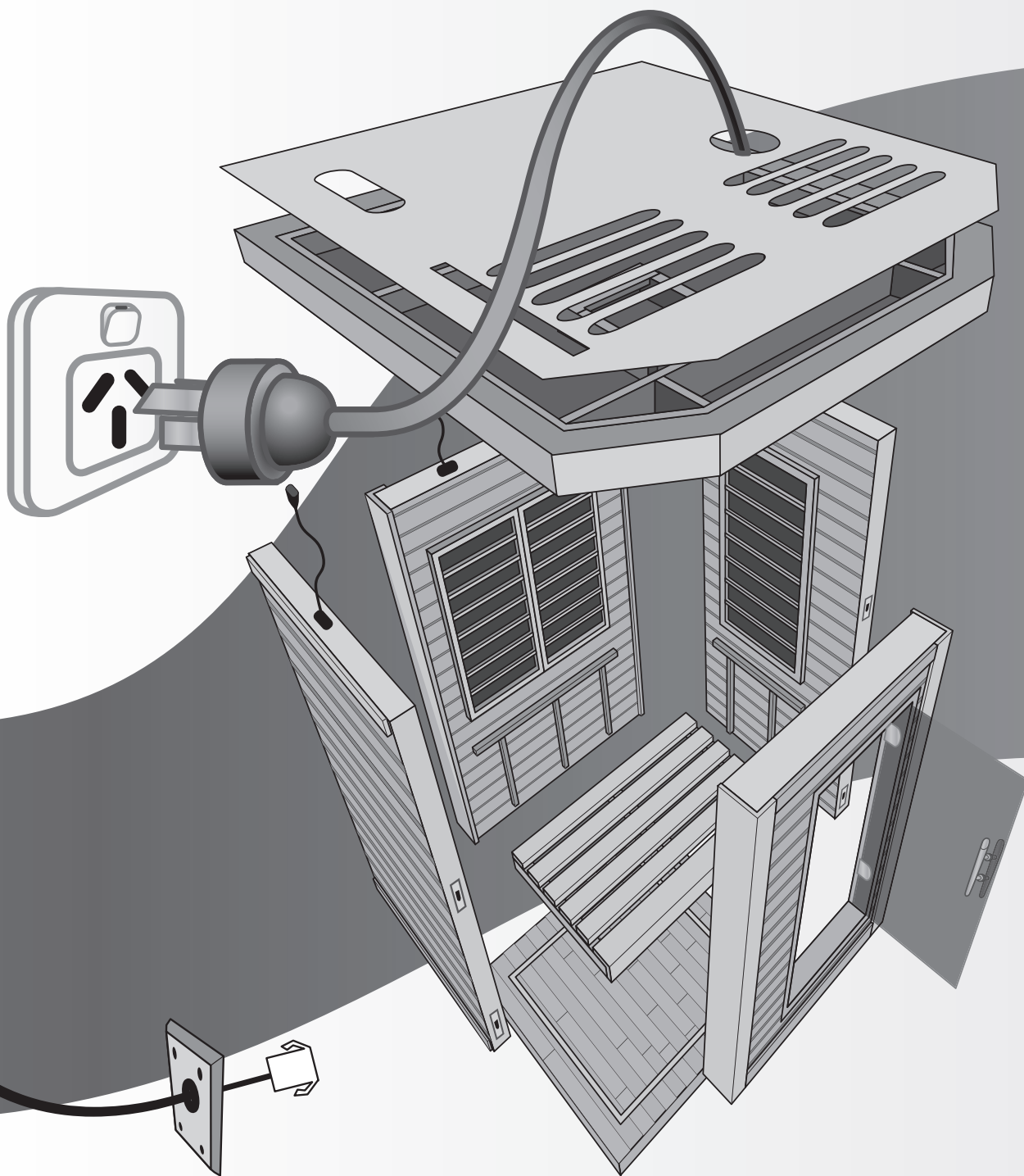


ihealth SAUNAS



Owner's Manual

WELCOME

Dear Customer,

Congratulations on your purchase and we thank you for investing in an iHealth™ Far Infrared Sauna. We are passionate about our product and the health and lifestyle benefits that you can now enjoy.

iHealth Saunas are designed and manufactured using only quality fittings and materials.

There are no toxic resins or glues, veneers, plywood or MDF in our sauna cabins.

Our iHealth Far Infrared Saunas are thoroughly tested before they leave our factory and it is comforting to know that our saunas are fully accredited to the latest and most demanding International Electrical Safety Standards IEC / AS / NZS 60335.1 and 60335.2.53.

You can be confident that your new iHealth Sauna will provide many years of reliable performance and enjoyment. We take great pride in our product and our customer service. We sincerely welcome your feedback - our customer testimonials are the foundation of our business. We look forward to hearing from you!

Please read this manual carefully and get to know your sauna. Our National Customer Service and Support network is ready to assist if you have any questions.

Please call us on **1800 455 089**

or email us at **ihoffice@ihealthsaunas.com**

or you can visit our website **www.ihealthsaunas.com.au**

Once again thank you for choosing an iHealth sauna.
Australia's Premium Far Infrared Sauna.

Best Regards,

iHealth Sauna Team



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Safety

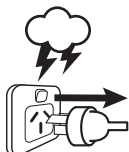
Please read all health and safety instructions.



1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge or experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should not be permitted to play in or with the appliance.
3. If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
4. Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.
5. Do Not Cover Infrared Emitters. Covering the infrared emitters causes fire risk.
6. Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
7. It is recommended that the infrared cabin should not be used within 24 hours after UV radiation exposure from artificial sources or sun-bathing.
8. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of infrared warming cabin.
9. When persistent erythema (reddening of the skin lasting more than a day) and net like colour changes persist after regular exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema abigne.
10. If you are a person with compromised heat pain sensation or under the influence of alcohol or tranquilizers you should not use infrared warming cabins.
11. The movable heater(s) should be used alone or keep them separated at each side. A minimum distance of 40mm between the movable heater surface and any other construction surface should always be kept. Never turn over the movable heater to heat up the floor.
12. Infants, pregnant women and elderly people suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna.
13. When installing and using the sauna, basic safety precautions should always be followed.
14. Persons using medications should consult their health care professional before using the sauna.
15. Never sleep inside the sauna while the unit is in operation.
16. DO NOT use any type of chemical cleaning agents on the interior of the sauna or you will void the warranty.
17. DO NOT stack or store any object on top of or inside the sauna.
18. DO NOT use the sauna during an electrical storm, as there is a remote risk of shock.
19. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet.
20. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the warranty.
21. If installed outside, the roof MUST be covered and protected from all weather. Any forms of water damage are not covered under warranty.
22. If replacement of infrared emitters is required only use original manufacturers (OEM) parts.

Important Safeguards

- **READ INSTRUCTIONS** | All the safety and operating instructions should be read before sauna is installed and operated.
- **RETAIN INSTRUCTIONS** | The safety and operating instructions should be kept in a safe place for future reference
- **FOLLOW INSTRUCTIONS** | All operating and usage instructions should be followed at all times.
- **CLEANING** | Unplug the sauna from the wall outlet before cleaning. **DO NOT** use liquid cleaners or aerosol cleaners inside the sauna. Use a damp cloth for cleaning.
- **POWER-CORD PROTECTION** | Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
- **LIGHTNING** | For added protection for your sauna during a lightning storm, or when it is left unattended and unused for a long time, unplug it from wall outlet.
- **OVERLOADING** | Do not overload the wall outlet as this can result in a risk of fire or electric shock.
- **GLASS DOOR** | **DO NOT** remove glass door from frame when disassembling.










IMPORTANT: Failure to comply with the aforementioned safeguards may void your warranty.

Cleaning & Maintenance





- We recommend sealing the exterior of the sauna with a timber sealer. The cedar timber can however be left untreated and if so will patina accordingly. Treating the timber will provide protection to the timber and prevent potential discolouration or splitting. Although discolouration or splitting will not affect the operation or structural integrity of the sauna, it may cause a change in aesthetic. Apply coating every 6 - 9 months in accordance with weather conditions.
- Stainless steel barrel strapping should be tightened 2 - 3 weeks after installation and checked every 3-6 months afterward to ensure tightness.
- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If you experience a strong smell at first, do not be concerned as this is normal. Open the door while the sauna is working.
- To clean the exterior use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration.
- Scratches and stains on the sauna can be removed by using a fine grade sandpaper over the damaged area. We recommend sealing with a wood preserver, wood oil or furniture polish if needed.

Digital Control Panel


Operating Instructions

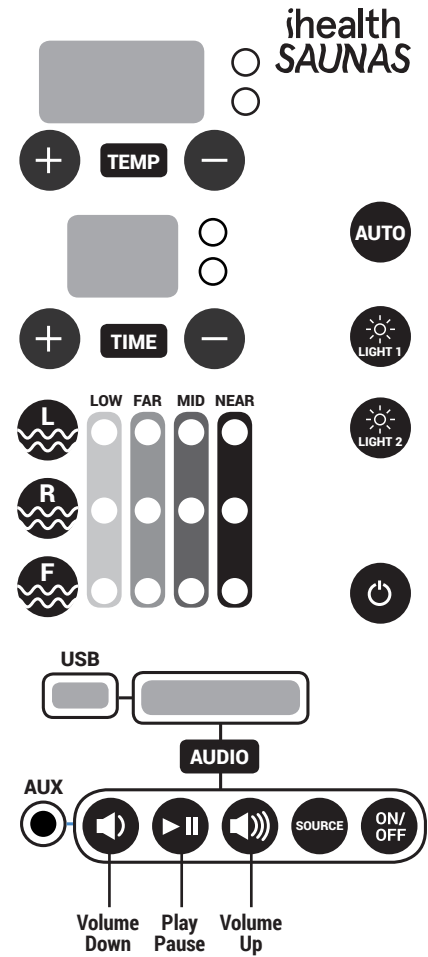
- Press  quickly to switch the sauna on to stand by mode.
- Set the desired temperature using the **TEMP**   buttons.
- Set the time to desired length using the **TIME**   buttons.
- Press  quickly a second time to activate the heaters.
- When **TIME** reaches '00', all the heaters will automatically shut off.
- Press and hold  to switch the sauna off.

Adjusting wavelength of heaters

- The type of the wavelength will change depending on how many lights are displayed. Pressing the button will toggle the type of wavelength.
- **NEAR = 100% MID = 75% FAR = 50% LOW = 25%**
- **LOW FAR MID NEAR**

- Press  to adjust the left side heaters.
- Press  to adjust the right side heaters.
- Press  to adjust the floor and seat heaters.
- Once the sauna reaches optimal temperature the wavelength will change to low (far-infrared).


The Auto Function

- Press once. 
- Set the desired temperature.
- Set the sauna session length.
- Press **AUTO** button.
- **TEMP** becomes hours ahead. **TIME** becomes minutes ahead.
- Your sauna will begin heating after the programmed time has elapsed.



Connecting to the Bluetooth

Turn On Sauna

- Press 
- You will hear 2 quick beeps.
- Using your phone or tablet search for nearby bluetooth Devices.
- Connect to the device named 'HY'.

Android

- Open your phone or tablet's Settings app.
- Tap Connected devices > Connection preferences > Bluetooth.
- Make sure Bluetooth is turned on.
- Tap Pair new device.
- To pair, tap your accessories name 'HY' when it appears on screen.

iPhone

- On your iOS device, go to Settings > Bluetooth
- Make sure Bluetooth is turned on.
- In the list of devices 'HY' should appear.
- To pair, tap your accessories name 'HY'.

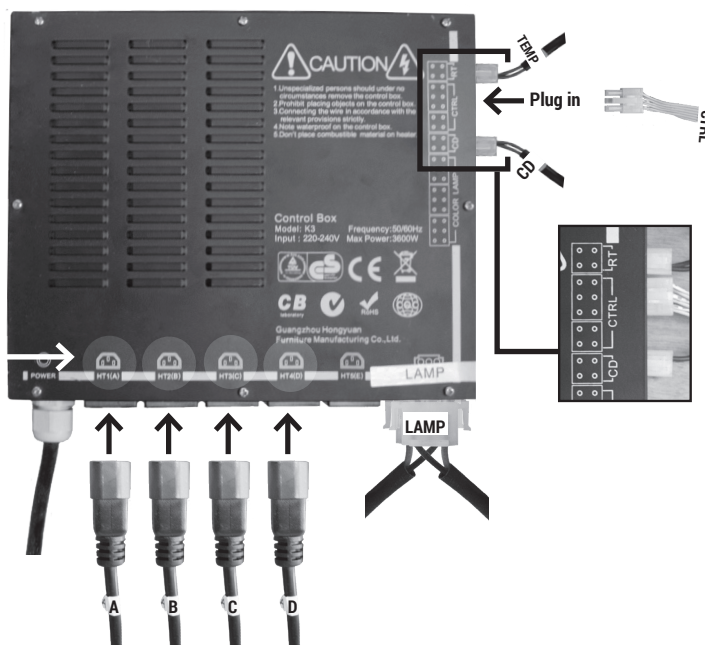
Main Power Connection

All heater cable plug ends are clearly marked:

A B C D

The corresponding outlets on the main control unit are clearly **marked**.

Plug the cables into the corresponding sockets.



Plug in the **(6 pins)** white control panel cord into the main control unit.

Warranty

LIFETIME WARRANTY ON HEATER ELEMENTS. FIVE YEAR WARRANTY ON ELECTRICAL COMPONENTS. FIVE YEAR WARRANTY ON CABINETS. ONE YEAR ON STEREO.

1. **Interpretation**
 - a) In these conditions:
 - i. 'Assembly and Installation Instructions' mean those instructions accompanying the Product as supplied to the Buyer by the Seller.
 - ii. 'Buyer' means the party described at Item 2 of the Schedule who is the Purchaser of the Product.
 - iii. 'Components' means the components described at Item 5 of the Schedule.
 - iv. 'Excluded Items' means the components described at Item 6 of the Schedule.
 - v. 'Seller' means the party described at Item 1 of the Schedule, which is the Seller of the Product.
2. **Terms of Warranty**
 - a) During the periods described at Item 3 of the Schedule, commencing from date of delivery of the product from the seller or any authorized agent, to the Buyer. The Seller warrants (unless expressed elsewhere in the document):
 - i) That all materials used in the Product shall comply strictly with the Seller's published specifications.
 - ii) The product against malfunction, leaking or defects in materials and workmanship.
 - iii) It will replace or repair any defective Components without charge to the Buyer.
 - b) The Seller reserves its right to substitute in place of any defective Component(s) another item of equivalent value, either new or factory reconditioned, provided it is suitable for its designated purpose and any such replacement will assume as its warranty only the remaining portion of the original warranty.
 - c) The Components, as listed at Item 5 (f), carry no field labour service.
 - d) iHealth Outdoor Barrel Sauna is suitable for outdoor use. The warranty will cover any damage to electrical components caused by water leakage in which case water damage will not void warranty. Refer to: 4. Voidance of warranty points (ii-viii)
 - e) It is the buyers' responsibility to take reasonable care of the exterior timber on the sauna with a suitable furniture oil or similar, based on the weather conditions.
3. **Extent of Warranty**
 - a) This warranty extends only to:
 - i) The original Buyer of the Product and is not assignable. The warranty terminates upon any transfer of ownership or if the Product is relocated after its initial installation.
 - ii) The non-commercial use of the Product.
 - b) The Buyer must give the Seller written notice of any warranty claim, along with a copy of the Buyer's original purchase receipt, indicating the date of purchase.
 - c) Within ten (10) days of receipt by the Seller of the written claim, the Seller will contact the Buyer in relation to that claim. The Seller reserves the right to inspect and if capable, rectify the malfunction or defect on location at the Buyer's premises.
 - d) After the first twelve (12) months of purchase, a service fee and travel costs will apply.
4. **Voidance of Warranty**
 - a) The warranty will be voided if damage is caused to the Product which arises from:
 - i) The Buyer not assembling, installing, calibrating and/ or operating the Product in accordance with the Assembly and Installation manual.
 - ii) Any modifications of the Product by the Buyer, which were not authorised in writing by the Seller.
 - iii) Any misuse of the Product by the Buyer.
 - iv) The use of non-Seller authorized parts in the Product.
 - v) Relocation of Sauna by persons other than iHealth certified installers
 - vi) Repairs being carried out on the Product at the direction of the Buyer by an unlicensed or unqualified repairer.

- vii) Inadequate or improper maintenance of Product by the Buyer.
- viii) Damages caused by white ants, pests and / or natural disasters.

5. **Force Majeure**

The Seller is not liable for damage caused to the Product or the Components resulting directly or indirectly from acts of God, civil or military authorities, acts of public enemy, war, accidents, fires, explosions, earthquakes, floods, the elements, strikes, labour disputes, shortage of suitable parts or materials, labour or transportation or any other cause beyond the reasonable control of Seller.

6. **Removal, Transportation and Re-Installation**

- a) All removal, transportation and re-installation charges incurred by the Buyer in forwarding the defective Component(s) for repair, together with the cost of returning them to the Buyer, must be paid by the Buyer.
- b) The Seller (at its sole option) or an authorised service representative will repair or replace the Product or any Components found defective under the terms of the warranty. Normal repair costs will be covered where there is an authorised service representative within fifty (50) kilometers of the original installation site. Beyond fifty kilometers, the Seller or its authorised service representative may charge reasonable travel costs to the Buyer.

7. **Excluded Items.**

This warranty does not cover any damage(s) to the Excluded Items, as listed Item 6.

8. **Legislation**

Nothing in these conditions shall be read or applied so as to exclude, restrict, modify or have the effect of excluding, restricting or modifying any condition, warranty, guarantee, right or remedy implied by the Trade Practices Act 1974 or the Sale of Goods Act 1896 and which by law cannot be excluded, restricted or modified.

9. **Disclaimer**

- a) Except as expressed herein, there shall be no other warranty or obligations expressed or implied (except under statute). The Seller is not liable for any physical or Financial injury, loss or damage or for consequential loss or damage of any kind arising out of the supply, layout, assembly, installation, re-installation or operation of the Product, or arising out of the Buyer's negligence in any way whatsoever.

The Seller's liability for a breach of a condition or warranty implied by the Trade Practices Act 1974 or the Sale of Goods Act 1896 as the case is limited to:
 - i) The replacement of the Product or the supply of an equivalent Product.
 - ii) The repair of the Product.
 - iii) The payment of the cost of replacing the Product or of acquiring an equivalent Product.
 - iv) The payment of the cost of having the Product repaired.
- c) The radio reception is not covered under warranty due to the following: The radio signal may be impaired by the positioning of the sauna next to or near structures, high power lines, main power lines, metallic towers or cell phone towers. The signal reception may be impaired if the sauna is located near hills or is in a valley or simply outside the broadcasting range of the radio station. The position of the sauna and radio may be "out of phase with the bandwidth" or radio frequency.

External signal assistance may be required and is not part of this warranty.
- b) The Seller does not warrant that the Product is suitable for the Buyer's individual medical and/ or health condition(s). The Buyer should consult a medical practitioner for medical advice.

Schedule

Item 1 (Seller): PMAK Marketing Pty Ltd 29 137/145 Rooks Road, Vermont, VIC 3133

Item 2 (Buyer): The Buyer

Item 3 (Terms of Warranty):

- | | |
|---|--|
| a) Heater Elements - Lifetime Warranty | d) Electrical Components - One (5) Year Warranty |
| b) Electrical Components - Five (5) Year Warranty | e) Stereo/ CD Player - One (1) Year Warranty |
| c) Cabinet - Five (5) Year Warranty | |

Item 4 (Product): iHealth Far Infrared Sauna

Item 5 (Components):

- | | |
|---|---------------|
| a) Heater Elements | d) Cabling |
| b) Control Panel and Electronic Control Box | e) Connectors |
| c) Cabinet | |

Item 6 (Excluded Items):

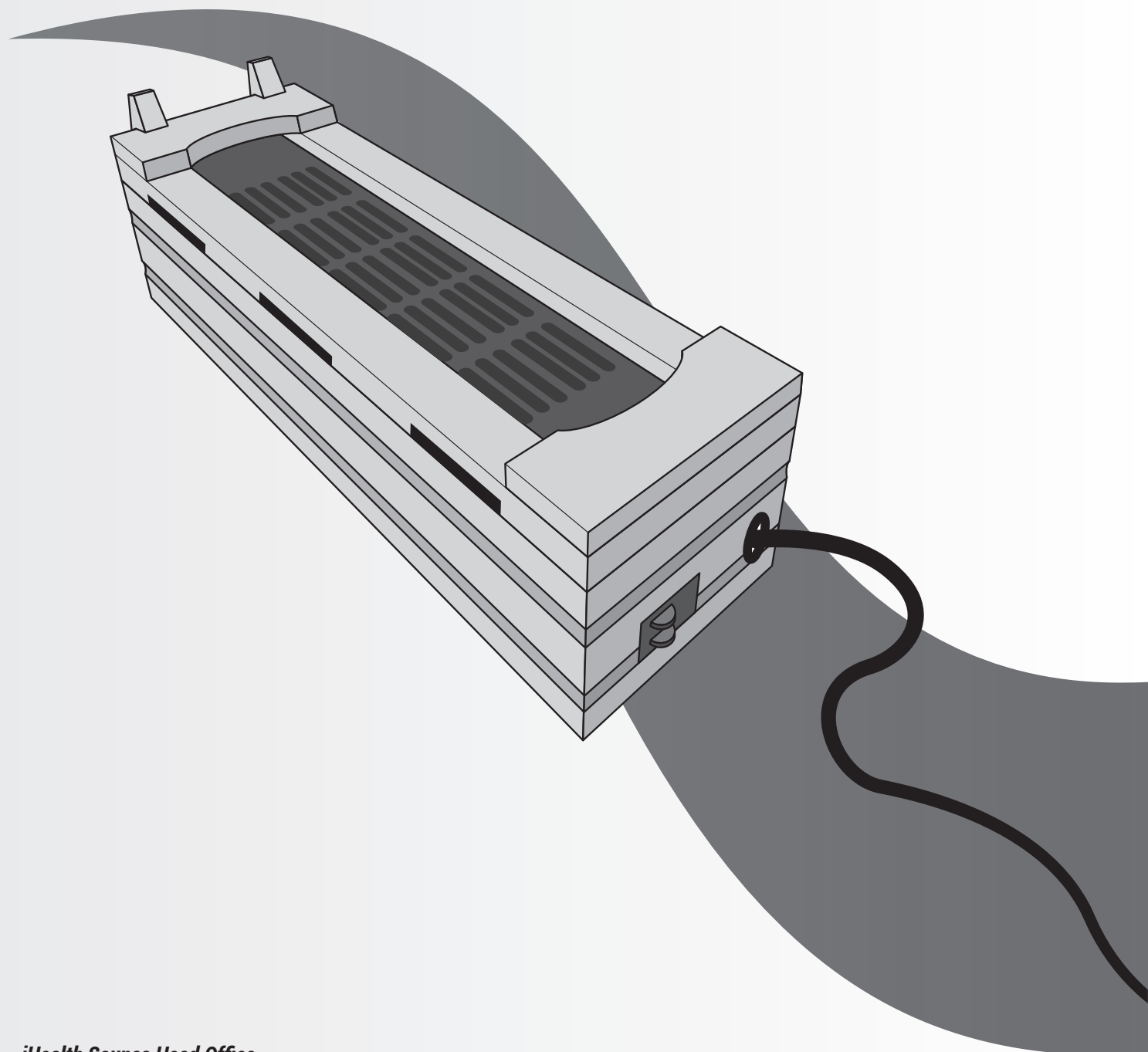
- a) Normal wear and tear.
- b) Labour.
- c) Timber work and cabinetry, including but not limited to fading, weathering, peeling, cracking, wrinkling, blistering, delaminating, surface stains, glue and integral bonding joints.
- d) Colour therapy light
- e) Back rest, shelf (if supplied) are warranted to be free from defects for a period of seven (7) days from the time of delivery/ installation.
- f) Fuses.

Troubleshooting

Problems	Please Ensure
Sauna not turning on	Power point sauna is connected to is operational White (lume) wire from control panel is connected into the correct outlet on control box. See page 7
Temperature	Check the temperature setting on the control panel and reset if required. Refer to page 6 for instructions. Check the temperature sensor cable is connected to the control box in the roof and the head is visible inside the sauna. Unscrew plate in roof and pull sensor head down slightly. Reattach plate.
Lights not turning on	Light 1 and Light 2 buttons are pressed after power button on sauna is pressed. See Page 6 Light connectors are plugged in correct outlet on control box. See page 7
Sauna not heating	Sauna on/off button pressed for a second time after sauna is turned on initially There is 'time' in the time display on the control panel. See page 6 All 4 heater cables are connected correctly into control box. See page 7 The Auto function (middle light) is turned off
Movable heaters not heating	The switch on top of the heaters is pointing towards the cord
Stereo is not working	Power and antenna are connected correctly. See Page 7
Sauna continually beeps when turned on	Ensure the temp sensor cable is plugged into the correct input in control box. See page 7

Some Useful Tips

- We recommend sauna sessions should be 30-45 minutes at 45oC – 55oC, however it comes down to what you're comfortable with. However if you do like it hot, please ensure you drink AT LEAST 1.5 L of water during your session.
- Allow approximately 20 to 30 minutes (depending on the ambient temperature) for the sauna to warm up before beginning a session.
- Try drinking some hot tea before your sauna session to induce a deeper sweat.
- The heaters will automatically maintain the set temperature inside the sauna once the set temperature is reached.
- The ceiling vent can be opened at any time for air circulation. If you are still too warm, open the door until you feel comfortable or turn the set temperature down.
- Aim the Movable Pure Wave Ceramic heaters to target specific problem areas like feet, legs, knees and calves. Try sitting the heater on your lap and warm your hands.
- To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
- The interior timber is aromatic and adds to the enjoyment of your sauna session. If you feel the odour is too strong during the first few days of usage, leave the door open to air out the sauna.
- Try not to eat anything at least an hour before your sauna session. It is better to use the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- Ensure you drink plenty of water before, during and after your sauna sessions. We recommend 1L before, 1L during and 0.5L after every session. Water acts as the vehicle to move the toxins from your body. Drinking water before will maximise perspiration during the session. Drinking after will help keep your fluid levels up after sweating.
- Taking a hot shower or bath prior to the sauna session will further promote perspiration. Once finished, sit in the sauna with the door open and allow your body to cool off. When you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body.
- To help relieve sore and tense muscles, massage the affected areas while in the sauna.
- Treat your ankles and feet more effectively by elevating them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to the heaters as feels comfortable.
- At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other conditions.



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