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MEISSALIVVE Full Spectrum Infrared Sauna

MEISSALIVVE Full Spectrum Infrared Sauna (1-2 Person) Instruction Manual

Brand: MEISSALIVVE | Model: Full Spectrum Infrared Sauna

Introduction

This manual provides comprehensive instructions for the safe and effective use of your MEISSALIVVE Full Spectrum Infrared Sauna. Please read all instructions carefully before assembly and operation.

1. Setup and Assembly

The MEISSALIVVE Full Spectrum Infrared Sauna is designed for modular assembly. It is recommended that two people assemble the sauna. Ensure you have all parts before beginning.

1.1 Unpacking and Component Identification

Carefully unpack all components and identify them using the provided parts list. Place them on a clean, flat surface.

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Video 1: MEISSALIVVE Full-Spectrum Infrared Sauna Installation Video. This 3D animated video demonstrates the step-by-step process of assembling the sauna panels, seat, and glass components.

1.2 Assembly Steps

1. **Floor Panel Placement:** Position the bottom floor panel (Part M) on a level surface.
2. **Back Panel Installation:** Attach the back panel (Part A) to the floor panel. Secure it using the provided metal buckles.
3. **Side Panel Attachment:** Connect the left side panel (Part B) and right side panel (Part C) to the back panel and floor panel, securing them with metal buckles.
4. **Roof Panel Placement:** Carefully place the roof panel (Part L) on top of the assembled walls.
5. **Seat and Heater Installation:** Install the seat pillar (Part O) and the bench seat. Ensure the front heater (Part D) is correctly positioned.
6. **Glass Panel Installation:** Remove glass fixing strips from the left and right side panels. Install the left side glass (Part P) and the right side glass (Part S).
7. **Hinge and Door Handle Installation:** Install the hinges at the hinge holes of the right glass on the front face. Install the door handle (Part H).
8. **Glass Edge Seals:** Install the glass edge seals (Part E) to ensure proper insulation and a tight fit.

Electrical Connection: The sauna operates at 120 volts/20 amps. It requires a dedicated 120V/15A outlet. Plug the power cord into the appropriate outlet. It is recommended to keep the unit unplugged when not in use.

2. Operating Instructions

Your MEISSALIVVE sauna features an easy-to-use control panel for customizing your experience.

2.1 Control Panel Overview



Figure 2: The sauna's control panel, featuring buttons for power (on/off), colorful light control, timer control, temperature control, track selection, and volume control.

- **Power (On/Off):** Press and hold to turn the sauna on or off.
- **Temperature Control:** Use '+' and '-' buttons to adjust the desired temperature. The maximum temperature is 140°F (60°C).
- **Timer Control:** Use '+' and '-' buttons to set the session duration. The maximum duration is 59 minutes. You can add more time during a session.
- **Colorful Light Control (Chromotherapy):** Select from 7 color options to enhance your sauna experience.
- **Bluetooth/Audio:** Connect your device via Bluetooth to play music or videos through the built-in speakers. Use track and volume controls on the panel.

2.2 Heating Technology

The sauna utilizes full-spectrum infrared technology, incorporating heating tubes and mica carbon plates to generate near, mid, and far infrared heat. This design ensures faster and more effective heating compared to traditional far infrared saunas.

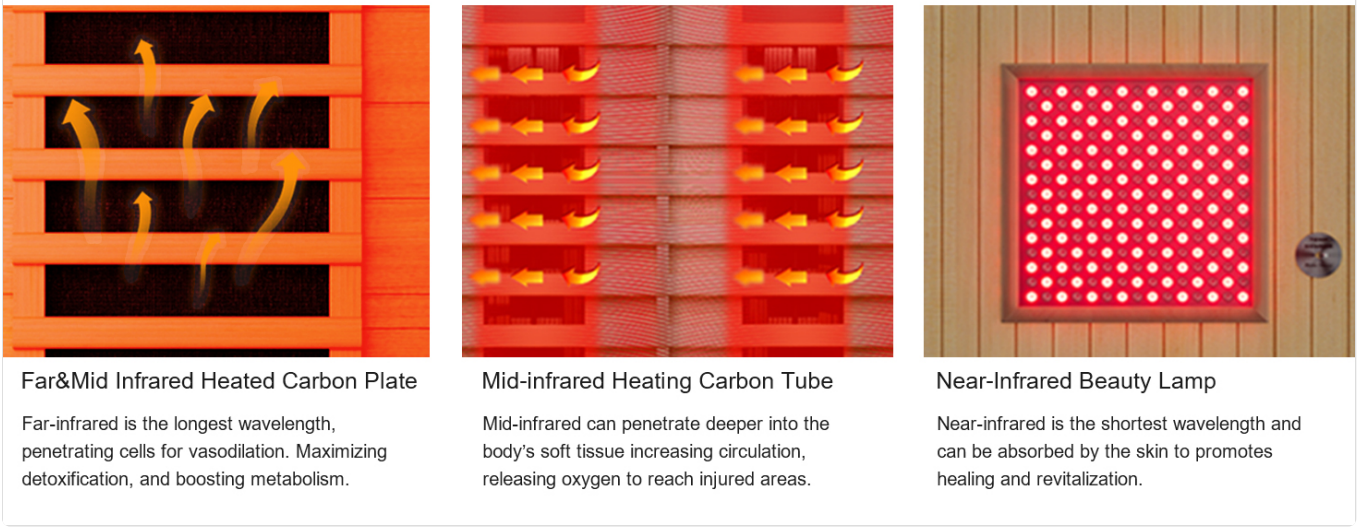

Figure 3: Detailed explanation of Far, Mid, and Near Infrared heating elements. Far-infrared promotes detoxification and metabolism, Mid-infrared penetrates deeper for circulation and inflammation reduction, and Near-infrared supports healing and revitalization.

2.3 Pre-heating and Session

Allow the sauna to pre-heat for 15-20 minutes to reach the desired temperature. For optimal results, ensure direct exposure to the heating panels. While the sauna can accommodate two people, sitting directly in front of the panels is most efficient for individual use.

2.4 Chromotherapy Lighting

The sauna includes 7-color chromotherapy lighting, allowing you to select different colors to enhance your relaxation and well-being during your session.



Figure 4: The sauna interior illuminated with various chromotherapy colors, demonstrating the 7 available lighting options.

2.5 Audio Experience

The integrated resonance speaker system provides an upgraded auditory experience. Connect your Bluetooth-enabled device to enjoy music or other audio content during your sauna session.



Figure 5: Comparison of a standard speaker versus the sauna's resonance speaker, illustrating the enhanced sound quality and full-spectrum frequency response of the integrated system.

3. Maintenance and Care

Proper maintenance ensures the longevity and performance of your sauna.

- **Cleaning:** Wipe down the interior and exterior wood surfaces with a clean, damp cloth after each use. Avoid using harsh chemicals or abrasive cleaners.
- **Towel Use:** Always use a towel on the bench seat to absorb sweat and protect the wood.
- **Ventilation:** After each session, leave the sauna door slightly ajar to allow for air circulation and prevent moisture buildup.
- **Power:** Unplug the sauna from the power outlet when not in use for extended periods.

4. Troubleshooting

If you encounter any issues with your sauna, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Sauna does not power on.	Power cord not properly connected; outlet issue.	Ensure the power cord is securely plugged into a dedicated 120V/15A outlet. Check the circuit breaker.
Sauna not heating sufficiently.	Door not fully closed; incorrect temperature setting.	Ensure the door is completely closed and sealed. Verify the temperature setting on the control panel. Allow adequate pre-heating time (15-20 minutes).
Bluetooth not connecting.	Device too far; Bluetooth not enabled on device.	Ensure your device's Bluetooth is enabled and within range. Re-pair the device if necessary.
Missing parts during assembly.	Packaging error.	Contact MEISSALIVVE customer support immediately for assistance.

5. Specifications



Figure 6: Detailed dimensions (47.2"W x 74.8"H x 41.3"D) and electrical specifications (120 volts, 20 amps, 1990W total power) for the sauna.

Feature	Detail
Brand	MEISSALIVVE
Model Name	Full Spectrum Infrared Sauna
Capacity	1-2 Person
Material	Canadian Hemlock Wood
Product Dimensions (L x W x H)	47.2" x 41.3" x 74.8"
Item Weight	397 pounds
Voltage	120V / 20 Amps (requires dedicated 120V/15A outlet)
Heating Technology	Full Spectrum Infrared (Near, Mid, Far) with heating tubes and mica carbon plates
Door Type	Panoramic Tempered Glass

Feature	Detail
Additional Features	Resonance Speaker, Chromotherapy Lighting (7 colors), Digital Control Panel

6. Warranty Information

The MEISSALIVVE Full Spectrum Infrared Sauna comes with a comprehensive **7-year warranty**. This warranty covers manufacturing defects and malfunctions. If your sauna is not working or has workmanship defects, please contact customer support for assistance. We are committed to providing the best solution until you are fully satisfied.

7. Customer Support

For any questions, technical support, or warranty claims, please contact MEISSALIVVE customer service. Refer to your purchase documentation for specific contact details or visit the official MEISSALIVVE website.

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