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I-THERA-U SN-10

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Model: SN-10
Brand: I-THERA-U

INTRODUCTION

The I-THERA-U Portable Sauna Box provides a convenient and spacious personal steam sauna experience in your home. Designed for full body use, it features a large tent, a powerful 3L steamer, and user-friendly controls for a customizable and relaxing session.



Figure 1: Assembled I-THERA-U Portable Sauna Box.

PACKAGE CONTENTS

Verify all components are present before assembly:

- Sauna Tent (Pagoda shape, black, waterproof insulated fabric)
- 3L Steamer Unit (110V, 1000W, 304 Stainless Steel inner pot)
- Remote Control
- Folding Chair (supports up to 500 lbs)
- Steam Hose (Quality silicone)
- UPVC Poles (Food-grade, heat-resistant)
- Floor Mat
- Portable Storage Bags (2)

Safe and Thoughtful Details



Figure 2: All components included in the package.

SETUP INSTRUCTIONS

1. **Assemble the Frame:** Connect the UPVC poles according to the diagram in the manual (refer to the included paper manual for detailed diagrams). Ensure all connections are secure.
2. **Attach the Sauna Tent:** Carefully drape the sauna tent over the assembled frame. Ensure the tent is properly aligned and secured to the frame.
3. **Position the Steamer:** Place the 3L steamer unit on a stable, flat surface near the sauna tent.
4. **Connect Steam Hose:** Connect one end of the silicone steam hose to the steamer unit and the other end to the designated inlet on the sauna tent. Ensure connections are tight to prevent steam leakage.
5. **Place Accessories:** Position the folding chair inside the sauna tent. Place the floor mat on the bottom of the tent.

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OPERATING INSTRUCTIONS

1. **Fill Steamer:** Open the lid of the steamer unit and fill the 304 stainless steel inner pot with clean water. Do not overfill.
2. **Power On:** Plug the steamer into a 110V power outlet. Use the remote control or the control panel on the steamer to power on the unit.
3. **Set Temperature and Timer:** Use the remote control or control panel to select your desired temperature level (9 options available) and set the timer (10-60 minutes). The steamer heats up quickly, reaching full steam in approximately 7 minutes.
4. **Enter Sauna:** Once steam begins to fill the tent, enter the sauna and sit on the folding chair.
5. **Adjust Ventilation:** If you feel claustrophobic or need fresh air, you can open one of the transparent windows.
6. **Enjoy:** Relax and enjoy your personal steam sauna session.

Benefits for iTHERAU Sauna Box

- Promote Blood Circulation
- Relax Muscle
- Stress Relief
- Lose Weight
- Improve Skin Condition
- Enhance Sleep Quality

Figure 3: User inside the portable sauna tent.



Figure 4: Steamer unit and remote control for operation.

MAINTENANCE

- **Cleaning the Steamer:** After each use, allow the steamer to cool down. Empty any remaining water and wipe the interior with a clean cloth. Periodically descale the steamer using a vinegar solution or commercial descaler to prevent mineral buildup.
- **Cleaning the Tent:** Wipe down the interior of the sauna tent with a damp cloth after each use to remove moisture and prevent mildew. Ensure the tent is completely dry before folding and storing.
- **Storage:** When not in use, disassemble the sauna tent and store all components in the provided portable storage bags. Store in a cool, dry place.

TROUBLESHOOTING

Issue: No steam or insufficient steam production.

Solution 1: Check Accessories and Connections. Ensure all accessories, including the steam hose, are correctly connected and secured. The lid of the steamer should be properly closed and locked to prevent steam leakage. For safe transportation, the lid is placed upside down on the steamer. Grab the raised exhaust valve and try to pull up the cover. Then you will find all accessories. The hose connects to the section of the white steam box. Both ends of the hose, make sure the connection is tight to avoid steam leakage. The lid has a locking anti-steam design, you just need to turn the lid and snap it into the top of the steamer to tighten the lid.

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Video 2: Guide on finding all accessories and ensuring proper steam production.

Solution 2: Check Water Level. Ensure the steamer has sufficient water. The steamer requires water to produce steam. If the water level is too low, the unit may not produce steam or may automatically shut off.

Solution 3: Check for Kinks in Hose. Make sure the steam hose is straight and free of any kinks or bends that could obstruct steam flow.

Issue: Steamer not turning on.

Solution: Check Power Connection. Ensure the steamer is securely plugged into a working 110V power outlet. Test the outlet with another appliance to confirm it has power.

SPECIFICATIONS

| Feature | Detail |
|-----------------------------------|---|
| Product Model | SN-10 |
| Sauna Tent Dimensions (L x W x H) | 6.25' x 2.5' x 2.5' (approx. 75" x 30" x 30") |
| Steamer Capacity | 3 Liters |
| Steamer Power | 1000W |
| Voltage | 110V |
| Temperature Levels | 9 (Approx. 107°F - 130°F) |
| Timer Settings | 10-60 minutes |
| Folding Chair Capacity | 500 lbs |
| Tent Material | Waterproof Insulated Fabric |
| Pole Material | Food-grade UPVC |

Fast Heating in 7 Minutes

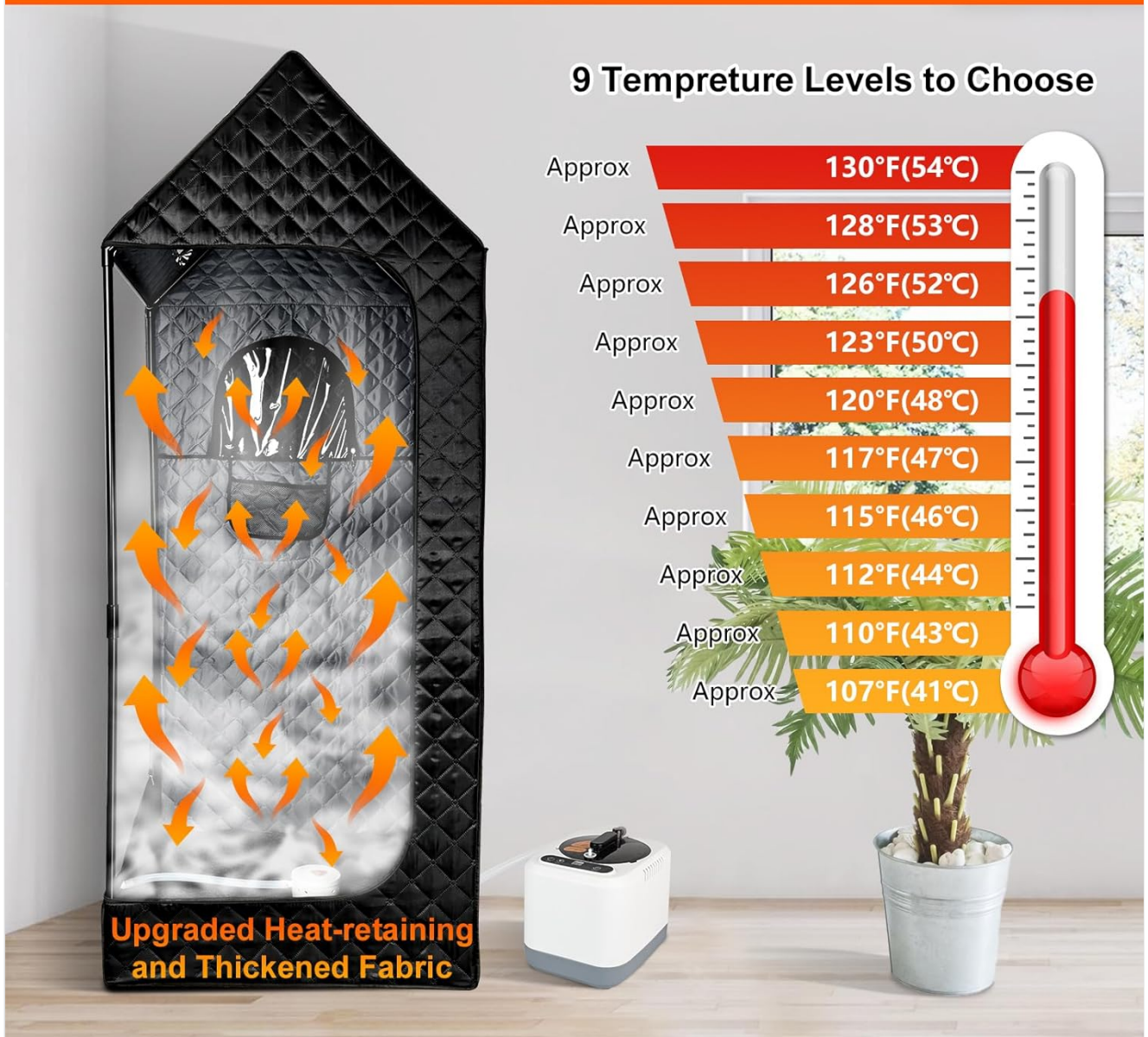


Figure 5: Available temperature levels for the steamer.

IMPORTANT SAFETY INFORMATION

- Always read and understand all instructions before using the sauna.
- Do not use the sauna if you are pregnant, have a heart condition, high blood pressure, or any other medical condition without consulting a doctor.
- Keep out of reach of children and pets.
- Ensure proper ventilation during use.
- Do not touch the hot steam outlet or the steamer unit during operation to avoid burns.
- Only use clean water in the steamer. Do not add essential oils or other substances directly into the water reservoir unless specifically designed for it.
- Unplug the steamer from the power outlet when not in use and before cleaning.
- Do not operate the sauna if any part is damaged or malfunctioning.

POTENTIAL BENEFITS OF STEAM SAUNA USE

- May help promote blood circulation.
- May assist in muscle relaxation.
- Can contribute to stress relief.
- May improve skin condition through perspiration.
- May enhance sleep quality.
- Can help alleviate minor aches and pains.



Figure 6: Overview of potential benefits from using the sauna.