

[Manuals.plus](#) /

› [HOSAUNA](#) /

› HOSAUNA Far Infrared Sauna User Manual

HOSAUNA 47.2 x 35.4 x 74.8 IN

HOSAUNA Far Infrared Sauna User Manual

Model: 47.2 x 35.4 x 74.8 IN

Brand: HOSAUNA

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembly and use. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the sauna is placed on a level, stable surface.
- Do not operate the sauna if any parts are damaged or missing.
- Keep children and pets away from the sauna during operation.
- Consult a physician before using the sauna if you have any medical conditions, are pregnant, or are taking medication.
- Avoid prolonged exposure to high temperatures. Limit sessions to recommended durations.
- Do not use cleaning agents or chemicals inside the sauna that are not specifically approved for sauna use.
- Ensure proper electrical connection and grounding. Do not overload electrical outlets.
- This sauna operates with low EMF (Electromagnetic Fields) technology, designed for user comfort and safety.

2. PRODUCT OVERVIEW

The HOSAUNA Far Infrared Sauna is designed for home use, offering a relaxing and therapeutic experience. It features high-quality materials and user-friendly controls.

Key Features:

- Constructed from durable Canadian Hemlock Wood.

- Equipped with 8 low EMF far-infrared graphene heating panels (1950W / 110V).
- Features a 7-color LED therapy lamp for chromotherapy.
- Includes a circular reading light for added convenience.
- User-friendly control panel for easy operation.
- Integrated dual Bluetooth speakers for audio enjoyment.
- Convenient cup holder and towel rack.
- Roof air vent and natural oxygen bar for optimal air circulation.
- Tempered glass door for safety and durability.

Product Dimensions:

- Overall Size: 47.2 inches (Width) x 35.4 inches (Depth) x 74.8 inches (Height)
- Seat Weight Capacity: 265 lbs

Visual Overview:



Figure 2.1: Interior view of the HOSAUNA Far Infrared Sauna with blue chromotherapy lighting.



Figure 2.2: Exterior view highlighting key features and components of the sauna.

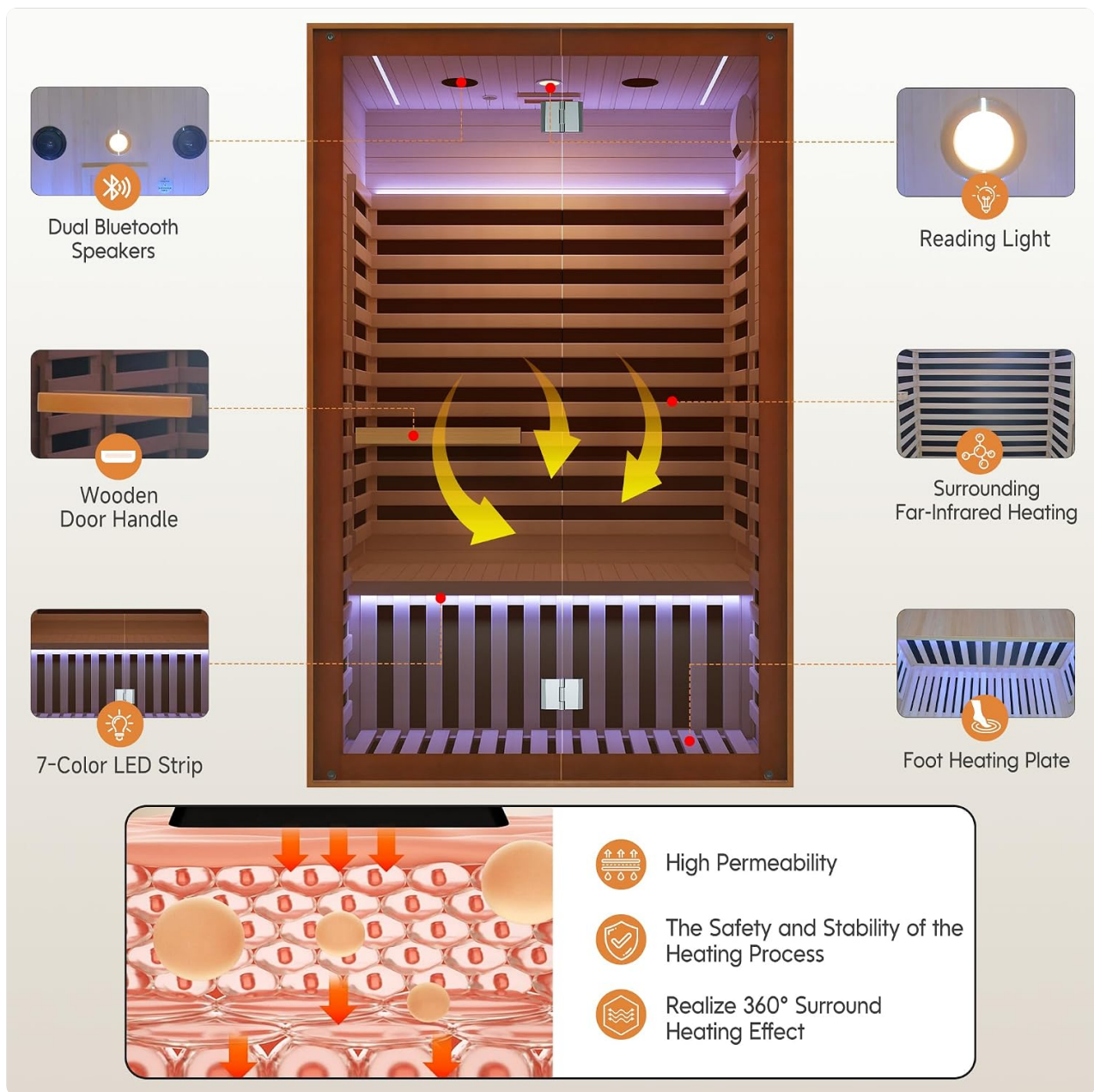


Figure 2.3: Detailed internal components and heating distribution.

Product Size



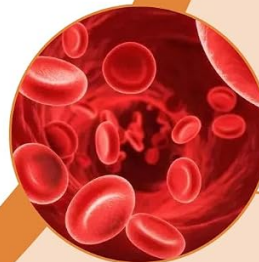
Insomnia



High Pressure



Joint Pain



Blood Circulation

Figure 2.4: Product dimensions and associated health benefits.

3. SETUP AND ASSEMBLY

The HOSAUNA Far Infrared Sauna is designed for easy assembly. Follow the steps below for a smooth setup process.

Assembly Video Guide:

Your browser does not support the video tag.

Video 3.1: Step-by-step assembly guide for the HOSAUNA Far Infrared Sauna. This video demonstrates the process of connecting the wall panels, securing latches, connecting internal wiring, attaching the roof, and installing the door handle and internal components like the oxygen bar and speakers.

General Assembly Steps (Refer to video for detailed visuals):

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the packing list.

2. **Assemble Base and Back Panel:** Place the base on a level surface. Connect the back panel to the base, ensuring it is securely seated.
3. **Attach Side Panels:** Connect the side panels to the back panel and base. Secure them using the provided latches or fasteners. Ensure all connections are tight and stable.
4. **Connect Internal Wiring:** Locate the electrical connections inside the sauna. Connect the power cables and control panel wires as shown in the video. Ensure all connections are firm.
5. **Install Roof Panel:** Carefully place the roof panel on top of the assembled walls. Ensure all wires pass through designated openings. Secure the roof panel.
6. **Install Door:** Attach the tempered glass door to the designated hinges. Ensure the door swings freely and closes securely.
7. **Attach Door Handle:** Assemble and attach the wooden door handle to the glass door.
8. **Install Internal Accessories:** Place the wooden bench inside the sauna. Install the oxygen bar, cup holder, and any other internal accessories as per the video instructions.
9. **Final Electrical Connections:** Connect the main power cord to the sauna's power input. Ensure the sauna is not yet plugged into a wall outlet.

After assembly, ensure all connections are secure and the sauna is stable before proceeding to operation.

4. OPERATING INSTRUCTIONS

Operating your HOSAUNA Far Infrared Sauna is straightforward using the intuitive control panel.

Control Panel Functions:

Product Details



Canadian Hemlock



Exquisite Craftsmanship



Oxygen Bar



Cup Holder



Control Panel



Figure 4.1: The sauna's intelligent control panel.

- **Power Button:** Press to turn the sauna ON or OFF.
- **Temperature Control:** Use the '+' and '-' buttons to adjust the desired temperature. The sauna can reach a comfortable temperature between 64°F and 149°F (18°C - 65°C). It typically reaches optimal temperature in 30-40 minutes.
- **Time Setting:** Use the time buttons to set your session duration, typically from 0 to 90 minutes.
- **Lighting Control:** Activate the 7-color LED therapy lamp and circular reading light. Cycle through colors or select a static color to enhance your relaxation.
- **Bluetooth Speakers:** Pair your device with the sauna's Bluetooth speakers to enjoy music during your session. Use the music control buttons on the panel for play/pause and track selection.

Sauna Session Guidelines:

- Preheat the sauna to your desired temperature before entering.
- Stay hydrated by drinking water before, during, and after your session.
- Listen to your body and exit the sauna if you feel unwell.
- The far-infrared heating panels provide even heat distribution for a comfortable experience.

PRODUCT INFORMATION



Figure 4.2: Temperature performance and foot heating comparison.

5. MAINTENANCE AND CARE

Proper maintenance will ensure the longevity and optimal performance of your HOSAUNA Far Infrared Sauna.

- **Cleaning:** Wipe down the interior and exterior wood surfaces with a clean, damp cloth after each use. Do not use harsh chemical cleaners, abrasives, or excessive water, as this can damage the wood.
- **Glass Care:** Clean the tempered glass door with a mild glass cleaner and a soft cloth. Avoid scratching the glass.
- **Ventilation:** Ensure the roof air vent is clear and unobstructed to maintain proper air circulation.
- **Wood Protection:** The Canadian Hemlock Wood is naturally durable. Avoid placing wet items directly on the wood for extended periods.
- **Electrical Components:** Periodically check all electrical connections for tightness. If any wiring appears damaged, discontinue use and contact customer support.

- **Storage:** If the sauna will not be used for an extended period, ensure it is clean, dry, and stored in a cool, dry place.

6. TROUBLESHOOTING

If you encounter any issues with your HOSAUNA Far Infrared Sauna, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Sauna does not power on.	Power cord not fully plugged in; circuit breaker tripped; internal wiring loose.	Ensure the power cord is securely plugged into both the sauna and a working wall outlet. Check your home's circuit breaker. Verify internal wiring connections as per assembly instructions.
Sauna not heating or heating slowly.	Temperature setting too low; heating elements malfunction; door not fully closed.	Increase the temperature setting on the control panel. Ensure the sauna door is completely closed and latched. If issues persist, contact customer support.
"E1" error code on display.	Indicates a temperature sensor issue or overheating protection.	Turn off the sauna and unplug it for 15-20 minutes to allow it to cool down and reset. Ensure proper ventilation. If the error persists, contact customer support.
Bluetooth speakers not connecting.	Device not in pairing mode; sauna's Bluetooth off; interference.	Ensure your device's Bluetooth is on and in pairing mode. Check the sauna's control panel for Bluetooth activation. Move closer to the sauna to reduce interference.
Lights not working.	Loose connection; LED strip malfunction.	Check the connections for the LED strips and reading light. If a specific light is out, it may require replacement. Contact customer support.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact HOSAUNA customer support.

7. SPECIFICATIONS

Feature	Detail
Product Type	Far Infrared Sauna
Model	47.2 x 35.4 x 74.8 IN (2-Person)
Brand	HOSAUNA
Wood Material	Canadian Hemlock Wood

Feature	Detail
Power Supply	1950W / 110V
Heating Elements	8 Low EMF Far-Infrared Graphene Heating Panels
Temperature Range	64°F - 149°F (18°C - 65°C)
Session Timer	0-90 minutes
Lighting	7-Color LED Therapy Lamp, Circular Reading Light
Audio	Dual Bluetooth Speakers
Additional Features	Roof Air Vent, Natural Oxygen Bar, Cup Holder, Towel Rack, Tempered Glass Door
Seat Weight Capacity	265 lbs

8. WARRANTY AND SUPPORT

HOSAUNA is committed to providing high-quality products and excellent customer service.

- **After-Sale Service:** This product comes with a 20-Year Aftersale commitment, ensuring long-term support and satisfaction.
- **Contact Support:** If you encounter any issues with hardware defects, transportation damage, or have any questions regarding your sauna room, please contact us via "seller message" on the platform where you purchased the product.
- **Protection Plans:** Additional protection plans may be available for purchase to extend coverage beyond the standard warranty. Please check your purchase details for more information.



Figure 8.1: HOSAUNA Customer Support Information.