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› MEISSALIVVE Full Spectrum Infrared Sauna User Manual

MEISSALIVVE MEISSALIVVE Full Spectrum Infrared Sauna

MEISSALIVVE Full Spectrum Infrared Sauna User Manual

Model: 2-3 Person Home Sauna

Brand: MEISSALIVVE

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, installation, and maintenance of your MEISSALIVVE Full Spectrum Infrared Sauna. Please read this manual thoroughly before assembly and use to ensure proper functionality and longevity of your sauna.

Your MEISSALIVVE Full Spectrum Infrared Sauna is designed to provide a relaxing and rejuvenating experience. It features advanced heating technology, combining near, mid, and far infrared heat for efficient and comfortable sessions. Constructed from high-quality Canadian hemlock wood and equipped with panoramic tempered glass, this sauna offers both durability and aesthetic appeal. Enjoy integrated features such as a resonance speaker and chromotherapy lighting for an enhanced wellness journey.



Image: Exterior view of the MEISSALIVVE Full Spectrum Infrared Sauna, showcasing its wooden construction and tempered glass door.

2. IMPORTANT SAFETY INFORMATION

Always consult with a healthcare professional before using a sauna, especially if you have pre-existing medical conditions, are pregnant, or are taking medication. Discontinue use immediately if you feel unwell, dizzy, or experience any discomfort.

- Ensure the sauna is installed on a level, stable surface.
- Do not use the sauna under the influence of alcohol or drugs.
- Stay hydrated by drinking water before, during, and after your sauna session.
- Limit session duration to recommended times to avoid overheating.
- Keep children and pets away from the sauna during operation.
- Do not place flammable materials inside or near the sauna.
- **Electrical Requirement:** This sauna operates at 240 volts/15 amps and requires a dedicated electrical circuit. Consult a qualified electrician for proper installation of the required outlet and circuit breaker. Failure to do so may result in electrical hazards or damage to the unit.

3. PRODUCT COMPONENTS

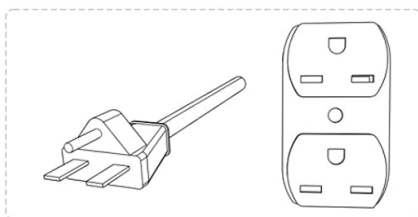
Your MEISSALIVVE Full Spectrum Infrared Sauna comes with several modular components designed for straightforward assembly. Key components include:

- Floor Panel (Part M)
- Back Panel (Part A) with integrated control unit and heaters
- Left Side Panel (Part B)
- Right Side Panel (Part C)
- Roof Panel (Part L)
- Bench Seat
- Seat Pillar (Part O)
- Glass Panels (Left Side Glass Part P, Front Left Glass Part Q, Front Right Glass Part S)
- Door Handle (Part H)
- Glass Edge Seals (Part E)
- Front Heater (Part D)
- Oxygen Bar
- Various fasteners and metal buckles for secure assembly.

DIMENSIONS

ELECTRICAL

240 VOLTS
15 AMPS
PLUGS INTO A 240V OUTLET
2600W TOTAL POWER



Weight Capacity

700lbs



2-3 People



Image: Detailed diagram illustrating the sauna's dimensions and the specific 240V/15A electrical plug required for operation.

4. SETUP AND INSTALLATION

Assembly of the MEISSALIVVE Full Spectrum Infrared Sauna is designed to be modular and user-friendly. While one person can manage some steps, it is highly recommended to have two or three people for certain parts, especially when handling glass panels and mounting heavier components. Ensure all parts are present and undamaged before beginning assembly.

Important Note on Electrical Installation: As mentioned in the safety section, this sauna requires a dedicated 240-volt, 15-amp electrical circuit. Please ensure your home has the appropriate wiring and outlet, or consult a certified electrician for installation prior to setting up the sauna.

Installation Video Guide:

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Video: Official MEISSALIVVE Full-Spectrum Infrared Sauna Installation Video. This video provides a visual step-by-step guide for assembling your sauna, demonstrating the modular construction and panel connections.

For detailed written instructions, please refer to the included printed manual. The modular design allows for easy snapping together of wooden boards, providing unparalleled strength once assembled.

5. OPERATING INSTRUCTIONS

Your MEISSALIVVE sauna is equipped with an intuitive control panel to customize your experience. Familiarize yourself with the functions before your first session.



EASY TO USE CONTROL PANEL

Customize your sauna experience with a push of a button.



Image: Close-up of the easy-to-use control panel, showing buttons for power, colorful light control, timer, temperature, track, and volume.

Control Panel Functions:

- **Power (on/off):** Press to turn the sauna on or off.
- **Temperature Control:** Adjust the desired temperature using the +/- buttons.
- **Timer Control:** Set the duration of your sauna session.
- **Colorful Light Control (Chromotherapy):** Cycle through 7 different color options, each associated with specific physical and emotional benefits.
- **Track Control:** Navigate through audio tracks when using the Bluetooth feature.
- **Volume Control:** Adjust the audio volume for the resonance speaker.

Full Spectrum Heating:

The sauna utilizes a combination of near, mid, and far infrared heaters for comprehensive heat therapy:

- **Near-Infrared Beauty Lamp:** Promotes blood circulation, alleviates muscle fatigue, and enhances wound healing.
- **Mid-Infrared Heating Carbon Tube:** Provides deep heat, reduces inflammation, and stimulates metabolism.
- **Far & Mid Infrared Heated Carbon Plate:** Offers deep heating and boosts the immune system.

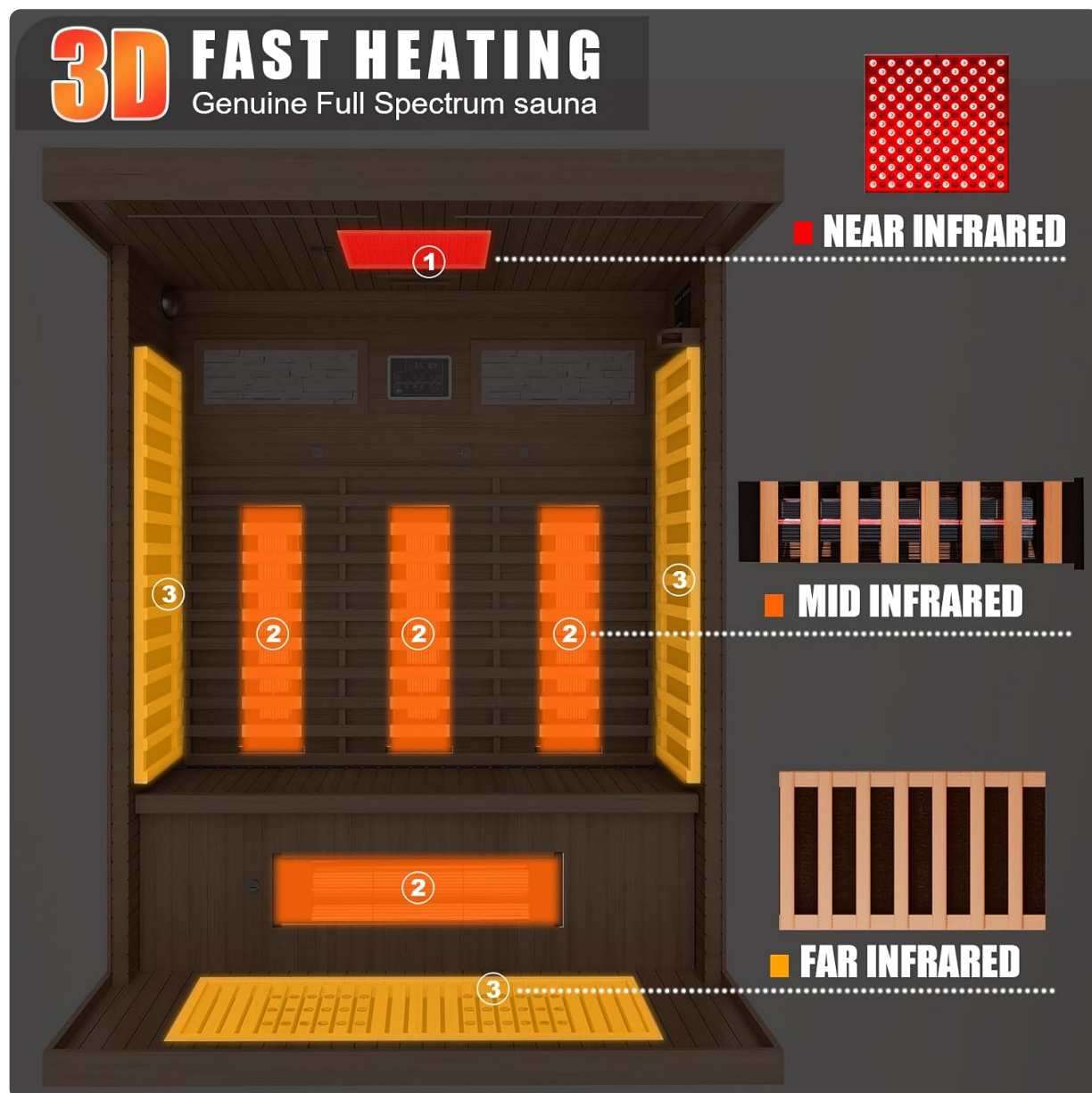


Image: A 3D diagram illustrating the placement and type of infrared heating elements (Near, Mid, Far) within the sauna for fast and efficient heating.

Audio Experience:

Connect your device via Bluetooth to the built-in resonance speaker for an immersive audio experience. The speaker provides full-spectrum sound (20Hz-20kHz) with 95dB sensitivity.

Additional Features:

- **Oxygen Bar:** Enhances the air quality inside the sauna.
- **Door Handle with Phone/iPad Holder:** Conveniently place your mobile device for entertainment during your session.

- **Panoramic Tempered Glass Door:** Provides a wide view and is explosion-proof, scratch-proof, and offers sound reduction.

6. MAINTENANCE AND CARE

Regular maintenance will ensure the longevity and optimal performance of your sauna.

- **Cleaning:** Wipe down the interior wood surfaces with a clean, damp cloth after each use. For deeper cleaning, use a mild, non-toxic wood cleaner. Avoid harsh chemicals or abrasive materials.
- **Glass Cleaning:** Clean the tempered glass with a standard glass cleaner and a soft cloth.
- **Ventilation:** Ensure proper ventilation around the sauna to prevent moisture buildup.
- **Wood Care:** Canadian hemlock is naturally durable. Avoid excessive moisture exposure to prevent warping or damage.
- **Electrical Components:** Do not attempt to service electrical components yourself. Contact a qualified technician if issues arise.

7. TROUBLESHOOTING

If you encounter any issues with your MEISSALIVVE Full Spectrum Infrared Sauna, please refer to the common problems and solutions below. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
Sauna does not power on.	No power supply; circuit breaker tripped; loose connection.	Check if the sauna is properly plugged into the dedicated 240V/15A outlet. Reset the circuit breaker if tripped. Ensure all internal connections are secure (refer to assembly instructions).
Sauna not heating sufficiently.	Temperature setting too low; door not fully closed; faulty heater.	Increase the temperature setting on the control panel. Ensure the door is securely closed and sealed. If a specific heater is not working, contact customer support.
Bluetooth speaker not connecting or no sound.	Device not paired; volume too low; speaker issue.	Ensure your device's Bluetooth is on and paired with the sauna. Increase the volume on both your device and the sauna's control panel.
Missing or ill-fitting parts during assembly.	Packaging error; manufacturing defect.	Immediately contact MEISSALIVVE customer support with details of the missing or ill-fitting parts. Provide photos if possible.

8. PRODUCT SPECIFICATIONS

- **Brand:** MEISSALIVVE
- **Model Name:** MEISSALIVVE Full Spectrum Infrared Sauna
- **Color:** 2-3 Person
- **Product Dimensions (W x H x D):** 59" x 74.8" x 41.3" (approximate, based on feature bullets)

- **Material:** Canadian Hemlock Wood
- **Voltage:** 240 Volts
- **Amperage:** 15 Amps
- **Total Power:** 2600W
- **Shape:** Rectangular
- **Seating Capacity:** 3 persons
- **Item Weight:** 485 pounds
- **Assembly Required:** Yes

9. WARRANTY AND CUSTOMER SUPPORT

MEISSALIVVE stands behind the quality of its products. Your Full Spectrum Infrared Sauna comes with a comprehensive **7-year warranty**. This warranty covers manufacturing defects and ensures your peace of mind for years to come.

If your sauna is not working as expected, or if you encounter any workmanship defects, please do not hesitate to contact MEISSALIVVE customer support. We are committed to providing the best solution until you are fully satisfied.

For assistance, please refer to the contact information provided with your purchase documentation or visit the official MEISSALIVVE website.

Note: Keep your purchase receipt and product serial number handy when contacting support.