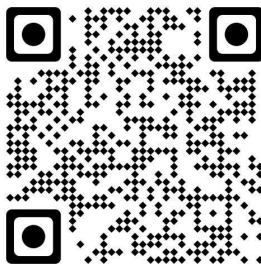


# EROMMY

Closer to Life!

## Infrared Sauna User Manual



Assembly Video

**SKU: JFHL029MS**

**Rated Voltage : 110V / Rated Power : 2136W/**

**Rated Current: 20A**

### Attention:

1. Please check the manual carefully and make sure you have received all the parts.
2. If any parts are missing, please let us know the letter of the parts you need.
3. If there is any damage, please send clear photos to us, and we will check and offer you the best solution soon.

# EROMMY PRODUCT INSTRUCTION

**i** Remember that the assembly might take ( 2 ) hours and requires ( 3 ) people.

## REMEMBER

EROMMY isn't responsible for replacing parts lost or damaged during assembly. If you have issues, Email: [service@erommy.com](mailto:service@erommy.com) or Tel: **8886766299** instead of returning the unit.

## IMPORTANT

Finalize site preparation and foundation construction before unpacking. Remove all parts from the packaging and check the right count and type of pieces before assembling.

## ! CAUTION

- Consult local authorities to ensure you have the required permits and are aware of any applicable local building regulations.
- It's crucial to review the site preparation information in the manual beforehand to get everything ready.
- Read instructions thoroughly before starting assembly. Follow the steps carefully because the kit contains parts that might be damaged if constructed incorrectly.
- Please handle the kit with caution since some parts have sharp metal edges.
- Avoid working in severe winds or extreme cold and wear gloves, eye protection, and long sleeves during assembly or maintenance.
- When filling it, store heavier items near the bottom. The product isn't intended for children to play in, and don't stand, sit, or store anything on the roof.

## BRAND STORY

With the ideology of “closer to life” in our mind, EROMMY is committed to bring you the most refined and trustworthy products that fits your need. Our vision is to empower every customer to stay close to nature and ultimately transform their lifestyles.

EROMMY, Closer to Life!



Thanks for choosing our saunas. Please take the time to read through this manual carefully. Keep this manual and your proof of purchase for future reference and services.

# Table of Content

**TABLE OF CONTENT..... 3**

**INSTALLATION GUIDE ..... 4-5**

    ELECTRICAL REQUIREMENT.....4

    PACKAGES INFORMATION.....4

    CAUTIONS TO INSTALATIONL.....4

    PART LIST.....5

**INSTALLATION PROCEDURE.....6-13**

    INSTALLATION PROCEDURE.....6-12

    ACCESSORIES.....13

**OPERATION INSTRUCTIONS OF CONTROL PANEL .....14-15**

**USAGE GUIDE.....16-18**

    CONDITIONS TO USE.....16

    PRECAUTIONS TO USE.....16-17

    CLEANING AND MAINTENANCE.....18

**TROUBLESHOOTING..... 18-19**

## Installation Guide

Please read the following directions carefully. The sauna installation requires at least 2 people, and more people if the sauna cabin is big and heavy. You should not try to install the sauna on your own as damage will easily occur.

### Electrical Requirements

Each sauna will require a exclusive circuit when plugged in an outlet. A exclusive circuit requires that no other appliance to share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance.

Please make sure the sauna is properly grounded. Serious injury may result if proper electrical requirements are not met.

It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards.

### Package Information

Everything is packed in one ply-wood box.

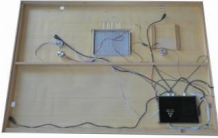
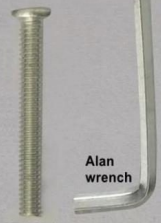
Please make sure that you open the boxes face up. Please be very careful when opening boxes, due to fragile parts and glass.

### Cautions to Installation

- 1- No plumbing or plumbing fixtures should be placed in the sauna.
- 2- Keep all liquids away from the heating panels
- 3- Install the sauna on a completely level surface.
- 4- Install the 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.

## Part List

### All in one package

|                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                |                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
|  <p>P1: Floor panel</p>                                                                                     |  <p>P2: Rear panel x2</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  <p>P3: Left panel</p>        |  <p>P4: Right panel</p>           |
|  <p>P5: Ceiling</p>                                                                                         |  <p>P6: Salt stones panel</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  <p>P7: Chair parts ①-⑩</p>   |  <p>P8: Glass door and panels</p> |
|  <p>P9: Table parts ①-⑤</p>                                                                                 |  <p>P10: Door handle</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  <p>P11: Dust-proof cover</p> |  <p>P12: Oxygen ionizer</p>        |
|  <p>P13: Glasses for LED beauty lamp</p>                                                                   | <div data-bbox="322 922 527 1267">  <p>60mm 50mm 35mm 16mm</p> </div> <div data-bbox="546 943 1009 1075"> <p>16mm x 10pcs, assemble the dust-proof cover<br/> 35mm x 9pcs, fix the ceiling with rear, side panels<br/> 50mm x 8pcs, assemble the table<br/> 60mm x 10pcs, assemble the salt stones panel to rear panel</p> </div> <div data-bbox="568 1198 829 1305"> <p>ST5*40mm x 40pcs, assemble the chair<br/> Alan wrench x 1pc, assemble hinges of glass door with glass</p> </div> <div data-bbox="863 1091 1039 1353">  <p>ST5*40mm<br/>Alan wrench</p> </div> <p>Screws</p> |                                                                                                                |                                                                                                                     |
|  <p>Individual On/Off switches on floor panel, please switch the floor heaters on or off at request.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                |                                                                                                                     |

# Installation Procedure

## Step 1, Part 1: Floor panel



## Step 2, Part 2: Rear panel



Fasten by  
latches

## Step 3, Part 3: Left panel

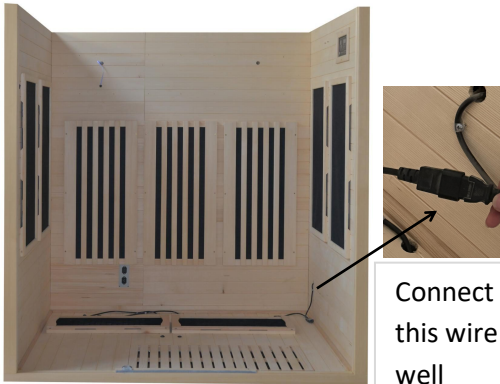


Fasten by buckles



Or you can combine the 2  
separated rear panels together,  
then place the whole panel on floor.

**Step 4, Part 4: Right panel**



Connect  
this wire  
well

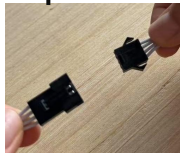
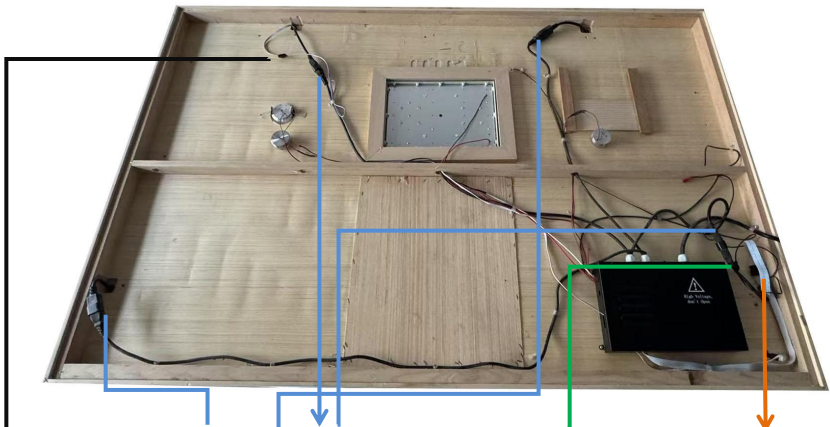


Fasten by buckles

**Step 5, Part 5: Ceiling**



Draw the wires from  
wall panels to ceiling  
and connect all the  
wires well one by one.



LED Strip



Heaters

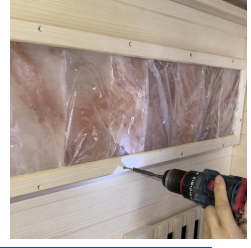


Temp sensor



Control panel

## Step 6, Part 6: Salt stones panel



2. Hide the wires via the hole on rear wall.

3. Install the salt stones panel with screws 60mm x10pcs.

1. Connect the wire of LED strip from salt stones panel with the wire out of rear wall well.



### Tips:

1. The salt stones are with PP bags to prevent from melting in wet air, before installation, open the cover frame to take the salt stones out and remove PP bags one by one, then put the stones back and fix the cover frame back. When you don't use the sauna for long while, it's better to put the salt stones in PP bags one by one.

2. Or you can use a knife to cut the PP bags carefully and remove them before installation. When you don't use the sauna for long while, you can unscrew the salt stones panel from rear panel and pack it whole in a big PP bag.

3. Connect the wires of floor heaters to the socket on rear panel before **step 7**.

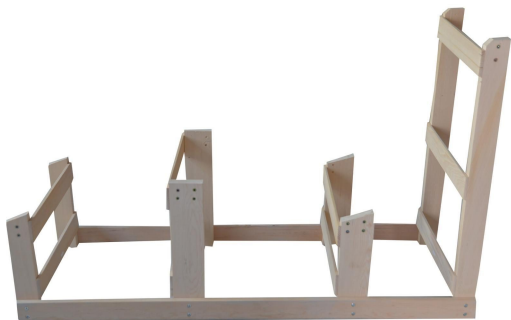


## Step 7, Part 7: Chair parts



There are 10 separate parts of the chair, please refer to number stickers on each parts during the installation.

1. Install part ① and part ③, ④, ⑤, ⑥ with screws ST5\*40mm x 8pcs, then install part ② and part ③, ④, ⑤, ⑥ on the other side with screws ST5\*4cm x 8pcs.



2. Install part ⑨, ⑧, ⑦ and part ③, ④, ⑤, ⑥ on both sides in turns with screws ST5\*40mm x 24pcs.



3. Put the part ⑩ on the top when finish the installation of chair or after place the chair well in the sauna room.

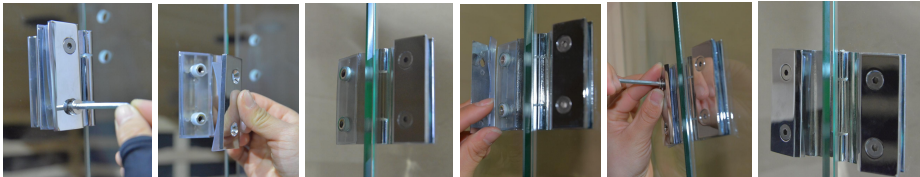
## Step 8, Part 8: Glass door and glass panels



Install 2 glass panels, the one with hinges hole is on right.



Install the glass door. Refer to hinges installation as below



Unscrew the half parts of hinges on glass door by Alan wrench, take it away  
Match the hinges on glass door with the holes on right glass panel  
Put the unscrewed parts back to the hinges, make it tightly by Alan wrench.  
Tips: no missing any soft pad which is attached to the glass.

## Step 9, Part 9: Table parts



Install part ①, ② and part ③, ④ with screws 50mm x 8pcs, place part ⑤ well on top.

## Step 10, Part 10: Door handle

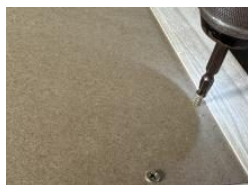


Put original screws via the holes on interior part of door handle and install it well



## Step 11, Part 11: Dust-proof cover

After step 10<sup>th</sup>, make sure all the functions work well, fix the ceiling and rear, left and right panel with screws 35mm x 9pcs via drilled holes.



And place the dust-proof cover on ceiling well, fix it with screws 16mm x 10pcs via drilled holes, don't forget to draw the power cord out.



## Accessories

### Step 12, Part 12: Oxygen ionizer



Hang the oxygen ionizer to the screws on wall.

When preheating nobody in the sauna, press “O3” to release O3 to kill bacterium.

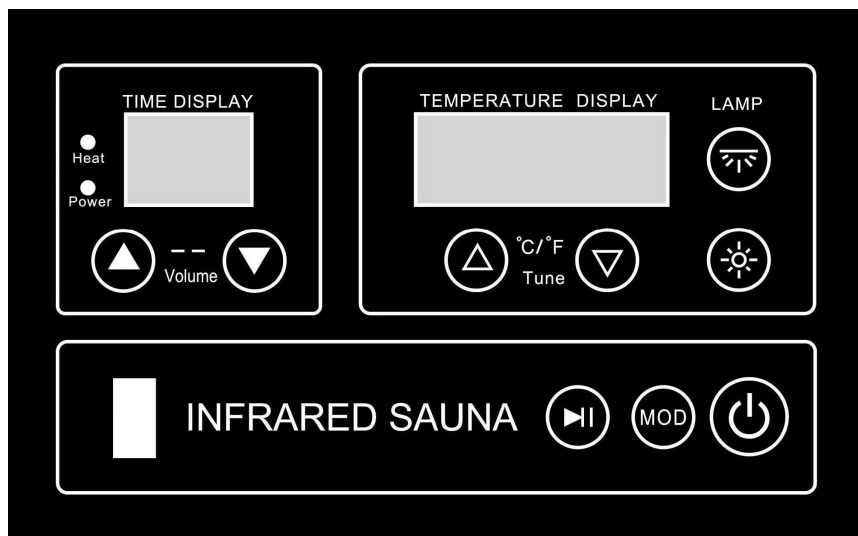
When heating, press “ion” to release negative ion.

### Part 13: Glasses for LED beauty lamp

When use the LED beauty lamp, please put on the glasses or no staring at the lamp to prevent your eyes from hurt.



## Operation Instructions of Control Panel



### Power Button (On/Off)

This button turns the sauna on or off.



### Music Mode Button

Press this button to switch USB/FM/Bluetooth mode.

Tips:

Source "Sauna BT" via your mobile phone and connect, then press this button to enter bluetooth mode.



### Music Control (Play/Pause)

Press this button to pause or play songs under either music mode.



### Time Button (Increase/Decrease)

Press  or  button to increase or decrease the sauna timer.

Tips:

- 1, Time setting ranges from 1 to 99 minutes.
- 2, The heaters will turn off when the timer counts down until 00.
- 3, Press and hold both  and  buttons to switch off the timer (no time limit, it displays two dashes --, utmost 4 hours). Press either  or  button to start the timer again.
- 4, Press  /  buttons to increase / decrease volume when play music.



### Temperature Button (Increase/Decrease)

Press the (+) or (-) button to increase or decrease the sauna temperature.

Tips:

- 1, Temperature setting ranges from 15 to 65°C.
- 2, The heaters will turn off when the sauna reaches its desired temperature.
- 3, Press and hold both  and  buttons to switch the temperature display between Fahrenheit and Celsius.
- 4, Press  /  buttons to choose next or previous song when play music.



### Exterior Light Button

Press this button to switch on/off LED strips on ceiling and around salt stones panel and change colors.

Tips:

One press to change one color of 7 colors, the 8<sup>th</sup> mode is color changing automatically, the 9<sup>th</sup> mode is off status.



### Interior Light Button

Press this button to switch on/off LED beauty lamp.

## Usage Guide

### Conditions to use the sauna:

- 1, Temperature range: +5~+40 °C (41-104 F degrees).
- 2, Relative humidity: ≤85%
- 3, Depression: 700-1060 hPa
- 4, Main supply: AC 110V or 220V-240V Frequency 50Hz ±1 or 60Hz ±1

Allow your sauna to warm up for 15-20 minutes or until it reaches 43°C (110 F degrees). You may close the vent on the ceiling to speed up the preheating process.

Drink plenty of water to avoid dehydration during or after the sauna using. It is better not to exceed 40 minutes one time.

When you use the sauna, please switch on the oxygen ionizer. If you still feel stuffy, open the vent in the ceiling to allow fresh air into the sauna.

#### Tips:

- Start using the sauna within 10 °C before it reaches the set temperature in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52°C (125 F degrees) , you'd better start using the sauna when it reaches 46°C (115 F degrees) or 2-3 °C less.
- Customers reported an average use temperature of 52 °C (125 F degrees) .

### Precautions to Use the Sauna

- 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.
- Concern the temperature if using the sauna with the elderly or children. Children need adult to accompany when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek advice of a personal physician or a pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.
- Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.
- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If 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.
- Metal pins, rods, artificial joints or any other surgical implants should consult a surgeon prior to using an Infrared 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.
- All repairs need to be authorized by the supplier's representative; otherwise product warranty may be voided.

***In the rare event, you feel painful and/or uncomfortable, immediately discontinue sauna use.***

## Cleaning and Maintenance

Use a clean damp towel to wipe off the bench, floor and around the back panel.

Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.

Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use.

Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

## Wood Care

If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment.

The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding.

Please avoid any treatment containing benzene or a high concentration of alcohol.

## Troubleshooting

### The sauna does not power on

- Make sure the power cord of sauna is connected to the socket at your home.
- Make sure the power cord of sauna is connected well to the electric box on the top of sauna.
- Make sure the overload protector did not turn off.
- Make sure the control panel wire is connected.
- Make sure the power socket at your home is working by trying a different device on the same socket.

## **Control panel displays abnormal or has malfunction**

- Error code E0: the temperature sensor doesn't connect well, connect it again.
- Error code E1: there is a short circuit, replace a new temperature sensor or circuit board.
- To make sure whether all the connections of wires for control panel connected well. There are 3 connections of the wires: to the control panel, to the circuit board, middle connection on roof.
- Replace a new wire for control panel.
- Replace a new control panel.

## **One or a few heaters do not work**

- Make sure the heaters' plugs are connected on top of the sauna.
- Make sure the heaters' plugs under the bench are connected.
- Floor heater is not as hot as other heaters (by design).
- Make sure the plug behind the heater is connected (you would need to unscrew the heater).
- Replace a new heater.

## **LED beauty lamp does not work**

- Make sure the wires are connected well.
- Replace a new lamp.

## **LED strip does not work**

- Make sure the wires are connected well.
- Replace a new LED strip.

***For more troubleshooting advice or to report a problem, please contact with your supplier.***

# EROMMY!

Closer to Life!

