

Sauna User Manual

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Electrical Requirements

Each sauna will require a dedicated circuit when plugged in an outlet according to the chart below. A dedicated circuit requires that no other appliance should share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards. Please make sure the sauna is properly grounded. Serious injury may result if proper electrical requirements are not met.

Please follow all instructions carefully. Keep the sauna away from any potential hazards including any water source or liquids. Select a dry suitable location for the sauna installation. Do not expose the heater elements to any water source or liquids as it may cause electrical shock. Should you have any questions, please do not hesitate to contact us directly at 1(877)811-1001 or support@crystalsauna.com.

Please note that some models require a 220-240 volts outlet.

Basic and Family Series

- **1-Person Sauna:** 15 Amps circuit/outlet.
- **2-Person Sauna:** 20 Amps circuit/outlet.
- **3-Person Sauna:** 20 Amps circuit/outlet.
- **Corner Sauna:** 20 Amps circuit/outlet.
- **4-Person Sauna:** **220-240 Volts is required**, 15 Amps circuit/outlet.

Luxury Series

- **1-Person Sauna:** 15 Amps circuit/outlet.
- **2-Person Sauna:** 20 Amps circuit/outlet.
- **3-Person Sauna:** **220-240 Volts is required**, 15 Amps circuit/outlet.
- **Corner Sauna:** **220-240 Volts is required**, 15 Amps circuit/outlet.
- **4-Person Sauna:** **220-240 Volts is required**, 15 Amps circuit/outlet.

Power Plugs

15 Amps Plug (NEMA 5-15)



20 Amps Plug (NEMA 5-20)



220-240 Volts (NEMA 6-15)



Installation Instructions

Please read the following directions carefully. There are three sets of instructions “**1, 2 or 3-Person Saunas**”, “**4-Person Sauna**” and “**Corner Sauna**”. The sauna installation requires a minimum of 2 people. You should not try to install the sauna on your own as damage will easily occur.

Caution

- 1- No plumbing or plumbing fixtures should be placed in the sauna.
- 2- Keep all liquids away from the heating panels
- 3- Install sauna on a completely level surface.
- 4- Install sauna in an area that is dry and protected from the weather.
- 5- Flammable objects and corrosive chemical substances should be kept far away from the sauna.

Your infrared sauna will come packaged in two or three boxes. Please make sure that you open the boxes face up. Please be very careful when opening boxes, due to fragile parts and glass.

1, 2, or 3-Person Sauna

Floor Panel

Place the floor panel flat on the desired location. Please note the sauna is not easily moved after installation.



Figure A-1: Installing the rear panel to the floor panel.



Figure A-2: Installing the front panel to the floor panel.



Figure A-3: Installing the right side panel.

Rear Panel

Connect the rear panel to the floor panel by sliding the bottom brackets in the rear panel into the brackets of the floor panel (*Figure A-1*). At this point, someone should hold the rear panel until the next connection is made.

Front Panel

Connect the front panel to the floor panel by sliding the bottom brackets in the front panel into the brackets of the floor panel (*Figure A-2*). At this point someone should be holding both panel (front and rear) by standing between them.

Right Side Panel

Locate the right side panel and slide it down vertically between the front and rear panels (*Figure A-3*). The brackets on the face of the side panel should slide and connect with the brackets of the front and rear panels.



Figure A-4: Installing the bench stand panel



Figure A-5: Connecting the heater's plug



Figure A-6: Installing the bench panel

Bench

Place the bench stand panel by lining up its side with the vertical guide on the right side panel (*Figure A-4*). After placing the bench stand panel, connect the heaters' plugs to the rear panel (*Figure A-5*). Slide the bench panel over the horizontal guide on the rear panel (*Figure A-6*). Make sure the smooth and finished side is facing up and forward.



Figure A-7: Installing the left panel



Figure A-8: Installing the top panel



Figure A-9: Connecting the control panel plug.



Figure A-10: Connecting the heaters' plugs.

Left side Panel

Please refer to the right side panel instructions (*Figure A-7*).

Top Panel

Raise the top panel and insert the control panel cables and heater cables through the holes in the ceiling. Lower the top panel onto the assembled panels (*Figure A-8*).

Connect the control panel plug and the heaters' plugs on the roof (*Figure A-9 and A-10*). Once all the plugs are connected securely, put the dust cover over the sauna and pull the main power cable through the cable hole. Finally, screw the dust cover to the sauna roof.

4-Person Sauna

Floor Panel

Place the floor panel flat on the desired location. Please note the sauna is not easily moved after installation.



Figure B-1: Installing the rear panel to the floor panel.



Figure B-2: Installing the right panel to the floor panel.



Figure B-3: Installing the left side panel.

Rear Panel

Connect the rear panel to the floor panel by sliding the bottom brackets in the rear panel with the brackets of the floor panel (*Figure B-1*). At this point, someone should hold the rear panel until the next connection is made.

Right Side Panel

Locate the right side panel and slide it down vertically to connect it to the rear panels (*Figure B-2*). The brackets on the face of the side panel should slide and connect with the brackets of the rear panels.

Left side Panel

Please refer to the right side panel instructions (*Figure B-3*).



Figure B-4: Installing the bench stand panels



Figure B-5: Connecting the heater's plug



Figure B-6: Installing the front panel

Bench Stand Panel

Place the bench stand panel by lining up its side with the vertical guide on the sides or rear panel (*Figure B-4*). After placing the bench stand panel, connect the heaters' plugs to the sides or rear panel (*Figure B-5*).

Front Panel

Locate the front panel and slide it down vertically between the side panels (*Figure B-6*). The brackets on the face of the side panels should slide and connect with the brackets of the front panels.



Figure B-7: Installing the benches



Figure B-8: Installing the top panel



Figure B-9: Connecting the control panel plug.



Figure B-10: Connecting the heaters' plugs.

Bench

Slide the bench over the horizontal guide on the sides or rear panel (*Figure B-7*). Make sure that the smooth and finished side is facing up and forward.

Top Panel

Raise the top panel and insert the control panel and heater cables through the holes in the ceiling. Lower the top panel onto the assembled panels (*Figure B-8*).

Connect the control panel plug and the heaters' plugs on the roof (*Figure B-9 and B-10*). Once all the plugs are connected securely, put the dust cover over the sauna and pull the main power cable through the cable hole. Finally, screw the dust cover to the sauna roof.

Corner Sauna

Floor Panel

Place the floor panel flat on the desired location. Please note the sauna is not easily moved after installation.



Figure C-1: Installing the right-back panel to the floor panel.



Figure C-2: Installing the left-back panel to the floor panel.



Figure C-3: Installing the front sides panel.

Right-Back Panel

Connect the right-back panel to the floor panel by connecting the bottom brackets in the right-back panel to the brackets on the floor panel (*Figure C-1*). At this point, someone should hold the right-back panel until the next connection is made.

Left-Back Panel

Slide the left-back panel down vertically to connect the brackets on the side of the left-back panel to the brackets on the right-back panel (*Figure C-2*).

Front Sides

Locate the two front sides and connect them to the back sides in the same manner (*Figure C-3*).



Figure C-4: Installing the bench stand panels



Figure C-5: Connecting the heater's plug



Figure C-6: Installing the bench panels

Bench

Place the bench stand panel by lining up its side with the vertical guide on the right-back panel (*Figure C-4*). After placing the bench stand panel, connect the heaters' plugs to the back panels (*Figure C-5*). Slide the bench over the horizontal guide on the back panels (*Figure C-6*). Make sure that the smooth and finished side is facing up and forward.



Figure C-7: Installing the front panel



Figure C-8: Installing the top panel



Figure C-9: Connecting the control panel plug.



Figure C-10: Connecting the heaters' plugs.

Front Panel

Locate the front panel and slide it down vertically between the front-side panels. The brackets on the side of the front-side panels should slide and connect with the brackets of the front panels (*Figure C-7*).

Top Panel

Raise the top panel and insert the control panel and heater cables through the holes in the ceiling. Lower the top panel onto the assembled panels (*Figure C-8*). Connect the heater plugs on the roof (*Figure C-9 and C-10*). Once all the plugs are connected securely, put the dust cover over the sauna and pull the main power cable through the cable hole. Finally, screw the dust cover to the sauna roof.

AM/FM CD Player

Insert the AM/FM CD player into the CD player box and connect the power/speaker cables and the antenna wire to the CD player. Attach the CD player box to the designated area and fix it with the screws provided.



Accessories

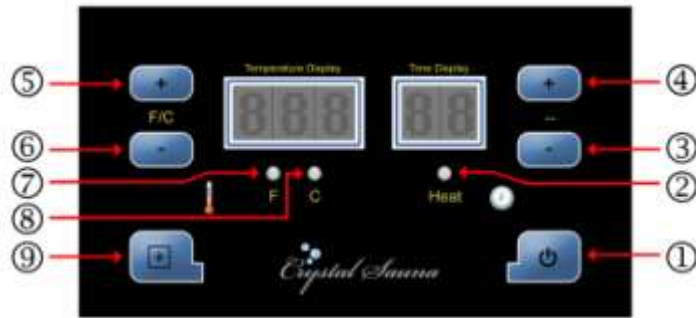
There are small pre-drilled holes for the placement of the accessories; however, you may choose a different location as long as it works (connecting wire length, etc).

Oxygen Ionizer

Attach the oxygen ionizer to the designated area and fix it with the screws provided.



Control Panel Operation Instructions



Number	Function	Number	Function
1	Power Button (On/Off)	6	Temperature Control (reduce temp.)
2	Heat Light	7	Fahrenheit Light
3	Timer Control (increase time)	8	Celsius Light
4	Timer Control (reduce time)	9	Interior Lights Button
5	Temperature Control (increase temp.)		

Power Button (On/Off) (1)

This button turns the sauna on or off.

Heat Light (2)

The light will be on when the heaters are working. When the sauna reaches its desired temperature, the heaters and the Heat Light will turn off.

Timer Control (3/4)

Use (+) or (-) to increase or decrease the sauna timer. It will count down until 00 and shut down the heaters.

Continues Working Time

If you would like to keep the sauna working continuously (no time limit), press and hold both (+) and (-) buttons, the display should show two dashes (--). To start the timer again, just click on one of the Timer Control buttons.

Temperature Control (5/6)

Use the (+) or (-) to increase or decrease the sauna temperature. The heaters will turn off when the sauna reaches its desired temperature.

Fahrenheit and Celsius Lights (7/8)

These lights indicate what measurement is used to display the temperature. To switch between Fahrenheit and Celsius, press and hold both Temperature Control buttons.

Usage Guide

Allow your sauna to warm up for 15 minutes or until it reaches 100 F (30 C). You may close the vent on the ceiling to speed up the process.

Drink plenty of water to avoid dehydration before and after the sauna session. It is recommended not to exceed 30 minutes per session.

If the sauna becomes stuffy, open the vent on the ceiling to allow fresh air into the sauna.

CD player instructions are included in the CD player manual.

Precautions

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
- Do not consume alcohol or drugs when using the sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- Do not install your sauna outdoors.
- All repairs need to be authorized by a Crystal Sauna representative; otherwise product warranty may be voided.

Saunas and Contraindications

Saunas and Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas and Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas and the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Saunas and Alcohol

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas and Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas and Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

Saunas and Fever

An individual that has a fever should not use any type of sauna.

Saunas and Insensitivity to Heat

An individual that has insensitivity to heat should not use any type of sauna.

Saunas and Pregnancy

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas and Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas use during that time of the month.

Saunas and Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and

swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas and Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system; nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

In the rare event, you experience pain and/or discomfort, immediately discontinue sauna use.

Troubleshooting

Problem	Possible Causes	What to Do
Indicator light for power supply is not working	<ol style="list-style-type: none"> 1. The power plug is not connected properly 2. The fuse is burned out 	<ol style="list-style-type: none"> 1. Check the power plug and make sure it's connected 2. Change the fuse
Indicator light for function is not working	<ol style="list-style-type: none"> 1. The corresponding indicator light is broken 2. The circuit board or components are broken 	<ol style="list-style-type: none"> 1. Replace the relevant control panel 2. Replace with a new one of the same specifications
Infrared heater in not heating up	<ol style="list-style-type: none"> 1. The heater is broken 2. The fuse is burned out. 3. The wire junction is loose or the heater's wire is loose 4. The circuit board relay is not working 	<ol style="list-style-type: none"> 1. Replace with a new heater 2. Change the fuse 3. Check if the wires are connected tightly 4. Replace the circuit board
Malfunctioning of temperature setting	<ol style="list-style-type: none"> 1. Sensor wire is not working 2. The circuit board for the temperature control is not working 	<ol style="list-style-type: none"> 1. Reconnect or replace the sensor wire 2. Replace the control panel circuit board
Light bulb is not working	<ol style="list-style-type: none"> 1. Light bulb is burned out 2. Light bulb wiring is loose 3. The light bulb connector is broken 4. Problems with electrical control panel 	<ol style="list-style-type: none"> 1. Replace the light bulb 2. Check connector or reconnect the light bulb 3. Replace connector 4. Replace control panel
Speaker is not working	<ol style="list-style-type: none"> 1. The speaker is broken 2. The speaker wire is loose 3. The power indicator light for the CD is off 4. Defected audio CD 	<ol style="list-style-type: none"> 1. Replace with a new speaker 2. Reconnect the speaker wire 3. Turn on the CD player 4. Try a different CD
CD player is not working	<ol style="list-style-type: none"> 1. Power connector is loose or damage 2. DC power supply to the CD is not working 3. CD player is defective 4. CD player protection fuse is burned out 	<ol style="list-style-type: none"> 1. Check connector or replace it 2. Check DC power supply wiring or replace it. 3. Replace the CD player 4. Change the fuse
Sauna is not powering up	<ol style="list-style-type: none"> 1. Power cord is unplugged 2. Outlet has not power 3. Fuse is burned out 	<ol style="list-style-type: none"> 1. Plug back the power cord 2. Check the outlet or circuit breaker 3. Change the fuse