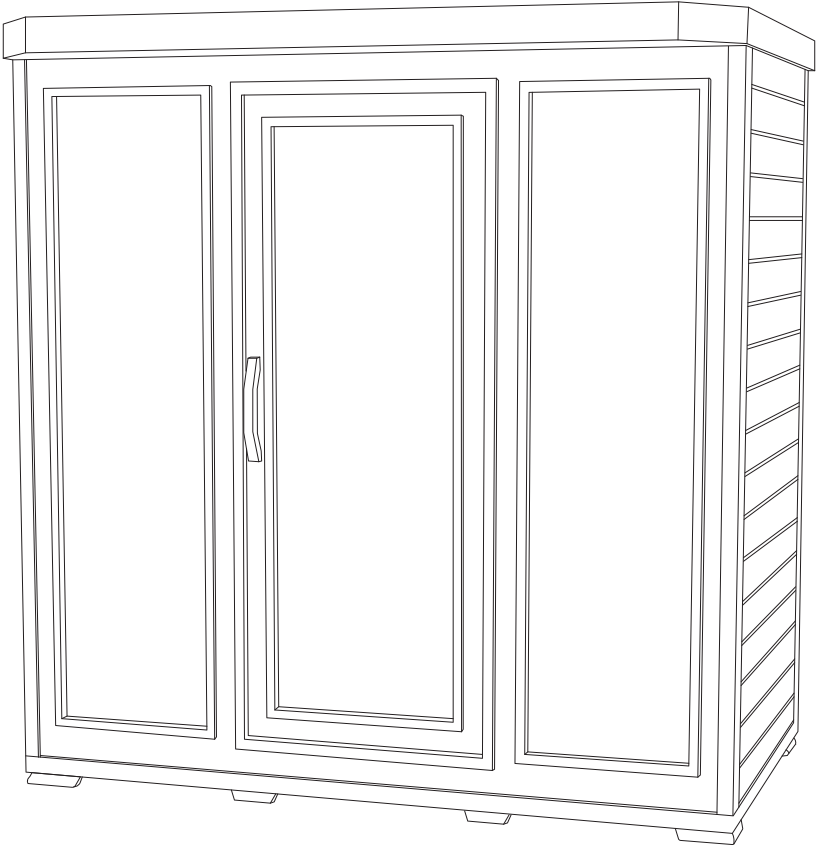


SONOMA 4-PERSON HEMLOCK INFRARED SAUNA

ASSEMBLY INSTRUCTIONS



SKU# SA7020



THANK YOU!

Thank you for purchasing this product. We work around the clock and around the globe to ensure that our products maintain the highest possible quality. However, in the rare case of issues during assembly or use of this product, please contact **Blue Wave Customer Service at 1-800-759-0977** for immediate assistance before contacting your retailer. Please read the warranty information at the back of these assembly instructions for further details.



SAVE THIS INSTRUCTION MANUAL

Use of unauthorized replacement parts voids the warranty.

ATTENTION INSTALLER!

THIS MANUAL CONTAINS IMPORTANT INFORMATION ABOUT THE INSTALLATION, OPERATION, AND SAFE USE OF THIS PRODUCT AND MUST BE FURNISHED TO THE END USER. FAILURE TO READ AND FOLLOW ALL INSTRUCTIONS COULD RESULT IN SERIOUS INJURY.

ASSEMBLY TIPS & WARNINGS

IMPORTANT! PLEASE READ THESE ASSEMBLY INSTRUCTIONS IN ENTIRETY BEFORE ASSEMBLING YOUR PRODUCT.

1. Find a clean, level surface to begin the assembly of your sauna. We recommend that two adults work together to assemble this sauna. You may want to carefully cut or tear the four corners of the box so the bottom of the box can be used as your work surface.
2. Remove all of the contents from the box and verify that you have all of the parts shown on the Parts List before you begin assembly. Note: Some parts may be pre-installed or pre-assembled.
3. When installing parts that have more than one screw or bolt, hand tighten in place before final tightening with a screwdriver or wrench.
4. Electric screwdrivers may be helpful during assembly; however, please set a low torque and use extreme caution because screws may be stripped or overtightened, resulting in damaged parts.

ELECTRICAL REQUIREMENTS

1. We recommend consulting a licensed electrician and checking local ordinances before installing any sauna.
2. This sauna requires a 20A receptacle and a 20A circuit breaker. **Note: Electrical modifications may be required to accommodate 20 amp power.**
3. Refer to the serial plate on the back of the sauna for complete electrical specifications.
4. These saunas require a dedicated circuit - no other appliances should share the same outlet with the sauna.

WARNING

If your sauna is not properly installed by an electrician, it may cause a house fire.

CHOOSING A LOCATION

1. This sauna should only be placed INDOORS on a dry, level surface.
2. There should be a minimum of 5-in clearance between the sauna and any wall.
3. Make sure the main power cord will reach the outlet and remain easy to access.
4. The sauna should only be used in a dry location, as moisture will damage the wood and electrical components.
5. Keep the sauna away from any potential hazards including water sources, flammable objects, and combustible materials.

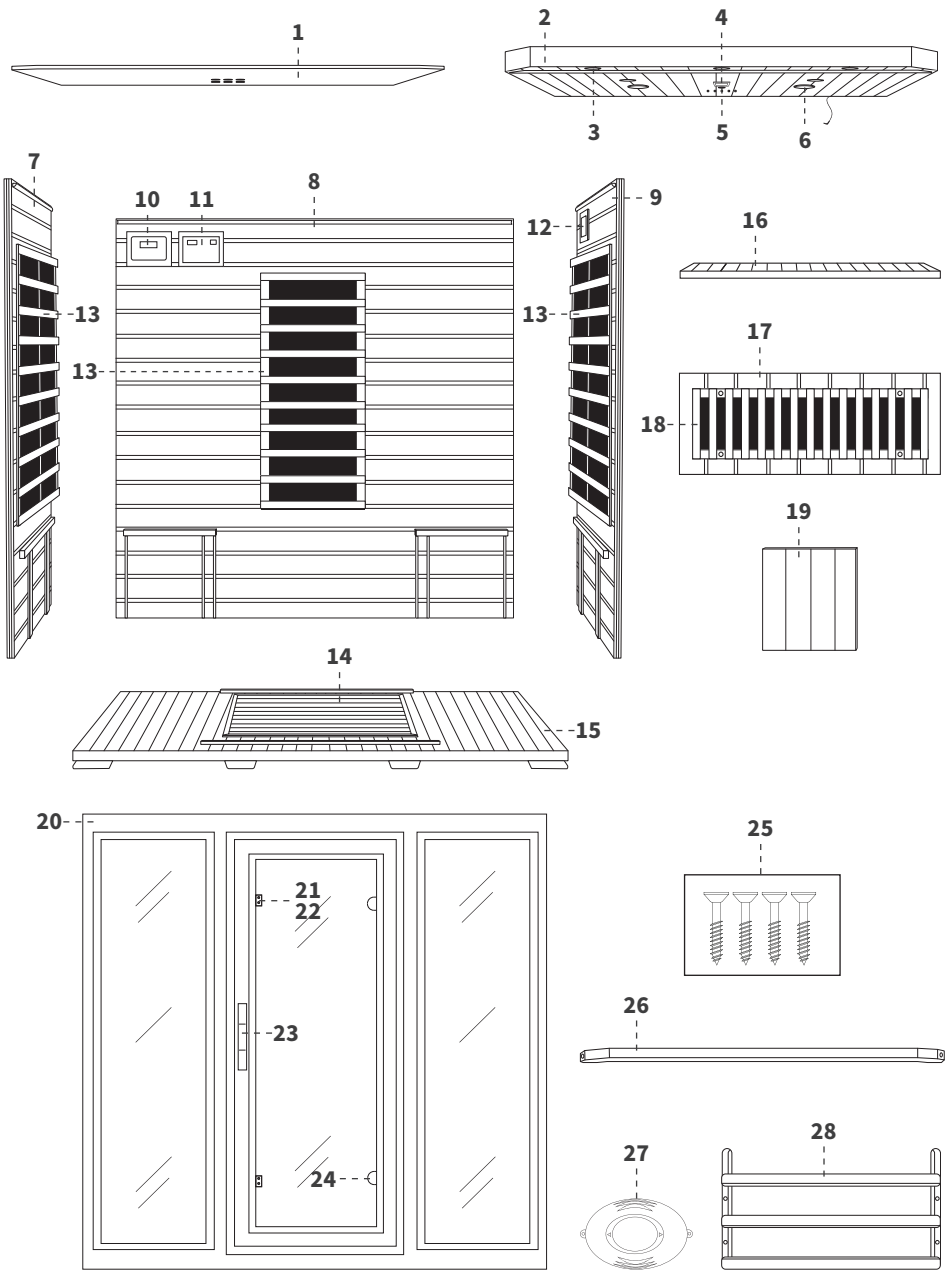
HEALTH & SAFETY WARNINGS

1. Review all instructions and warnings before operating your sauna. A sauna is not a toy. Serious injury may result from negligence, intentional misuse, and failure to follow safety instructions.
2. **Hyperthermia Danger:** Hyperthermia occurs when the body absorbs more heat than it can dissipate. Hyperthermia is a medical emergency and requires immediate treatment to prevent disability or death. It is very important not to allow your body's core temperature to rise above 103°F. Symptoms of hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia may include failure to perceive heat, failure to recognize the need to exit the sauna, unawareness of the impending health hazard, physical inability to exit the sauna, and unconsciousness.
3. If you are feeling uncomfortable, faint, or dizzy - exit the sauna immediately.
4. Do not exceed recommended time and temperature guidelines.
5. Do not touch or interfere with the temperature sensor on the control panel.
6. Do not touch or spray water on the heater elements.
7. Do not use the sauna while under the influence of drugs or alcohol.
8. Do not sleep inside the sauna.
9. Do not use the sauna immediately following strenuous exercise. Allow your body to cool down for 30 minutes before entering the sauna.
10. Pets should never be placed inside the sauna.
11. Pregnant people, children under the age of 6, the elderly, and the infirm should not use the sauna.
12. Children over the age of 6 should always be supervised by an adult.
13. People with health problems that include open wounds, fever, sunburn, or dehydration should not use the sauna.
14. People suffering from obesity or with a history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before using the sauna.
15. Consult a physician before using the sauna if you take any prescription medications.
16. Keep towels and combustible materials away from the heater elements.
17. Remove all towels and materials after your sauna session.
18. Never leave your sauna unattended while in use.
19. Always unplug the sauna and allow it to cool down before performing any cleaning or maintenance.
20. Always turn off and unplug the sauna when not in use.

WHAT'S IN THE BOX

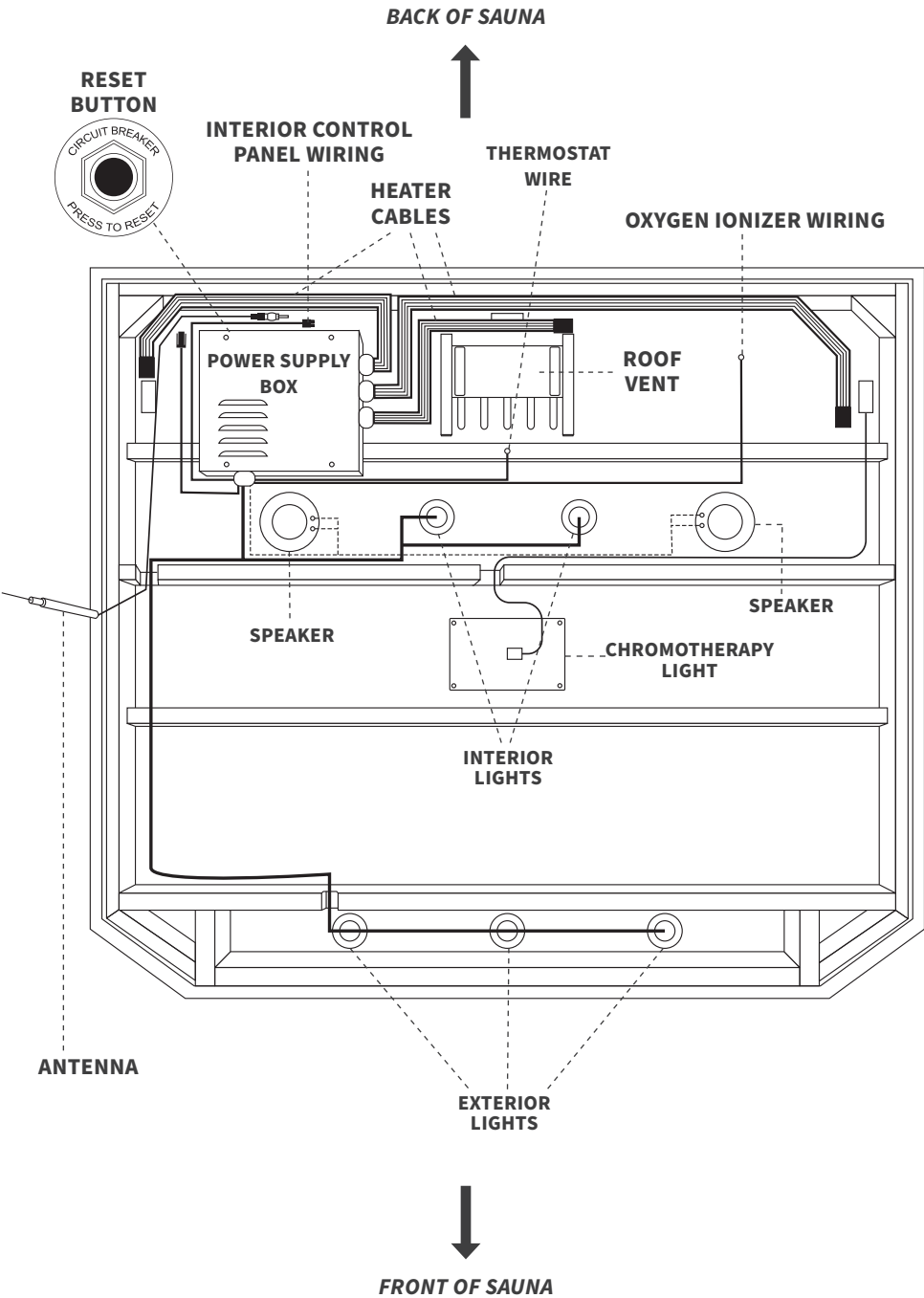
REF. #	PART #	DESCRIPTION	QTY.
CARTON A			
8	SAP7132	Back Panel	1
20	SAP7131	Front Panel with Glass Door	1
13	SAP2418	300W Carbon Heater Panel*	1
10	SAP7105	MP3 Player*	1
-	SAP7136	Window Glass*	2
-	SAP7140	Door Glass*	1
21	SAP2537	Metal Glass Clip*	2
22	SAP25371	Door Magnet*	2
24	SAP7103	Door Hinge*	2
-	SAP2607	Exterior Buckle*	12
-	SAP2704	Main Power Cable*	1
11	SAP2406	Main Control Panel*	1
-	SAP2536	12" Control Panel Wiring Harness*	1
-	SAP25361	Control Panel Wire (Long)*	1
CARTON B			
7	SAP7135	Left Panel	1
9	SAP7136	Right Panel	1
13	SA2418	300W Carbon Heater Panel*	4
-	SAP2427	Control Panel for Color Therapy Light*	1
-	SAP7108	Color Therapy Control Panel Frame*	1
CARTON C			
15	SAP7137	Floor	1
2	SAP7134	Roof	1
1	SAP7139	Roof Cover	1
14	SAP7141	Floor Heater Cover*	1
14	SAP70604	125W Carbon Heater Panel for Floor*	2
18	SAP2419	180W Carbon Heater Panel for Benches*	2
17	SAP7144	Vertical Bench Support	2
19	SAP7143	Front Small Bench Support	2
16	SAP7145	Bench Seat	2
23	SAP7104	Door Handle	1 SET
26	SAP7107	Towel Bar	1
28	SAP7111	Magazine Rack	1
27	SAP2409	Oxygen Ionizer	1
25	SAP7106	Hardware Screws	1 SET
-	SAP7022	Power Supply Box*	1
-	SAP24073	Power Supply Receptacle*	1
-	SAP2428	Heater Circuit Board*	1
-	SAP24281	Circuit Board to Power Supply Wire*	1
-	SAP2530	25A Overcurrent Protector*	1
5	SAP25314	Thermostat Wire*	1
6	SAP2416	Speaker*	2
3	SAP2604	Exterior/Interior Light*	5
4	SAP7110	Color Therapy Light*	1
-	SAP2532	4 Prong Wire Connector for Color Therapy Light*	1
-	SAP2533	5 Prong Wire Connector for Color Therapy Light*	1

PARTS SCHEMATIC

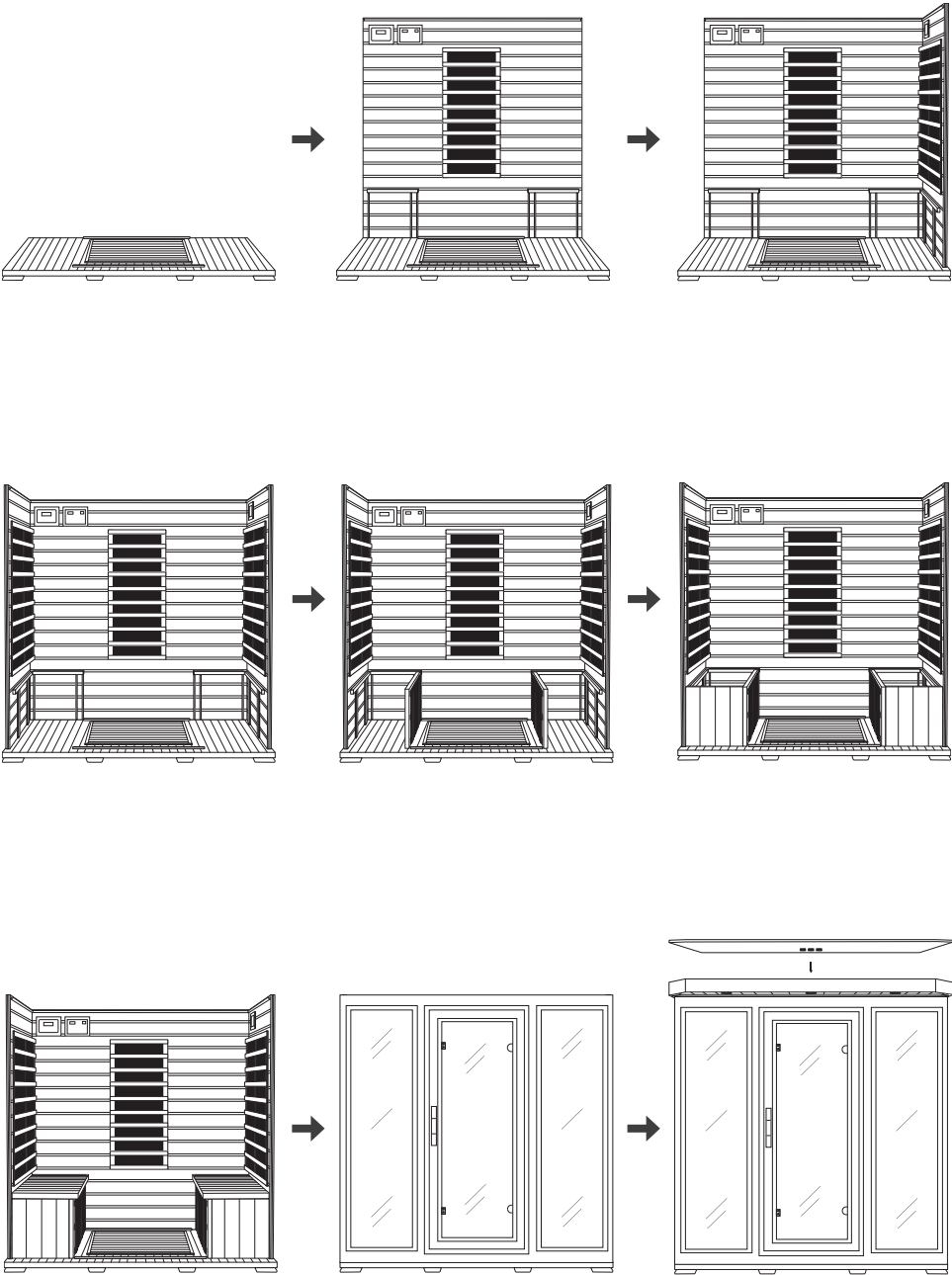


*Pre-installed Parts
ADDITIONAL EQUIPMENT REQUIRED: Phillips Head Screwdriver, Step Ladder

PARTS SCHEMATIC (ROOF)

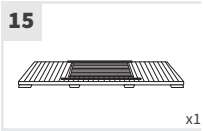


ASSEMBLY DIAGRAM

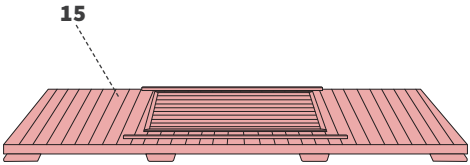


ASSEMBLY INSTRUCTIONS

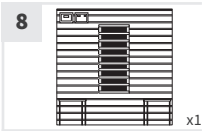
STEP 1



Place the Sauna Floor (15) where you want the sauna to live. Ensure the side labeled “Front” is facing where you would like the door to be, and the side labeled “Back” is facing the wall.

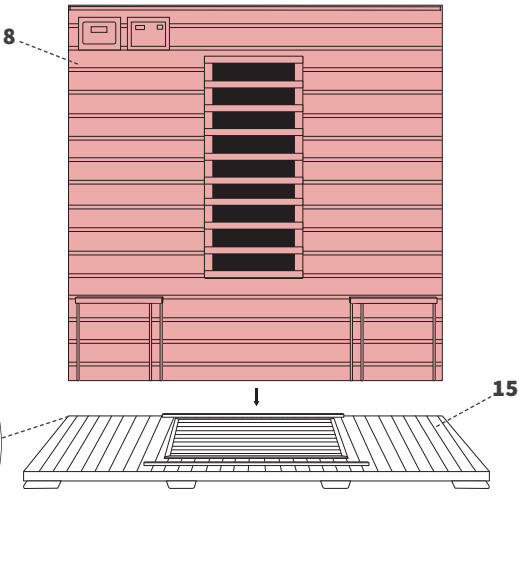


STEP 2



Place the Back Panel (8) onto the Floor (15) between the trim and the back of the Floor.

NOTE: You may need to wiggle the panel into place.



BACK PANEL

FLOOR

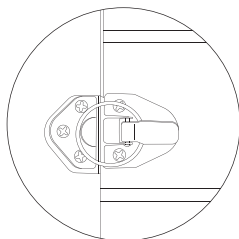
ASSEMBLY INSTRUCTIONS

STEP 3

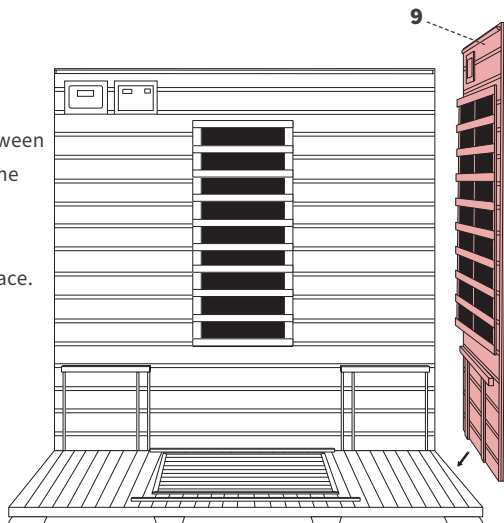


Place the Right Panel (9) onto the Floor (15) between the trim and the right side of the Floor. Buckle the Back and Right Panels together.

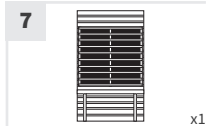
NOTE: You may need to wiggle the panel into place.



BUCKLE

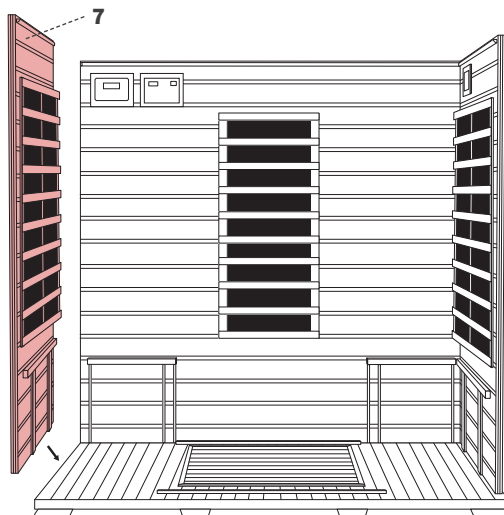


STEP 4



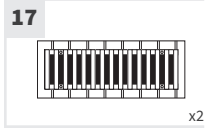
Place the Left Panel (7) onto the Floor (15) between the trim and the left side of the Floor (15). Buckle the Back and Left Panels together.

NOTE: You may need to wiggle the panel into place.

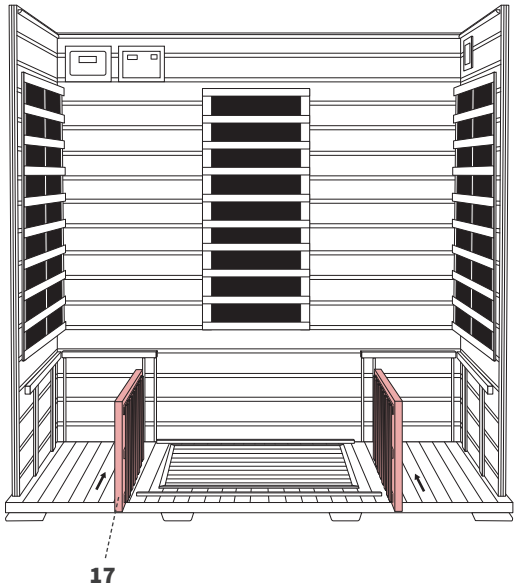


ASSEMBLY INSTRUCTIONS

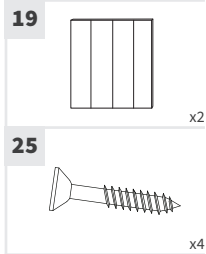
STEP 5



Slide both Vertical Bench Supports (17) towards the Back Panel (8).

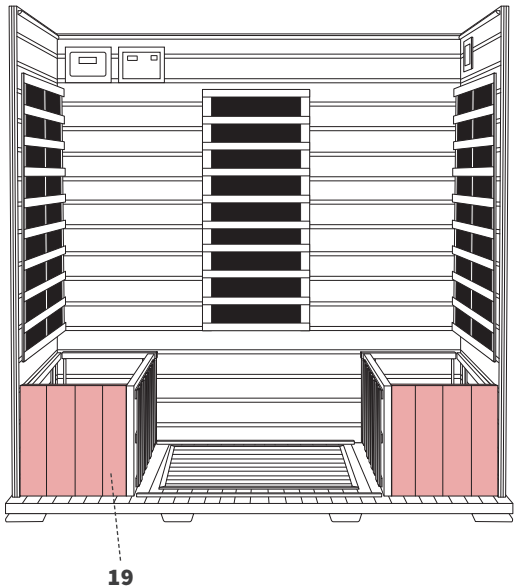


STEP 6



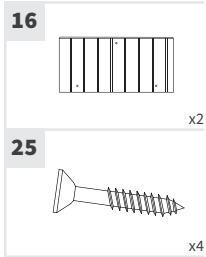
Secure the Front Small Bench Support (19) to the Vertical Bench Support (17) using two 2" (50mm) Screws per Small Bench Support (19).

NOTE: Connect the Bench Wiring to the Left (7) and Right (9) Panels at this time.



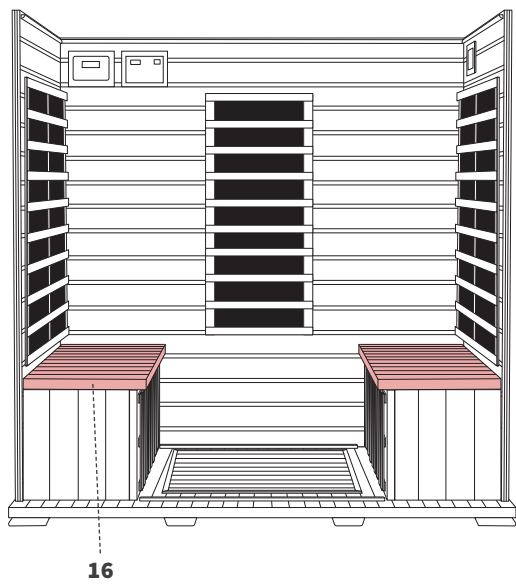
ASSEMBLY INSTRUCTIONS

STEP 7



Slide the Bench Seats (16) towards the Back Panel (8). Ensure the ends with the two pre-drilled holes are facing the Left (7) and Right (9) Panels.

Secure the Bench Seats (16) to the Vertical Bench Supports (17), the Left Panel (7), and Right Panel (9) using three 2" (50mm) Screws per Bench Seat.

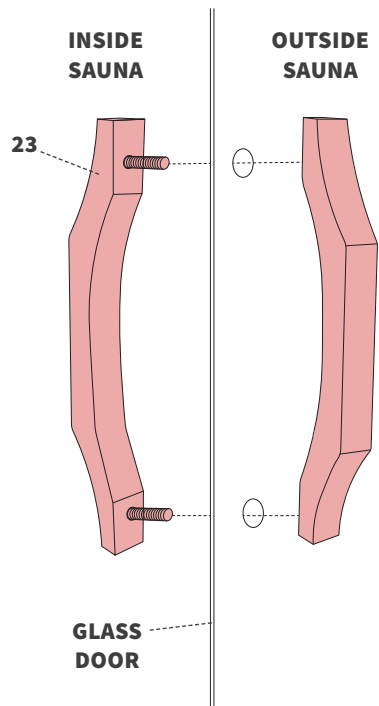


STEP 8



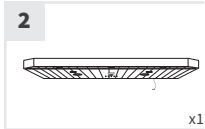
Before attaching the Front Panel (20), you must attach the Door Handles (23) to the Glass Door.

Start with the Handle that has two open holes. This will be the inner Door Handle. Feed both bolts through the holes, with the flat side of the handle facing the glass door. Feed the bolts through the holes in the glass door. Using a Phillips Head Screwdriver, screw the bolts into the flat side of the second door handle.



ASSEMBLY INSTRUCTIONS

STEP 9

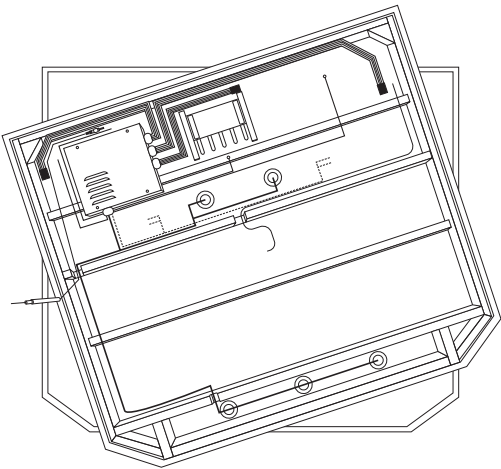


Before placing the Roof (2), pull all wiring out from the Side Panels and drape them over the walls for now.

Softly place the Roof (2) on the sauna at an angle and feed the wires through the notches in the Roof (2). Gently straighten the Roof (2) so that it's flush between the trim and the edges of the Side Panels. Refer to Page 9 for wiring information.

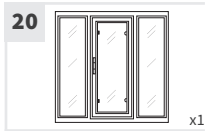
NOTE: Do not connect the sauna to a wall outlet at this time.

BACK OF SAUNA



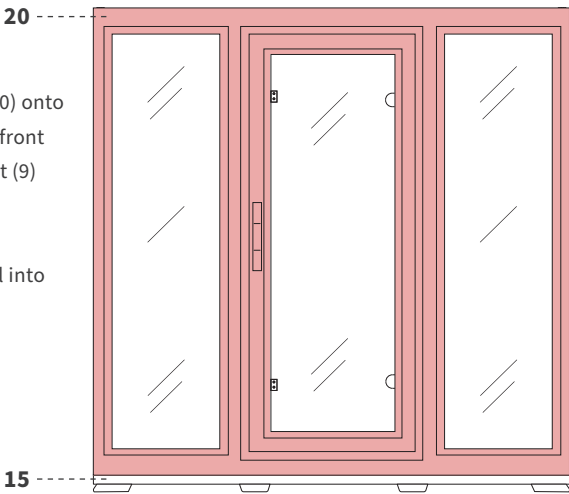
FRONT OF SAUNA

STEP 10



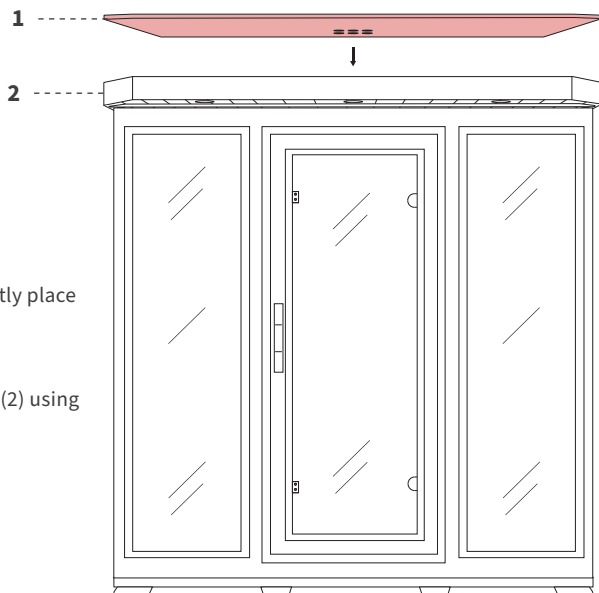
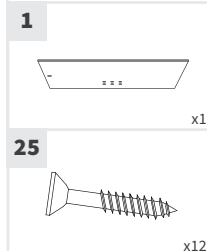
Place the Front Panel with Glass Door (20) onto the Floor (15) between the trim and the front of the Floor. Buckle the Left (7) and Right (9) Panels to the Front Panel (20).

NOTE: You may need to wiggle the panel into place.



ASSEMBLY INSTRUCTIONS

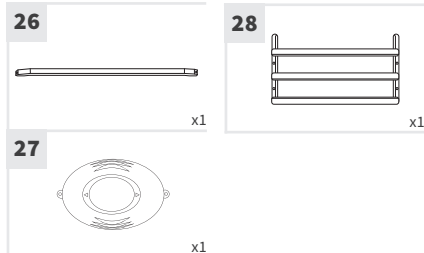
STEP 10



When all the wiring is connected, gently place the Roof Cover (1) onto the Roof (2).

Secure the Roof Cover (1) to the Roof (2) using twelve 3/4" (20-mm) Screws (25).

STEP 12



When the Sauna is fully assembled, attach the accessories in your desired locations:

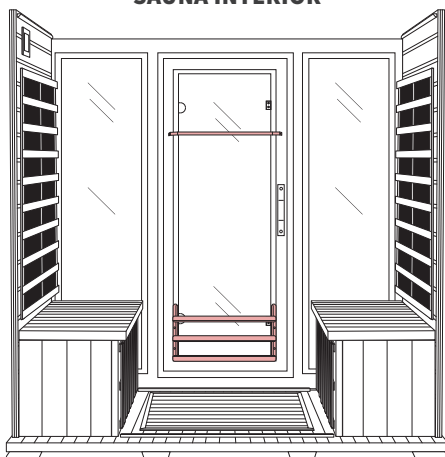
Magazine Rack (28) = four 1-1/2-in (40-mm) Screws

Towel Bar (26) = two 1-1/8" (28.5-mm) Screws

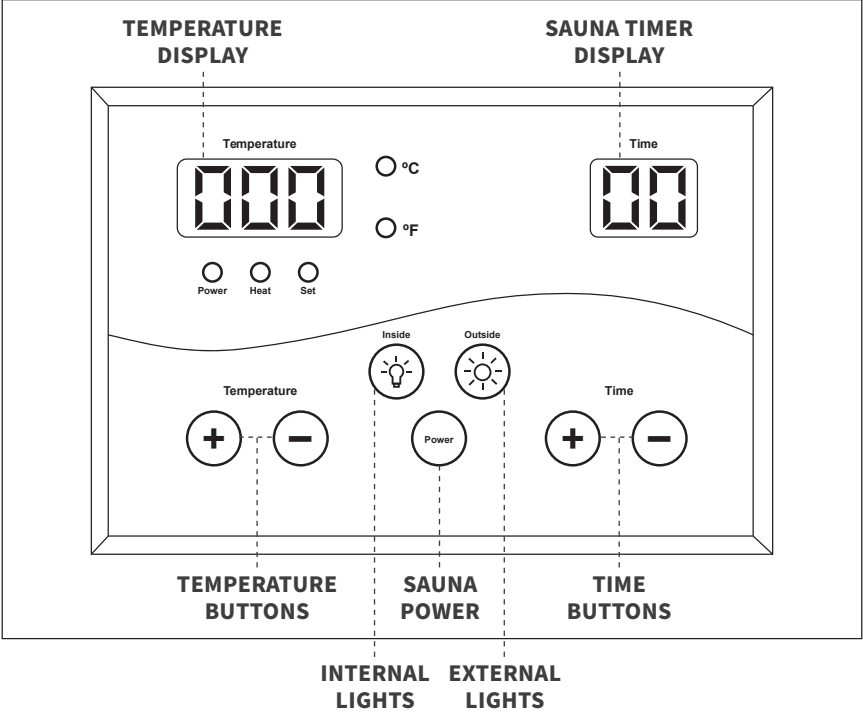
Oxygen Ionizer (27) = two 3/4" (20-mm) Screws

NOTE: A sticker indicates the optimal position for these accessories, but attaching them is optional. Consider the position carefully before driving any screws into the sauna interior.

SAUNA INTERIOR



CONTROL PANEL INSTRUCTIONS



Press the “POWER” button on the control panel. This will allow you to now control the sauna lights and the temperature.

TEMPERATURE

To set the temperature, press the “+” increase the temperature or “-” to decrease the temperature. Press both the “+” and “-” buttons at the same time to change from $^{\circ}\text{F}$ to $^{\circ}\text{C}$. The ideal temperature for this sauna is between 120°F and 140°F .

TIME

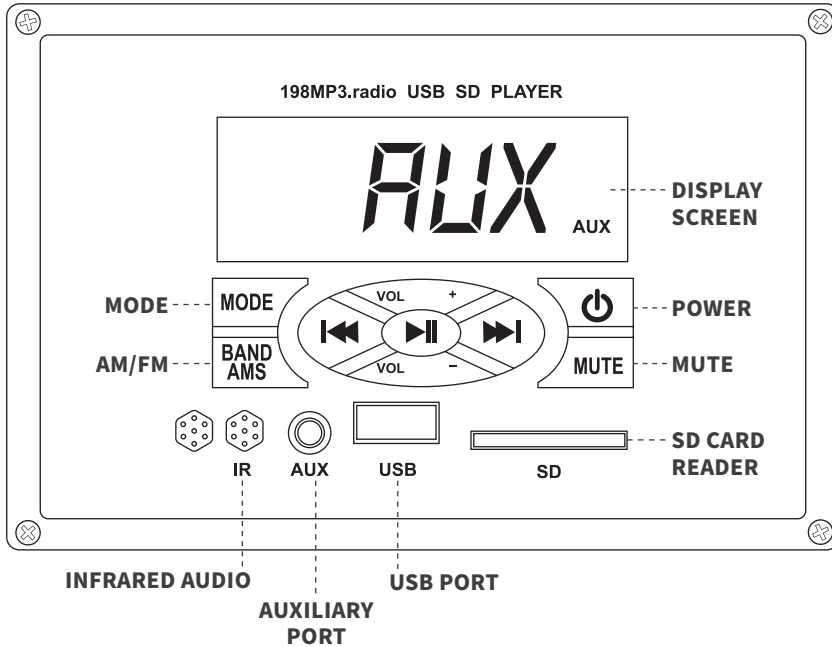
To set the duration of your sauna session, press the “+” increase the time or “-” to decrease the time. The average sauna duration should be between 25 - 40 minutes depending on one’s health goals.

LIGHTS

To turn on/off either the interior or exterior lights, press either the Inside or Outside buttons.

Press the “POWER” button to turn off the sauna. Always turn off the sauna when not in use.

MP3 PLAYER INSTRUCTIONS



Press the “POWER” button on the MP3 player. The MP3 player will default to the “TUNE” mode, use the “MODE” button to switch between “TUNE”, “AUX”, and “PHON”.

TUNE

Use the “BAND AMS” button to switch between the AM and FM radio. If the radio is set to FM, press “BAND AMS” three times to switch to AM. If the radio is set to AM, press “BAND AMS” twice to switch to FM. Press the “▶▶” button to scroll forward through all radio stations, quickly press it again to stop scrolling. Press the “◀◀” button to scroll backwards through all radio stations, quickly press it again to stop scrolling.

AUX

Press the “MODE” button until the display screen reads “AUX”. Connect your phone or music player to the sauna by plugging an audio cable with a 3.5mm audio jack into the auxiliary port. You may also use this mode to connect a USB drive to the USB port, or insert an SD card into the SD card reader.

PHON

Before pressing the “MODE” button for the “PHON” setting, you must first pair your device to the sauna. Open Settings on your phone, go to Bluetooth, look for the device titled “SAUNA BT” and connect. Now press the “MODE” button until the display screen reads “PHON”.

TROUBLESHOOTING GUIDE

WARNING!

- Always unplug the sauna and allow it to cool down before performing any maintenance.
- Repairs to the electrical components of the sauna should only be performed by a qualified service technician.
- Unauthorized repairs or alterations will void the manufacturer's warranty.

THERE IS NO POWER TO THE SAUNA

1. Check that the main power cable is plugged into the wall outlet.
2. Check that the circuit breaker for the outlet has not tripped. If the breaker has tripped, check that the amperage of the breaker is appropriate for your sauna.
3. Check all connections to the power supply box.
4. Check for damage to the main power cable; replace if necessary.
5. Replace the power supply box, if necessary.
6. If there is power to the outlet but no power to the sauna, check all wire connections before pressing the reset button on the power supply box.

ONE HEATER DOES NOT WORK

1. Check that all the connections are tight.
2. Replace the heater element.

NONE OF THE HEATERS WORK

1. Check that all the connections are tight.
2. Replace the heater circuit board, if necessary.

THE CONTROL PANEL DOES NOT WORK

1. Check that all the connections are tight.
2. If the numbers are scrambled or the buttons are unresponsive, replace the control panel.
3. If the temperature indicator does not work or reads “-” or “EP”, replace the control panel.

THE LIGHTS ARE NOT WORKING

1. Check that all the connections are tight.
2. If one light does not work, replace the light fixture.
3. If neither of the lights or the radio are working, replace the power supply box.

THE SPEAKERS ARE NOT WORKING

1. Check that the volume is not turned all the way down.
2. Check that all the connections are tight.
3. Replace the speaker, if necessary.

THE COLOR THERAPY LIGHTS ARE NOT WORKING

1. Check that all the connections are tight.
2. Replace the color therapy light or control panel, if necessary.

ENJOYING YOUR SAUNA

1. Prior to initial use, wipe down all interior surfaces of the sauna with a damp cloth.
2. Turn on the sauna and set the temperature to 104°F for one hour to burn off any factory dust.
3. Always drink plenty of water before, during, and after your sauna session to stay properly hydrated.
4. A normal sauna session should last 30 minutes or less.
5. Allow approximately 20 or 30 minutes for the sauna to warm up before entering.
6. Perspiration will begin within 15 or 25 minutes after entering the sauna.
7. Limit the use of lotions or oils on your body while using your sauna. These products can block your pores.
8. For spot treatment of a particular area, position that body part closer to the heater, allowing for deeper heating in that area.
9. During your sauna session, place towels on the bench seats and on the floor to absorb perspiration and maintain the cleanliness of your sauna.
10. Towel off excess perspiration during your sauna session to help your body perspire more freely.
11. Open the ceiling vent or the front door to allow fresh air into your sauna.
12. Allow your body to cool down following your sauna session, then rinse the perspiration off your body in a warm shower.

CLEANING & MAINTENANCE

1. Always unplug the sauna and allow it to cool down before performing any cleaning or maintenance.
2. Use furniture polish or furniture oil when cleaning the sauna exterior.
3. The sauna interior surfaces should only be wiped down with a damp cloth. Do NOT use chemicals, abrasive cleaners, or solvents on the unfinished wood interior.
4. As with all natural wood products, variations in the color and grain, as well as irregularities such as knots and fine cracks may be present. These characteristics are a part of the natural beauty of the wood and should not be considered defective.

SAUNA USE DISCLAIMER

Always consult a health care provider who is knowledgeable in sauna use before using a sauna. Saunas are powerful devices and monitoring your progress by a professional that is trained in sauna use is always advisable. Variables of sauna therapy such as the health of the user, condition of the user, duration of sauna therapy, proper hydration, and electrolyte and mineral balance must be properly considered and heeded before proceeding with sauna therapy.

Blue Wave's products are not registered with the United States Food and Drug Administration (FDA) as medical devices. Consult your licensed health care provider to see if our saunas are right for you. Blue Wave Products® and/or its partners, associates, etc. are not liable for the use of Blue Wave's products nor any incidental or consequential damages. Under no circumstances shall Blue Wave Products® or any of its representative be held liable for injury to any persons or damage to any property.

Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitation or exclusions may not apply to you. The FDA requires us to inform you that this product is not intended to diagnose or treat any disease or medical problem and is not a substitute for regular medical care from a licensed health care provider.

WARRANTY

1. This sauna has a 5-Year Limited Warranty on the wood structure* and a 1-Year Limited Warranty on the heating elements, wiring, accessories, and all electronics. Scan the QR code on the following page to activate your warranty.
2. This product is intended to be utilized for private, non-commercial use. Blue Wave Products® sauna must be used as directed in the Product Operation Manual. Utilization of non-Blue Wave Products® replacement parts or repairs which are not done by or under the direction of Blue Wave Products® shall also void any warranties/guarantees, expressed or implied.
3. This warranty does not cover defects or damage due to improper installation, alteration, accident, installation of unauthorized parts, or any other event beyond the control of Blue Wave Products®. This warranty does not cover scratching or damage that may result from normal usage.
4. Please notify our customer service department at **warranty@bluewaveproducts.com** in advance of any sauna warranty claims prior to shipping the sauna back. This warranty becomes valid at time of purchase and terminates by the specified time frame listed above, owner transfer, or relocation.
5. This warranty is nontransferable and is expressly limited to the repair or replacement of the defective product. During the warranty period, Blue Wave Products® shall repair or replace defective parts at no cost to the purchaser. Shipping charges and insurance are not covered and are the responsibility of the purchaser. Labor charges and related expenses for removal, installation, or replacement of the product or components are not covered under this warranty.
6. If our customer service department determines that the item must be returned, it must be returned with freight prepaid and a receipt showing date of purchase, purchase price, and the dealer from which the sauna was purchased. **No warranty claim will be honored without a receipt.**

WARRANTY (CONTINUED)

- 7. Warranty claims will only be resolved with the repair of the current product or shipment of a replacement product or parts at the sole discretion of Blue Wave Products®. NO REFUNDS will be given.
 - 8. Blue Wave Products® reserves the right to make substitutions to warranty claims if parts are unavailable or obsolete.
 - 9. Blue Wave Products® shall not be liable for loss of use of the product or other consequential or incidental costs, expenses, or damages incurred by the consumer of any other use. This user assumes all risk of injury resulting from the use of this product.
 - 10. Improper installation, misuse, or damages resulting from acts of nature will render this warranty null and void.
 - 11. This warranty is in lieu of all other warranties expressed or implied and no responsibility is assumed for future damage due to misuse. This sauna is intended for INDOOR USE ONLY – outdoor installation of the sauna WILL VOID THE WARRANTY. Additional actions that will void the warranty are: use of lacquer or paints on any part so of the sauna, placing the sauna on a non-approved surface, and using it outdoors.
- * Surface cracks are NOT considered defects in material or workmanship, as they are normal characteristics of all wood. This includes minor cracks due to wood expansion and contraction. Since the wood used in construction has been kiln dried, a certain amount of expansion and contraction is expected in the wood within a sauna environment. Also, over time, the sauna wood may darken or change color tones. This color change is considered normal aging and is not covered under warranty.

SCAN TO ACTIVATE WARRANTY



(800) 759-0977, Monday-Friday, 8am-5pm (CST)
Speak to a real person on our Customer Service team
located in Batavia, IL USA



Contact us at: custserv@bluewaveproducts.com
Email us and our team will get back to you within
1-2 days to resolve any issues.