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> Infrared Sauna,2 Person Luxurious Indoor Sauna with Recliner, Wooden Sauna with 7-Color Starry Ceiling,9 Heating Tubes,5 Carbon Panels,2-in-1 Door Handle,Himalayan Salt Brick,220V Recliner for 2 people

BNEHS JFPL064MS

BNEHS Infrared Sauna User Manual

Model: JFPL064MS

1. INTRODUCTION

Thank you for choosing the BNEHS Infrared Sauna. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new sauna. Please read this manual thoroughly before assembly and use to ensure proper functionality and longevity of your product.

Important Safety Information

- Always consult with a healthcare professional before using a sauna, especially if you have pre-existing medical conditions.
- Do not use the sauna if you are pregnant, have a fever, or are under the influence of alcohol or drugs.
- Stay hydrated by drinking water before, during, and after your sauna session.
- Limit session times to recommended durations to avoid overheating.
- Ensure proper ventilation during and after use.
- Keep children and pets away from the sauna during operation.
- This sauna requires a 220V power supply. Ensure your electrical system can support this requirement.

2. COMPONENTS OVERVIEW

The BNEHS Infrared Sauna is designed for comfort and efficiency, featuring high-quality Canadian hemlock wood and advanced heating technology. Key components include:

- **Canadian Hemlock Wood Structure:** Provides excellent thermal insulation.
- **Infrared Heating Elements:** 5 carbon panels and 9 carbon tubes for 360-degree surround heating.
- **Ergonomic Recliners:** Two recliners designed to fit the human spine curve for comfortable relaxation.
- **7-Color Starry Ceiling:** Customizable LED lighting for ambiance.
- **2-in-1 Door Handle:** Functions as a handle and a holder for mobile devices.
- **Himalayan Salt Bricks:** Integrated for potential health benefits.
- **Control Panel:** Digital interface for temperature, time, lighting, and audio settings.
- **Bluetooth Connectivity:** For audio streaming.
- **Oxygen Device:** For air purification.



Figure 2.1: Overview of the BNEHS Infrared Sauna.



Figure 2.2: Detailed view of various sauna components including cup holder, oxygen device, and control button.

3. SETUP AND ASSEMBLY

Assembly of the BNEHS Infrared Sauna requires careful attention to detail. It is recommended that two people assemble the unit. Ensure all components are present before beginning.

3.1 Pre-Assembly Checklist

- Verify all packages are received and undamaged.
- Ensure you have the necessary tools (e.g., screwdriver, level).
- Choose a flat, stable, and dry location with a 220V power outlet.
- Unpack all components carefully, inspecting for any shipping damage.

3.2 Assembly Steps (General Guide)

1. **Base Installation:** Place the sauna base in the desired location.

2. **Wall Panel Assembly:** Connect the side and back wall panels according to the provided diagrams, ensuring all electrical connections are properly aligned and secured.
3. **Front Panel & Door Installation:** Attach the front panel and carefully install the toughened glass door.
4. **Roof Installation:** Place the roof panel, ensuring the starry ceiling wiring is connected.
5. **Interior Component Installation:** Install the ergonomic recliners, Himalayan salt bricks, and any other interior accessories like the cup holder and oxygen device.
6. **Electrical Connection:** Connect the sauna to a dedicated 220V power outlet.

Note: Refer to the detailed assembly instructions provided in your product packaging for specific step-by-step guidance and diagrams.



Figure 3.1: Sauna dimensions for planning placement.

4. OPERATING INSTRUCTIONS

This section details how to operate your BNEHS Infrared Sauna for an optimal experience.

4.1 Control Panel Functions

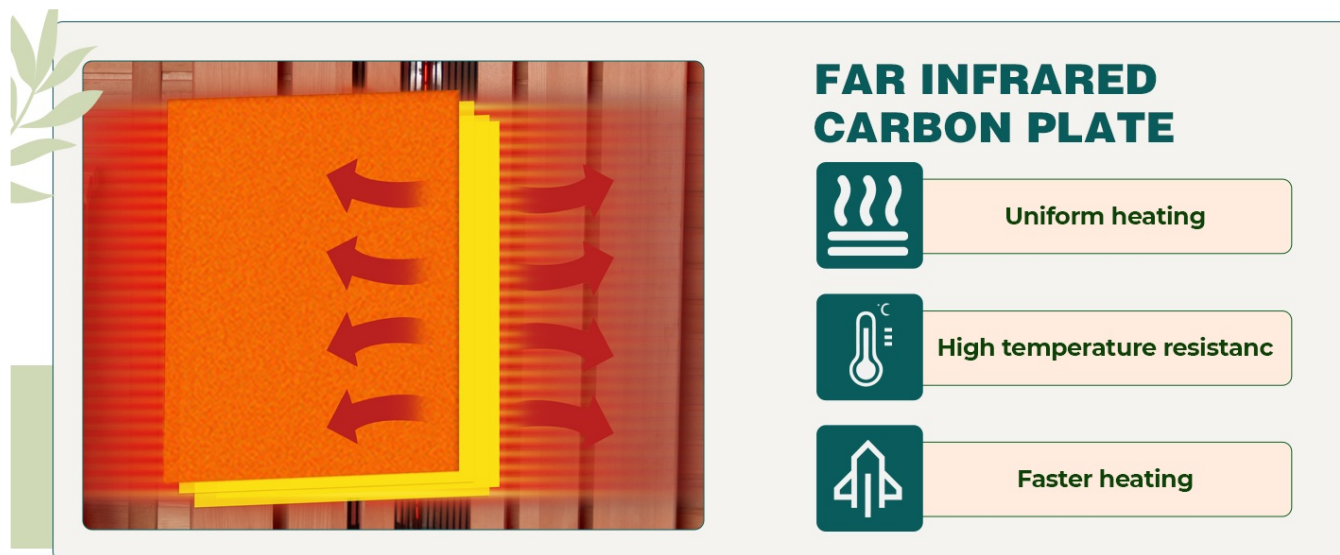


Figure 4.1: The digital control panel for managing sauna settings.

- **Power Button:** Press to turn the sauna ON/OFF.
- **Temperature Setting:** Use '+' and '-' buttons to adjust the desired temperature (up to 149°F / 65°C).
- **Timer Setting:** Use '+' and '-' buttons to set the session duration.
- **Light Control:** Button to cycle through 7-color starry ceiling options and back panel light bars.
- **Music/Bluetooth:** Buttons for play/pause, track selection, and volume control. Connect your device via Bluetooth.
- **Carbon Tube Control:** Individual controls for carbon tubes for energy saving.

4.2 Starting a Sauna Session

1. Ensure the sauna is properly connected to the 220V power supply.
2. Press the Power button on the control panel.
3. Set your desired temperature. The sauna typically heats up in 10-15 minutes.
4. Set your desired session time.
5. Adjust the starry ceiling and back panel lighting to your preference.
6. Connect your device via Bluetooth for music or other audio.
7. Enter the sauna and relax on the ergonomic recliners.



THE FUNCTIONS

01

- 2-in-1 Door Handle

02

- Watch Videos

Figure 4.2: Enjoying a sauna session.

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Video 4.1: Demonstration of the double lounge chair and various features for relaxation within the sauna.

4.3 Special Features

- **Himalayan Salt Brick Therapy:** The integrated salt bricks release negative ions when heated, which may contribute to a calming atmosphere and improved air quality.
- **2-in-1 Door Handle:** Utilize the specially designed door handle to securely hold your phone or tablet, allowing for entertainment during your session.

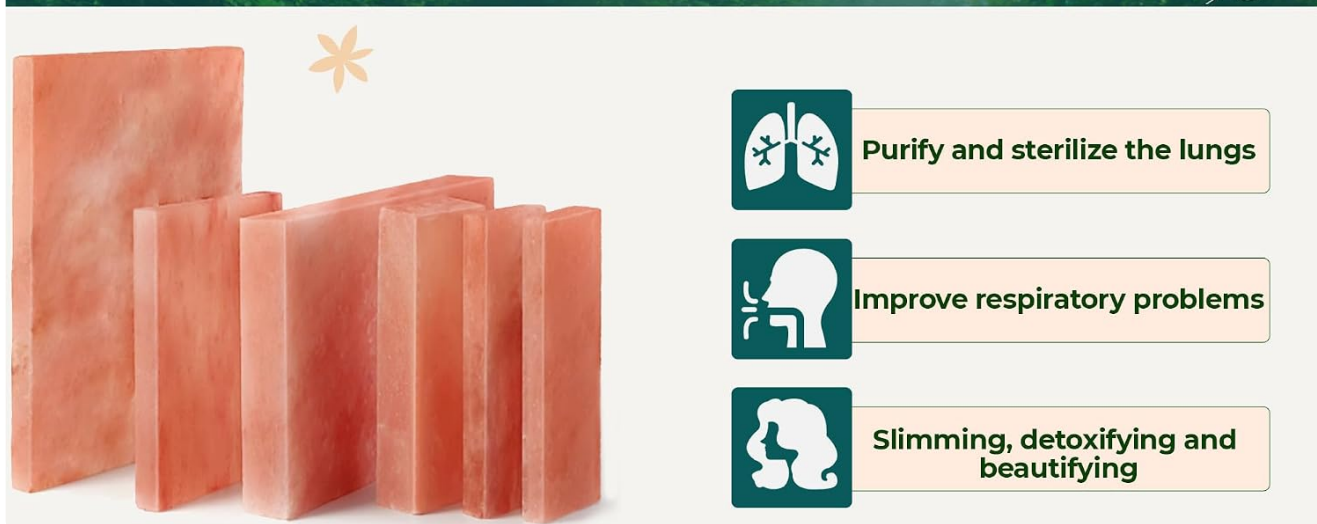


Figure 4.3: Himalayan Salt Brick design and its associated benefits.



Figure 4.4: The 2-in-1 door handle functioning as a device holder.

5. MAINTENANCE

Regular maintenance ensures the longevity and hygienic operation of your sauna.

- **Cleaning:** Wipe down the interior wood surfaces with a clean, damp cloth after each use. Do not use harsh chemical cleaners, as they can damage the wood and release fumes when heated.
- **Wood Care:** The Canadian hemlock wood is naturally resistant to moisture. Avoid using water directly on the heating elements or control panel.
- **Himalayan Salt Bricks:** These require minimal maintenance. Do not clean with water; simply wipe with a dry cloth if needed.
- **Air Vent:** Ensure the air vent is clear of obstructions for proper air circulation.
- **Exterior:** Clean the exterior glass and wood surfaces with a mild cleaner and soft cloth.
- **Electrical:** Periodically check the power cord for any signs of damage. If damaged, contact qualified personnel for repair.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your sauna.

Problem	Possible Cause	Solution
Sauna does not turn on.	No power supply; loose connection; tripped circuit breaker.	Check if the power cord is securely plugged in. Verify the 220V outlet is functional. Reset the circuit breaker if tripped.
Sauna not heating sufficiently.	Temperature set too low; door not fully closed; faulty heating element.	Increase the set temperature. Ensure the door is securely latched. Contact customer support if heating elements appear faulty.
Bluetooth not connecting.	Device not in pairing mode; out of range; interference.	Ensure your device's Bluetooth is on and in pairing mode. Move your device closer to the sauna. Restart both devices.
Lights not working.	Loose connection; faulty LED.	Check connections if accessible. Contact customer support for further assistance.

If the problem persists after attempting these solutions, please contact BNEHS customer support.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	70.9 x 70.89 x 74.8 inches (L x W x H)
Item Weight	705 pounds
Model Number	JFPL064MS
Power Requirement	220V
Heating Elements	5 Carbon Panels, 9 Carbon Tubes
Material	Canadian Hemlock Wood
Seating Capacity	2 People (with Recliners)
Special Features	7-Color Starry Ceiling, 2-in-1 Door Handle, Himalayan Salt Brick, Bluetooth Audio, Oxygen Device

8. WARRANTY AND SUPPORT

BNEHS is committed to providing high-quality products and customer satisfaction. For warranty information, technical support, or replacement parts, please contact BNEHS Direct customer service.

Please have your model number (JFPL064MS) and purchase date available when contacting support.

For more information, visit the official BNEHS store: [BNEHS Direct Store](#)

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