



SAUNAS USER MANUAL

WGAH002MS-2
THE NEW GENERATION SAUNA IN THE WORLD!



FOR INDOOR USE ONLY
120VAC 20 AMP DEDICATED CIRCUIT



AT LEAST 2 PEOPLE ARE NEEDED TO WORK TOGETHER



REQUIRED TOOLS

Owner's Manual

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A.Preview

A.1 Operating Conditions:

- Temperature:Temperature: -5°C to 40°C (23°F to 104°F)
- Relative Humidity: ≤85%
- Atmospheric Pressure: 700- 1060hpa
- Power Supply: AC 115-120V, 60HZ.
- The sauna cabin must be at least 35mm (1.377 inches) away from the wall.

A.2 Features

- Wooden Construction
- Digital microprocessor Controlled
- Temperature Adjustable from 18°C-65°C (64.4°F to 149°F)
- Adjustable timing range from 0 to 90 minutes
- Temperature sensor
- Touch-tone keypad
- Long-life carbon heating elements and glass heater
- One ventilator on the roof

B.General Safety Rules

B.1 It is unlawful to install this unit without first obtaining a permit from the local electrical inspection authority.

- All wiring to the sauna heater and accessories shall be routed away from any direct radiation from the sauna heater.
- Any receptacle shall not be subjected to water spray and that shower heads shall not be installed above the sauna heaters.
- No electrical receptacles should be installed inside the heated room.
- No plumbing fixtures (taps,etc.) are to be installed in the sauna room.
- The door of the sauna room should not include any locking or latching systems,mal-functionof which could cause entrapment inside the sauna room.
- The dry-bath room should be provided with intended ventilation.

B.2 Health Precaution

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F .The symptoms of hypothermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting, The effects of hypothermia include:

- Failure to perceive heat.
- Failure to recognize the need to exit the room.
- Unawareness of impending hazard.
- Fetal damage in pregnant women.
- Physical inability to exit the room.
- Unconsciousness.
- Warning-The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hypothermia.

B.3 Safety Precautions

- Do not dry clothes either leave towels in the sauna.
- Do not touch the heater tube with your finger or metal tools.
- Do not touch the light when it is on.
- Do not splash water or other liquids onto the heating tube.
- Do not use the sauna if you have any of the following conditions:
 1. Those with unhealed wound, eye disease or serious burn.
 2. The aged, valetudinarian and especially patients, Pregnant women and babies are prohibited.
 3. Patients with hyperthermalgesia, obesity, heart disease, hypertension, circulatory system disease or diabetes must consult the doctor before using this product.
- Do not place pets into the sauna.
- Do not use after drinking excessive alcohol. This appliance can be used by children aged from 6 years old and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
 - Cleaning and user maintenance shall not be made by children without supervision.
 - Children being supervised not to play with appliance.
 - Sauna room is to be inspected before restarting timer.
 - Cleaning with steam cleaners, high pressure cleaners and spraying water is not allowed.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
 - Caution: The appliance is non-self-resetting thermal cut-out.
 - The heater must be used alone.

- **WARNING:** Connection of power line must be completed by professional electrician!

-  **WARNING:** Do not cover.

- **WARNING:** Before obtaining access to terminals, all supply circuits must be disconnected.

- **WARNING:** Covering the heater or infrared emitter causes fire risk.

- **WARNING:** An inadequately filled rock container causes fire risk.



TIPS: Please don't push the door when fitting your sauna!

Note to open the door to the outside!



C:Installation

PARTS LIST(CARTON A)			
PART NO	DESCRIPTION	QUANTITY	PART NAME
B		1	Back Board
C		1	Left Board
D		1	Right Board
G		1	Door handle
I		2	Glass Door Hinge
J		8	Front and Side Glass Fixing Strip
K		2	Side Glass Heater
L		1	Oxygen Bar
M		1	Cup holder
N		6	Glass Sealing Strip
S		2	Side Glass Fixing strip(Fixed in the left and right board)
O		24	M4*50MM

PARTS LIST(CARTON A)			
PART NO	DESCRIPTION	QUANTITY	PART NAME
P		14	M3.5*25MM
Q		12	M3*20MM
R		10	M3.5*15MM
T		10	Mirror nail Screws for metal hook
U		1	Adapter
V		1	Gloves
W		1	Towel

PARTS LIST(CARTON B)			
Part No	DESCRIPTION	QUANTITY	PART NAME
H		5	Glass Door*3 and Side Glass Door*2(L&R)

PARTS LIST(CARTON C)			
Part No	DESCRIPTION	QUANTITY	PART NAME
A		1	Floor
E		1	Top Board
F		2	Seat and Seat Holder

C:Installation



No.	Corresponding annotations	No.	Corresponding annotations
1	Dust cover plate	8	Part K-Right
2	Battery box	9	Part F
3	Part E	10	Part G
4	Part B	11	Part H - Front Glass Door
5	Part C	12	Part H - Left Glass Door
6	Part D	13	Part H - Right Glass Door
7	Part K-Left	14	Part A

1 STEP

PART A:Floor *1
PART B:Back Board*1

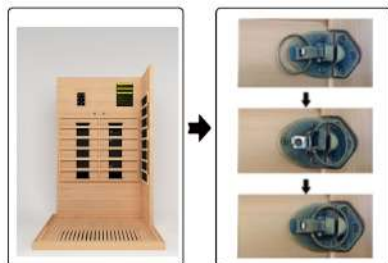
- ①. Install Floor and Back Board.



2 STEP

PART D:Right Board*1

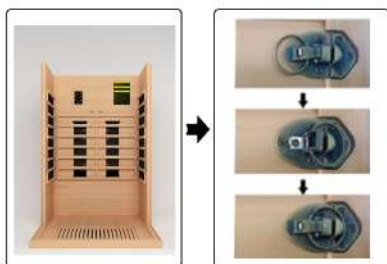
- ①. Install the Right Board.
②. Fasten the sauna plate with hasp.



3 STEP

PART C:Left Board*1

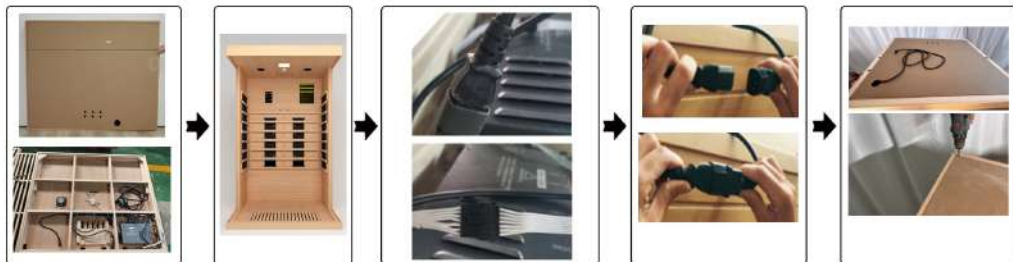
- ①. Install the Left Board.
②. Fasten the sauna plate with hasp.



4 STEP

PART E:Top Board*1

- ①. Open the roof dust cover.
②. Put the cables to pass through the hole in the top board and install the top board.
③. Connect all the roof plug together.
④. Take the power cord through the round hole and fix the dust cover with screws.



5 STEP

PART F:Seat*1 and Seat Holder*1
PART O:M4*50MM*4

- ①. Install the Seat holder with screws.
- ②. Connect the three wires to the plug.
- ③. Install the Seat.



6 STEP

PART H:Side Glass *2(L&R) and Front Side Glass*2(L&R)
PART Q:M3*20MM*12
PART S:Side Glass Fixing strip(Fixed in the left and right

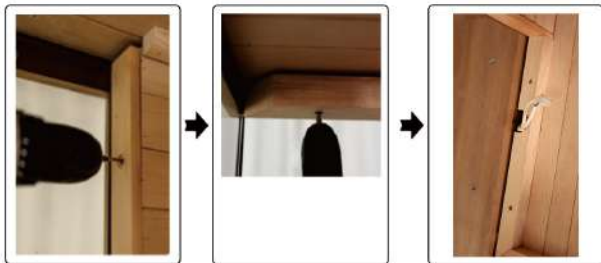
- ①. Take off the PART S from the left and right board.
- ②. Install the Side glass (L&R).
- ③. Install the Front side glass door (L&R).



7 STEP

PART O:M4*50MM*16
PART P:M3.5*25MM*10
PART J: Front and Side Glass Fixing Strip

- ①. Install the side glass door with Part J and Part P.
- ②. Install the front glass door with Part J and Part O.



8 STEP

PART H: Glass Door*1
PART I: Glass Door Hinge*2

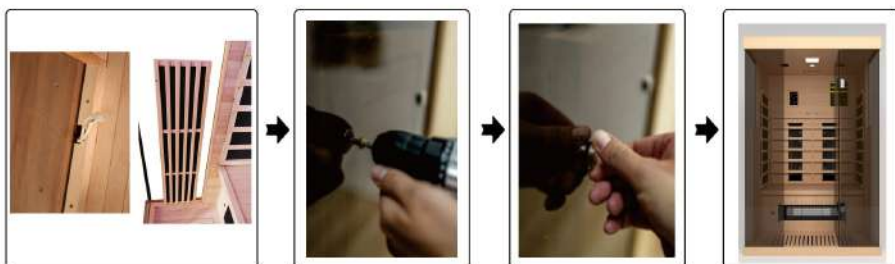
①. Install the Front Glass Door with Part I.



9 STEP

PART K: Side Glass Heater*2
PART T: Mirror Nails*8

①. Install the Side Glass Heater with Part T.

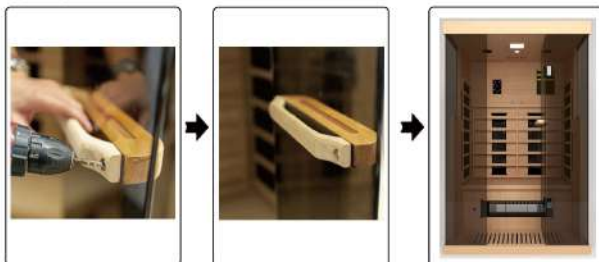


10 STEP

PART G: Door Handle*1

①. Install the Door Handle.

- 1.Align the inside doorknob against 2 holes on the inside of the door, hold it at an angle against the door.
- 2.Insert the screw into the hole located on the inside of the door. Screw until it is tightly fit.



11 STEP

PART M: Cup Holder*1
PART P: M3.5*25MM*2

①. Install the Cup Holder.

Attach cup holders in the fore left corner or the fore right corner(when sitting in the sauna).



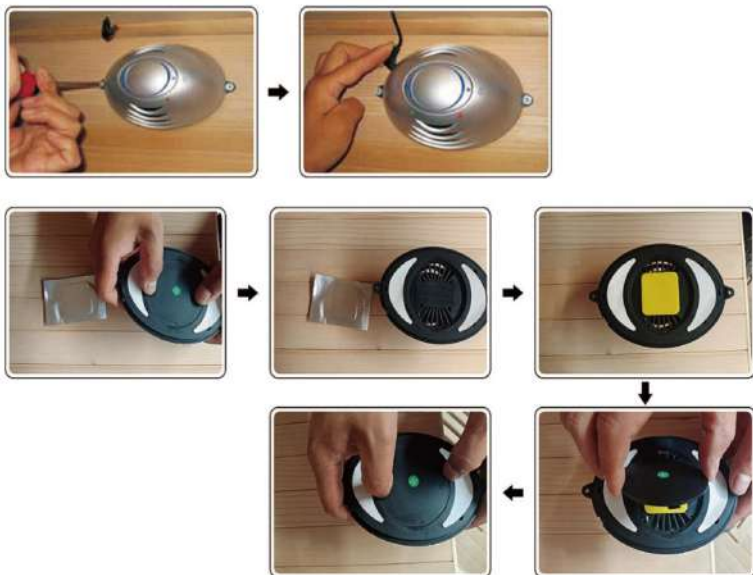
12 STEP

PART L: Oxygen Bar*1
PART R : M3.5*15MM*2

①. Replace the fragrance sheet.

②. Install the Oxygen Bar.

③. Plug in the power supply.



- Press the ion button: it extremely purifies the air and removes toxic substances including the dust and odors mold.

- Press the ozone button: ozone could kill virus and will be deoxidized into oxygen in the end without secondary pollution, which the chemical agents can not achieve.



SPECIFICATION

MODEL: -----DY13A

OZONE OUTPUT: ----->5MG/H

RATED VOLTAGE: -----DC-12V

POWER CONSUMPTION: -----5W

DIMENSION: -----4.72"*3.54"*6.93"

ANION DENSITY: ----->1*106PCS/CM3

- Operating instruction: Anion and ozone can only work separately; when the ozone starts to work, the anion will be stop; after about 15 minutes working, the ozone will be stop and turn the anion function automatically.

D.Operation

D.1 In use of sauna room, please pull the temperature sensor vertical downward, as shown in the figure below to ensure the accuracy of the temperature display on control panel.

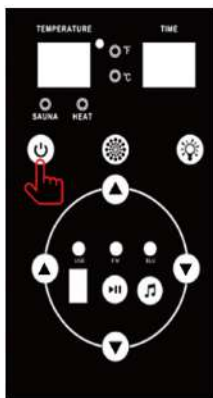


D.2 Plug the power cord into the wall outlet.

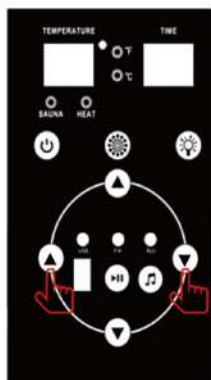


D.3 Operation of control panel

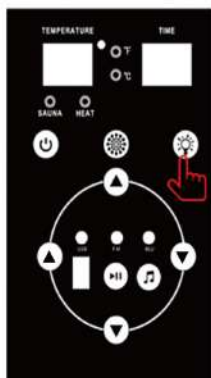
a. Press the key . The POWER indicator turns on. TEMPERATURE DISPLAY indicates the temperature in the room. Press the key  again, The POWER indicator turns off.



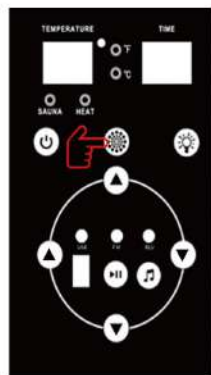
b. Pressing the key  and  together F/C, then the heat indicator turns on. The sauna will automatically start by pressing the key  or  to adjust the temperature.



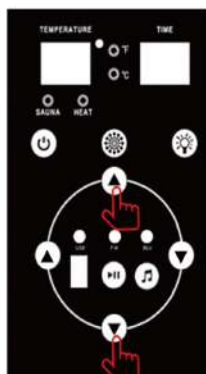
c. Press the key  to turn on the light in or out of the room, Press them again, the lights will be turned off.



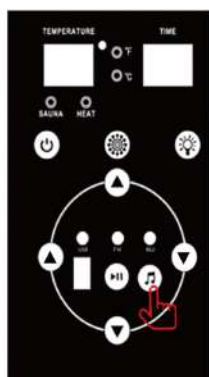
d. Press the key  turn on LED color therapy light in the room, This light has 9 different kinds of effect. Pressing one time means one kind of color. Pressing L1, it turns into automatic quickly color changing mode and L9 it turns into slowly color changing mode. and L2-L8 are for 7 different colors.



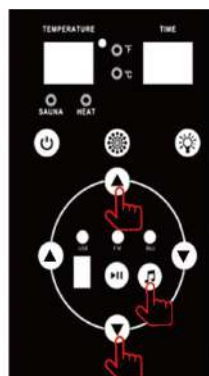
e. Press the key ▲ or ▼ to adjust the time. If the time indicates 00, the room stops heating.



f Press the key 🎵 to choose USB,FM and Bluetooth.



g. When you are under 🎵 mode, press the key ▲ to increase the volume, press the key ▼ to decrease the volume.



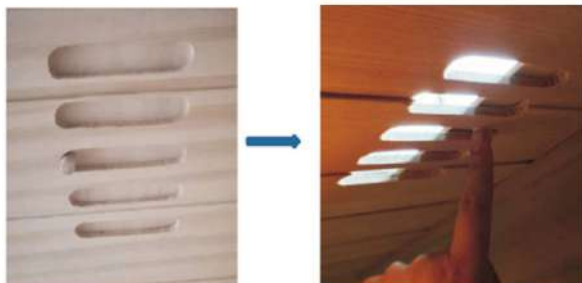
h. When you are under  mode, Press the key  to choose the last song. Press the key  to choose next song. Press the key  to stop the song.



D.4 Operation of ON/OFF Switch

Each heater is controlled by an ON/OFF Switch  and could work independently On/Off as you like. Press "ON"  indicates that corresponding heater will to work. Press "OFF"  indicates that corresponding heater will stop work.

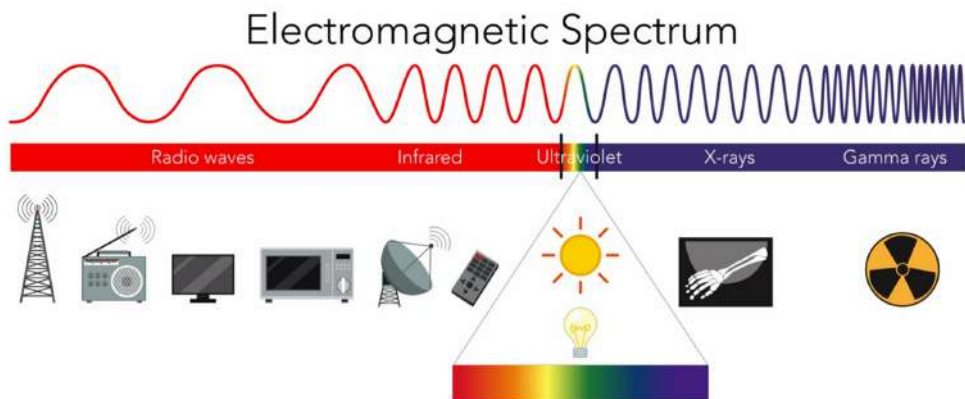
D.5 Open the ceiling vent to allow a flow of fresh if required.



E. Tips For Use

What Are Infrared Rays?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called conversion. The infrared is divided into 3 segments by wavelengths measured in microns: Near Infrared – 0.76-1.5 microns; Middle Infrared – 1.5-5.6 microns; and Far Infrared – 5.6-1000 microns. Among these segments, Far Infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to treat muscle and joint problems. In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm.

F.Frequently Asked Questions

Because infrared rays penetrate the body through conversion, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart. Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, and the potentially carcinogenic heavy metals are removed from the cells (especially zinc, lead, nickel, cadmium, etc.). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

- *Pain relief from Rheumatoid Arthritis

- *Increases blood circulation

- *Cardiovascular conditioning

- *Relaxes muscle spasms

- *Clears, rashes, acne

- *Reduces stress & fatigue

- *Reduces cellulite

- *Enhances skin tone *Removes toxins

G.HOW IT WORKS

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration. Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.

H. Electromagnetic Field (EMF)

An Electromagnetic Field is a physical field produced by electrically charged objects. It is one of the fundamental forces of nature. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges and the magnetic field by moving charges referred to as currents. The magnetic field is measured in milligauss (mG). Our sauna products have been developed to have low EMF. Our Low EMF sauna models range between an average of 5mG-10mG at about two inches from the heater panel and our Ultra Low EMF sauna models range between 3mG-5mG at the same approximate distance.

	6 inches away(mG)	2 feet away(mG)
Electric Shavers	4-600	0.4-10
Hair Dryer	1-700	0.1-10
Electric Blanket	22-39	—
Can Opener	500-1500	3-30
Electric Range	20-200	0.2-9
Microwave Oven	100-300	1-30
Television	10-80	0.1-8
Computer Terminal	7-20	1-3

I. DISCLAIMER

The infrared rays emitted by your sauna are reported to offer a wide range of possible therapeutic benefits based on research completed over the last 40 years from all around the world. These benefits are presented for reference purposes only and no implication of infrared saunas creating a cure for or treating any disease is implied nor should it be inferred. If you have a medical/health condition, are taking prescription drugs, or have acute joint injuries, please consult with your medical physician before using the sauna. Persons with surgical implants (metal pins/rods, artificial joints, silicone, or other types of surgical implants) typically do not experience any adverse effects, but should also consult their medical physician or surgeon before using the sauna room.

J. Tips For Use

- Set the temperature to a comfortable level, normally 40 to 50°C.
- Allow approximately 8-15 minutes for the sauna to warm up.
- Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend a sauna session does not exceed 30 minutes.
- When the temperature reaches the level set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature level inside the sauna.
- The front door/window/ceiling vent can be opened at any time to allow fresh air into the room
- Drink plenty of water before, during and after a session to replenish lost fluids from the body.
- Taking a hot shower or bath before the sauna session will further accelerate perspiration. However, do dry off thoroughly before entering, for excessive water will stain or warp the wood. A shower latter is refreshing.

- To absorb perspiration and keep the sauna tidy, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe out sweat from the body.
- Do not eat at least an hour before your sauna session. It is better to go in a sauna with an empty stomach.
- Do not use the sauna immediately after the strenuous exercise.
- Any area you want to achieve a deep heating should be moved close to the heaters.
- After the session is over, do not immediately getting out. Let the body sweat a little more. Then, take a warm shower and finish it off with a cold shower to cool off completely.

K.Frequently Asked Questions

MAKE SURE TO SHUT OFF THE ELECTRICITY BEFORE DOING IT.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

K.1 Heater Problems:

Problem	Explanation	Solution
Heaters are still working when set time is up.	Power board and control panel broken.	Replace with a new power board and control panel.
All or parts of heaters working before you turn on the power, when you plug the power cord.	Power board broken	Replace with a new power board.

K.2 The control panel does not work.

Problem	Explanation	Solution
The power indicator isn't on.	The fuse is broken or the sauna is not plugged in.	Change the fuse or the plug in the sauna.
The soft keys do not work.	Unplug sauna, wait a minute or plug back into power source.	

K.3 The light doesn't work.

Problem	Solution
The bulb filament is burned out.	Change the bulb (≤ 15 watt)

K.4 The heater tube does not heat. (Warning: only qualified person can replace or repair the heater)

Problem	Explanation	Solution
Part of the heater does not warm up.	The heater is defective.	Replace with a new heater.
	Part of the heater is not connected well or burned out.	Connect them tightly.
The entire room does not heat.	The relay is damaged.	Replace the relay.
	The control panel is damaged.	Replace the control panel.
	The plug is not plugged in correctly.	Re-plug it.
Bench heater does not heat.	It is not connected tightly into the outlet on the back panel.	Connected tightly.

L.Maintenance

- Clean the sauna room with a soft wet cloth. NEVER use petrol, alcohol, benzene or any other such chemical to clean the unit.

M.Transportation and Storage

- Avoid exposure to rain, snow or strong collisions during transport.
- Do not store in damp environments.

N.Limited Warranty

- We warrant the sauna to be free of defects in material and workmanship.

1 Heaters 12 months

2 Workmanship 12 months

3 Electrical Components 12 months

- This warranty extends only to the original retail purchaser of the sauna and terminates upon transfer of ownership. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.

- This warranty is void if the sauna has been altered, misused, or abused. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner.

- We shall not be liable for the loss of use of the sauna or other incidental or consequential damages.under no circumstances shall we or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.