



OUTDOOR SAUNA USER GUIDE

MODELS
SS-OTHT002



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*

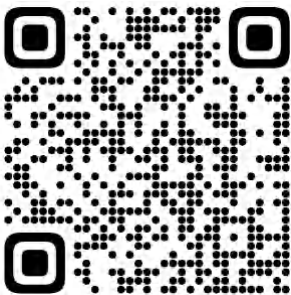
IMPORTANT: Warranty will not be recognized unless product is registered.

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

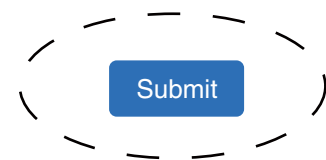
Model Purchased*

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 operate the Sauna Room Heater and the Electric Sauna Heater at the same time.**
2. Do not pour water on the infrared heaters / radiators.
3. Do not insert objects (fingers, sticks, etc.) into any openings or heating elements.
4. Do not touch the heating element, control panel, or light bulb when hot.
5. Do not sleep inside the sauna while it's operating.
6. Never use the sauna under the influence of alcohol, drugs, or medication.
7. Pregnant or menstruating women should not use the sauna.
8. If you feel dizzy, weak, or unwell, stop use immediately.
9. 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 floor heater and seating area dry to avoid damage.
 3. Do not bring pets into the sauna.
 4. Covering the heater or infrared emitter 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 to complete assembly.
- Remove all of the contents from the package and check that you have all parts shown in the component list.
- NOTICE: Some parts may be pre-installed or pre-assembled.
- Protect the wood surface of sauna during assembly to avoid damage.
- Keep this manual for future reference.

ELECTRICAL REQUIREMENTS

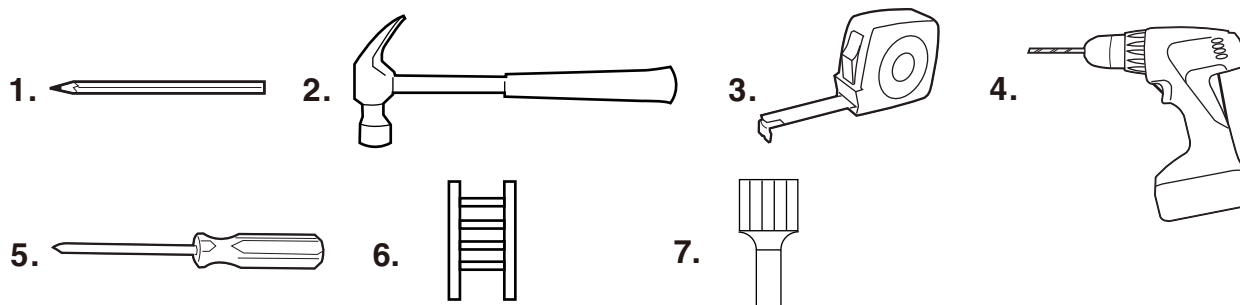
- All electrical wiring must be done by a qualified, licensed electrician.
- This Electric Sauna Heater does not include electrical cables; they must be supplied separately. Due to the high heat of the sauna, use only copper wire rated for 194°F (90°C). Aluminum wire is not permitted. Use copper wire 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, 40-amp and 240VAC, 20-amp 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

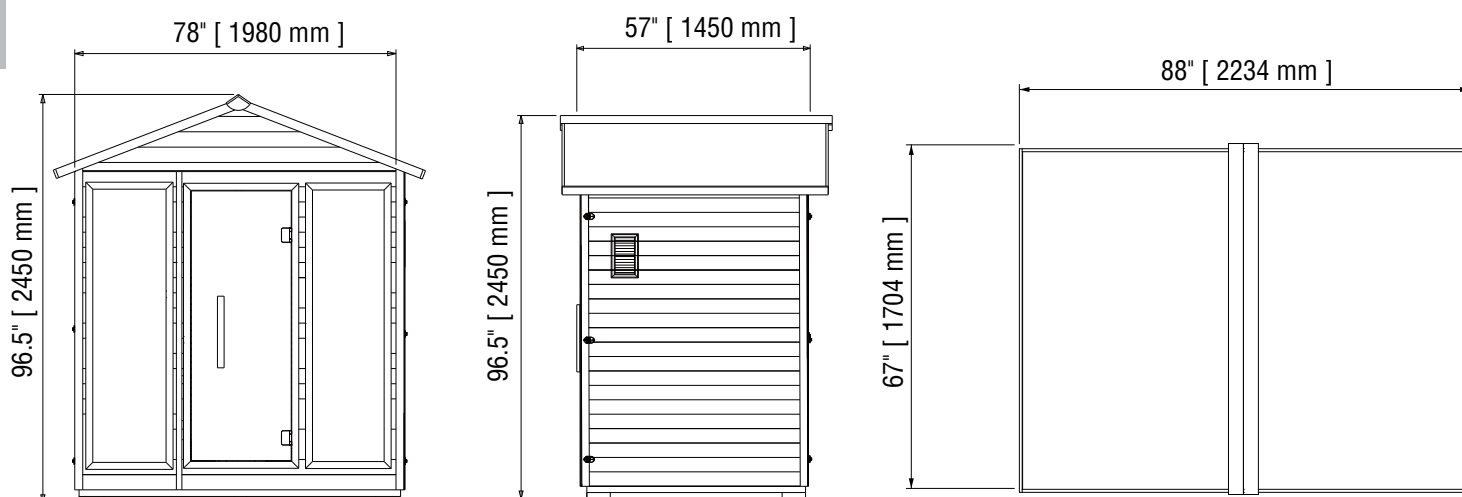


- | | | | |
|--------------------|-----------|-------------------|-------------------|
| 1. Pencil | 2. Hammer | 3. Tape Measure | 4. Electric Drill |
| 5. "+" screwdriver | 6. Ladder | 7. Painting brush | |

SPECIFICATIONS

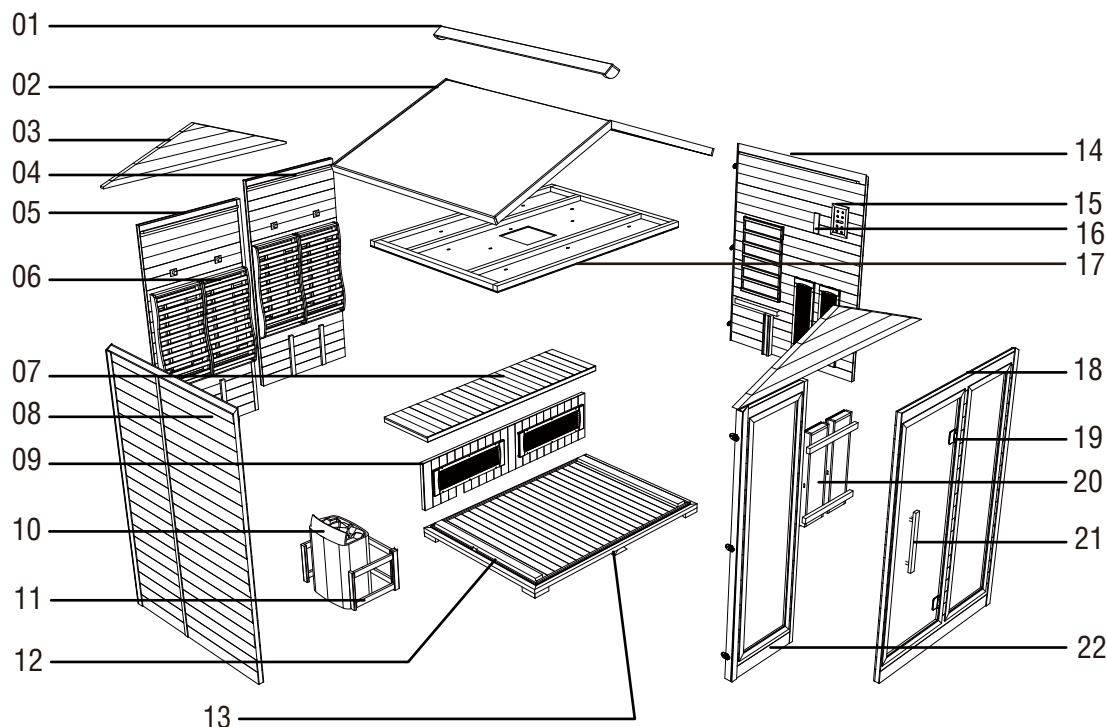
SPECS	SS-0THT002
Assembled Tent Dimensions(L x W x H)	67" x 88" x 96.5" (1704 x 2234 x 2450mm)
Power Output	4500 Watts(Infrared Heater), 6200 Watts(Electric Sauna Heater)
Maximum Temperature	149°F [65°C](Infrared Heater), 194°F [90°C](Electric Sauna Heater)
Voltage	240V AC / 60Hz
Function	Control panel with temp adjust and timer, Bluetooth, Color LED light, Star light on roof, ETL certificated heater, Infrared heaters

PRODUCT SIZE CHART









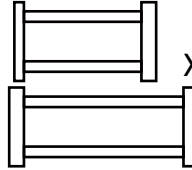


COMPONENTS





- 1 Ridge plate
- 2 Sloped roof
- 3 Sealing plate
- 4 Back board(Right)
- 5 Back board(Left)
- 6 Backrest
- 7 Bench
- 8 Left board
- 9 Bench front panel
- 10 Electric Sauna Heater
- 11 Heater guard rail
- 12 Cable tank
- 13 Bottom board
- 14 Right board
- 15 Ventilation
- 16 Control panel
- 17 Top board
- 18 Front board(right)
- 19 Hinge
- 20 Heating element
- 21 Handles
- 22 Front board(left)



Accessories

 Stainless steel screw(4*30) x 16	 Stainless steel screw(4*12) (Spare parts for securing asphalt shingle) x 16	 Stainless steel screw(5*70) x18
 Self-tapping Screw(4*50) x 16	 Self-tapping Screw(5*40) x 16	 Cable clip Ø3*12 x 20
 Asphalt shingle (Spare parts) x 4	 Water tray x 1	 x 2 x 1 Heater guard rail

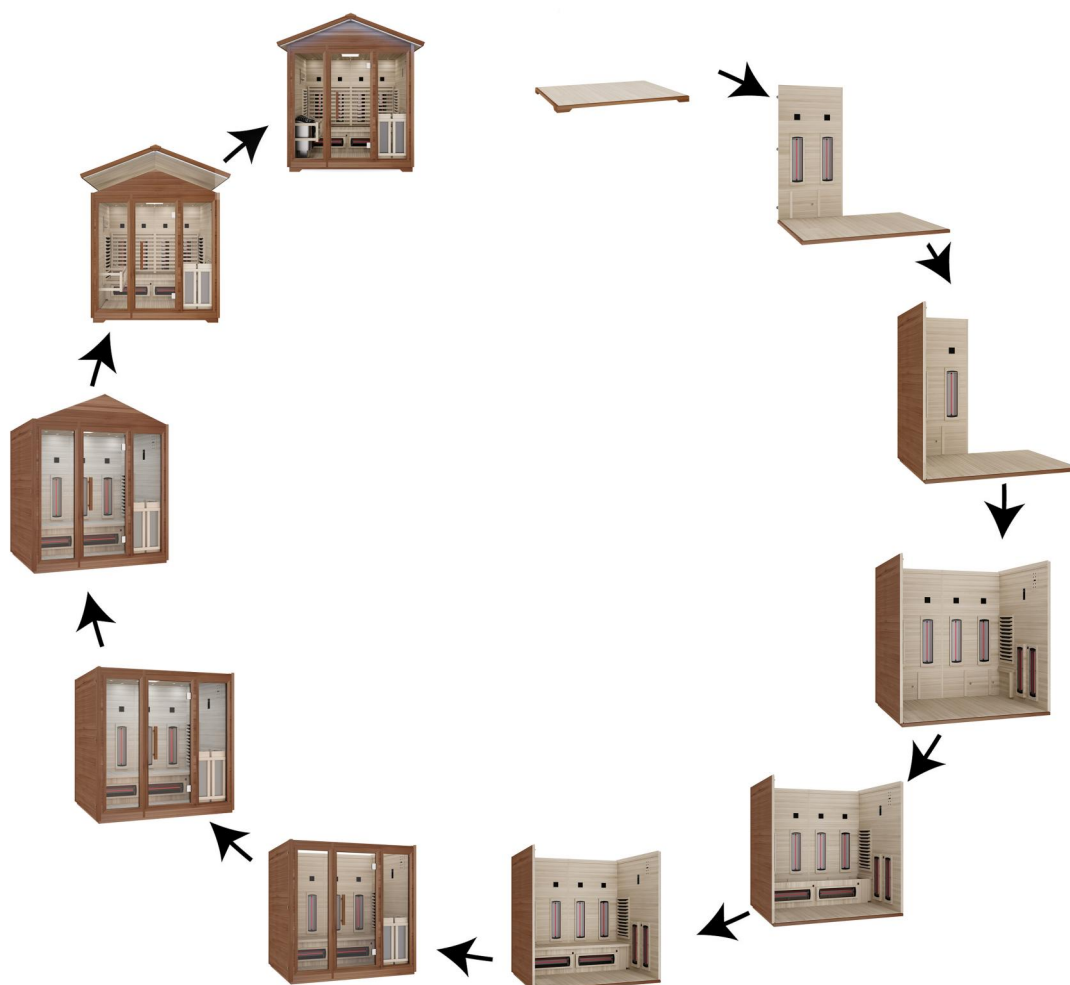
Accessories

 Handles with Screws x 1	 Hourglass timer x 1	 Wooden barrels, plastic buckets, and wooden spoons x 1
 Temperature and humidity meter x 1		

INSTALLATION

Important:

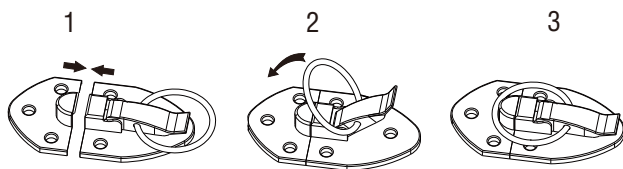
Before assembling your sauna, carefully read the WARNING and ASSEMBLY TIPS sections of this manual. The illustrations provided are for reference purposes only and may not exactly match your specific sauna model. Parts and accessories shown may vary.



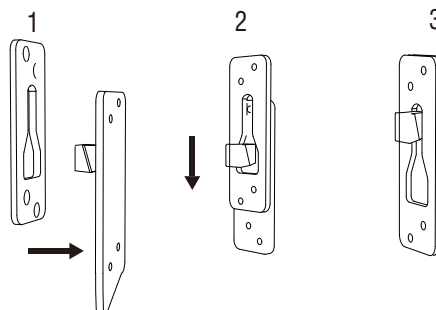
INSTALLATION

NOTICE: There are two types of buckles used throughout the installation process. Install according to the diagrams shown below

Outer buckle installation



Hanging buckle installation



Step 1: Position the Base and Back Board

Select a level location to place the Bottom Board [13]. Refer to the ASSEMBLY TIPS section for placement guidelines. Attach the Back Board (Left) [5] to the Bottom Board by aligning it with the edge at the front of the Bottom Board.

Press firmly into place to secure the fit. (Fig 1)



Fig 1

Step 2: Install Side Panels

Attach the Left Board [8] to the Back Board (Left) by aligning the buckles and sliding the Left Board downward until it locks securely in place. (Fig 2a) Repeat the same procedure to attach the Back Board (Right) [4] and Right Board [14]. (Fig 2b) Use self-tapping screws (5*40) through the holes of wooden batten on bottom board to secure the back board. (Fig 2c)



a



b



c

Fig 2

INSTALLATION

Step 3: Install Bench Front Panel and Connect Cables

Slide the Bench Front Panel [9] into the grooves of the Left and Right Boards as shown. (Fig 3a)

Connect the power cable to the matching ports. Each cable or plug is labeled; locate the matching male and female connectors (e.g., labeled "Control") and plug them in securely. (Fig 3b)

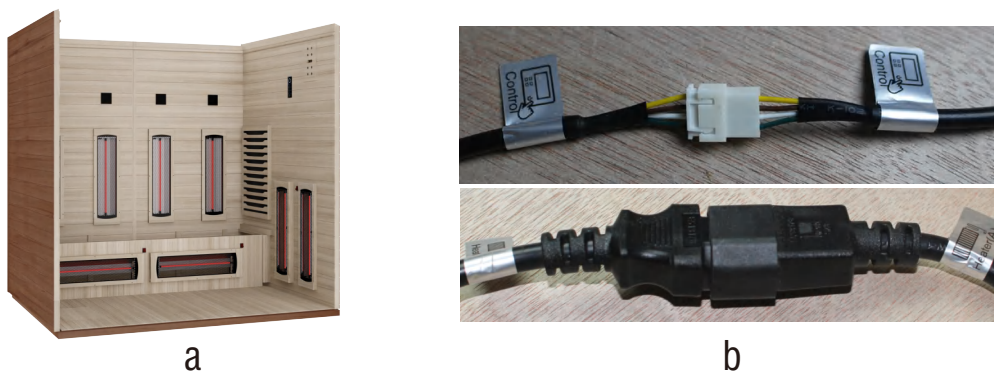


Fig 3

Step 4: Install the Bench

Place the Bench [7] onto the Bench Front Panel and push it backward toward the Back Board until properly seated.

Secure the Bench using self-tapping screws(5*40).(Fig 4)



Fig 4

Step 5: Install the Backrest

Position the Backrest [6] against the Back Board.

Secure it in place using self-tapping screws(4*50).

(Fig 5)

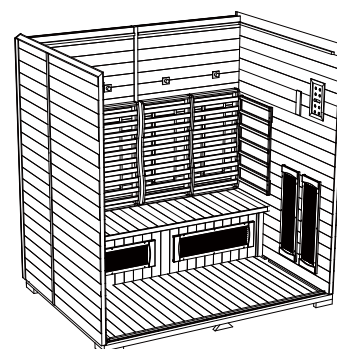


Fig 5

INSTALLATION

Step 6: Install the Front Boards

Attach the Right Front Board [18] to the Bottom Board by aligning the buckles on the Right Board and sliding the panel downward until it locks into place.

Next, install the Left Front Board [22] by fitting it into the groove of the Right Front Board. Align the buckles and slide down to secure. Note: If the board is slightly warped, have one person push the Back Board outward from inside the sauna while another person engages the buckles from the outside. The boards should interlock smoothly, like puzzle pieces. (Fig 6)

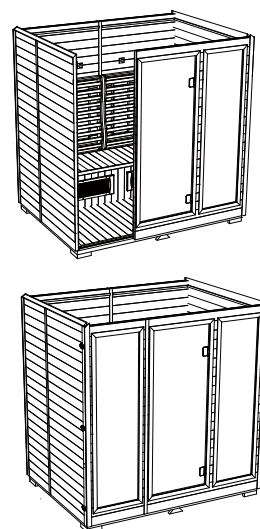


Fig 6

Step 7: Install the Front Heating Element

Mount the Front Heating Element [20] onto the Right Front Board using stainless steel screws(4*30). Connect the cable securely to the corresponding plug.(Fig 7)



Fig 7

Step 8: Install the Top Board and Route Wires

Route the internal wires upward through the sauna and into the top area. Install the Top Board [17] and feed the wires through the designated grooves. Secure the Top Board using self-tapping screws(5*40). (Fig 8a) Connect all wiring pairs by matching the male and female connectors labeled accordingly (e.g., "RGB Light", "Speaker"). Ensure wiring is fully seated and connections are secure before proceeding. (Fig 8b)

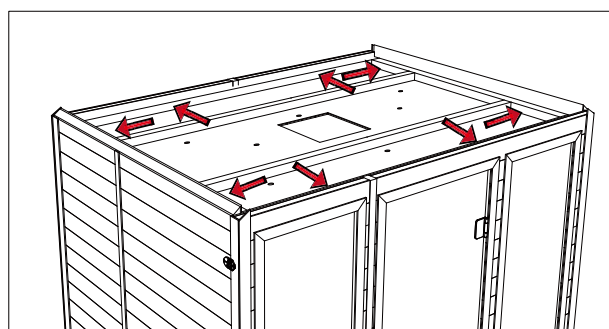


Fig 8a

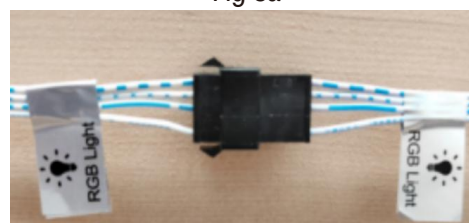


Fig 8b

INSTALLATION

Step 9: Install the Sealing Plate

Use stainless steel screws(5*70) to secure the Sealing Plate [3] to the top of the sauna structure. (Fig 9)

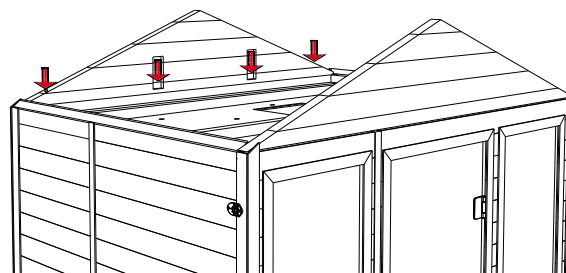


Fig 9

Step 10: Install the Sloped Roof

Position the Sloped Roof [2] panels at the top of the sauna. Use stainless steel screws(5*70) to attach the panels securely. (Fig 10)

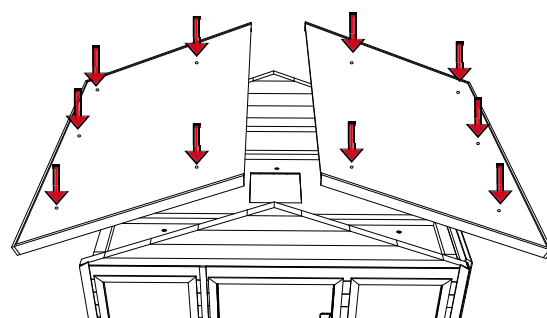


Fig 10

Step 11: Install the Ridge Plate

Place the Ridge Plate [1] along the roof joint. Fasten using stainless steel screws(4*30). (Fig11)

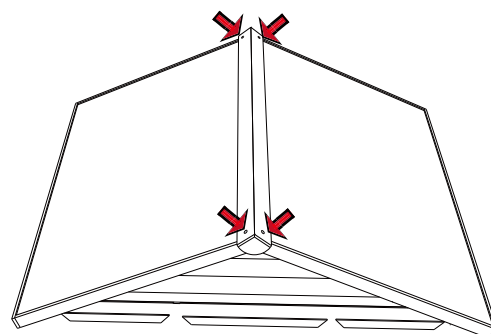


Fig 11

Step 12: Install the Door Handles

Separate the Handles [21] by removing the screws on the interior side (the side that faces inside the sauna). The screw-side handle is installed on the inside of the door glass, while the other handle goes on the outside. (Fig 12)

Align both handles with the pre-drilled holes in the glass door and secure them by tightening the screws through the wooden exterior handle.

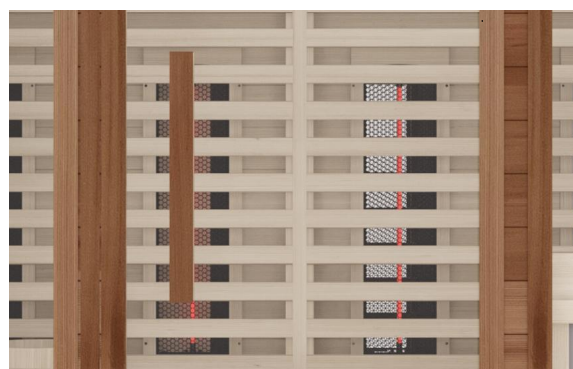


Fig 12

INSTALLATION

Step 13: Apply Exterior Sealant

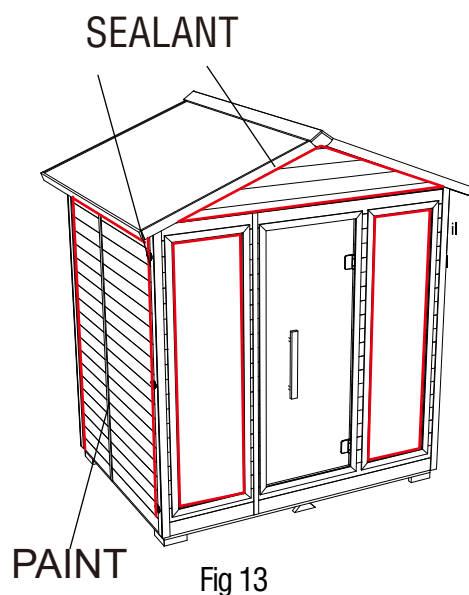
After the sauna room is installed, it is recommended to paint the exterior to enhance waterproofing and improve its suitability for outdoor conditions.

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. (Fig13)

WARNING:

Do not apply stain to the interior surfaces of the sauna, as they must remain in their natural, untreated state.



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 Left Board. (Fig 14)

Begin by using the two included $\frac{1}{4}" \times \frac{1}{2}"$ hex head lag screws for the upper mounting holes. (Fig 15a)

Tighten until the screw heads are approximately $\frac{1}{8}"$ away from the wall surface. Ensure screws are anchored into a framing member or backing board to safely support the heater's weight. (Fig 15b)

Hang the heater onto the upper screws.

Then, secure the lower mounting holes using the two provided $\frac{1}{4}" \times 1"$ hex head lag screws. Tighten fully to lock the heater in place.

Refer to the heater manufacturer's manual for precise positioning and clearance requirements from surrounding materials. (Fig 15c, Fig 15d)

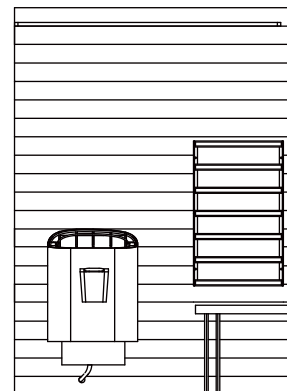


Fig14

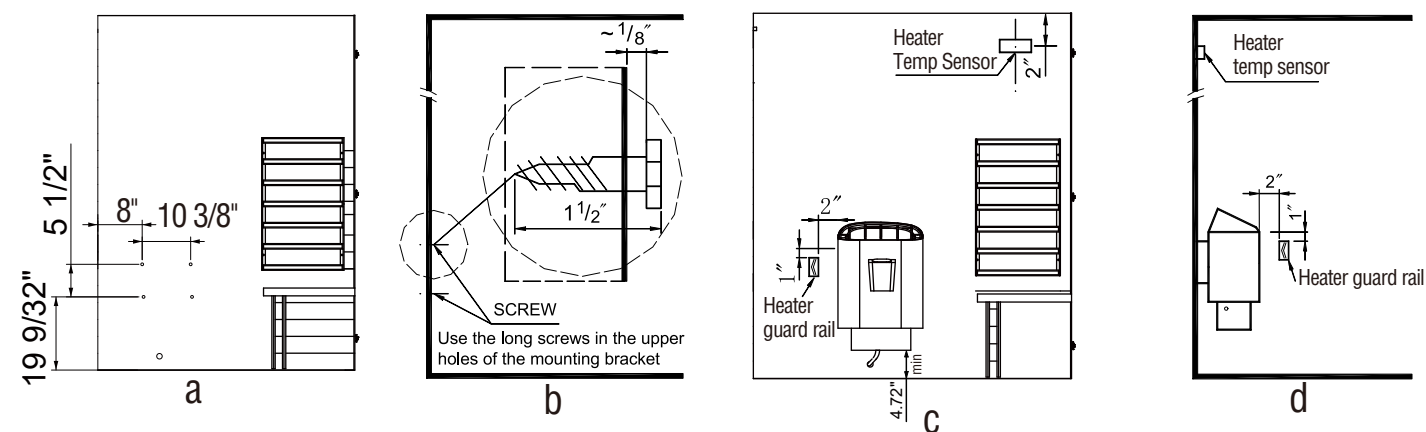


Fig15

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.

INSTALLATION

Electric Sauna Heater(Optional)

3. Electrical Installation

WARNING:

1. All electrical work must be performed by a licensed electrician in accordance with the National Electrical Code and all local building regulations.
2. The Electric Sauna Heater and Sauna Room Heater are separate high-power appliances. Do not operate both simultaneously.

NOTICE:

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

Wiring the Electric Sauna Heater:

Remove the protective cover at the base of the Electric Sauna Heater to reveal the terminal block. (Fig 16)

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.

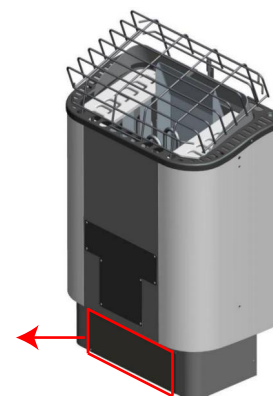


Fig16

Locate terminal TB1 and connect the wires according to the labeled designations (Fig 17). 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.

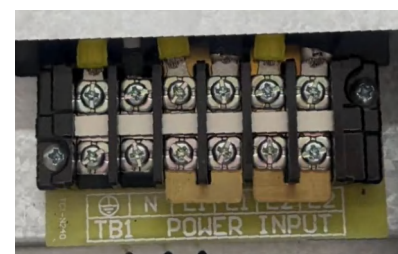


Fig17

4. Sensor Box Installation

Mount the temperature sensor 2 inches below the ceiling, as shown in Fig 15c & Fig 15d.

For best results, install the sensor above the bench, away from the Electric Sauna Heater.

Do not mount it directly above the heater, as it may affect temperature readings or damage the cable. Connect the sensor wire to terminal TB2, located inside the terminal block. (Fig 18)

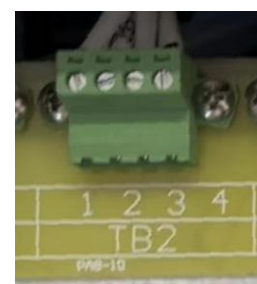


Fig18

INSTALLATION Electric Sauna Heater(Optional)

4. Sensor Box Installation(continued)

Then, open the temperature sensor box cover, fix the temperature sensor on wall with screws, and put back the cover. (Fig 19)

Route the sensor wire on the left board using cable clips Ø 3*12. (Fig 20)

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 21)

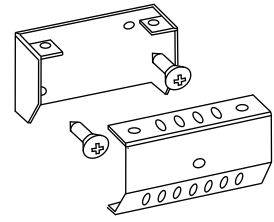


Fig 19



Fig 20

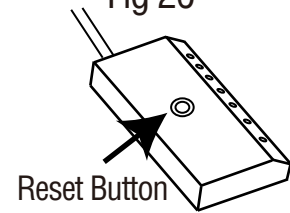


Fig 21

5. Control Box Installation

Connect the center cable of the Electric Sauna Heater to the controller unit. (Fig 22) Hang the controller onto the mounting slot at the back of the heater. Secure the bottom of the controller with screws to complete installation.

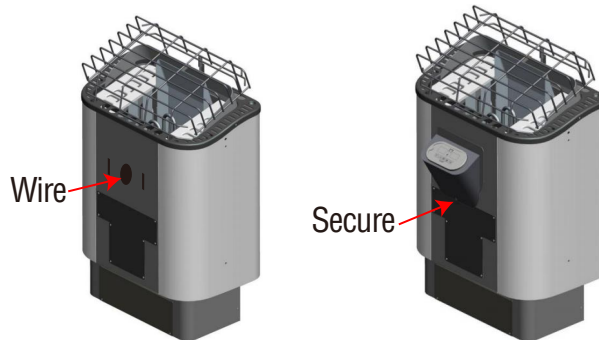


Fig 22

6. Heater Guard Rail Installation

Assemble the Heater guard rail [11] as shown. Use Stainless steel screws (4*30) to secure all parts. (Fig 23)

Install the guard rail in the proper position using the guidelines in Fig 16c & 16d.

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

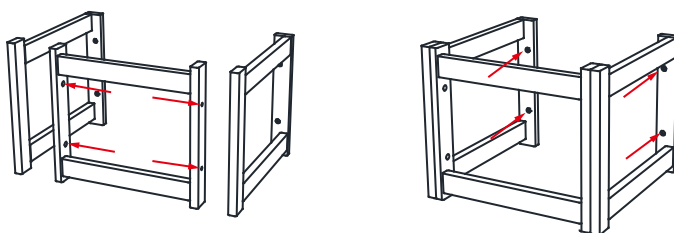


Fig 23

INSTRUCTIONS FOR USE

Congratulations! Assembly is now complete. Before using your sauna, please review the following instructions, warnings, and usage tips.

Far Infrared Heating Control Panel

NOTICE: Do not operate the Sauna Room Heater and the Electric Sauna Heater at the same time.

1. Display Screen

Displays the current temperature inside the sauna.

2. Temperature Control

Press ▲ or ▼ to adjust the desired temperature.

Temperature range: 86–149°F (30–65°C)

3. Timer Control

Touch the clock icons to set your desired session duration.

(5-60 minutes)

4. Heating Power

Press the power icon to turn the heating element ON/OFF.

The current room temperature will appear on the screen.

5. Bluetooth Audio

Press the Bluetooth icon to activate Bluetooth mode.

Connect a Bluetooth-enabled audio device (e.g., smartphone) to the "SaunaSpa" network. Once paired successfully, you can stream music and control the volume from your device.

6. Timer Indicator

Displays the remaining time for the current heating session.

7. Temperature Unit Switch (°C/°F)

When powered ON, press the °C/°F button to switch between Celsius and Fahrenheit.

8. Lighting Control

Press the light icon to toggle lighting. (Green light = ON, Red light = OFF). Press and hold the light button for 5 seconds to enter Color Selection Mode.

Each press cycles through the following options:

L1: White L2: Red L3: Blue L4: Blue + Green L5: Green L6: Green + Red L7: Red

L8: Multi-Color Flashing L9: Multi-Color Gradual Transition

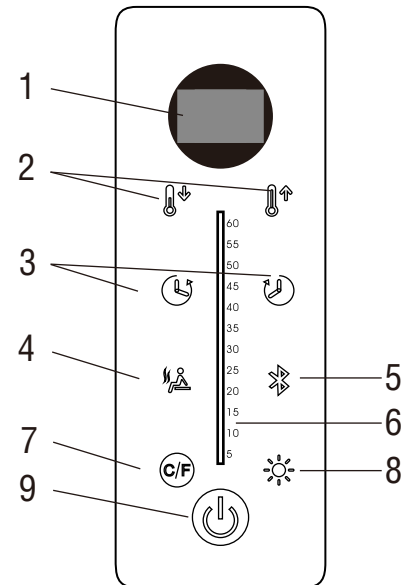
If no button is pressed for 8 seconds, the light control will automatically exit selection mode.

9. Power On / Off

When the system is connected to power, it enters standby mode.

To turn it on, press and hold the power button for 3 seconds.

To turn it off, press the power button again — this will shut down the system and all connected component.



INSTRUCTIONS FOR USE

Leg Heater Switch

You can manually operate the leg heater using the dedicated switch, located above the heater unit.

NOTE: Ensure the main heating function on the Control Panel is turned ON before using this switch.



Back Heater Switch

The back heaters are operated via two rotary dials. Each dial controls the power and temperature level of the heater positioned directly below it.

NOTE: Ensure the main heating function on the Control Panel is turned ON before using these switches.



Accessories

Hourglass Timer

Mounted inside the sauna to help track time during use.



Wooden Barrel, Plastic Bucket, and Wooden Spoon

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.



INSTRUCTIONS FOR USE

Electric Sauna Heater

NOTICE: 1. Do not operate the Sauna Room Heater and the Electric Sauna Heater at the same time.
2. 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

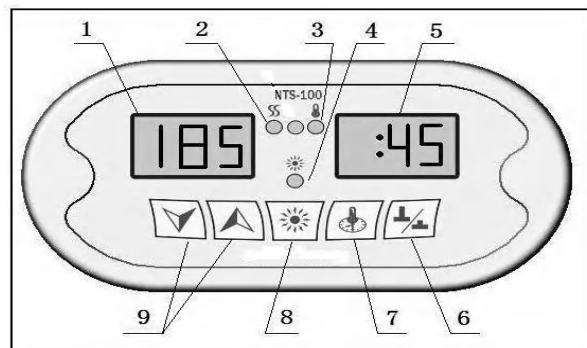
Shuts off power internally if a critical overheat condition occurs.

After shutdown:

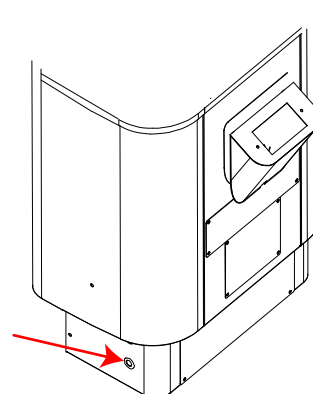
Allow unit to cool.

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

4. 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.

Refer to Step 14 of the installation instructions and reapply the coating every 6 months to maintain waterproofing.

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

5. 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.

6. 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.

7. 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.

8. 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 disconnect the sauna from power and allow it to cool down before performing any maintenance.

Electrical repairs must be conducted by a qualified service technician.

Unauthorized repairs will void the warranty. Contact SaunaSpa Service immediately for assistance.

For Infrared heating system:

1. No Heat from Some Heaters

Solution 1:

Ensure the Power Cord is plugged into a functional outlet. Verify that all heater cords are securely connected, including the floor heater and cords on the Top Board leading to the control box.

Solution 2:

If only certain heaters are not working while others are functional, the faulty heaters may be damaged and need replacement. Contact SaunaSpa Service for replacement parts.

Solution 3:

If no heaters are working and no error codes appear on the control panel, the temperature sensor may be unplugged or defective.

- Contact SaunaSpa to order a replacement sensor.
- Remove the duster cover and locate the sensor wires on the top board.
- Insert the new sensor through the vent, ensuring it is positioned straight down inside the sauna.
- Power on the sauna and allow 5 minutes to check if the heaters generate heat.

2. Control Panel Malfunction

Solution 1:

If the control panel powers on but does not respond when buttons are pressed, the issue may stem from a loose connection.

- Locate the "Control" wire on the top board.
- Disconnect and inspect the wire pins to ensure they are not bent or damaged.
- Reconnect the Control wire harness securely.
- Test the sauna to confirm proper operation.

Solution 2:

If the control panel has no power or display, the panel itself may be faulty. Contact SaunaSpa at for further troubleshooting or replacement.

3. Control Panel Error Codes

"HH": Temperature exceeds 176°F (80°C). Restart the sauna and allow it to cool to below 167°F (75°C) before resuming use.

"E0": Temperature sensor is open circuit. Contact SaunaSpa for a replacement.

"E1": Temperature sensor is short circuit. Contact SaunaSpa for a replacement.

4. Rear Wall Warp (Intentional Design)

Solution:

A slight warp in the back board is an intentional design feature that provides structural tension once assembled, ensuring a snug and secure fit.

5. Wall Outlet Overheating or Melting

Solution 1:

A common cause is loose wiring at the connection points inside the receptacle. Loose wires can result in poor electrical contact, excessive heat buildup, and potentially dangerous arcing inside the junction box.

TROUBLESHOOTING

Solution 2:

Have a qualified service technician replace the outlet and inspect the wiring.

Solution 3:

If the power cord is damaged, contact SaunaSpa Support for a replacement power supply.

6. Dedicated Power Outlet Required

Solution 1:

Only plug the sauna into a dedicated outlet, meaning no other appliances are connected to the same circuit.

Solution 2:

If a dedicated outlet isn't available, avoid using other electrical appliances on the same circuit while the sauna is operating.

7. Heater Under Bench Heats Slowly

Solution:

This is normal by design. For safety reasons, the bench heater operates at a lower power output than other heaters in the sauna. This is not a malfunction.

8. Speaker Malfunction

Solution 1:

Inspect the speaker connection wires on the top board. Reconnect any loose wires and test the speaker to confirm functionality.

Solution 2:

If the speakers still do not function, they may be damaged. Contact SaunaSpa Support for replacement parts.

9. Color Light 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.

10. Bluetooth Connection Issues

Solution 1:

Verify that Bluetooth is enabled on your device (e.g., phone or MP3 player). Ensure the device connects to "SaunaSpa" in the Bluetooth menu.

Solution 2:

Make sure the volume is turned up on your Bluetooth device while music is playing.

Solution 3:

If the device is still unable to connect, it may be incompatible with the sauna's Bluetooth system. Try using another device.

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.

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

