



OWNER'S MANUAL

Sauna: the European secret for youthful vitality, now you can appreciate and enjoy its benefits at home!

Enjoy Health And Beauty In Your Life!

Dear Customer!

Thanks for your purchase of the sauna room. BamX Saunas room is integrated, multifunction and luxurious facility for health and recreation, which incorporates the advantages of bath sunlight bath and sauna all in one.

We are confident that your family will enjoy many benefits of using this product for coming years.

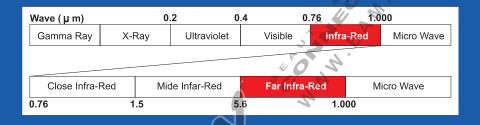
You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using the sauna.

Carefully and thoroughly read in its entirety before using the sauna for the first time. We recommend keeping this manual for regular review and future reference

What is infra-red?



Infrared refers to electromagnetic waves whose wavelengths lie between visible light and microwave. Depending on its wavelength, infrared can be further divided into near- range, mid-range, and far-range. The far- infrared has the longest wavelength and of the highest efficiency among the three. In fact, the far infrared is a panacea for all modern men and women's illnesses.



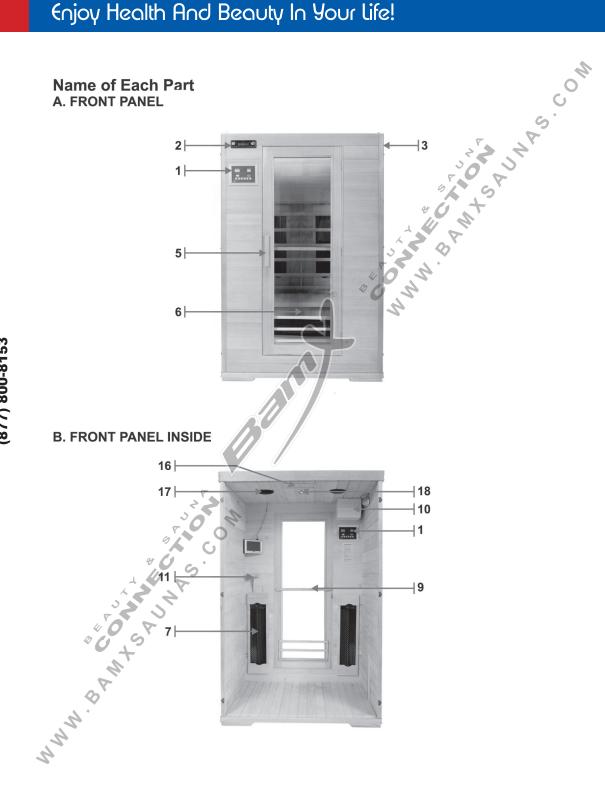
Recommended by thousands of doctors worldwide, the far infrared sauna is an essential step in restoring good health for those who suffer with allergies, acne, brain fog, fatigue, fibromyalgia, depression, mood swings, frequent colds and flu and hundreds of other symptoms. Infrared contributes to the heavy metals (including mercury) and chemical toxins removal from the human organisms.

Below you can find some displays for the infrared sauna:

- Superior detoxification: removes heavy metals & fat-stored toxins
- Increased cardiovascular conditioning
- Stimulated immune system
- Improved circulation
- Pain relief
- Weight loss and cellulite reduction
- Beautiful skin
- Stress reduction

You will be surprised at the significant effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.

Name of Each Part A. FRONT PANEL



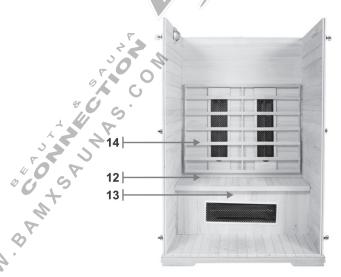
I. Product Introduction

The infrared sauna room includes wood cabin, infrared heaters and control system. The wood cabin includes FRONT BOARD, BACK BOARD, LEFT BOARD, RIGHT BOARD L, BENCH BOARD, BENCH HEATER PANEL, BOTTOM BOARD, TOP BOARD and TOP COVER. Inner wall is equipped by infrared heater, back protection, drink shelf, the control panel you can find at the front wall, but you can operate by it being inside or outside with the same effect. Modern infrared saunas are equipped by different devices for your comfort inside such as a reading lamp or some models of CD-ROM players (optional CD/radio).

- 1. Control panel
- 2. CD-ROM player (CD/radio or CD/radio with remote control)
- 3. Wood cabin
- 4. Safety glass window (with different size)
- 5. Door knob
- 6. Door
- 7. Heater (with different wattage)
- 8. Heater protection grid
- 9. Towel rack (optional)
- 10. CD cover box

- 11. Drink shelf
- 12. Bench
- 13. On/off under-seat heater switch (optional)
- 14. Back protection
- 15. Temperature sensor (different place in different models)
- Ventilation grid
- 17. Speaker
- 18. Reading lamp

C. PRODUCT INSIDE



[Installation Information]

- a. Do not plug any other appliances into the outlet with your sauna.
- b. The sauna should always be placed on a fairly leveled surface.
- c. The sauna must be placed indoors and in a dry area.
- d. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
- e. Do not store flammable objects or chemical substances near the sauna.

[Assembly Instructions]

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service or local dealers.

When determining a location for your sauna, please keep in mind the following:

- 1. The Main Power Cord on the sauna must be easily accessible.
- 2. The location must be dry and leveled.

[Step 1] PLACING BOTTOM PANEL

Place the Bottom Panel on the ground and make sure that the "FRONT" sticker is facing the direction where the front of the sauna would be. (see Figure 2)

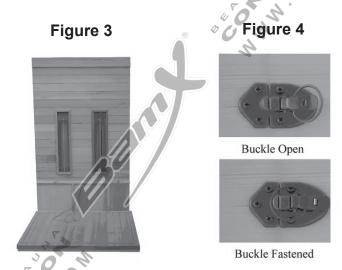


[STEP 2]

CONNECTING BACK PANEL TO BOTTOM PANEL

Connect the Back Panel to the Bottom Panel by lining up the Back Panel on the groove of the Bottom Panel (see Figure 3). Align buckles on both panels and fasten them if applicable. (see Figure 4)

Keep in mind that the Back Panel will not have enough support from the buckles alone until the Side Panels have been installed in place.

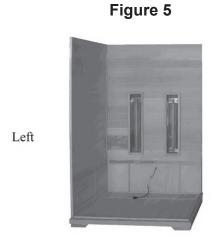


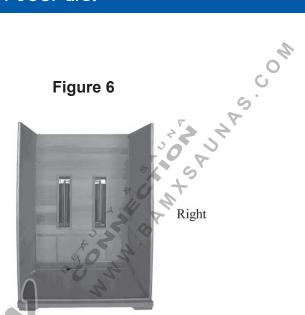
[STEP 3] CONNECTING SIDE PANELS

Connect the Side Panels to the Bottom

Panels by lining up buckles and fastening them.

1. Each Side Panel has a white label to identify which side it is. The panel with "LEFT PANEL" label should be placed on the left side when facing the sauna from the front. (see Figure 5, 6)





Right

[Step 4] **INSTALLING BENCH HEATER PANEL**

Slide down the Bench Heater Panel by lining up its sides with the Vertical Guides on each Side Panel (see Figure 7, 8).

- 1. Bench Heater Panel must be positioned so that the "TOP" sticker is facing up and the heater facing outward.
- 2. Be careful not to scratch the Side Panels when positioning the Heater Panel.





Figure 8

Figure 7

LUGGING BENCH HEATER CABLE
Plug in the Bench Heater Cable to the Outlet located on the Back Panel.
Make sure connection is secure. (see Figure 9)



[Step 5] **INSTALLING BENCH PANEL**

Install the Bench Panel by sliding it over the Horizontal Guides on each Side Panel. Be careful not to scratch the Side Panels when doing so. Make sure to position the Bench so that the "BACK" sticker is facing back, the smooth and finished sides of the Bench are facing up and forward. (see Figure 10)

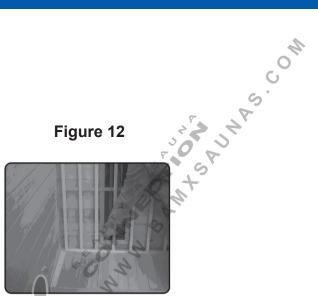
Figure 10



[Step 7] **INSTALLING WOODEN WEB** Figure 11



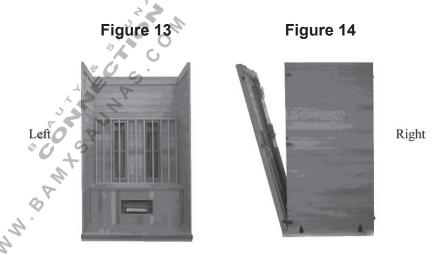




Screwing the screws of the web back to the back panel and bench. (see Figure 11, 12)

[Step 8] CONNECTING FRONT PANEL

Place the Front Panel onto the recessed area where the "FRONT" sticker is. Align buckles with both Side Panels and secure in place by fastening the buckles. (see Figure 13, 14)



[Step 9] PLACING TOP PANEL

- 1. Open Sliding Doors located on the Top Panel. (see Figure 15)
- 2. Put the Top Panel on the assembled panels.

The Top Panel must be positioned so that the Cables on the Top Panel are in the frontleft corner, right above the stereo.

- 3. Plug the heater wires through the holes around the Top Panel
- 4. Gently place the Top Panel onto the rest of the assembled panels. When all four corners are in place, gently push down the Top Panel until it is snuggly fit over the rest of the panels. (see Figure 16, 17)

5. Make sure that the cables around the corners do not get pinched between the panels.
Figure 15



Figure 16

Figure 17





[Step 10] POWER SUPPLY CONNECTIONS

All the inside wall's heater elements are pre-wired inside the wall. Make Power Supply connections on the Top Panel.

- 1. Open the Sliding Door located on the Top Panel where you can find wire terminals.
- 2. Loose screws, try to put the end of the wire on to it. Then screw tightly. Make sure red wire to red one and black to black. Finally put the plastic cover on terminals just like illustrator shows. (see Figure 18)

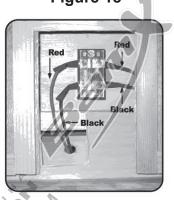


Figure 18

▲ 3.Make sure all connections are secure and close the cover

[Step 11] **INSTALLING STEREO**

Si Slide the CD-player into the slot provided on front panel. (see Figure 19, 20)

Figure 19



Figure 20



Attach the metal blockers to secure the CD-player into place.

Bend the metal blocker, fix one side of metal blocker to the back of CD with screw cap, and the other side to the top panel with screw. (see Figure 21, 22, 23)

Figure 21

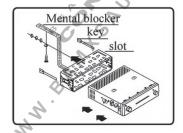


Figure 22



Figure 23





- 1 Assemble CD stereo, please operating as this indication show.
- 2 If you want to take out CD stereo, first, please plug in the two keys at both sides of CD stereo, second, drawing CD stereo out.

[Step 12] STEREO AND CONTROL PANEL CONNECTIONS

CHAIN BRITAIN SOM All wiring from the ceiling's Power Board should be draped inside the Top Panel. Firstly plug the antenna. (see Figure 24)

Figure 24

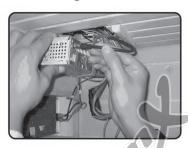


Figure 25



Figure 26



Plug the Connector pin to the socket on the back of the CD. You can pull out by pressing the side of the connector pin. (see Figure 25, 26)

Plug the 5 pin's plug onto the 5 pin's socket of the control panel. Plug the ends of two wires onto the switch (see Figure 27, 28)

Figure 27

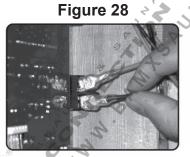


Figure 29

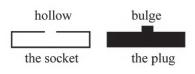


Attach the stereo box by screws. (see Figure 29)

Plug the connector pin of the inside control panel in the connector socket, make sure the bulge of the plug fit directly to its hollow of the socket. (see Figure 30)

Figure 30





Attach the inside control panel by screws, keep mind to let the temperature sensor through the below hole of the inner control panel box, make sure the sensor do not touch any wood around it. (see Figure 31, 32)

Figure 31



Figure 32



[Step 13]
INSTALLING CUP HOLDER

Figure 33

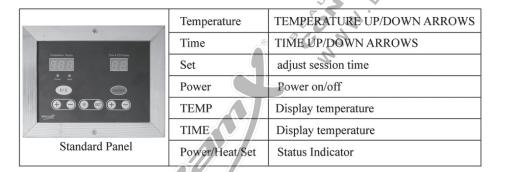


Attach cup holders in the fore left corner and the fore right corner (when sitting in the sauna). (see Figure 33)

PLUG YOUR SAUNA INTO THE WALL OUTLET, AND IT'S READY TO BE ENJOYED BY YOU AND YOUR FAMILY!

DIGITAL CONTROLLER OPERATING INSTRUCTIONS

Standard Digital Keypad Istructions



1. Turn on the main POWER switch. The POWER indicator turns on, the light in the room turns on.

Press the key SET to start. The HEAT LIGHT indicator turns on. the sauna will automatically start with a preset setting until changes are made, preset session time is 38 minutes, and temperature is 40°C

- 2. Press the key SET again to adjust the temperature. While the SET indicator turns on, press the TEMP key + or to adjust the temperature, and press the key SET again, the display indicates the temperature in the Room.
- 3. Press TIME key + or to adjust the time.
- 4. When the time display indicates 00, the room stops heating.

OXYGEN IONIZER APPLICATION GUIDE

(Only suitable for the models that chosen Oxygen Ionizers)

Ionizer Release negative ion to purify the air, Dispense natural floral fragrances to enhance people's mood and help stimulate relaxation

- 1. Turn to PXO, Release negative ion and dispense natural floral fragrances
- 2. Turn to PX, dispense natural floral fragrances
- 3. Turn to OFF, shut down ionizer

Replacing the fragrance box

- 1. Take off the oxygen ionizer
- 2. Open the back piece of it
- 3. Take out the floral fragrance box inside of it.

ENJOYING YOUR SAUNA

INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician. If you feel light -headed or heat-exhausted during a session, exit the sauna immediately.

- 1. Set the temperature to a comfortable level, normally, 40-50°C.
- 2. Allow approximately 8-15 minutes for the sauna to warm up before beginning a session.
- 3. Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 30 minutes.
- 4. 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 of the sauna.
- 5. The front door/window and/or ceiling vent can be opened at any time to introduce fresh air into the sauna.
- 6. Infrared's unique property of direct penetration into the body without heating the intervening air in-between allows sauna users to enjoy all of its benefits while the door or window of a sauna is open for ventilation.

- 7. Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.

 8. Choosing to take a bot shower or both and it is in the same of the same
- 8. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
- 9. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.

TIPS FOR USE

- 1) To regulate the temperature inside the sauna during your session, use the roof vent or the door window (by setting it at an angle).
- 2) If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- 3) Drink plenty of fluids prior to, during, and after your session.
- 4) If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
- 5) To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hairthor-oughly.
- 6) Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
- 7) Be sure to towel off excess sweat during your session to help the body perspire more freely.
- 8) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
- 9) Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.

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10) Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.

2. CO.

- 11) To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
- 12) You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
- 13) At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
- 14) Consult your physician for the proper treatment for this or any other conditions.
- 15) To treat your ankles and feet more effectively, you must elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.
- 16) After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Warnings

Safety Instructions

- 1. Read and follow all instructions carefully.
- 2. When installing and using this electrical equipment, basic safety precautions should always be followed.
- 3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely. Safety precautions
 - a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements.

ON

- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- d. Do not spray water on the far-infrared tube. This activity may result in electric shock or damage to the heater elements.
 - e. Do not use the sauna if you have any of the following conditions:
- 1) Open wounds
- 2) Eye diseases
- 3) Severity sunburns
- 4) Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years of age may use the sauna under the supervision of adults.
- 5) If suffering from a disease directly related to temperature, seek the advice of a doctor before use.
- 6) Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
- 7) Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
- 8) Do not place pets in the sauna.
- Ine se as, or mechanisms. 9) Do not use the sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to

Frequently Asked Questions

PS: MAKING SURE SHUT OFF ELECTRICITY BEFORE YOU DOING IT.

1. The controll panel does not work

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

Change the fuse

Replace the old fuse with a new one.(fuse on the top panel)



1.open the slide door of fuse



2.pull down the small basket of fuse



3.take fuse out, the push in a new fuse



4.put the finished basket in to the origina place, finally close the wood door of fuse.

	Problem	Solution
1	The bulb filament is burned out.	Change the bulb (≤40 watt).

Solution

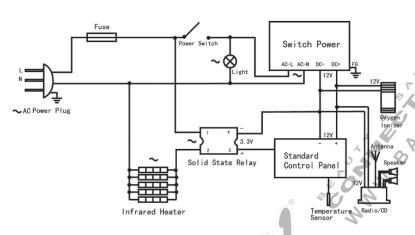
Change the bulb

Push down the bulb together with the cover from the top panel, then pull down the plug. Take off the metal pin around the bulb while also take down the vroken bulb, next, put a new bulb into the original place, put on pin and into the top.









Circuit Diagram for Standard control panel

3. The heater does not heat up

	Problem	Explanation	Solution
1	Part of the heater does warm up.	The heater is defective	Replace with a new heater
		A portion of the heater is not connected well or is burned out.	Connect them tightly.
	The entire room does not heat up.	The relay is damaged.	Replace the relay
2		The control panel is damaged	Replace the control panel.
		The plug is not plugged in correctly.	Re-plug in the machine.
3	Bench heater does not heat	The bench heater cable is not plugged tightly into the outlet on the Back Panel	Plugged tightly

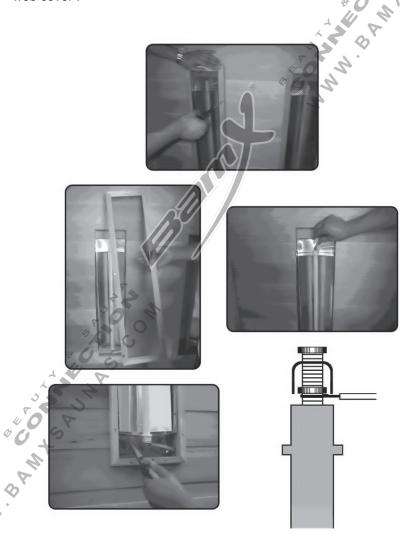
Change the ceramic infrared heater.

Firstly take away the metal cover on the heater.

1. Screwing the screws of the out cover and displace it.

- 2. Screwing the ceramic hat of the tube, take away ceramic protect, screwing the metal screw inter of it, moving lines away.
- 3. Doing the same process as 2, and than, dismantling the bottom fixing tube steel wire away.

When you assembling it, please doing the process from 3 to 1 Finally close the web cover .



Corner Mode onle:

1 .Place the bottom panel on the ground.



W ANT STANKS. 2. Connect the left back panel to the bottom panel by lining up the back panel on the groove of the bottom panel. Align buckles on both panels and fasten them, if applicable.



3. Connect two back panels by lining up buckles and fastening them securely in place.



4.Connect the side panels (Left & Right) to the back panel using sliding hinges. Each side panel has a white label to identify which side it is. The panel with "LEFT" label should be placed on the left side when facing the sauna from the front. The panel with "RIGHT" label should be placed on the right side when facing the sauna from the front.



5. Install the right heater bench first by sliding it over the Vertical bench guides. And then install the left heater bench . Plug in the Bench Heater Cable to the Outlet located on the Back Panel. Make sure connection is secure. Install right and left benches. Be careful not to scratch the adjacent panels when sliding in the bench. Push the benches all the way in until they touch the back panel and are securely in place.





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gn solutions. 6.Place the whole front panel onto the recessed area on the bottom panel. Align buckles with both side panels and secure in place by fastening them.



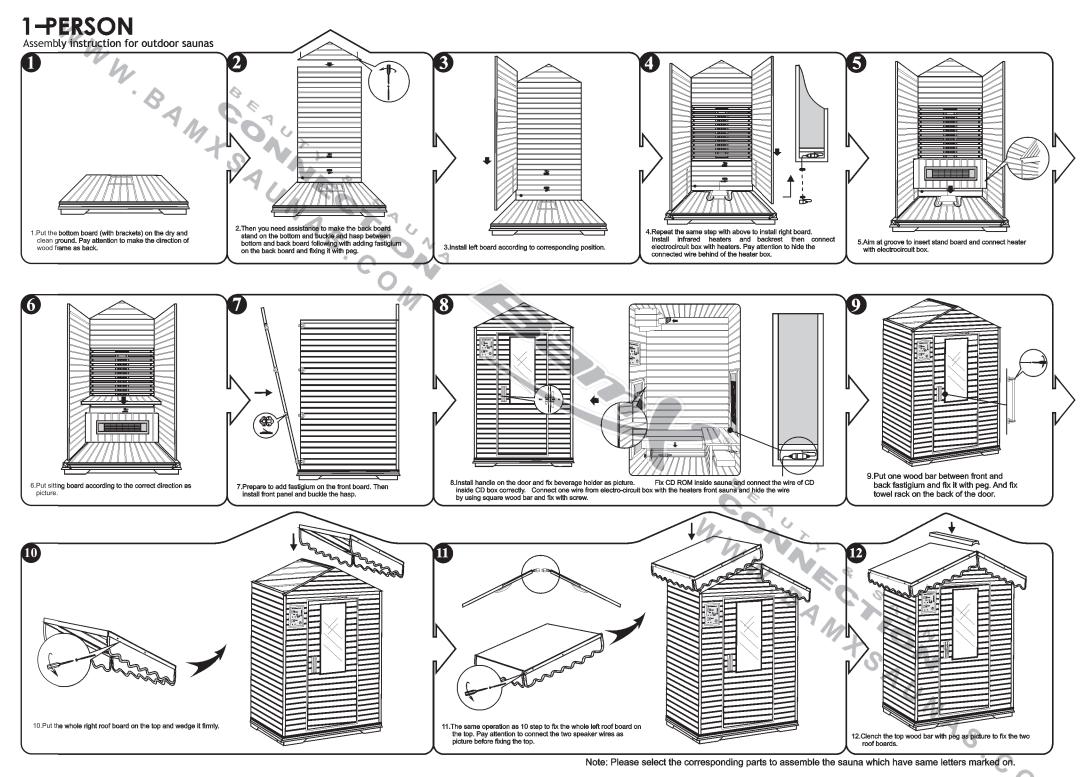


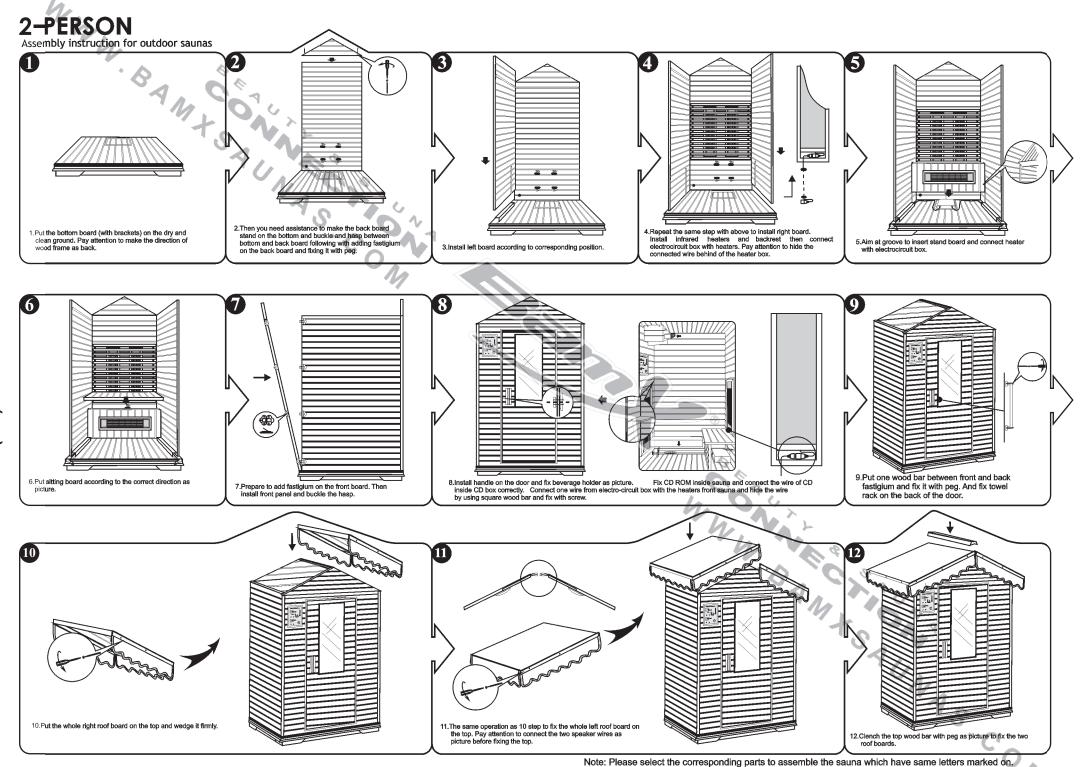
- 7.Lower the top panel onto the assembled panels.
- (1). The top panel must be positioned so that cables on the top panel are in the front left corner, right above the CD Player.
- (2). Gently place the top panel onto the rest of the assembled panels. When all corners are in place, gently push down the top Panel from the outside corners until it is snuggly fit over the rest of the panels.
- (3). Make sure that the cables in the front left corners do not get pinched between the panels.

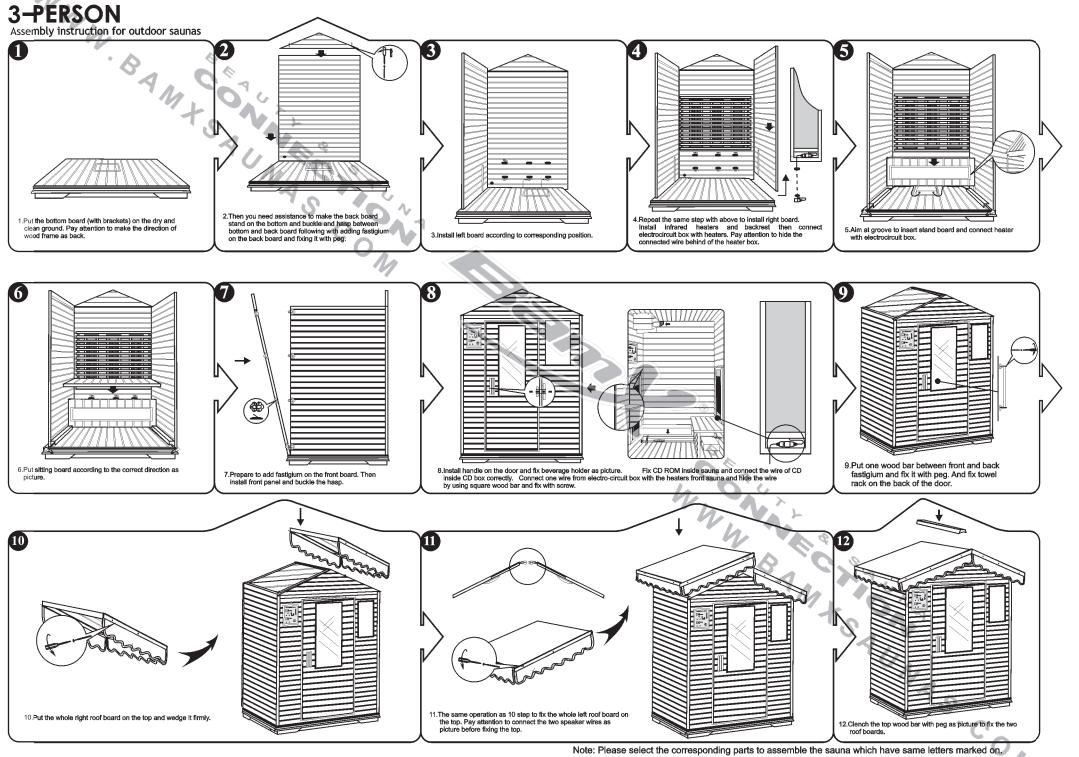


EXTERIOR LAMP SWITCH

To enjoy the deluxe exterior lamp, turn on the switch on the top left hand corner.







Put the whole right roof board on the top and wedge it firmly.

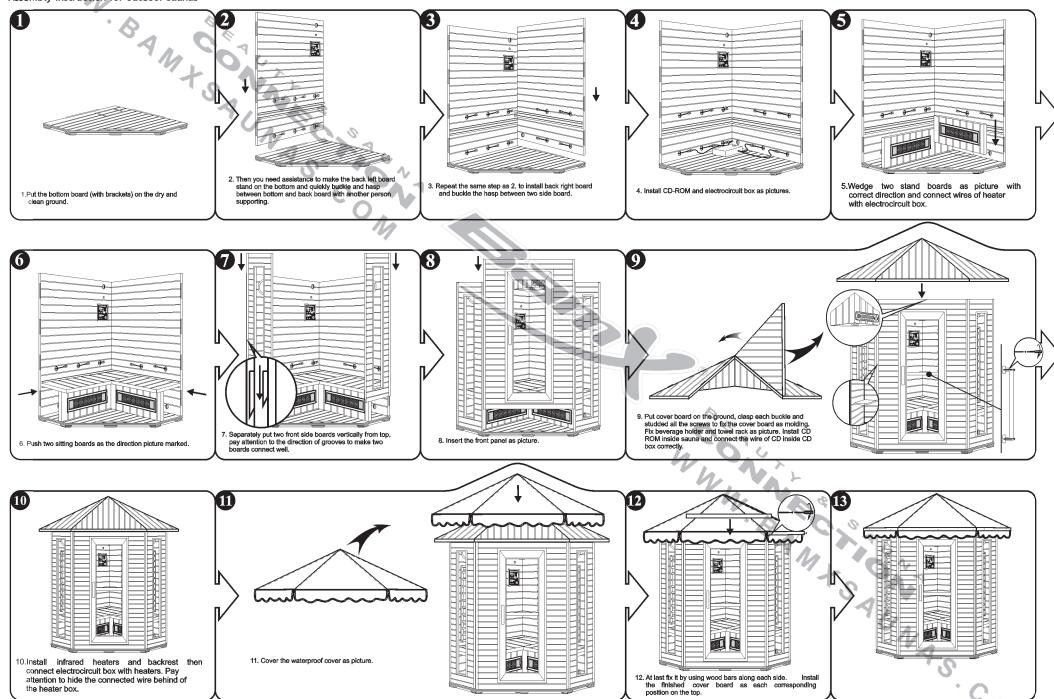
11. The same operation as 10 step to fix the whole left roof board on the top. Pay attention to connect the two speaker wires as picture before fixing the top.

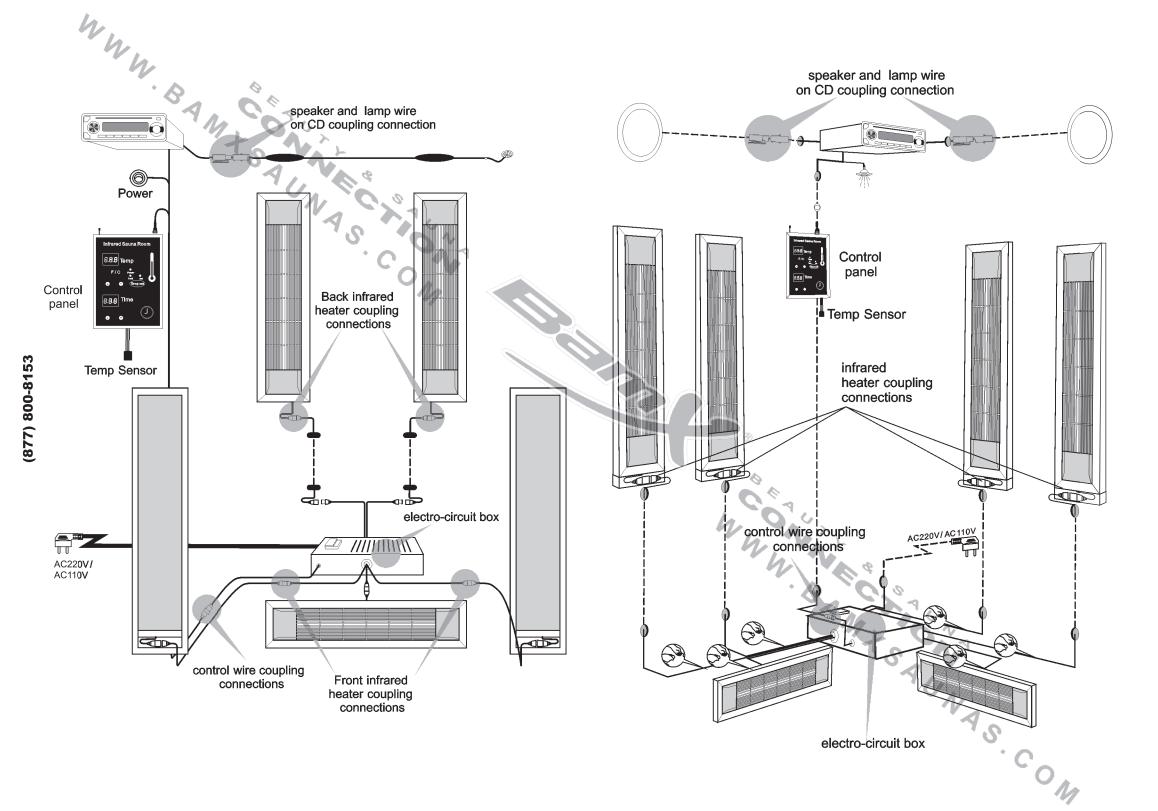
12. Clench the top wood bar with peg as picture to fix the two roof boards.

Note: Please select the corresponding parts to assemble the sauna which have same letters marked on.

4-CORNER STYLE

Assembly instruction for outdoor saunas





Certificate of Warranty

This product has completely passed tests on quality control and safety features, conducted by the technical department of the manufacturer. It will be greatly appreciated to inquire and ask for required service work upon finding any defects by presenting the certificate of warranty to the authorized dealer in your area.

* Warranty information

- 1. Warranty period is 12 months from the purchased date.
- 2. This warranty is void if the sauna has been altered, misused, abused, or has been repaired by an unauthorized person, or it is not installed according to stated instructions.
- 3. You will be charged a minimum repair cost in the following cases:
 - A) When warranty period has expired.
 - B) Force majeure.
 - C) Rough and wrong operation on the sauna.
- 4. The warranty extends only to the manufacturing defects and does not cover any damage resulting from mishandling of the product by the owner.

Certificate to Warranty			
Model No			
Serial No	30 A		
Date of Purchase			
Name of Customer			
Dealer Information			



Distributor Contact Information for Customer Service

