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SereneLife 1 Person Steam Sauna

SereneLife Portable Steam Sauna Box User Manual

Model: 1 Person Steam Sauna

Brand: SereneLife

1. INTRODUCTION

The SereneLife Portable Steam Sauna Box is designed to provide a personal spa experience in the comfort of your home. This compact and energy-efficient unit offers various health benefits, including relaxation, detoxification, muscle soothing, and stress reduction. Please read this manual thoroughly before initial use to ensure safe and optimal operation.

2. SAFETY INFORMATION

WARNING: KEEP AWAY FROM CHILDREN AND PETS. DO NOT LEAVE UNATTENDED WHILE IN USE. ALLOW TO COOL DOWN BEFORE HANDLING OR STORING.

- Ensure the sauna is placed on a stable, flat surface.
- Do not operate the steamer without water.
- Always use clean water in the steamer.
- Avoid touching the hot steam outlet during operation.
- If you feel unwell or experience discomfort, discontinue use immediately.
- Consult a physician before use if you have any medical conditions, are pregnant, or are taking medication.
- The sauna steamer machine automatically shuts off when water levels are low for safe operation.
- A safety valve releases pressure if the steam hose is blocked for added protection.

3. WHAT'S IN THE BOX

Your SereneLife Portable Steam Sauna Box package includes the following components:

- Home Sauna Tent
- Detachable Frame (Metal Pipe Set)

- Foldable Chair
- 4L Steamer Unit
- Remote Control
- Steam Pipe
- Sponge Cushion



Figure 3.1: All components included in the SereneLife Portable Steam Sauna Box package.

Each component is essential for the proper assembly and function of your portable sauna.

4. SETUP INSTRUCTIONS

Follow these steps to set up your SereneLife Portable Steam Sauna Box:

1. **Unfold the Sauna Tent:** Carefully remove the sauna tent from its packaging and unfold it. The tent is designed to pop open easily.
2. **Assemble the Frame:** Insert the metal pipe set to create the internal frame of the sauna tent. Ensure all bars are securely snapped into place to provide stability.
3. **Place the Foot Pad and Chair:** Lay the sponge cushion on the bottom of the sauna tent. Place the

foldable chair inside the tent for comfortable seating.

4. **Position the Steamer:** Place the 4L steamer unit outside the sauna tent, ensuring it is on a stable surface and within reach of a power outlet.
5. **Connect the Steam Pipe:** Connect one end of the steam pipe to the steamer unit and the other end to the designated inlet on the sauna tent. Ensure a secure connection to prevent steam leakage.
6. **Fill the Steamer:** Open the steamer unit and fill it with clean water up to the maximum fill line. Do not overfill.
7. **Connect Power:** Plug the steamer unit into a 120V power outlet.



Figure 4.1: The sauna tent set up for use, illustrating the head opening and internal space.

The sauna is now ready for operation.

5. OPERATING INSTRUCTIONS

Operating your SereneLife Portable Steam Sauna Box is straightforward:

1. **Power On:** Press the power button on the remote control or the steamer unit to turn it on.
2. **Set Time:** Use the 'Time' button on the remote or steamer to set your desired session duration, up to

60 minutes.

3. **Adjust Heat Level:** Use the 'Level' buttons (up/down arrows) on the remote or steamer to select your preferred heat intensity. There are 9 heat levels available, with a maximum temperature of 122°F (50°C).
4. **Enter the Sauna:** Once the steamer begins producing steam, carefully enter the sauna tent and sit on the foldable chair. Position yourself so your head is outside the top opening.
5. **Use Arm Zippers:** Utilize the double-pull zippers on the front of the tent to free your hands for reading, using a phone, or wiping sweat.
6. **Relax and Enjoy:** Relax in the steam for your set duration. The steamer will automatically shut off once the time is complete or if water levels are too low.



Figure 5.1: The steamer unit and remote control for adjusting time and heat levels.

For optimal results, ensure the sauna is preheated for a few minutes before entering.

6. MAINTENANCE

Regular maintenance ensures the longevity and hygiene of your sauna:

- **Cleaning the Steamer:** After each use, allow the steamer to cool completely. Drain any remaining

water. Periodically clean the inside of the steamer with a mild descaling solution to prevent mineral buildup. Rinse thoroughly.

- **Cleaning the Sauna Tent:** Wipe down the interior of the sauna tent with a damp cloth after each use. For deeper cleaning, use a mild, non-abrasive cleaner. Ensure the tent is completely dry before folding and storing to prevent mold or mildew.
- **Storage:** The sauna tent features a foldable design for easy storage. Once cooled and dry, fold the tent and store it in a cool, dry place away from direct sunlight.



Figure 6.1: The foldable design of the sauna tent for compact storage.

7. TROUBLESHOOTING

If you encounter any issues with your SereneLife Portable Steam Sauna Box, refer to the following common troubleshooting tips:

- **No Steam Production:**
 - Check if the steamer unit is plugged in and powered on.
 - Ensure the water tank is filled above the minimum level.
 - Verify that the steam pipe is securely connected to both the steamer and the tent.

- **Insufficient Heat:**

- Confirm the heat level setting on the remote or steamer is at your desired intensity.
- Ensure the sauna tent zippers are fully closed to retain heat.
- Allow adequate time for the steamer to reach full temperature.

- **Automatic Shut-off:**

- The steamer has a safety feature that automatically turns off when water levels are low. Refill the water tank.
- Check the set timer; the unit will turn off once the session duration is complete.

If problems persist, please contact SereneLife customer support for assistance.

8. SPECIFICATIONS

Feature	Specification
Power Output	1600 Watt
Maximum Temperature	122° Fahrenheit (50° Celsius)
Adjustable Time Setting	Up To 60 Minutes
Heat Levels	9 Levels
Power Supply	120V
Steamer Capacity	4 Liters
Product Dimensions (L x W x H)	35.43" x 35.43" x 70.87" inches
Item Weight	19.58 pounds
Material	Aluminum (Steamer components)

Portable Sauna

Fits perfectly in any room.



Bedroom



Bathroom



Fitness Room



Figure 8.1: The compact design allows the sauna to fit perfectly in various rooms.

9. WARRANTY & SUPPORT

For warranty information or technical support, please refer to the contact details provided with your product packaging or visit the official SereneLife website. Keep your purchase receipt for warranty claims.