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Steupoek 1

Steupoek Portable Steam Sauna User Manual

Model: 1

1. Introduction

Thank you for choosing the Steupoek Portable Steam Sauna. This manual provides essential information for the safe and effective use of your new personal sauna. Please read all instructions carefully before assembly and operation, and retain this manual for future reference.

Important Safety Information

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, please observe the following safety precautions:

- Read all instructions before using this appliance.
- Keep this appliance out of reach of children.
- Consult a physician before use if you are pregnant, have heart conditions, high blood pressure, diabetes, or any other medical condition.
- Do not use the sauna immediately after heavy meals or while under the influence of alcohol or drugs.
- Limit sauna sessions to 30 minutes. Excessive exposure may cause overheating.
- Ensure the steam generator is placed on a stable, level surface outside the sauna tent.
- Never overfill the steam generator. Do not add water while the unit is operating.
- Avoid direct contact with the steam outlet and hot surfaces of the steam generator.
- Always unplug the steam generator from the electrical outlet immediately after use and before cleaning.
- Do not operate the steam generator if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Ensure proper ventilation in the room where the sauna is used.
- This product is designed for indoor use only.

2. Package Contents

Please check the package to ensure all items are present and undamaged:

- Portable Sauna Tent
- Steam Generator (3L capacity, 1000W)
- Foldable Chair
- Remote Control
- Steam Hose
- Herbal Box (for aromatherapy)
- Protective Floor Mat



Figure 2.1: Components of the Steupoek Portable Steam Sauna, including the tent, foldable chair, and steam generator.

3. Setup Instructions

3.1 Sauna Tent Assembly

1. Unpack all components from the box.
2. Unfold the sauna tent. The tent features a steel wire spring structure for easy setup.
3. Insert the longer and shorter support tubes into their designated sleeves to form the tent's frame. Ensure all connections are secure.
4. Place the protective floor mat inside the tent.
5. Place the foldable chair inside the tent.



Figure 3.1: Visual guide for assembling the sauna tent frame and covering it with the fabric.

3.2 Steam Generator Connection

1. Place the steam generator on a flat, stable, and heat-resistant surface outside the sauna tent. Ensure it is within reach of a grounded electrical outlet.
2. Connect one end of the steam hose to the steam outlet on the top of the steam generator.
3. Feed the other end of the steam hose through the designated opening on the sauna tent and connect it to the steam box inside the tent.

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Video 3.1: Official seller video demonstrating the setup process of the portable sauna, including tent assembly and steam generator connection.

4. Operating Instructions

4.1 Filling the Steam Generator

1. Ensure the steam generator is unplugged before filling.
2. Open the lid of the steam generator.
3. Fill the water tank with clean tap water or distilled water up to the MAX fill line (maximum 2.6L capacity, recommended 2.2L). Do not overfill.
4. If desired, place herbs or essential oils into the herbal box located inside the steam generator.
5. Close the lid securely.

4.2 Powering On and Setting Parameters

1. Plug the steam generator into a grounded electrical outlet.
2. Press the power button on the steam generator or the remote control to turn the unit on.
3. **Temperature Setting:** Use the temperature control buttons on the unit or remote to select your desired heat level. There are 9 adjustable temperature settings, with a maximum temperature of 140°F (60°C).
4. **Timer Setting:** Use the timer control buttons to set the duration of your sauna session, from 1 to 99 minutes.
5. The steam generator will begin to heat the water. Steam will fill the sauna tent rapidly, typically within 5 minutes.



Figure 4.1: Illustration of the rapid heating capability and available temperature settings of the steam sauna.

4.3 Using the Sauna

1. Once steam begins to fill the tent, carefully enter and sit on the foldable chair.
2. Close the tent zippers completely to retain heat and steam.
3. You can open the transparent window zipper to use your mobile phone or read a book while enjoying your sauna.
4. Relax and enjoy your steam session. Monitor your comfort level and adjust temperature or time as needed using the remote control.

4.4 After Your Session

1. When your session is complete or the timer runs out, the steam generator will automatically turn off.
2. Carefully exit the sauna tent.
3. Unplug the steam generator from the electrical outlet.
4. Allow the tent and steam generator to cool down completely before cleaning or storing.

5. Maintenance

5.1 Cleaning the Steam Generator

1. Ensure the steam generator is unplugged and completely cool.
2. Empty any remaining water from the tank.
3. Wipe the interior and exterior of the steam generator with a soft, damp cloth. Do not use abrasive cleaners.
4. To remove mineral deposits (scale), fill the tank with a solution of equal parts water and white vinegar. Let it soak for 30 minutes, then rinse thoroughly.

5.2 Cleaning the Sauna Tent

1. After each use, wipe the interior of the sauna tent with a clean, damp cloth. The waterproof fabric is designed for easy drying.
2. Ensure the tent is completely dry before folding and storing to prevent mold and mildew growth.

5.3 Storage

1. Once the tent and steam generator are clean and dry, fold the tent according to its original configuration.
2. Store all components in a cool, dry place, away from direct sunlight and extreme temperatures.

6. Troubleshooting

Problem	Possible Cause	Solution
No steam produced	No water in tank; Power not connected; Lid not securely closed; Unit not turned on.	Fill water tank; Check power plug; Securely close lid; Press power button.
Insufficient heat/steam	Temperature setting too low; Tent zippers not fully closed; Room too cold.	Increase temperature setting; Ensure all zippers are closed; Use in a warmer room.
Water leakage from generator	Hose not properly connected; Tank overfilled; Generator not on level surface.	Check and secure hose connections; Do not overfill; Place on a level surface.
Automatic shut-off	Water tank empty (anti-dry burning); Overheating protection activated.	Refill water tank (after cooling); Allow unit to cool down before restarting.

7. Specifications

- **Product Dimensions:** 35.43 x 35.43 x 51.2 inches

- **Item Weight:** 17.31 pounds
- **Steam Generator Power:** 1000W
- **Steam Generator Water Capacity:** 2.6 Liters
- **Maximum Temperature:** 140°F (60°C)
- **Timer Range:** 1-99 minutes
- **Temperature Levels:** 9 adjustable settings
- **Foldable Chair Load Capacity:** 100 KG
- **Model Number:** 1
- **ASIN:** B0CJ8M7QTK



Figure 7.1: Overview of the sauna's dimensions and key operational specifications.

8. Warranty and Support

For warranty information, please refer to the documentation included with your purchase or contact Steupoek customer service directly. If you encounter any issues or have questions regarding your Steupoek Portable Steam Sauna, please reach out to our support team for assistance.

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