## LifePro HL-400KC

# LifePro Rejuvacure Duet Wooden Far Infrared Sauna User Manual

**Brand:** LifePro | **Model:** HL-400KC

## 1. Introduction

The LifePro Rejuvacure Duet Wooden Far Infrared Sauna is designed to provide a personal wellness experience in the comfort of your home. This indoor sauna box features far infrared heating, chromotherapy lighting, and integrated audio capabilities, offering a comprehensive relaxation and health-supportive environment for up to two persons.




Figure 1: The LifePro Rejuvacure Duet Wooden Far Infrared Sauna.

## 2. Safety Information

Before operating the sauna, please read and understand all safety instructions. Failure to do so may result in injury or damage to the product. This sauna is intended for adult use only. Consult with a healthcare professional before using the sauna, especially if you have pre-existing medical conditions, are pregnant, or are taking medications.

- Do not use the sauna if you are feeling unwell or have a fever.
- Stay hydrated by drinking water before and after your sauna session.
- Limit session duration to recommended times to avoid overheating.
- Ensure proper ventilation in the room where the sauna is installed.
- Keep children and pets away from the sauna during operation.
- Do not place flammable materials inside or near the sauna.
- Avoid touching heating elements directly during operation.

## 3. Package Contents

Verify that all components are present and undamaged upon delivery. The LifePro Rejuvacure Duet Sauna arrives in two boxes.

- Sauna Panels (Walls, Floor, Ceiling)
- Tempered Glass Door
- Bench
- Backrest
- Digital Control Panel
- 7 Carbon Fiber Heaters (pre-installed)
- Chromotherapy Lighting System (pre-installed)
- Bluetooth Speakers & USB Port (integrated)
- Soft Reading Light
- Assembly Hardware & Tools
- Instruction Manual




Figure 2: Sauna dimensions and typical packaging (arrives in 2 boxes).

## 4. Setup & Assembly

Assembly of the LifePro Rejuvacure Duet Sauna is designed to be straightforward, requiring two people for optimal ease. No special electrical wiring is needed; the unit plugs into a standard outlet.

1. **Site Selection:** Choose a level, dry indoor location with adequate space. Ensure the area allows for proper ventilation and access to a power outlet.
2. **Unpacking:** Carefully unpack all components, removing all packing materials. Inspect for any damage.
3. **Base Placement:** Position the sauna floor panel in the desired location.
4. **Wall Assembly:** Erect the back wall, followed by the side walls and front wall, connecting them securely according to the provided instructions. The panels are designed to snap together.
5. **Bench Installation:** Install the seating bench inside the sauna.
6. **Roof Panel & Wiring:** Place the roof panel on top, carefully connecting any pre-installed wiring for heaters, lights, and the control panel.
7. **Door Installation:** Attach the tempered glass door, ensuring it swings freely and seals properly.
8. **Accessory Installation:** Install the backrest, cup holder, and towel hook as desired.
9. **Initial Cleaning:** Before first use, wipe down the interior Canadian Hemlock wood surfaces with a slightly

damp cloth.

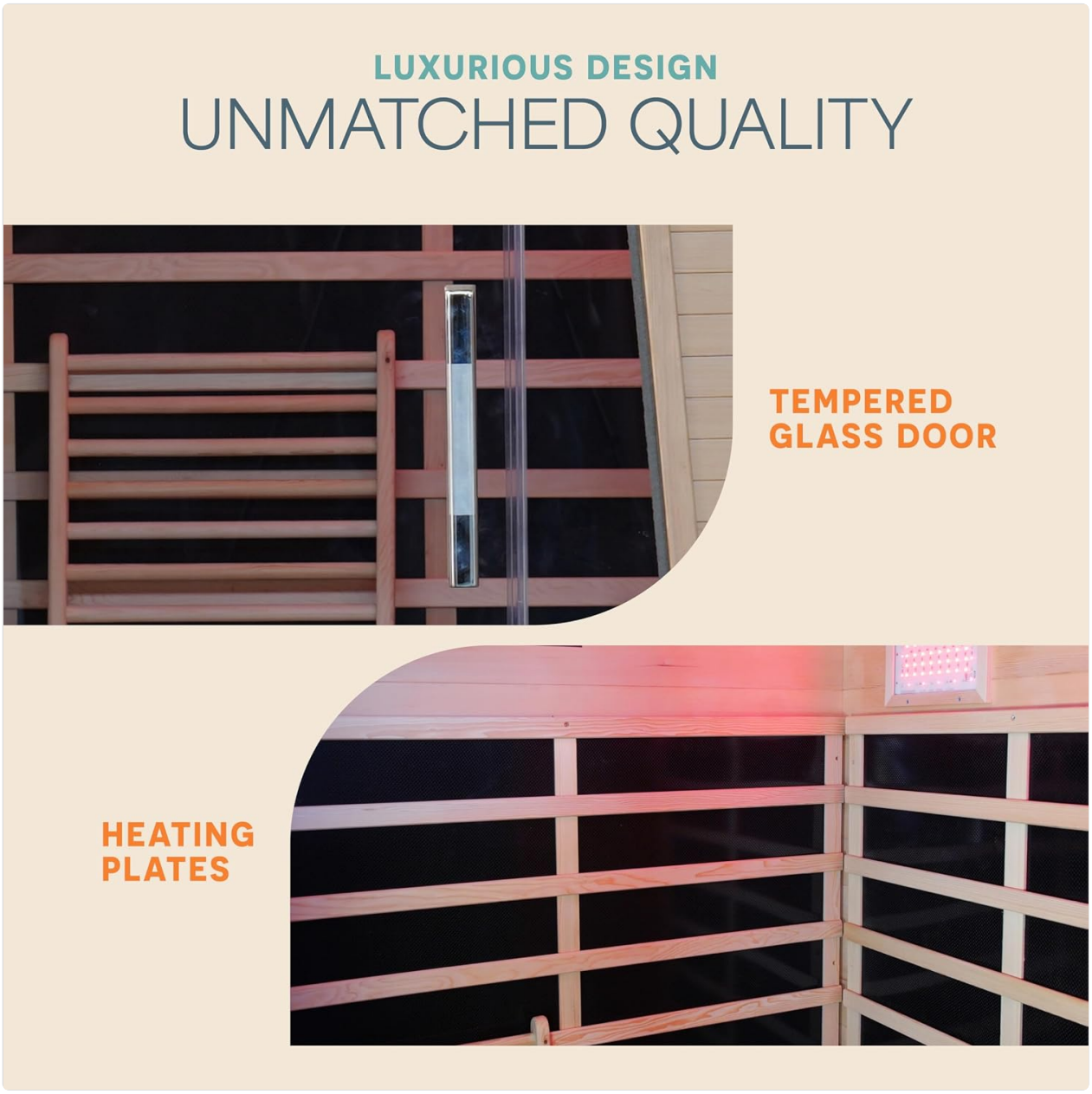



Figure 3: Close-up of the tempered glass door and internal heating plates.

## 5. Operating Instructions

The LifePro Rejuvacure Duet Sauna features a digital control panel for easy operation and customization of your sauna experience.

### 5.1. Powering On and Temperature Control

1. Plug the sauna into a grounded electrical outlet.
2. Press the "Power" button on the digital control panel to turn on the sauna.
3. Use the "Temp +" and "Temp -" buttons to set your desired temperature. The sauna will begin heating automatically.
4. Allow approximately 15-35 minutes for the sauna to reach the desired temperature, depending on the ambient room temperature and target heat.

### 5.2. Session Timer

- Use the "Time +" and "Time -" buttons to set the duration of your sauna session.

- It is recommended to start with shorter sessions (e.g., 15-20 minutes) and gradually increase as your body acclimates.

### 5.3. Chromotherapy Lighting

The sauna includes 7 soothing chromotherapy hues (from red to violet) for targeted wellness benefits.

- Press the "Light" button on the control panel to cycle through the available colors or set to a rotating color mode.
- Each color is associated with different benefits, such as relaxation, detoxification, and improved circulation.

### 5.4. Bluetooth Speakers & USB Port

Enjoy your favorite music or podcasts during your sauna session.

- Activate Bluetooth on your mobile device and pair with the sauna's Bluetooth system.
- The integrated USB port can be used for charging devices or playing media from a USB drive.

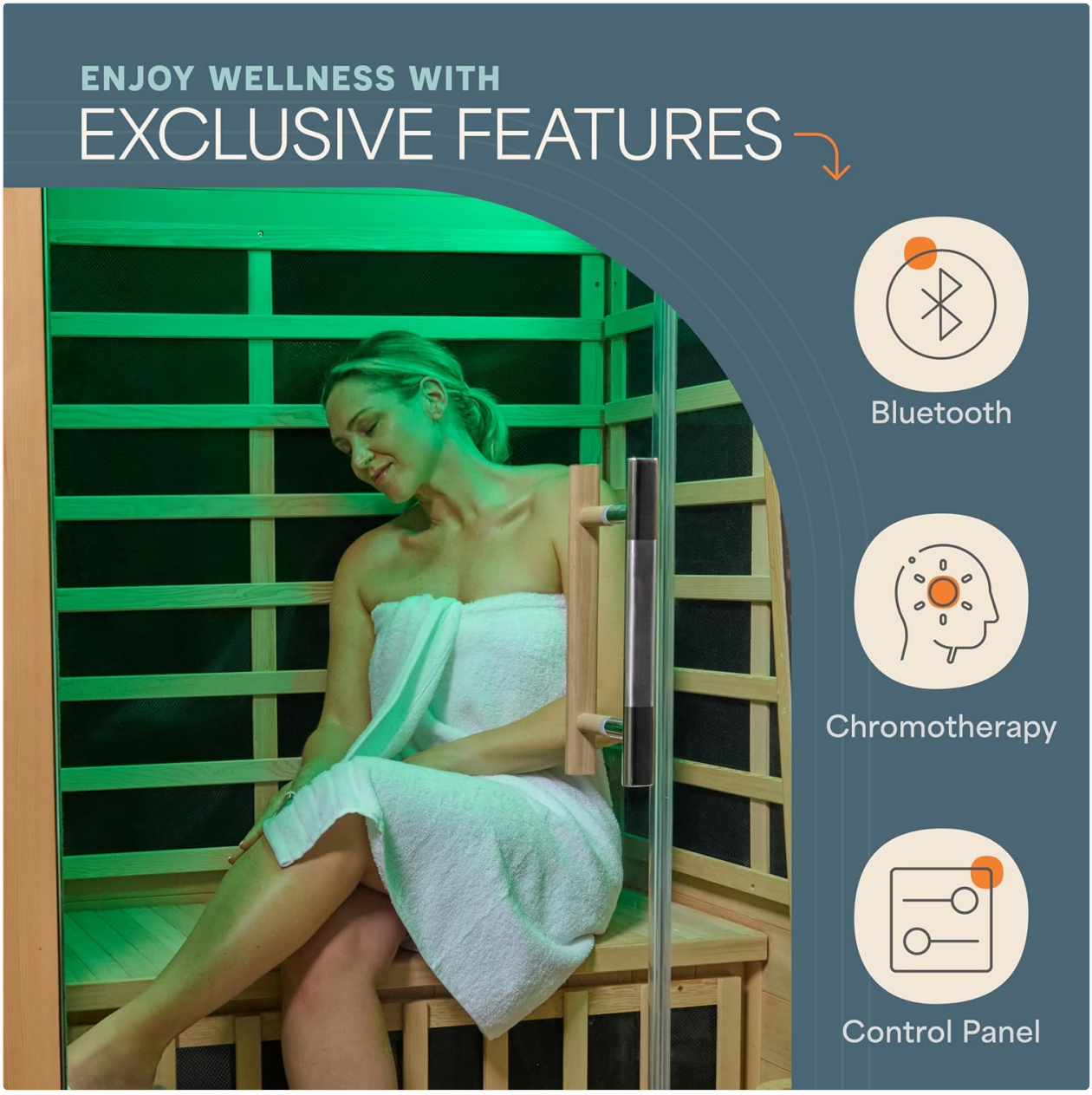



Figure 4: Key features including Bluetooth, Chromotherapy, and the Digital Control Panel.




Figure 5: Benefits of using the LifePro Rejuvacure Duet Sauna.

## 6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your sauna.

- **Cleaning:** Wipe down the interior and exterior surfaces with a clean, damp cloth after each use. Do not use harsh chemicals or abrasive cleaners.
- **Wood Care:** The Canadian Hemlock wood is naturally resistant to moisture. Avoid using water directly on the wood to prevent warping or damage.
- **Heater Care:** Do not spray water directly onto the carbon fiber heating elements.
- **Ventilation:** Ensure the sauna is properly ventilated when not in use to prevent moisture buildup.

## 7. Troubleshooting

If you encounter any issues with your sauna, refer to the following common troubleshooting steps:

| Problem | Possible Cause | Solution |
|---|---|---|

| Problem | Possible Cause | Solution |
|---|---|---|
| Sauna does not power on. | Power cord unplugged, circuit breaker tripped, power button not pressed. | Check power connection, reset circuit breaker, ensure power button is pressed. |
| Sauna not heating sufficiently. | Temperature set too low, door not fully closed, external drafts. | Increase set temperature, ensure door is sealed, minimize drafts. |
| Bluetooth not connecting. | Device not in pairing mode, sauna Bluetooth off, interference. | Ensure device Bluetooth is on and discoverable, restart sauna, move closer to sauna. |
| Lights not working. | Light button not pressed, loose connection. | Press light button, check connections (if accessible and safe). |

## 8. Specifications

- **Model:** HL-400KC
- **Dimensions (L x W x H):** 47.2” x 41.3” x 74.8” (120 cm x 105 cm x 190 cm)
- **Material:** Canadian Hemlock Wood
- **Heaters:** 7 Carbon Fiber Heaters
- **Capacity:** 2 Person
- **Special Features:** Far Infrared Therapy, Chromotherapy, Bluetooth Speakers, USB Port, Digital Control Panel, Red Light Therapy, Tempered Glass Door, Soft Reading Light.
- **Item Weight:** Approximately 276 pounds (125 kg)

## 9. Warranty & Support

LifePro stands behind the quality of its products. While specific warranty details are not provided in this manual, the product is eligible for a 30-day easy returns policy. For any questions, technical assistance, or warranty claims, please contact LifePro Customer Support.

**Customer Support:** Refer to your purchase documentation or the LifePro website for the most current contact information.


### Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

**Question**

Example: How do I reset this device or fix this error?

**Details**

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question