



## **INSTRUCTION MANUAL**

### **110x125 h INFRASAUNA CABIN**



Thank You for choosing the SAUNAX<sup>®</sup> infrared sauna cabin!

[www.saunax.ee](http://www.saunax.ee)



## INTRODUCTION FOR ASSEMBLY AND USE

Congratulations on Your purchase. You will soon be enjoying Your SAUNAX® infrared sauna. Before assembling the sauna, please read these instructions carefully. Assembling the sauna in a correct way and with care You can be sure that the sauna will last many years. The sauna is made of prefabricated elements and has been designed for an easy assembly. The proper air circulation is ensured by ventilation grid in the front wall and by the ventilation valve in the ceiling element. Some trim pieces are longer than necessary so they can be sawn to the right length during assembly. The sauna is designed for the dry place. Please note that the floor should be levelled so that the sauna can be installed in the proper way. If the floor is not levelled, You should place adjustable feet under the base frame to make it levelled.

NB! Photo in a front page is just an illustrative!



Figure 1.a

### Tools required for assembling the sauna:

- ✓ a hammer
- ✓ a drill or cordless screwdriver
- ✓ a tape measure
- ✓ a square
- ✓ a level
- ✓ a handsaw (for moulding installation)

### Follow these steps for proper assembly

#### 1. BASE FRAME

The base frame is fitted with notch joints. Place the frame on the floor so that the notchings fits together at the corners. There are small pilot holes in the corners. Fasten the three corners together with two screws (4x30 mm). Cross-measure from the corners to check that they are at straight angle. Correct the corners if necessary and screw the last screw in. Check again that the base frame is levelled with using a spirit level (Figure 1.a)



Figure 2.a



Figure 3.a



Figure 3.b



Figure 3.c



Figure 3.d

## 2. FLOOR/DUCKBOARD

After the base frame is installed, place the duckboard/floor grid. The floor is near the door/front wall. It is not fastened with anything (Figure 2.a).

## 3. WALL ELEMENTS

Wall elements are installed at the top of the base frame. Wall elements are marked with alphabetical/numeral combination, which coincide with the numbers on the base frame. Start from the element, which is marked as A. Have someone hold the first panel in place and then put the panel B on the base frame so these two panels make up each corner (Figure 3.a).

*\*There are 2 methods for fastening Your sauna panels:*

**EXTERIOR (standard):** To be followed when there is easy access to all exterior corners of the sauna. See diagram A and follow steps 3A (Figure 3.b).

**INTERIOR (Alternate):** To be followed when there is no room to move/work around the all 4 walls. (For example when Your room is too narrow to fasten the side wall elements, A and C, with the screws from the sides). See diagram B and follow steps 3C (Figure 3.c and 3d).

**3A-** Fasten the two panels together from the outside of the room using 4x70 mm screws. There are small pilot holes in the wall elements. or,

**3C-** Fasten the 2 panels together (to the base frame) from the top (from the bottom-Figure 3.d).

If the sauna is to be placed against an existing wall(s), panel installation should begin at these sides. After these panels are in place, the sauna can be slid towards the wall(s). **NOTE:** it is not always necessary to install your panels in sequence according to their numbers. Bring the two wall elements together and after making sure that they are straight, fasten them with the screws.



#### 4. DOOR

Your sauna contains a high quality sauna door. Be careful when handling the door as the window may break if it is hit with a sharp object. The door element is the last wall/side element. The door is fastened from sides with screws. There is sauna door handle in your sauna kit. The opening direction can be changed. You need to remove the door with a door jamb from the wall element and swing the door around in its wall element to change the opening direction. Change the places of the upper and lower details of the door jamb. Put the door back to the wall element. Cover the exposed holes with wooden covers. The door always pulled out. Use screws (4x70 mm) for fastening.

#### 5. CEILING ELEMENT



Figure 5.a

Lift the ceiling element in place (Figure 5.a). One person should be inside the sauna and another outside, feed the ceiling panel over the top of the walls being very careful not to scratch the panels. Make sure that the ceiling element fits on the top of the wall elements. The ventilation valve should be near the back side of the sauna. You may fix the ceiling element with screws (4x70 mm), if You think that is necessary.

#### 6. ELECTRICAL WIRES

Always use a certified electrician for any electrical work. This will prevent injury to you and the product.

All the infrared emitters are supplied with plugs. The final integration of all the elements and control unit is on the top of the ceiling. There is connector to join all the elements together.

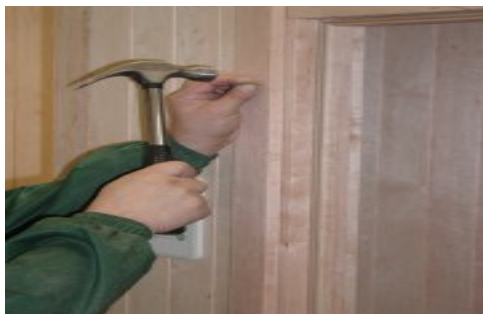


Figure 7.a

## 7. TRIM/MOULDINGS

The door trims are cross-section measures 12x42 mm. Cut the trims, if necessary, to the right length. Fasten the trim with nails (1,4x45 mm) to the wall from the front door side first. Then fasten trims to the sides (left and right). After fasten door trims on both sides of the door (Figure 7.a). All trims are chamfered at the edges to provide a finished look. After cut the exterior mouldings to the right length if it is necessary. Fasten exterior corner mouldings (28x45 mm) from the sides with 1,4x45 mm nails.

## 8. BENCH

### CROSS-CUT OF THE BENCH

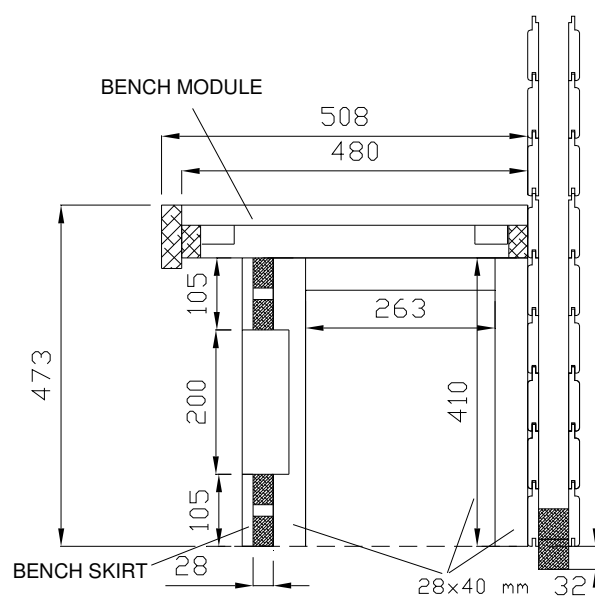


Figure 8.a

Now the sauna is ready to fit the bench in. Your infrared sauna contains one bench. Sauna set contains bench support details with cross-cut 28x45 mm (Figure 8.a).

Use screws for fastening the bench frame to the wall. The bench grid is not fastened with anything.

## 9. BACK GRID

After placing the bench, place the back grid against the corner infrared emitter. It will support the bench from the back side. Fasten it with using screws (4x45 mm) and cover the screw holes with wooden covers.

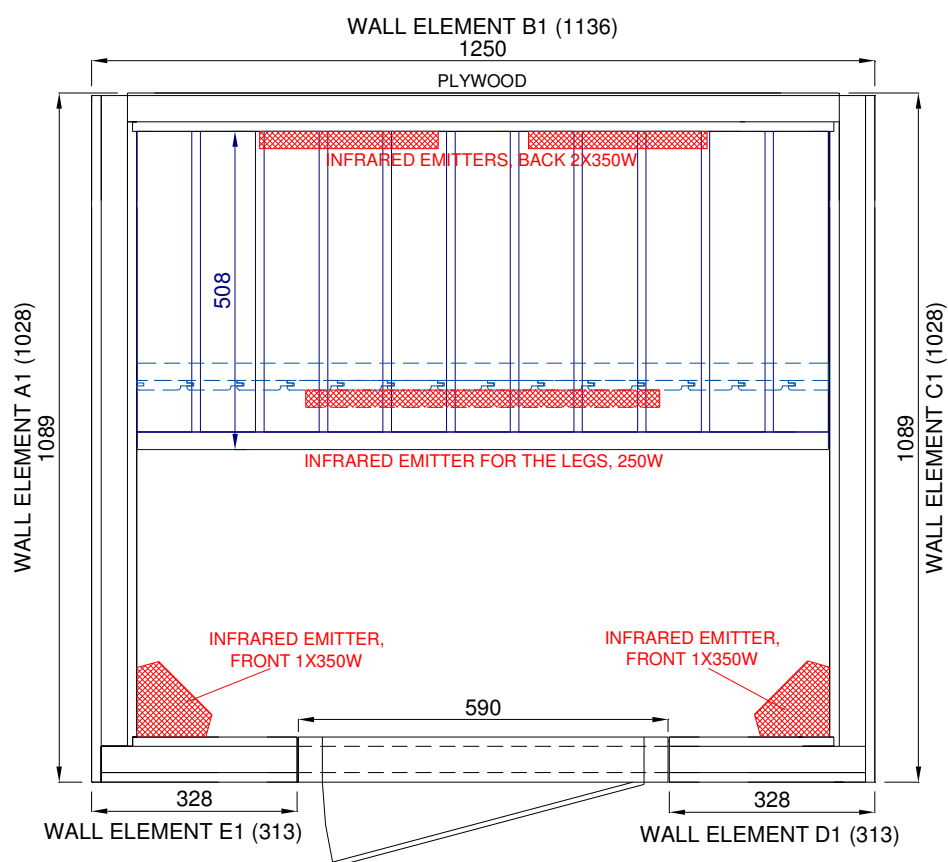
## 10. UPPER FRAME

Upper frame elements are with cross measure 28x88 mm. They are fastened with eccentrics and eccentric bolt/stud (two for each joints). Mount the upper frame on the floor and then lift it to the top of the sauna and fasten it to the ceiling element using screws (4x30 mm) and metal angles.

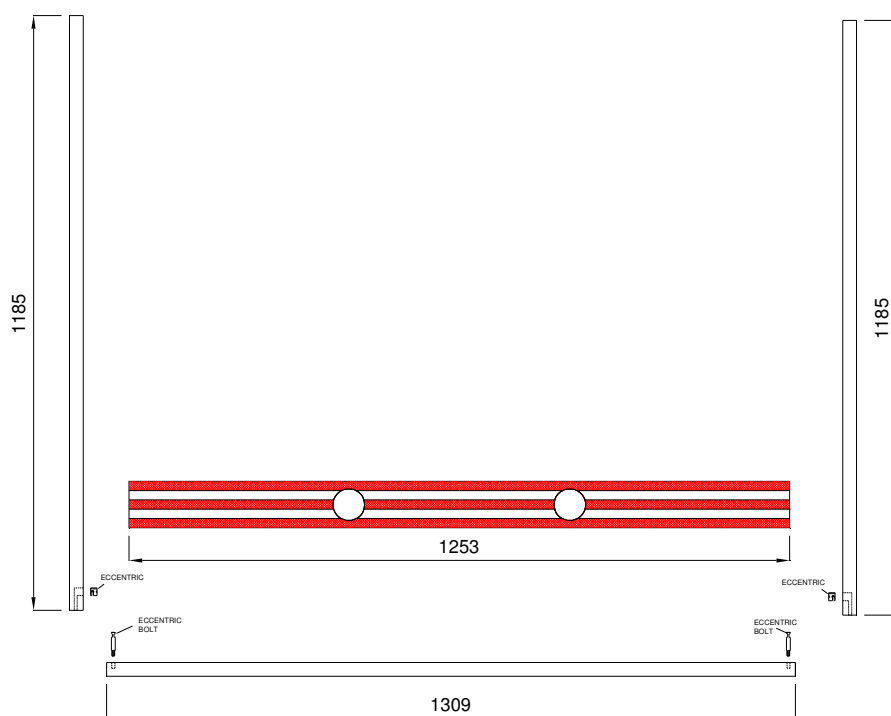




## 110x125 h INFRARED SAUNACABIN



## UPPER FRAME OF THE 110x125h INFRARED SAUNACABIN



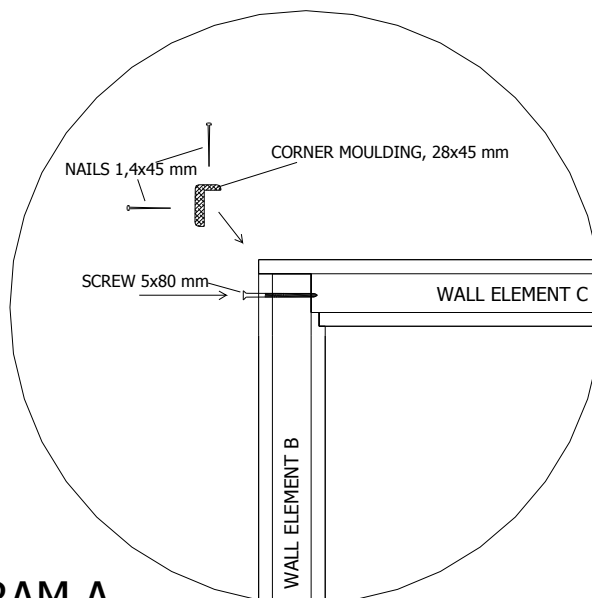


DIAGRAM A

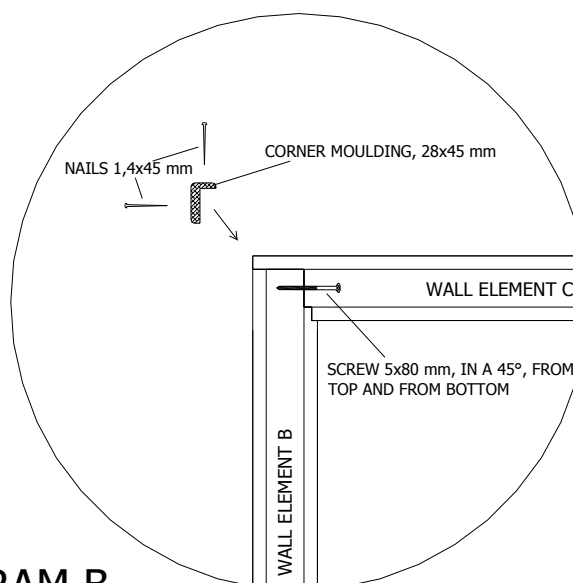
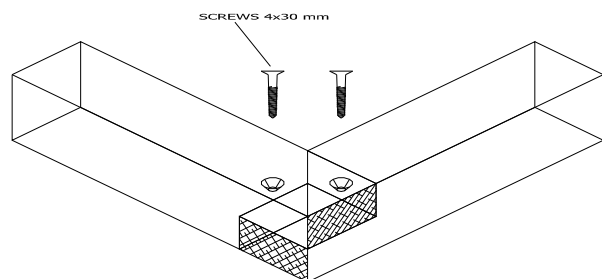


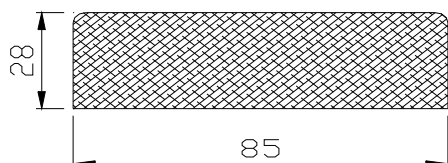
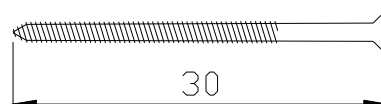
DIAGRAM B



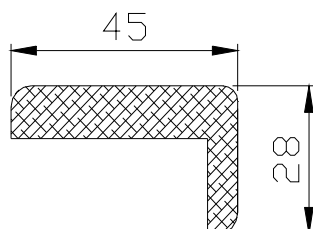
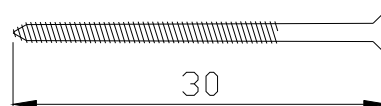
# **BASE FRAME**



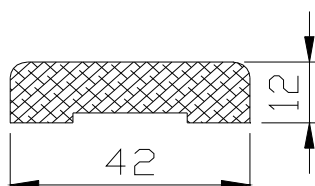
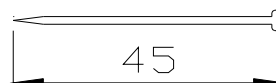
BASE FRAME, 42x42 mm, with notch joints, TERMO TREATED WOOD. Fastened with screws.



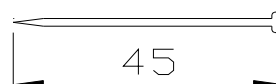
UPPER FRAMING, SIDES AND BACK, 28x85 mm. Fastened with screws and wooden covers.



CORNER MOULDING, 28x45 mm (outside of the sauna). Fastened with nails.



DOOR MOULDING, 12x42 mm (inside and outside of the sauna). Fastened with nails.







## OPERATION INSTRUCTIONS



### ✓ HOW TO START

- 1) Switch the control unit in.
- 2) One session will last 60 minutes.

### ✓ CONTROL OPERATION

- 1) The controller switches the load ON and OFF as required to maintain the present temperature value as compared to the sensor reading while the Count Down Timer is running.
- 2) The display will show the present temperature value.
- 3) Sauna light is totally separately controllable. To turn the light ON and OFF press the light knob.
- 4) NB! Sauna cabin must be heated up at least 30 minutes before using (in a room with about 20 °C). It may vary according to the room temperature. Close to door and also upper ventilation valve while the sauna cabin is heating up.
- 5) Operating temperature range is between 35 to 50 °C.

### ✓ MANUAL STOP

- 1) Switch the control unit off.

### ✓ AUTOMATIC STOP

The controller stops automatically when the present time expires or a malfunction is detected.

### ✓ CAUTION:

All installation and adjustment of the controller options MUST be done ONLY when ALL POWER to the load and the controller is disconnected.

### ✓ TROUBLESHOOTING:

The sensor wiring and controls are continually checked for proper operation. If malfunction is detected the controller will automatically switch OFF the load and deactivate itself. At the same time the display will show "Er"

The controller cannot be reactivated until all causes of the malfunction are fixed.



## **WARNINGS!**

- ✓ **Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above normal body temperature of 37°C. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fatal damage in pregnant women, physical inability to exit the room and unconsciousness.**
- ✓ **Do not use the infrared cabin if using alcohol, drugs or medications. Using will increase the risk of fatal hyperthermia.**
- ✓ **Pregnant women or persons with poor health should consult their physician before using any infrared room.**
- ✓ **Caution fire hazard: do not use the room for drying clothes, bathing suits, etc. Do not hang towels above heaters or place any object on the heaters or backrests. If any darkening of the walls around the heaters are noticed discontinue use immediately.**
- ✓ **Inspect benches regularly for required maintenance. Replace wood surfaces which show any signs of deterioration.**
- ✓ **The heater openings get hot during operations.**
- ✓ **Minors should be adequately supervised whenever using the infrared room.**
- ✓ **A backrest is required in back of the heaters to prevent burns from accidental contact.**
- ✓ **Electric Shock Hazard – High voltage exist within this equipment. Installation of this equipment should be performed in accordance with local and national codes.**
- ✓ **Electrical outlets or receptacles must not be installed in the room.**
- ✓ **No water should be applied to heater elements/emitters.**
- ✓ **Never operate this product if the product is not working properly.**
- ✓ **For safety purpose room door must open out and not lock.**