



OUTDOOR SAUNA USER GUIDE

MODELS

SS-OTBL003



DON'T WAIT! REGISTER NOW!

Register your product within 90 days to ensure your sauna is recognized as an official purchase and is eligible for warranty coverage.

register online at www.saunaspa.com/register.

PRODUCT REGISTRATION*

IMPORTANT: Warranty will not be recognized unless product is registered.

Register online at www.saunaspa.com/register . or Scan the QR code below.

Registering online is fast, secure, and ensures we receive your information.

1

USE YOUR PHONE CAMERA
TO SCAN THE QR CODE



2

FILL IN A QUICK
REGISTRATION FORM

Thank you for your purchase!

Registering your products ensures you maximize your warranty benefits and receive prompt service and support.

Name*

Email*

City*

Order #*

Installer Name

Model Purchased*

Installer Phone Number

Submit

3

CLICK SUBMIT AND
ENJOY PEACE OF MIND



IMPORTANT WARRANTY INFORMATION!

WARRANTY AND REPAIR GUIDELINES

SaunaSpa warrants that this sauna unit will be free from manufacturer defects and malfunctions. For terms and conditions please refer to latest SaunaSpa Warranty at www.saunaspa.com/warranty.

Please be advised failure to comply with any of the following will VOID the warranty.

1. Sauna must be registered within 90 days of delivery. See www.saunaspa.com/register.

Warranty Period:

This product is covered under warranty for a period of one year for electrical parts, five years for wood parts, commencing from the date of purchase.

For further information or assistance, visit www.saunaspa.com/warranty or call 866-733-4043.

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IMPORTANT!

- Malfunctions, damages, part replacements and labor resulting from improper installation, negligence, or lack of care and maintenance will NOT be covered under the SaunaSpa Warranty.
- PRIOR TO INSTALLATION, ENSURE THAT THE PRODUCT IS POWERED OFF.

You are solely responsible for:

Ensuring compliance with all applicable laws, building codes, zoning rules, lease terms, or HOA requirements.

Obtaining all necessary permits and approvals for installation and use, including paying any associated fees.

This manual is for general guidance only and does not serve as a warranty or guarantee of compliance.

It may not cover all specific conditions of your installation.

You must determine whether installation is appropriate and legally compliant.

If unsure, consult licensed professionals (e.g., electrician, contractor, engineer).

SaunaSpa and its suppliers are not responsible for any issues resulting from your installation, maintenance, or repairs.

Thank You for choosing SaunaSpa for health, beauty and relaxation. Now you can enjoy your own private sanctuary in the comfort of your own home.

USER INSTRUCTIONS

1. Check for visible damages upon delivery of sauna. Any damages to packaging should be reported immediately to shipping company delivery representative and SaunaSpa's Customer Service Dept.
2. Check model and accessories are correct, including voltage input. Any discrepancies are to be reported to SaunaSpa's Customer Service Dept. within 48 hours of delivery.
3. Read installation instructions in detail for a secure and effective installation of SaunaSpa sauna.
4. SaunaSpa shall not be responsible for product damage or malfunction caused by self-installation or installation procedures which do not comply with user manual.

Note: Images in this manual are for reference only; actual models may vary. Design may change without notice. Outdoor use may cause water to seep through gaps over time — this is normal. When unused outdoors, cover the sauna with a waterproof cover.

WARNING

Please read carefully before using sauna

- DO NOT use the sauna product with any of the following Health Conditions:
 1. Any type of respiratory condition
 2. Any type of a heart condition
 3. High or low blood pressure
 4. Pregnancy
 5. Any skin disease or disorders
 6. After or while drinking alcohol or alcoholic beverages
 7. Hemophilia or are prone to bleeding

Check with your doctor regarding the use of this product if you have any other health conditions.
- Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia include:
 - a. Failure to perceive heat
 - b. Failure to recognize the need to exit, or Physical inability to exit the room
 - c. Unawareness of impending hazard
 - d. Fetal damage in pregnant women
 - e. Unconsciousness

WARNING

Read Before Use: Please thoroughly read this manual before using the sauna and keep it for future reference. For technical assistance or repair, contact the manufacturer.

● Installation & Environment:

1. Install the sauna on a level surface outdoors or in a dry, covered area. Avoid placing it in damp or water-prone areas.
2. Water seepage over time is normal and typically dries quickly due to the heated environment.
3. Suitable foundations include concrete slabs, pavers, gravel, cinder blocks, or solid wood decking.

● Children & Supervision:

1. Children must use the sauna only under adult supervision and after consulting a doctor.
2. Never allow play in or around the sauna.

● Electrical Safety:

1. Keep all electrical components dry. Do not touch them with wet hands or use the sauna during storms.
2. Never expose the control system to water or disassemble it.
3. Repairs must be performed by authorized technicians only.
4. Ensure proper wiring and connections; consult a certified electrician if unsure.
5. Do not operate with a damaged power cord or plug.
6. Always allow 30 seconds between powering the control system on and off.

● Usage Warnings:

1. Do not insert objects (fingers, sticks, etc.) into any openings or heating elements.
3. Do not touch the heating element, control panel, or light bulb when hot.
4. Do not sleep inside the sauna while it's operating.
5. Never use the sauna under the influence of alcohol, drugs, or medication.
6. Pregnant or menstruating women should not use the sauna.
7. If you feel dizzy, weak, or unwell, stop use immediately.
8. Wait 10–20 minutes after intense exercise before using the sauna.

● Medical Conditions:

1. Consult your doctor before using the sauna if you have medical issues such as diabetes, high/low blood pressure, heart disease, or recent trauma.
2. Be aware of possible allergies to red cedar wood (MCS – Multiple Chemical Sensitivity).

● Usage Limits & Maintenance:

1. Operate for a maximum of 4 hours, then rest the sauna for at least 30 minutes.
2. Do not use or store flammable items near the sauna.
3. Keep vents unobstructed for airflow and ventilation.
4. Always clean sweat and debris from the floor and surfaces after each use.
5. Use only non-toxic, water-based cleaners.
6. Do not place or store items inside, on, or above the sauna.
7. Never tilt, strike, or install spray devices or shower heads in or above the sauna.

WARNING

- General Safety:
 1. Be cautious when entering/exiting—mind your head.
 2. Keep the seating area dry to avoid damage.
 3. Do not bring pets into the sauna.
 4. Covering the heater is a fire hazard.
 5. If replacing the bulb, turn off power and let it cool first.

ASSEMBLY TIPS

Before you begin, read all assembly instructions and safety warnings carefully.

- This sauna requires at least 3 adults for assembly.
- Unpack all components and verify you have all the listed parts.
- NOTICE: Some components may come pre-installed or partially assembled.
- Protect the sauna's wood surfaces during assembly to avoid scratches or damage.
- Retain this manual for future reference.

ELECTRICAL REQUIREMENTS

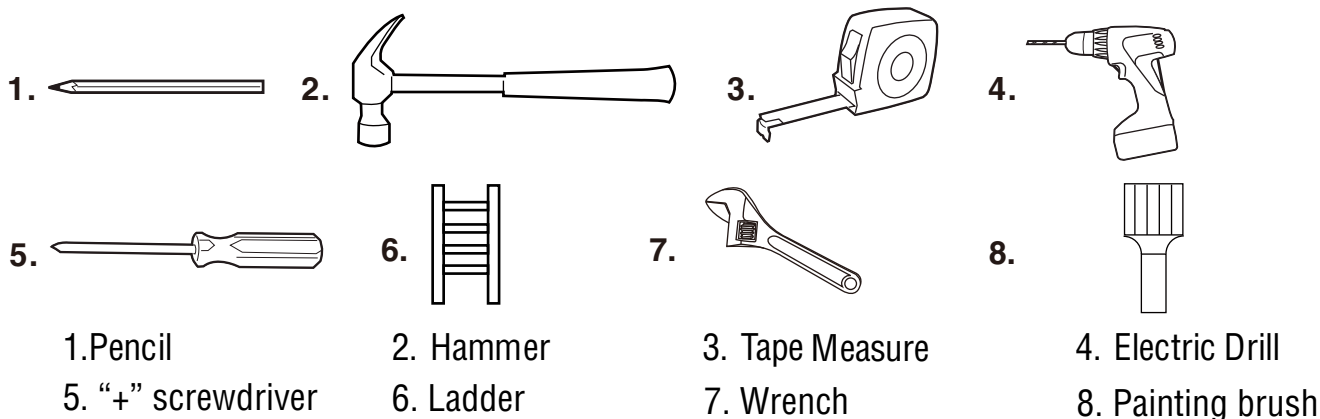
- All electrical wiring must be done by a qualified, licensed electrician.
- This Electric Sauna Heater does not include electrical cables; they must be supplied separately. Due to the high heat of the sauna, use only copper wire rated for 194°F (90°C). Aluminum wire is not permitted. Use copper wire only, rated at #8 AWG(4mm²).
- Consult your electrician to ensure compliance with all national, state, and local electrical codes.
- The electrician is responsible for providing all necessary wiring and connections.
- This sauna is designed for outdoor use and requires a 240VAC, 10-amp and 240VAC 40A dedicated circuit.
- The heater must be installed by a certified, licensed electrician in accordance with the manufacturer's instructions and all applicable local electrical codes, including correct breaker and wire sizing.
- Do not use wall adapters or extension cords.
- The heater must be hardwired by a licensed electrician.
- Ensure the power cord is routed to avoid foot traffic or being pinched by objects.
- Ensure appropriate waterproof protection is applied to all cables and circuits in outdoor environments to prevent water ingress and potential short circuits.

CHOOSING A LOCATION

- Place the sauna on a dry, solid, level surface that can support its weight. Avoid areas prone to dampness or water exposure.
- Maintain at least 5 inches of clearance between the sauna and any walls.
- Ensure the main power cord can reach an accessible outlet with ease.
- Position the sauna away from hazards like water sources, flammable objects, or combustible materials.

ASSEMBLY TIPS

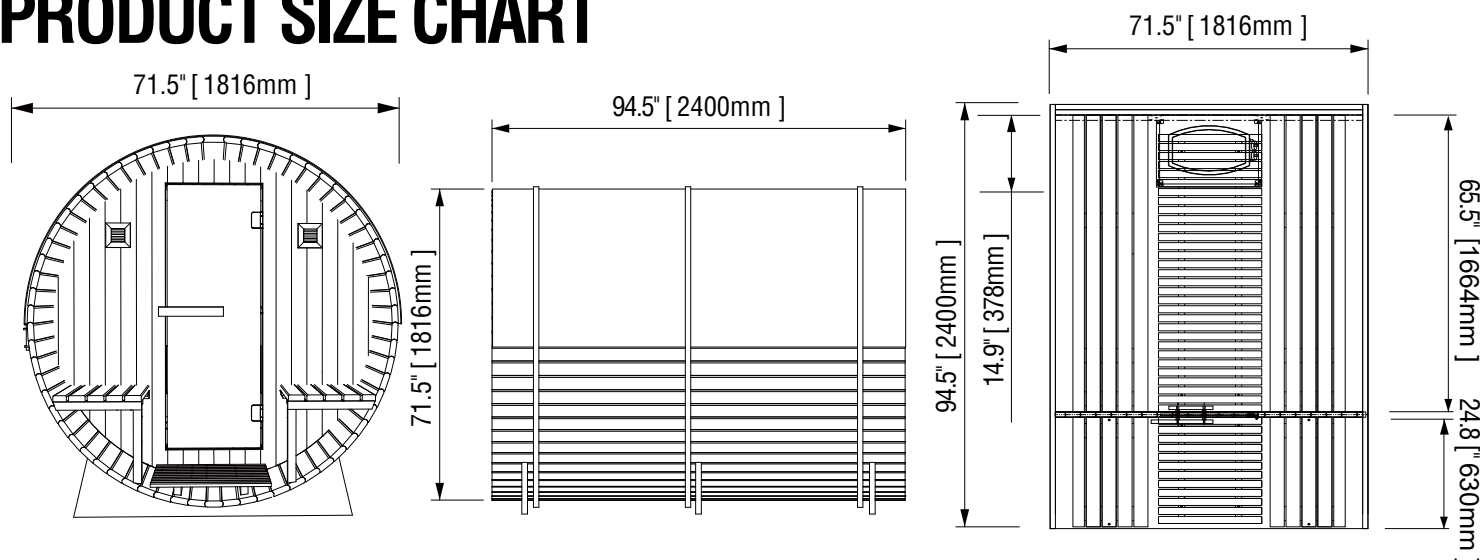
RECOMMEND TOOLS



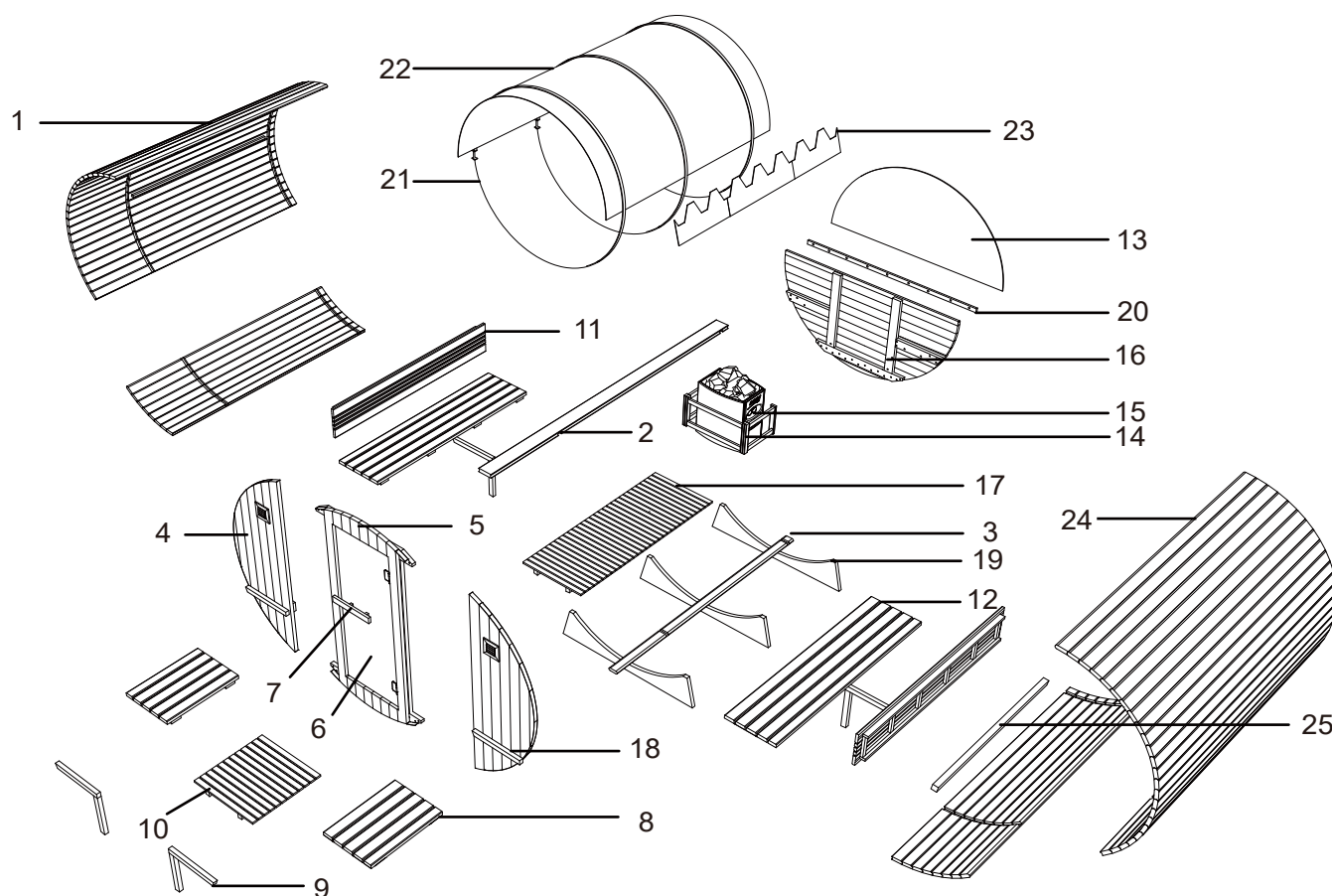
SPECIFICATIONS

| SPECS | SS-OTBL003 |
|--|---------------------------------------|
| Assembled Tent Dimensions(L x D) | 94.5" x 71.5" (2400 x 1816mm) |
| Electrical Box Voltage | 240V AC / 60Hz |
| Electric Sauna Heater Power Output/Voltage | 6.2KW / 240V 60Hz |
| Function | Color LED light, Explosion-proof lamp |

PRODUCT SIZE CHART



COMPONENTS

















- 1 Left slat
- 2 Top centre divider
- 3 Bottom centre divider
- 4 Left front board
- 5 Front board
- 6 Door glass
- 7 Handle
- 8 Outside bench
- 9 Bench support
- 10 Outside footrest

- 11 Backrest
- 12 Bench
- 13 Window glass
- 14 Heater Guard Rail
- 15 Electric Sauna Heater
- 16 Back board(under)
- 17 Footrest
- 18 Right front board
- 19 Support Feet
- 20 Glass fixing square

- 21 Stainless steel bands
- 22 Rain cloth
- 23 Asphalt shingle
- 24 Right slat
- 25 Cable tank

COMPONENTS

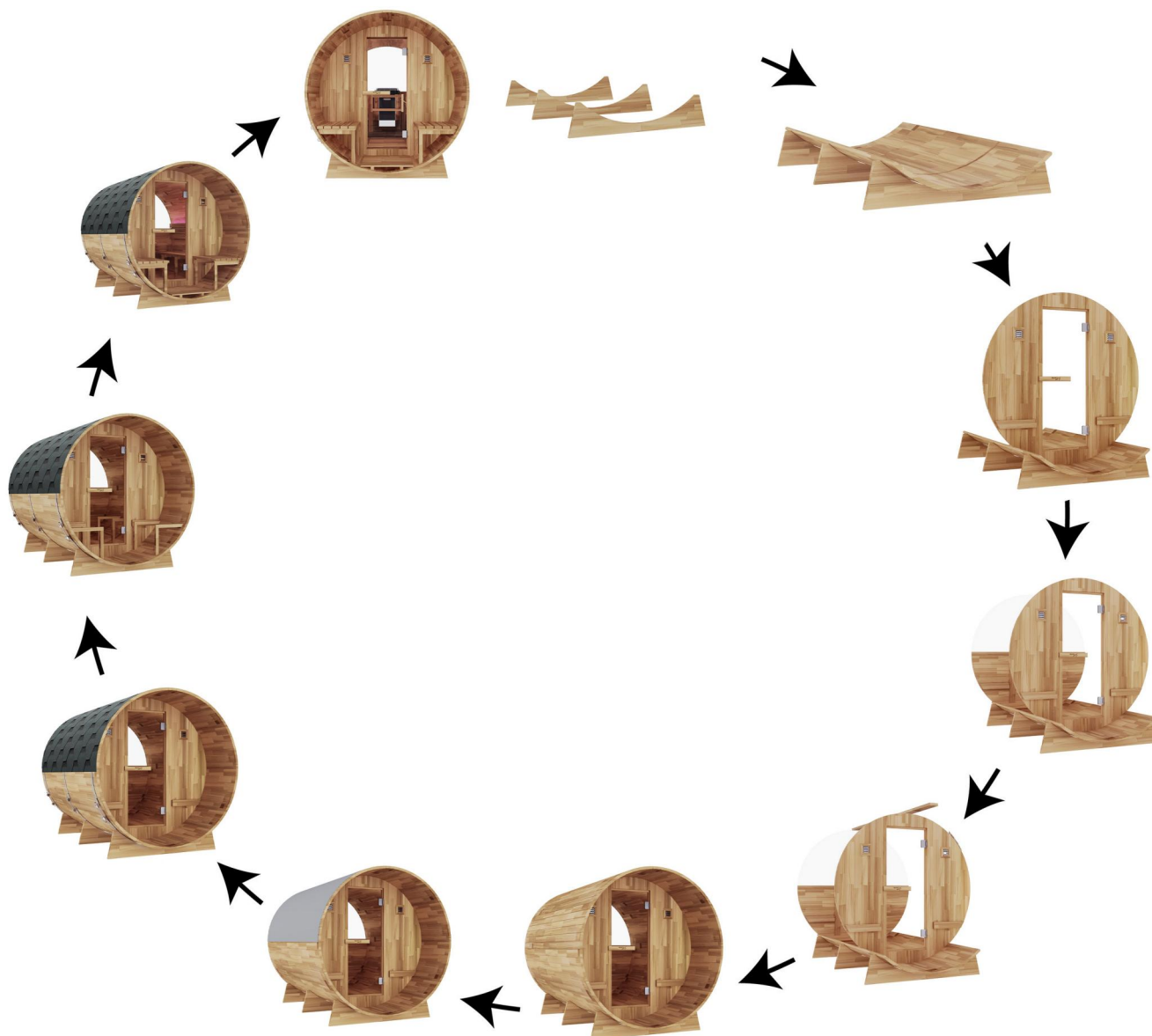
Accessories

| | | |
|--|--|--|
|  Stainless steel screw(5*40) x 32 |  Stainless steel screw(3*35) x 86 |  Stainless steel screw(4*12) x 300 |
|  Self-tapping Screw(4*30) x 24 |  Stainless steel screw(4*50) x 8 |  Self-tapping Screw(5*50) x 9 |
|  Self-tapping Screw(3*25) x 2 |  Towel holder x 1 |  Handles with Screws x 1 |
|  Cup rack x 2 |  Hourglass timer x 1 |  Wooden barrels, plastic buckets, and wooden spoons x 1 |
|  Temperature and humidity meter x 1 |  Water tray x 1 |  Remote control x 1 |
|  Stainless steel bands x 3 |  Asphalt shingle x 75 |  Explosion-proof lamp x 1 |
|  Rain cloth x 1 |  Wooden stopper x130 |  Heater guard rail x 2 x 1 |
|  Electrical box x 1 |  Cable clip Ø3*12 x 20 | |

INSTALLATION

Important:

Before assembling your sauna, carefully read the WARNING and ASSEMBLY TIPS sections of this manual. The illustrations provided are for reference purposes only and may not exactly match your specific sauna model. Parts and accessories shown may vary.



Step 1: Position the Support Feet

Identify a suitable location to install the Support Feet[19].

(Fig 1)



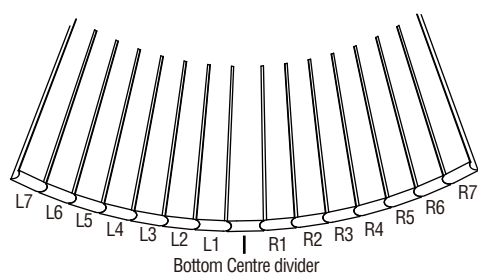
Fig 1

INSTALLATION

Step 2: Assemble and Install the Base Panel

Place the wooden slat labeled "Bottom Centre divider" onto the Support Feet.

Next, assemble the wooden slat labeled "L1-L7" and "R1-R7" in sequential order on the left and right sides of the "Bottom Centre divider" slat to form the Base Panel. (Fig 2a&b) Once assembled, secure the Base Panel to the Support Feet using self-tapping screws (5*50) as shown. (Fig 2c)

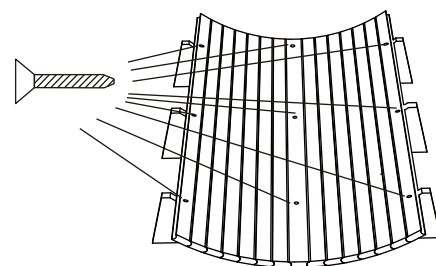


a



b

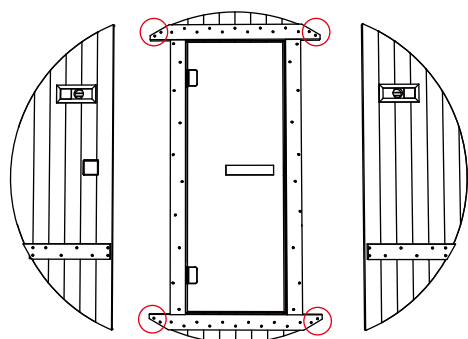
Fig 2



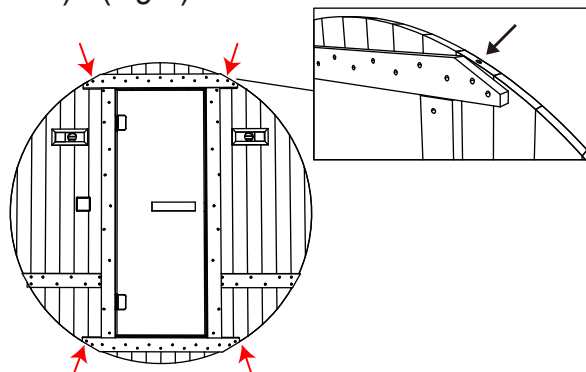
c

Step 3: Install Front Panels and Handles

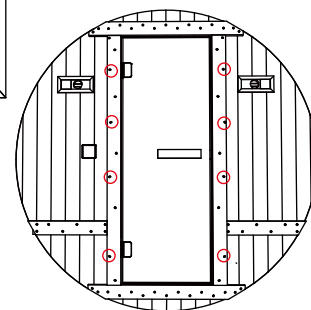
Join the Left Front Board [4], Front Board [5], and Right Front Board [18], and fix them together using stainless steel screws (5*40) and (3*35). (Fig 3)



use stainless steel screw (5*40)



use stainless steel screw (3*35)



use stainless steel screw (5*40)

Fig 3

Step 4: Position the Front Board

Separate Handle [7] by unscrewing screws on the screw side.

Screw side is for inside of Door glass [6], another side is for outside. Put the both handle align with the pre-drilled holes in Door glass, and fix the handle with screws at the wooden handle.

Then, Place the Front Board onto the base panel as shown. (Fig 4)



Fig4

INSTALLATION

Step 5: Install Back Board (Under) and Window Glass

Place the Back Board (Under) [16] onto the base panel. Then install the Window Glass [13] onto the Glass Fixing Square. Handle the glass carefully as it is fragile. (Fig 5)



Fig 5

Step 6: Assemble Remaining Panels

Place the “top centre divider” wooden slat on top of the sauna room. Then assemble remaining panels wooden slats L8-L33 and R8-R33, securing them with stainless steel screws (3*35). Finally, assemble the L34, “Top Centre Divider,” and R34 slats together without using fixing screws.(Fig 6)



use stainless steel screw (3*35)



Fig 6

NOTICE: SaunaSpa recommends painting the exterior to enhance durability. Please refer to Section 1, "SUGGESTIONS – Maintaining Sauna After Installation," before installing the rain cloth and asphalt shingles. Never use stain on the interior of the sauna as it must remain all natural.

INSTALLATION

Step 7: Lay Rain Cloth

Lay the rain cloth evenly on top of the sauna room. (Fig 7)



Fig 7

Step 8: Secure Sauna Room with Stainless Steel Bands

Fix the sauna room using three stainless steel bands.

(Fig 8)

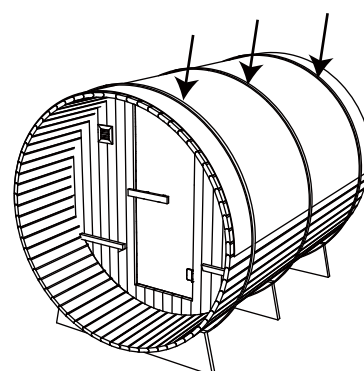


Fig 8

Step 9: Install Asphalt Shingles

Start installing the asphalt shingles from the midpoint of both the left and right sides. Secure each asphalt shingle with stainless steel screws (4*12), ensuring that the upper layer of shingles overlaps the top portion of the layer below.

All asphalt shingles must completely cover the rain cloth.

(Fig 9)



Fig 9

Step 10: Install Outside Footrest

Attach the Outside Footrest [10] using stainless steel screws (4*50). (Fig 10)

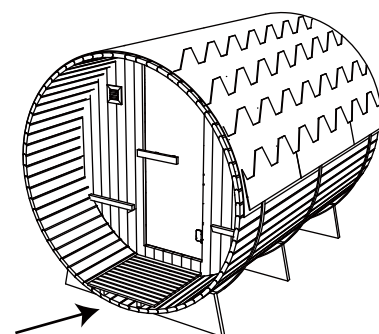


Fig10

INSTALLATION

Step 11: Install Outside Bench Support

Install the Bench Support [9] outside the sauna and secure with stainless steel screws(5*40). (Fig 11)



Fig 11

Step 12: Install Outside Bench

Fix the Outside Bench [8] onto the Bench Support with stainless steel screws(5*40). (Fig 12)

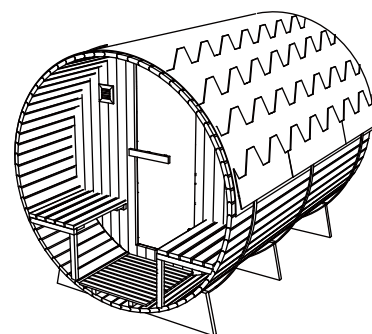


Fig12

Step 13: Install Inside Footrest

Install the Inside Footrest [17] using stainless steel screws (4*50). (Fig 13)

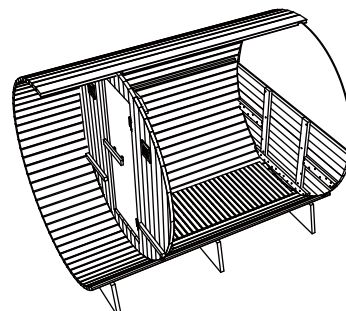


Fig13

Step 14: Install Electrical Box

Refer to the "Installation - Electrical Box" section to install the Electrical Box. Note: The Electrical Box will be located under the Bench after installation, so it is recommended to install it before assembling the Bench.

INSTALLATION

Step 15: Install Support and Bench

Secure the Support and Bench [12] using stainless steel screws (5*40). (Fig 14)

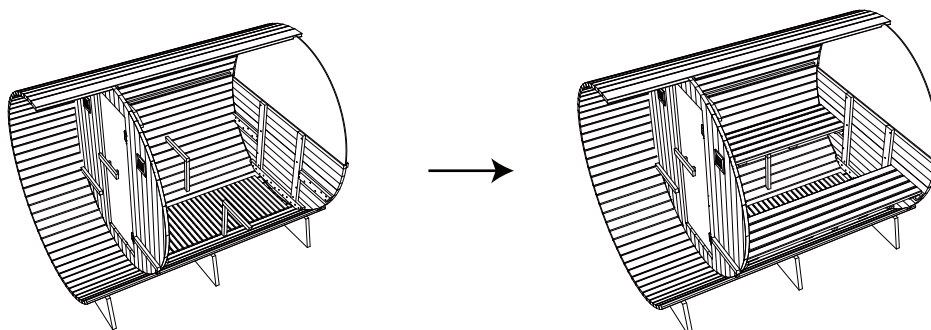


Fig14

Step 16: Install Backrest

Attach the Backrest [11] using self-tapping screws (4*30). (Fig 15)

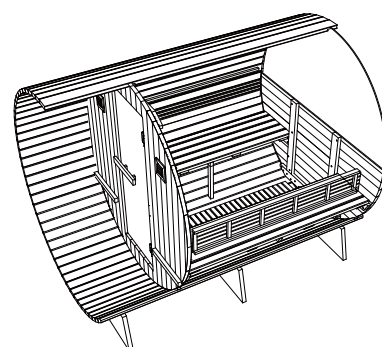


Fig15

Step 17: Seal Screw Holes

Use wooden stoppers to fill all screw holes except those used to secure the asphalt shingles.

INSTALLATION Electrical Box

Notice: It is recommended to complete the procedures outlined in this section after finishing Step 13 of the INSTALLATION process, and prior to installing the Bench and Backrest in the subsequent steps. The electrical box is operating at 240VAC / 60HZ, a 10-amp dedicated circuit breaker is required.

Step 1: Find the Cable Hole

Locate the hole for threading the power cable in the approximate position shown in the diagram.

The wooden slat with this hole is labeled "Hole for the threading power cable". (Fig 16)

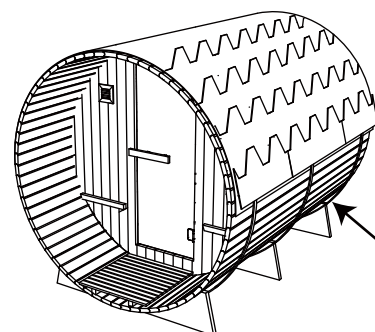


Fig 16

INSTALLATION Electrical Box

Step 2: Route Electrical Box Cable

Pass the longer cable end of the Electrical Box through the hole and lead the cable to the outside of the sauna room. (Fig 17)

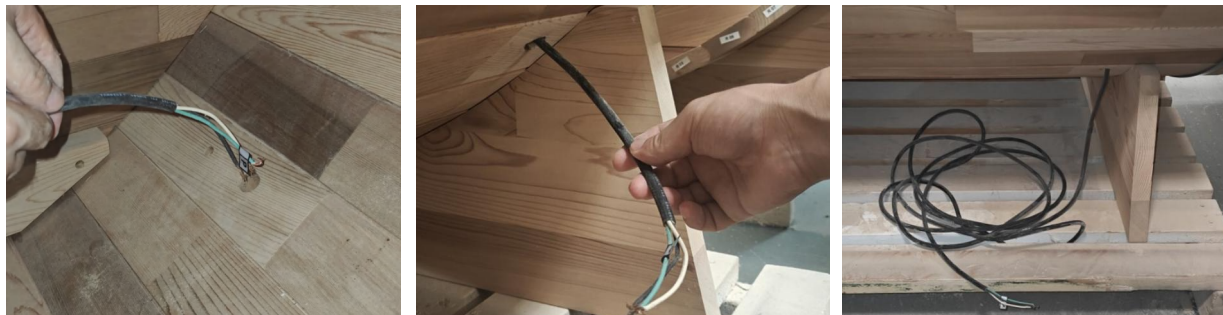


Fig 17

Step 3: Install Cable Tank

Return to the interior of the sauna, place the long cable inside the Cable Tank [25] (Fig18a). Then rotate it into position (Fig18b) and secure the Cable Tank to the wall using stainless steel screws (3*35).

WARNING: When securing the Cable Tank, take care not to drill into the cable.



Fig 18

Step 4: Secure Electrical Box

Fix the Electrical Box to the sauna slat under the inner bench near the right front board using self-tapping screws (4*30). (Fig 19)



Fig 19

INSTALLATION Lamp and Color Light

Step 1: Install Explosion-proof Lamp Base

Pass the wires through the hole in the base plate of the explosion-proof lamp. Fix the base plate onto the Right Front Board using self-tapping screws (3*25). (Fig 20)



Fig 20

Step 2: Connect Lamp Cables

Secure the cables as shown in the diagram: connect the white wire to the lower terminal of the socket, the black wire to the upper terminal, and attach the green wire to the grounding screw on the base plate. (Fig 21)

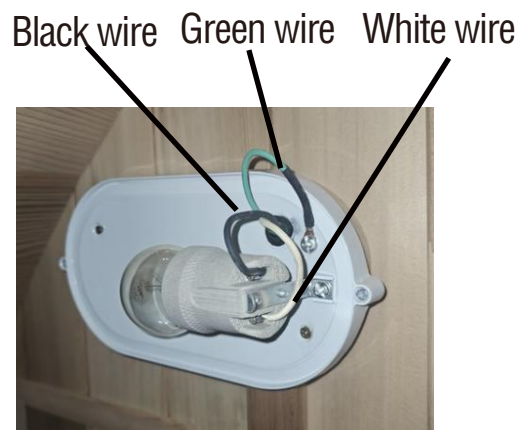


Fig 21

Step 3: Install Bulb and Cover

Install the bulb into the socket and secure the cover with screws. (Fig 22)



Fig 22

INSTALLATION Lamp and Color Light

Step 4: Connect Color Light Wiring

When installing the Backrest, route the color light wire close to the Electrical Box. Connect the lamp wire and color light wire to the Electrical Box. (Fig 23)



Fig 23

INSTALLATION Electric Sauna Heater(Optional)

NOTICE: Please read the Electric Sauna Heater's instruction manual carefully before installation.

The following section serves as a supplemental reference only.

1. Electric Sauna Heater Positioning

The Electric Sauna Heater [10] should be mounted on the inner surface of the Back board (Fig24), Drill four 9/64" holes for mounting. using the two included 1/4" × 1/2" hex head lag screws for the upper mounting holes. (Fig 25a)

Tighten until the screw heads are approximately 1/8" away from the wall surface. Ensure screws are anchored into a framing member or backing board to safely support the heater's weight.

(Fig 25b) Hang the heater onto the upper screws.

Then, secure the lower mounting holes using the two provided 1/4" × 1" hex head lag screws. Tighten fully to lock the heater in place. (Fig 25c)

It is recommended that the bottom of the Electric Sauna Heater be positioned at least 7 inches above the sauna bottom wall.

INSTALLATION Electric Sauna Heater(Optional)

1. Electric Sauna Heater Positioning(Continued)

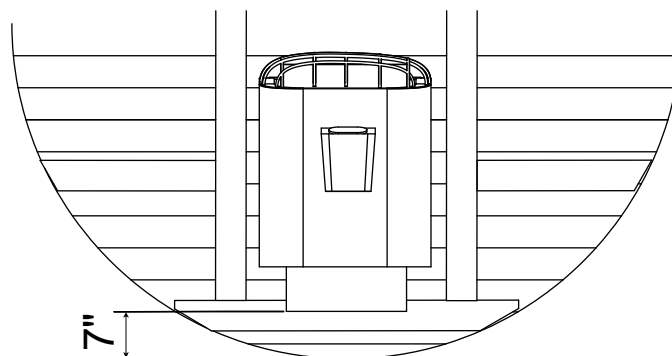


Fig 24

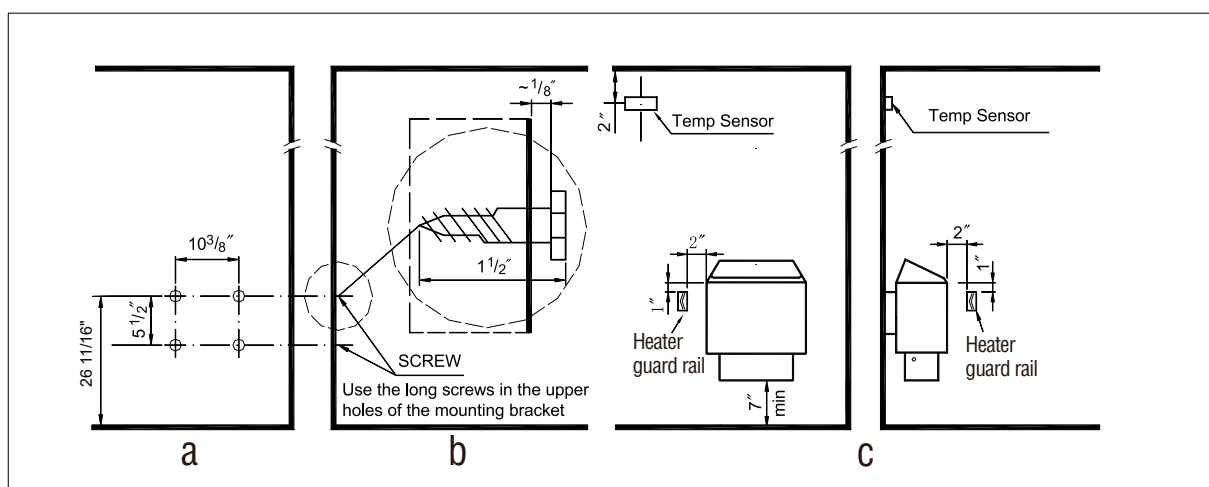


Fig 25

2. Placing the Sauna Rocks

Important: Always operate the heater using the original sauna rocks provided.

Rinse the rocks before use. Place them loosely around the heating elements to ensure proper airflow and full coverage. Do not tightly pack the rocks or use unapproved substitutes — doing so may lead to overheating or void the warranty.

3. Electrical Installation

WARNING:

All electrical work must be performed by a licensed electrician in accordance with the National Electrical Code and all local building regulations.

NOTICE:

1. Power cable must be supplied by the user.
2. The Electric Sauna Heater must be grounded.

INSTALLATION Electric Sauna Heater(Optional)

3. Electrician Installation(continued)

Wiring the Electric Sauna Heater:

Remove the protective cover at the base of the Electric Sauna Heater to reveal the terminal block. (Fig 26)

This Electric Sauna Heater is rated at 6.2 kW, operating at 240V / 60Hz. Use copper wire only, rated at #8 AWG (4 mm²). A dedicated 40A circuit breaker is required.

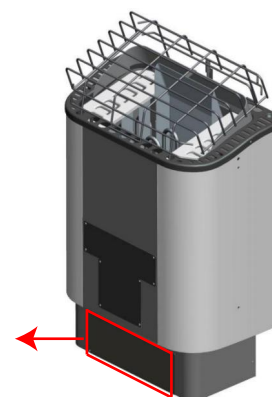


Fig 26

Locate terminal TB1 and connect the wires according to the labeled designations (Fig 27). Connect the ground wire to the \perp terminal, the neutral wire to the N terminal, and L1 and L2 to the first and second live wires. Route the cable to the outside through the wiring hole located on the left board of the sauna room.

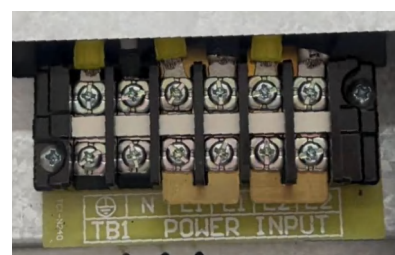


Fig 27

4. Sensor Box Installation

Mount the temperature sensor to the top slat, as shown in Fig 25c and Fig 28.

For best results, install the sensor above the bench, away from the Electric Sauna Heater. Connect the sensor wire to terminal TB2 of Electric Sauna Heater, located inside the terminal block of Electric Sauna Heater. The connector is labeled 1 to 4. Match each wire to the corresponding number in the same order. (Fig 29)

Do not mount it directly above the heater, as it may affect temperature readings or damage the cable. Open the cover of sensor, secure the sensor to the wall using screws. Then reattach the sensor box cover. (Fig 30)

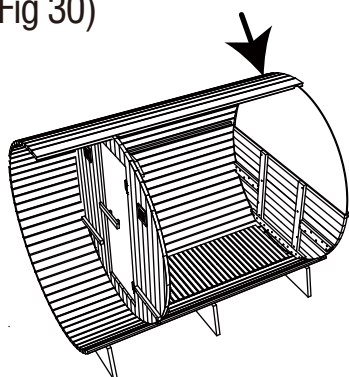


Fig 28

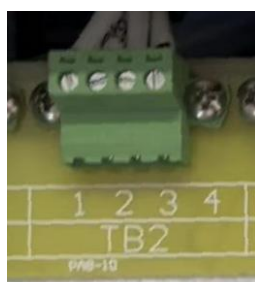


Fig 29

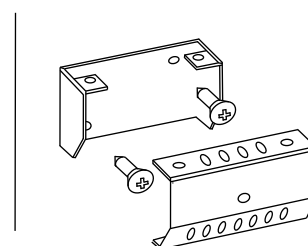


Fig 30

INSTALLATION Electric Sauna Heater(Optional)

4. Sensor Box Installation(Continued)

Route the sensor wire on the left slats using cable clips Ø 3*12. (Fig 30)

Important: Route the sensor wire completely separate from any wiring carrying more than 50 volts, in compliance with low-voltage electrical codes.

The sensor includes a reset button. If the Electric Sauna Heater shuts off due to high temperature detection: Allow the unit to cool down.

Then, press the reset button to resume operation. (Fig 32)



Fig 31

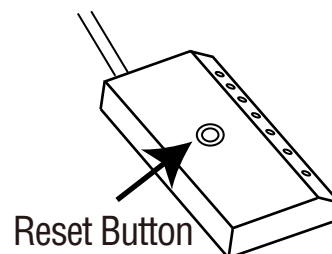


Fig 32

5. Control Box Installation

Connect the center cable of the Electric Sauna Heater to the controller unit. (Fig 33) Hang the controller onto the mounting slot at the back of the heater. Secure the bottom of the controller with screws to complete installation.

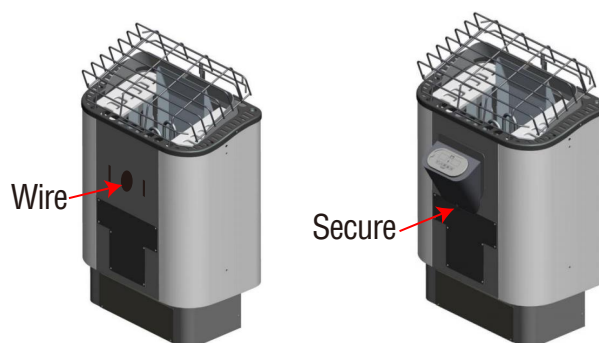


Fig 33

6. Heater Guard Rail Installation

Assemble the heater guard rail [14] as shown. Use Self-tapping screws (4*30) to secure all parts. (Fig 34)

Install the guard rail in the proper position using the guidelines in Fig 26c.

The guard rail helps protect against accidental contact and enhances safety during use.

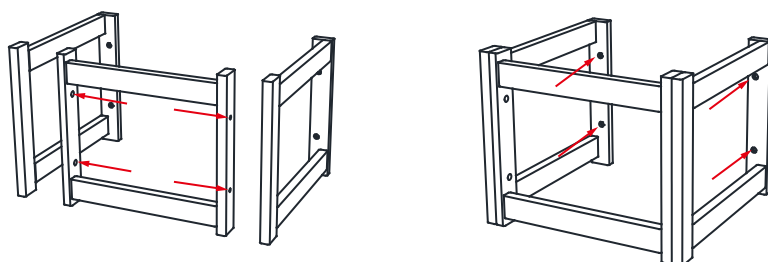


Fig 34



INSTRUCTIONS FOR USE

Congratulations, the assembly of the sauna is now complete, Please review instructions, warnings & suggestions before using.

Color Light Remote Control

Note: The remote control does not include batteries. Two AAA batteries are required and must be supplied by the user.

Power Control

Turn the light ON or OFF.

RGB Control

Press the color ring to select different colors.

Brightness Control

Adjust the brightness level of the light.

Color-changing speed

When the color-changing mode is active, press to adjust the speed of color transitions.

Color-changing mode

Adjust the light's color-changing function.

Power Control

RGB Control

Brightness Control

Color-changing speed

Color-changing mode



Explosion-proof Lamp Control

Located on the right front panel. Use this switch to turn the explosion-proof lamp ON or OFF.

Accessories

Hourglass timer

Mounted inside the sauna to help track time during use.

Wooden barrels, plastic buckets, and wooden spoons

Used to hold water and pour it over sauna stones for steam (when a heater is used).

Temperature and humidity meter

Helps monitor ambient temperature and humidity levels inside the sauna.

Water tray

Placed beneath the Electric Sauna Heater to collect any dripping water and prevent floor damage.

Cup Rack

Attach to flat panels using self-tapping screws (4*30). This area is intended for placing cups.

Towel Holder

Attach to flat panels using self-tapping screws (3*35). This area is intended for towel storage.



INSTRUCTIONS FOR USE

Electric Sauna Heater

NOTICE: Please review the Electric Sauna Heater manual before using this feature.

Temperature Display

Temperature: The left display window shows a range of 43–221°F (6–105°C).

Set Temperature: Adjustable from 158–194°F (70–90°C), with a factory default setting of 167°F (75°C).

Heating Indicator

The indicator light turns ON when the Electric Sauna Heater is actively heating.

Time Display

Displays the remaining time for heating.

Sauna START/STOP

Press to start or stop the heating function.

Temperature and Time Setting

1. Press the SETTING button once to enter temperature setting mode.
2. The left display will blink. Use the UP or DOWN buttons to set the desired temperature.
3. Press SETTING again to confirm the temperature.
4. The display will now enter time setting mode. Use UP to set the hour (0–9). Use DOWN to set the minutes (0–59).
5. Press SETTING again to confirm.

Maximum preset time: 10 hours (0:00 to 9:59). Maximum heating time: 60 minutes

Adjusting Button (UP/DOWN)

Use to adjust temperature or time values while in setting mode.

Extra Function: Temperature Unit Switch

To toggle between Celsius and Fahrenheit, press and hold the TEMP/TIME button and the UP button for 3 seconds.

Reset Function

This Electric Sauna Heater includes dual over-temperature protection:

1. Sensor Protection

Triggers an alarm and shuts off the heater if temperature exceeds safe range.

2. Built-in Circuit Breaker

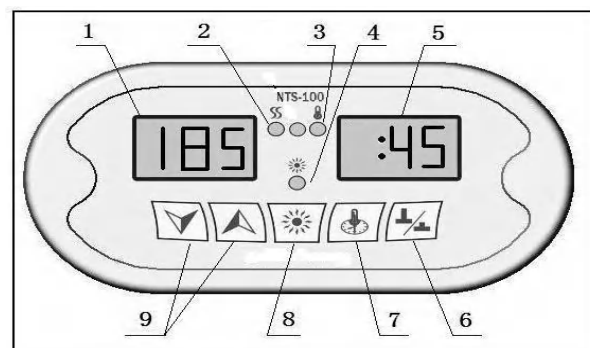
Shuts off power internally if a critical overheat condition occurs.

After shutdown:

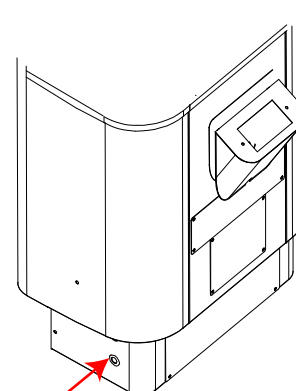
Allow unit to cool.

Press the reset buttons (on the sensor and heater body) to resume operation.

Ensure both reset points have returned to their normal positions before restarting.



1. Temperature display
2. Heating indicator
3. Temperature-preserving indicator
4. Light indicator
5. Time display
6. Sauna START/STOP
7. Temperature and Time setting
8. Light ON/OFF (If available)
9. Adjusting button



Heater body reset button

INSTRUCTIONS FOR USE

Winter Heating Notice

During cold weather, your sauna may take longer to heat — this is normal.

Why it happens:

1. Low outdoor temperatures make the heater work harder.
2. Wind, snow, and humidity increase heat loss.
3. Cold rocks and surfaces absorb more heat.

Tips to improve heating:

1. Allow more preheat time.
2. Keep the door closed.
3. Clear snow/frost before use.
4. Use a windbreak if exposed.

Note: Most heaters auto shut off after 60 minutes. To continue heating, restart the unit.

How to Use a Traditional Finnish Sauna

1. Preheat the Sauna

Set the temperature between 160–185°F (70–85°C).

Preheat for 45–60 minutes. If it's below 20°F outside, allow extra time.

2. Start the First Round (Dry Heat)

Set the heater to run for 1 hour (restart if needed).

Enter the sauna and relax for 10–15 minutes.

Heat rises — wearing a sauna hat can help balance temperature at head level.

Do not add water to the rocks during this round.

3. Cool Down (5 Minutes)

Step outside, shower, or take a cold plunge.

The goal is to reduce your body temperature before the next round.

4. Second & Third Rounds (With Steam)

Add a ladle of water to the hot rocks to produce steam (löyly).

Optional: Add a few drops of aromatherapy oils (e.g., birch, eucalyptus). Use only oils safe for sauna use.

Pour slowly — water should evaporate instantly. If not, reduce the amount.

For heavier steam, consider using a sauna fountain among the rocks.

INSTRUCTIONS FOR USE

How to Use a Traditional Finnish Sauna(Continued)

5. End Your Session

Always finish with a cool down and a warm shower.

Most people do 2–3 rounds total.

6. Stay Hydrated

Drink at least 24 oz (700ml) of water during your session.

Important Safety Notes:

Prolonged heat exposure can be harmful — consult your doctor if you have medical concerns.

Children under 14 should not use the sauna.

All children must be supervised by adults.

SUGGESTIONS

Before Use

1. Always read and follow the instruction manual before operation.
2. Taking a warm shower or bath prior to your session can help stimulate perspiration.

During Use

1. Stay hydrated! Drink plenty of water before, during, and after your sauna session.
2. Keep each session to 30 minutes or less.
3. Sweating typically begins within 15–25 minutes of starting.
4. Open the ceiling vent or door periodically to allow fresh air into the sauna.

Cleaning Wooden Surfaces

1. Wipe inner and outer wood with a damp, wrung-out towel. Use a vacuum cleaner for hard-to-reach areas.
2. Do not use organic solvents like gasoline or alcohol.
3. Avoid abrasive or sharp tools to prevent scratching.

Cleaning Glass Surfaces

1. Use a soft cloth such as microfiber for routine cleaning.
2. For stubborn spots, use a damp cloth followed by a dry cloth.
3. Never use abrasive tools on glass.

Transportation & Storage

1. Avoid water exposure and sudden impacts when transporting the sauna.
2. Store in a dry, humidity-controlled environment.
3. In cold climates, keep wood from drying out by occasionally wiping with a damp towel to retain moisture.

SUGGESTIONS

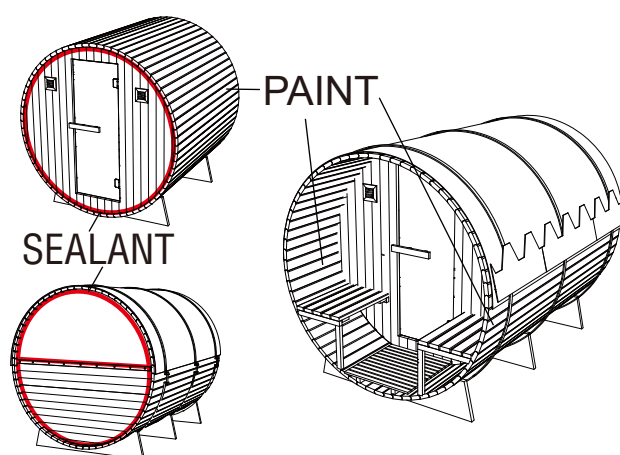
Maintaining Sauna After Installation

1. After the sauna room is installed, it is recommended to paint the exterior to enhance waterproofing and improve its suitability for outdoor conditions.

Select a wood sealant specifically designed for outdoor saunas, or another clear waterproof wood stain and sealer suitable for wooden structures. Apply the coating to the exterior surfaces, with particular attention to the wooden roof panels, side panels, and all external joints. Sealant should also be applied to both the interior and exterior edges of the glass window.

For saunas used outdoors, reapply the coating every six months to maintain effective waterproofing.

WARNING: Never use stain on the interior of the sauna as it must remain all natural.



2. Turn off the power after each session.
3. Open the door to ventilate the sauna and allow heat and moisture to escape.
4. Wipe down the sauna walls and surfaces with a towel to remove sweat and moisture.
5. Exterior Wood Care

The sauna's wood is naturally weather-resistant, but UV and time will cause it to gray.

To preserve or change its color, apply a water-based exterior stain-and-seal. This also adds protection against mildew.

Do not treat the interior wood — this may cause fumes when heated.

6. Roofing & Waterproofing

Without a roof, water can seep through roof boards — this is normal. Some water may enter during wind-driven rain — it won't harm the sauna.

After heavy rain, run the heater for 1 hour to dry the interior.

Use the heater regularly during wet seasons to prevent mold or mildew.

7. Interior Cleaning & Bench Care

Apply sauna-grade paraffin oil to benches before use. Reapply 1–2 times a year. Never use paraffin lamp oil.

Surfaces must be dry before oiling.

SUGGESTIONS

Maintaining Sauna After Installation(Continued)

8. Clean the interior every 3–4 months:
 Use a suitable sauna wood cleaner. Avoid ammonia or harsh chemicals.
 Use a sponge or soft brush, scrub with the grain.
 Rinse thoroughly with water.
 Run heater for 1–2 hours to dry, then air out with door open.
9. Electric Sauna Heater Maintenance
 For stainless steel parts, use a limescale remover.
 Re-stack sauna rocks every 6 months to avoid coil damage.
 Replace rocks every 12–18 months due to heat breakdown.

TROUBLESHOOTING

- Always cut off the power of the sauna and let it cool down before maintenance.
- Repairs to the electrical components of the sauna should only be performed by qualified service technician.
- Unauthorized repairs will void the warranty, please contact SaunaSpa service immediately.

Color Light or Explosion-proof Lamp Not Working

Solution:

If the color lighting fails to operate:

- Disconnect the wire connection to the light fixture on the top board.
- Reconnect securely, ensuring the connection is tight and fully seated.
- Test the light again.

If the issue persists, contact SaunaSpa Support for further assistance.

For Electric Sauna Heater:

1. Electric Sauna Heater Malfunctioning

“-H”: Temperature exceeds 221°F [105°C].

“-L”: Temperature exceeds 43°F [6°C].

“EE”: Communication error. Contact SaunaSpa for a replacement.

“SE”: Temperature sensor overheat alarm. Press the reset button after the temperature drops.