



*Jaquar*

# INFRARED SAUNA USER MANUAL

MODEL: JSA-NAW-MD3150IH



# Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared cabin every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared cabin for the first time.

We recommend for you to keep this manual for future reference.

## Benefits:

- 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 noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.*

# Packing List

Any missing parts please contact your local distributor. This is general installation manual for all the corner models we produce. The pictures might be different from the models you have. Pls take the pictures for reference and the installation steps are the same.



Front panel



Left panel



Right panel



Back panel



Roof



Bottom panel



Bench



Bench heater

## Screws List

Roof: 16pcs 3\*30mm sharpen head

Bench: 2pcs 4\*40mm sharpen head

## Installation Requirements

1. Do not plug any other appliances into the outlet with your infrared cabin.
2. Install the IR cabin on a completely level floor.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the cabin.
5. The cabin must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the cabin.

# Model information

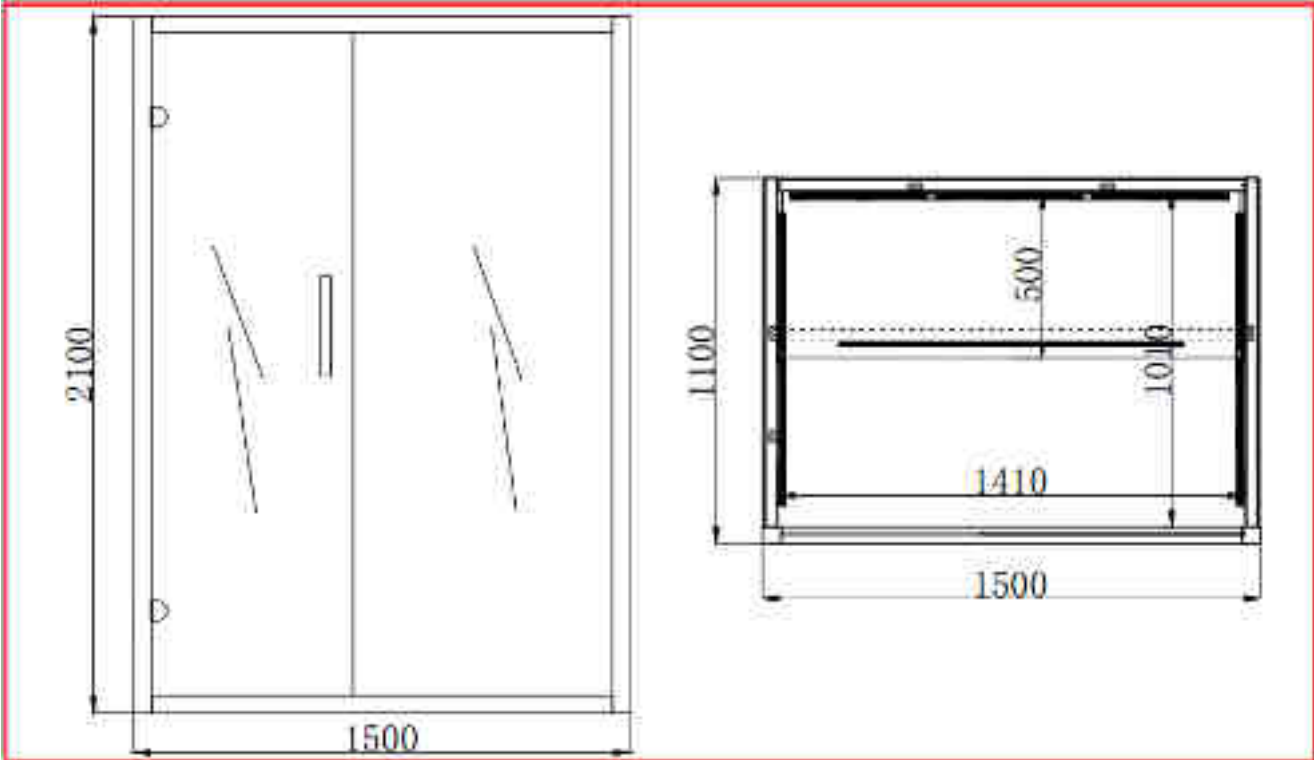
Model name : JSA-NAW-MD3150IH

Model size : 1500\*1100\*2100mm

Rated power : 2720W

Rated voltage : 220V - 240V ~

Rated frequency : 50-60Hz



# Assembly instruction

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 sauna.

## <1> Location of Sauna

When you find a good location for your sauna, please notice the following.

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.

## <2> Placing the bottom panel



Make sure that Front direction of you sauna.

## <3> Install the front panel and connect it to the side panels with inner clips



Align the side panels with front panels' corresponding inside-buckles.

Please take care of the glass door to avoid damage.

Make sure the inside-buckles on both side panels and fixed in place.

**Use the metal bracket to connect the top of front panel and side panel slightly.**

#### <4> Installing the under bench heater and installing the bench

Slide down the bench heater panel by lining up its sides with the vertical guides on left side panel.

1. The heater grill is facing outward (toward the front of the sauna).
2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place

Install the bench by sliding it over the horizontal bench guides on the side panels.

1. Push the bench all the way in until it can touch the back panel and is securely in place.
2. Due to limited space, it is a little bit difficult to install the bench. Please handle with technique and care.



#### <5> Installing the back panel

1. Install the back panel with outside buckles .
2. Use the metal bracket to connect the top of front panel and side panel tightly.



#### <6> Placing the roof

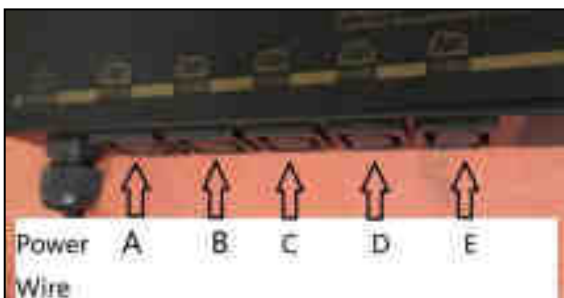
1. When four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cables do not get pinched between the panels.
3. Fix the roof to the side panels with screws



### <7> The main power connection on the roof panel

1. Connect the heater wires. (A plugs to A sockets, B plugs to B sockets, C plugs to C sockets)
2. Connect the control panel wire.

(P.S. Check and make sure that all the connections to the control box are secure.)



### <8> Installing door handle

1. Install the door handle.
2. Pull down the knob of wooden box for MP3 player.
3. Slide the knob of vent for fresh air

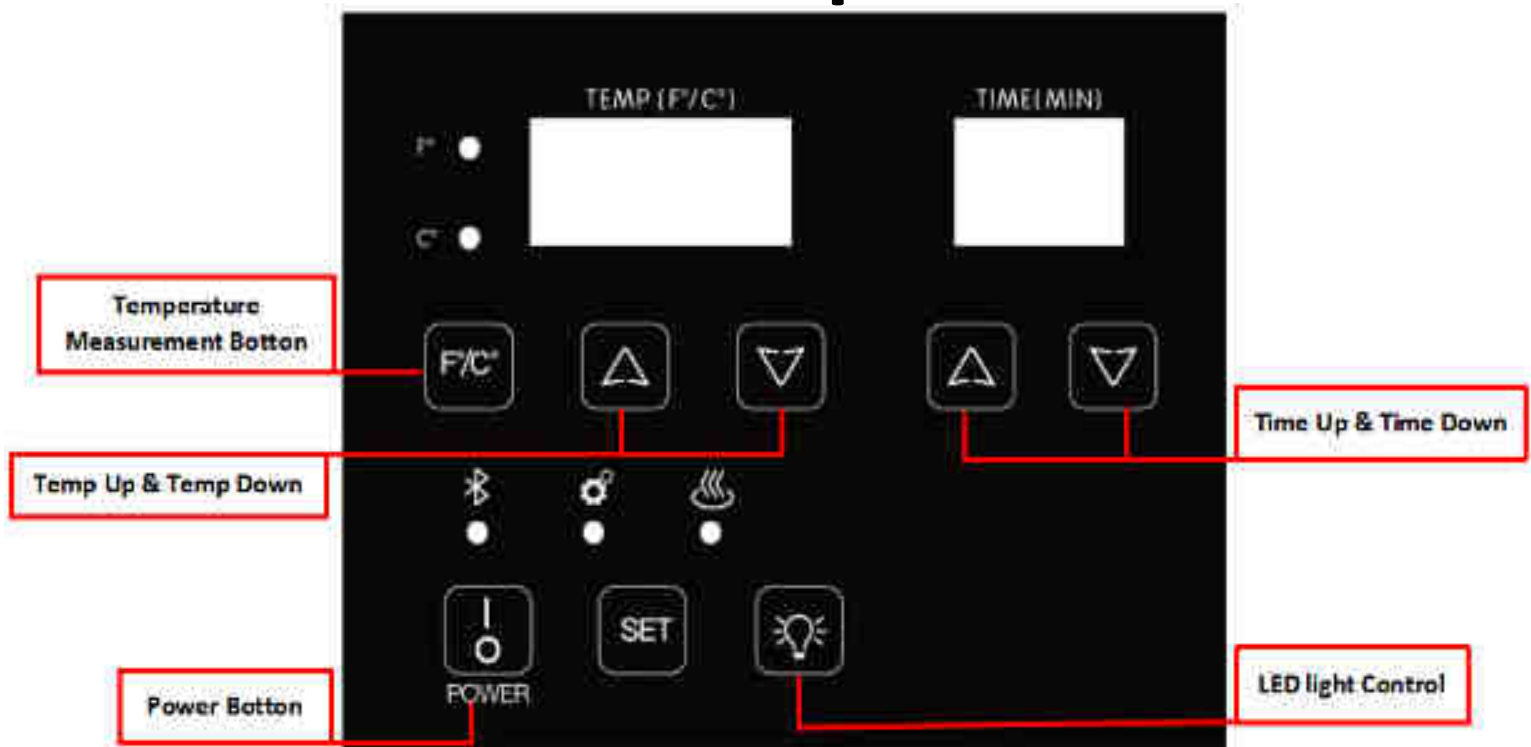
### <9> Enjoy your sauna!

Plug in the main power cord into the wall outlet and power up your sauna. Turn on the music, grab some towels, a glass of water and step into your sauna and enjoy the benefits of the sauna!!





# Control Panel Instruction Manual

## Control panel



Press ON/OFF button quickly to switch the sauna on to a stand-by mode. And the interior LED color therapy light is on(white color ).

Set the desired temperature using  buttons.


Set the time to desired length using  buttons.

Press ON/OFF button quickly a second time to activate the heaters.

When time reaches 00, all the heaters will automatically shut off.

Press and hold ON/OFF button to switch the sauna off.

Press SET button. Temp becomes hours ahead. Time becomes minutes ahead. Your sauna will begin heating after the programmed time has elapsed.

Press  every time to change the color of interior LED color therapy light. Color changing start from white to green, red, blue, green, light green, light blue, after light blue, press the button one more time, it will be on a auto model(means the color changing by itself, start from green to red, blue, green, light green and then back again to green to red....it will start all over again. And in the auto model, the color will be changed in about every 11 seconds). Press and hold the button about 3 second to turn off the light. Press the button again, it will turn on the light. You can also turn off the light by turning and holding the ON/OFF button for about 3 seconds, then the light will be off around 20 seconds.

## Recommendation Operation

1. Set up the desired session temperature and time using the control panel.
2. Allow approximately 10~15 minutes for the IR cabin to warm up before beginning a session.
3. Recommend IR cabin session use is around 30-45 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna.
5. The ceiling vent can be opened at any time to for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. Take a hot shower or bath prior to the IR cabin session will further promote perspiration. However, dry off thoroughly before going into the cabin because excessive water will stain or warp the wood. A shower after the session is refreshing and rinsing perspiration from the body.
8. To absorb perspiration and keep the cabin tidy during the session, place a towel on the bench and floor of the cabin. Keep one towel handy to wipe excessive sweat from your body.
9. The interior wood is aromatic and adds to the enjoyment of your IR cabin session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

# Safety

**Read all health and safety instructions. If in doubt as to the advisability of using your infrared cabin, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the cabin immediately.**

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the cabin unless they are closely supervised.
4. Do not use the cabin immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to use it.
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C. While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 39°C. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hypothermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. 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 it.
9. Persons using medications should consult a physician before using the IR cabin since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
10. Never sleep inside the IR cabin while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the cabin.
12. DO NOT stack or store any object on top of or inside the cabin.
13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.

## Important Safeguards for Your Sauna

1. READ INSTRUCTIONS -- All the safety and operating instructions should be read before the cabin is installed and operated.
2. RETAIN INSTRUCTIONS -- The safety and operating instructions should be retained for future reference.
3. FOLLOW INSTRUCTIONS -- All operating and usage instructions should be followed at all times.
4. CLEANING -- Unplug the cabin from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the cabin. Use a damp cloth for cleaning.
5. ATTACHMENTS-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.
6. WATER OR MOISTURE—DO NOT use your cabin near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
7. POWER-CORD PROTECTION-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. LIGHTING-- For added protection for your cabin during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. OVERLOADING-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. SERVICING-- Always unplugs your cabin from the wall outlet before servicing.
11. REPLACEMENT PARTS--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. SAFETY CHECK--Upon completion of any service or repairs to yourcabin, ask the service technician to perform safety checks and determine that your cabin is in proper operation condition.

# Infrared cabin Warranty Card

Please register your product to receive a full warranty. Please fill out the following information and mail the form to your dealer within 30 days from the date of purchase:

Model: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Dealer Name: \_\_\_\_\_

C/No. (located outside of the package) \_\_\_\_\_

**Optional:** Please answer the questions below for us to better serve you and to improve customer care.

What is the primary reason you purchased our Infrared cabin?

What was the greatest influence on your decision to purchase our Infrared cabin?

What magazines or publications do you subscribe to?

Where did you hear about our cabins?

**Suggestions/Comments:**