ABOVE SITUATIONS, YOU WILL NEED TO CONTACT CUSTOMER SERVICE.**

C. When the electronic relay is “ON” , the fan icon on the Temperature Controller will rotate. When the electronic relay is off, the fan icon will be idle. Please contact Customer Service for troubleshooting.

When the electronic relay is “ON” , the fan icon will be in a rotational state. This is normal.



When the electronic relay is “OFF” , the fan icon will be in an idle state. This is not normal. Contact Customer Services



**D. No Heat Coming From Some Of The Heat Emitters:**

1. Check to make sure all the heat emitter cords are properly connected.
2. 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.

**E. Temperature Controller Shows Signs Of No Power**

1. 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. Also, check to make sure the power cord is not damaged.

**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.

## Limited Lifetime Warranty

**5 Year Limited Warranty:** Golden Designs, Inc. warrants the wood, structure, heating elements, and electronics against defects in material and workmanship for a period of 1 to 5 years 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 manufactures 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 5 years on heating elements and electronics from the date of purchase. The radio and wood structure have 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: \_\_\_\_\_