**Saved from manuals.plus.**
**Open the live page for links to other documents and user manuals.**



**MEISSALIVVE B0DX5WTMD7**

# MEISSALIVVE Full Spectrum Infrared Sauna User Manual

Model: B0DX5WTMD7 (3-4 Person)

## 1. Introduction

This manual provides essential information for the safe and efficient operation, setup, and maintenance of your MEISSALIVVE Full Spectrum Infrared Sauna. Please read all instructions carefully before assembly and use to ensure proper function and longevity of your sauna.

The MEISSALIVVE Full Spectrum Infrared Sauna is designed for home use, comfortably accommodating three to four individuals. It features advanced heating technology, combining near, mid, and far infrared elements for a comprehensive sauna experience. Constructed from high-quality Canadian hemlock and tempered glass, it offers both durability and aesthetic appeal.



*Image 1: The MEISSALIVVE Full Spectrum Infrared Sauna, showcasing its wooden frame, panoramic tempered glass door, and illuminated interior.*

## 2. Safety Information

Always prioritize safety when using your infrared sauna. Failure to follow these guidelines may result in injury or damage to the unit.

- **Consult a Physician:** Before using the sauna, especially if you have pre-existing medical conditions, are pregnant, or are taking medication.
- **Hydration:** Drink plenty of water before, during, and after sauna sessions to prevent dehydration.
- **Temperature Limits:** Do not exceed recommended temperature settings. Start with lower temperatures and shorter sessions, gradually increasing as your body adjusts.
- **Session Duration:** Limit sessions to 15-30 minutes. Prolonged exposure to high temperatures can be harmful.

- **Children and Pets:** Keep children and pets away from the sauna, especially when in operation.
- **Electrical Safety:** Ensure the sauna is connected to a dedicated 240-volt/15-amp circuit. Do not use extension cords.
- **Flammable Materials:** Do not place flammable materials inside or near the sauna.
- **Alcohol and Drugs:** Avoid using the sauna under the influence of alcohol or drugs.
- **Emergency Exit:** Always ensure the door can be opened easily from the inside.

# 3. Setup and Assembly

The MEISSALIVVE sauna features a modular assembly design for simplified installation. While designed for ease of assembly, it is recommended to have two people for the installation process.

## 3.1 Pre-Assembly Checklist

- **Location:** Choose a level, dry indoor location with adequate space. Ensure the floor can support the sauna's weight (approximately 601 lbs).
- **Power Supply:** Verify access to a dedicated 240-volt, 15-amp electrical outlet.
- **Unpack Components:** Carefully unpack all boxes and verify all parts are present against the packing list. Report any missing or damaged parts immediately to customer support.
- **Tools:** Basic hand tools may be required, though many components snap together.

## 3.2 Assembly Steps (General Guidelines)

1. **Base Assembly:** Position the sauna base in the desired location.
2. **Wall Panels:** Connect the wall panels using the modular snap-together system. Ensure all connections are secure.
3. **Bench Installation:** Install the interior bench according to the specific model's instructions.
4. **Roof Panel:** Place the roof panel, ensuring all wiring connections for lighting and heating elements are properly routed and connected.
5. **Door Installation:** Install the tempered glass door, ensuring it opens and closes smoothly and seals properly.
6. **Electrical Connection:** Connect the sauna to the dedicated 240V/15A power supply. It is recommended to have a qualified electrician perform the final electrical hookup if you are unsure.
7. **Final Check:** Inspect all connections, ensure no wires are pinched, and confirm the sauna is stable.



*Image 2: Dimensions and electrical specifications for the 3-4 person MEISSALIVVE sauna, indicating 240 volts/15 amps power requirement.*

# 4. Operating Instructions

Your MEISSALIVVE Full Spectrum Infrared Sauna is designed for user-friendly operation. Follow these steps to enjoy your sauna experience.

## 4.1 Control Panel Overview

The sauna is equipped with an intuitive control panel to manage temperature, time, lighting, and audio.

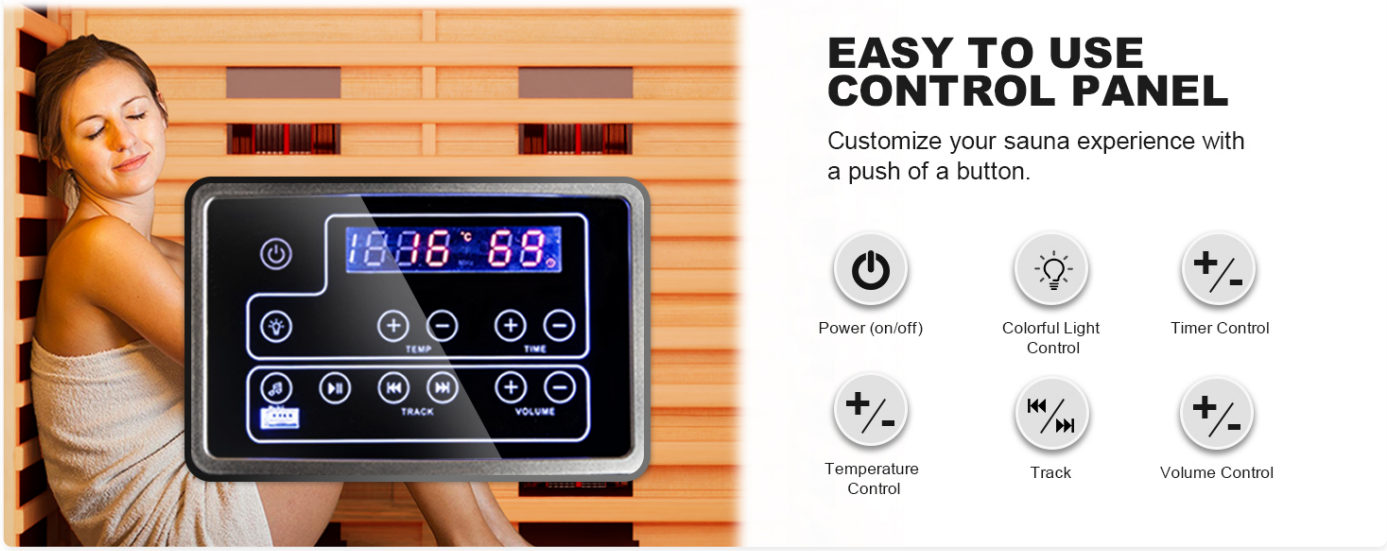



*Image 3: Illustration of the sauna's 3D fast heating system, detailing the placement and function of Near, Mid, and Far Infrared heaters.*




*Image 4: The sauna's control panel, featuring clear buttons for power, colorful light control, timer, temperature, track selection, and volume adjustment.*

- **Power (on/off):** Activates or deactivates the sauna.
- **Temperature Control:** Adjusts the desired temperature inside the sauna.
- **Timer Control:** Sets the duration of your sauna session.
- **Colorful Light Control:** Cycles through various light colors for chromotherapy.
- **Track/Volume Control:** Manages audio playback from the built-in Bluetooth speaker.

## 4.2 Starting a Sauna Session

1. **Power On:** Press the power button on the control panel.
2. **Set Temperature:** Use the temperature controls to set your desired heat level. The full-spectrum heaters will begin to warm up quickly.
3. **Set Timer:** Adjust the session duration using the timer controls.
4. **Customize Experience:** Use the colorful light control to select your preferred lighting. Connect your device via Bluetooth to the built-in speaker for music or podcasts.

5. **Enter Sauna:** Once the sauna reaches your desired temperature, you may enter.

## 4.3 Full Spectrum Infrared Technology

Your MEISSALIVVE sauna utilizes full-spectrum infrared technology, combining Near, Mid, and Far Infrared wavelengths for a comprehensive heating experience.

- **Near Infrared (NIR):** Shortest wavelength, absorbed by the skin to promote healing and revitalization. Often associated with red light therapy benefits.
- **Mid Infrared (MIR):** Penetrates deeper into the body's soft tissue, increasing circulation and releasing oxygen to injured areas.
- **Far Infrared (FIR):** Longest wavelength, provides deep heating, maximizing detoxification, and boosting metabolism.

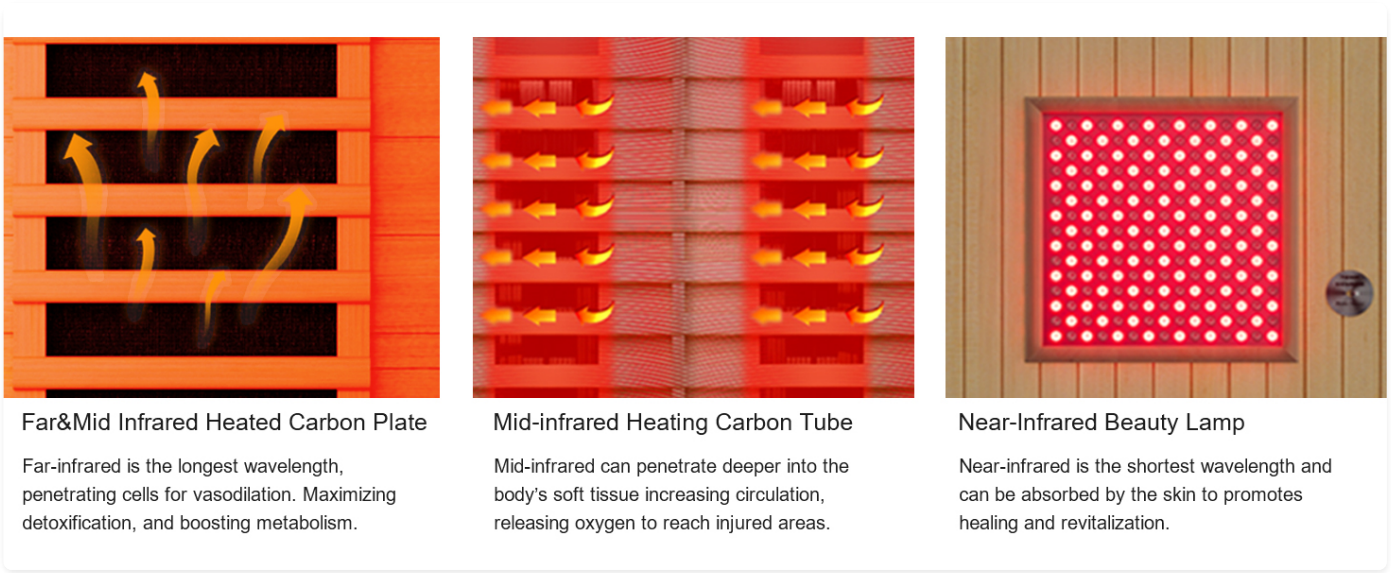



*Image 5: Benefits of Near Infrared and Red Light therapy, including improved skin elasticity and reduction of skin spots.*




*Image 6: Detailed explanation of the benefits provided by the Near-Infrared Beauty Lamp, Mid-infrared Heating Carbon Tube, and Far & Mid Infrared Heated Carbon Plate.*



*Image 7: Customization options for the sauna's interior lighting, demonstrating various color settings for light therapy.*

## 4.4 Additional Features

- **Bluetooth Speaker:** Connect your smartphone or tablet to the integrated Bluetooth speaker for audio playback.
- **Door Handle with Device Holder:** The door handle is designed to securely hold your phone or iPad during your session.
- **Panoramic Tempered Glass Door:** Provides an open feel and is designed for durability and safety (explosion-proof, scratch-proof surface, sound reduction).



*Image 8: Features of the panoramic floor-to-ceiling tempered glass door, emphasizing its durability and sound reduction capabilities.*

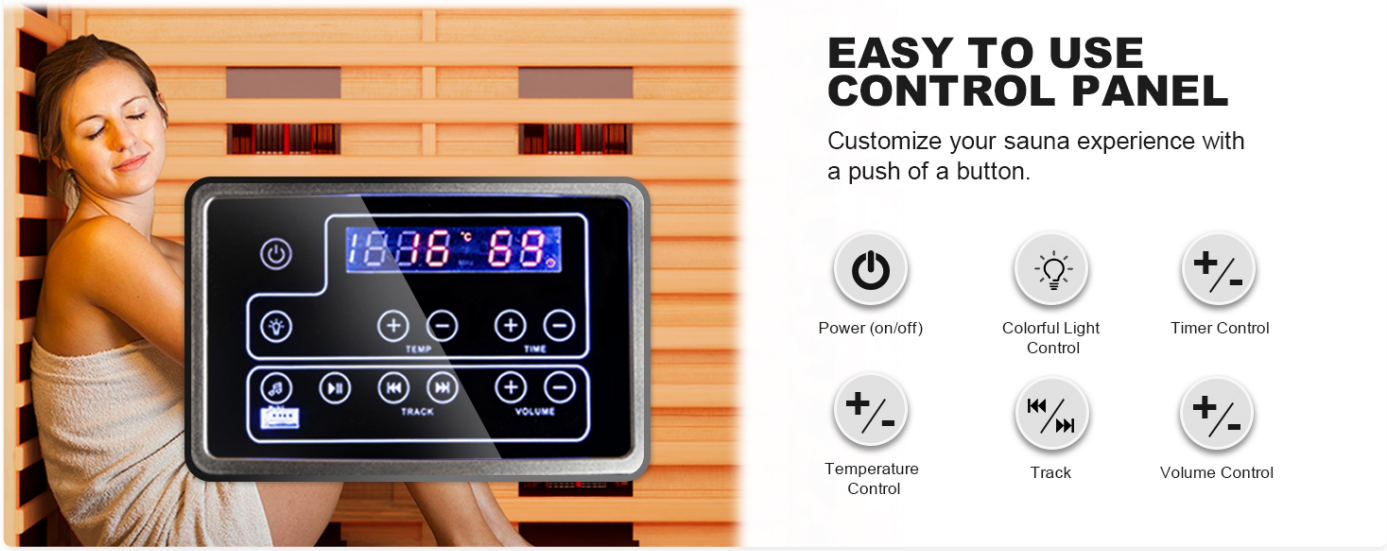



*Image 9: Examples of additional features and accessories that may be included or compatible with the sauna, such as Himalayan salt bricks, cup holders, power stones, and an oxygen bar.*

## 5. Maintenance

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

- **Cleaning:** Wipe down the interior wood surfaces with a damp cloth after each use. For deeper cleaning, use a mild, non-toxic wood cleaner. Avoid harsh chemicals or abrasive materials.
- **Ventilation:** Ensure proper ventilation in the room where the sauna is located.
- **Wood Care:** The Canadian hemlock wood is naturally resistant to corrosion. Avoid excessive moisture directly on the wood. Do not paint or varnish the interior wood, as this can interfere with its natural properties and off-gas harmful fumes when heated.
- **Glass Cleaning:** Clean the tempered glass door with a standard glass cleaner.
- **Electrical Check:** Periodically inspect the power cord and connections for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

## 6. Troubleshooting

If you encounter any issues with your MEISSALIVVE sauna, refer to the following common troubleshooting tips. If the problem persists, contact customer support.

| Problem | Possible Cause | Solution |
|---|---|---|
| Sauna does not power on | No power supply; circuit breaker tripped; loose connection | Check power cord connection; reset circuit breaker; ensure all internal connections are secure. |
| Sauna not heating sufficiently | Temperature setting too low; door not fully closed; heater malfunction | Increase temperature setting; ensure door is latched; contact support if heaters are not glowing. |

| Problem | Possible Cause | Solution |
|---|---|---|
| Bluetooth not connecting | Device too far; Bluetooth not enabled on device; sauna's Bluetooth off | Ensure device is within range; enable Bluetooth on your device; check sauna control panel for Bluetooth activation. |
| Unusual noises or odors | New unit burn-off; loose components; electrical issue | A slight odor is normal for new units. If persistent or strong, or if noises occur, discontinue use and contact support. |

## 7. Specifications

- **Model:** B0DX5WTMD7
- **Capacity:** 3-4 Person
- **Dimensions (W x H x D):** 63" x 74.8" x 47.2"
- **Item Weight:** Approximately 601 pounds
- **Electrical Requirements:** 240 Volts / 15 Amps / 2500W Total Power
- **Heater Type:** Full Spectrum Infrared (Near, Mid, Far) with heating tubes and mica carbon plates
- **Material:** Canadian Hemlock Wood, Tempered Glass
- **Features:** Bluetooth Speaker, Chromotherapy Lighting, Panoramic Tempered Glass Door

## 8. Warranty and Support

MEISSALIVVE provides a comprehensive **7-year warranty** for this sauna. This warranty covers manufacturing defects and malfunctions under normal use.
If your sauna is not working as expected, or if you encounter any workmanship defects, please contact MEISSALIVVE customer support immediately. Provide your model number (B0DX5WTMD7) and a detailed description of the issue to facilitate a prompt resolution.
**Customer Support Contact:** Please refer to your purchase documentation or the MEISSALIVVE official website for the most current contact information.

© 2025 MEISSALIVVE. All rights reserved.

### 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.

**Name**

Anonymous

**Email**

you@example.com

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**

---

**Open the live page**

**https://manuals.plus/asin/B0DX5WTMD7**

More documents and user manuals: **https://manuals.plus/**