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> [I-THERA-U Portable Infrared Sauna Box Instruction Manual \(Model: TY-XZ07-3.0L\)](#)

I-THERA-U TY-XZ07-3.0L

I-THERA-U Portable Infrared Sauna Box Instruction Manual

Model: TY-XZ07-3.0L

Brand: I-THERA-U

IMPORTANT SAFETY INFORMATION

Read all instructions before using this appliance. Failure to follow these instructions may result in electric shock, fire, or serious personal injury.

- Always use the sauna in a well-ventilated area.
- Do not use the sauna if you are pregnant, have a heart condition, high blood pressure, or any other serious medical condition without consulting a physician.
- Keep out of reach of children.
- Ensure the steamer unit is placed on a stable, flat surface and is not obstructed.
- Use only distilled water in the steamer to prevent mineral buildup.
- Do not touch the steamer unit or steam outlet during operation as they become very hot.
- Ensure all tubing is free of kinks to allow proper steam flow.
- Stay hydrated by drinking water before and after your sauna session.
- Do not exceed recommended session times.

PACKAGE CONTENTS

Verify all components are present before assembly.

Portable Steam Sauna Kit

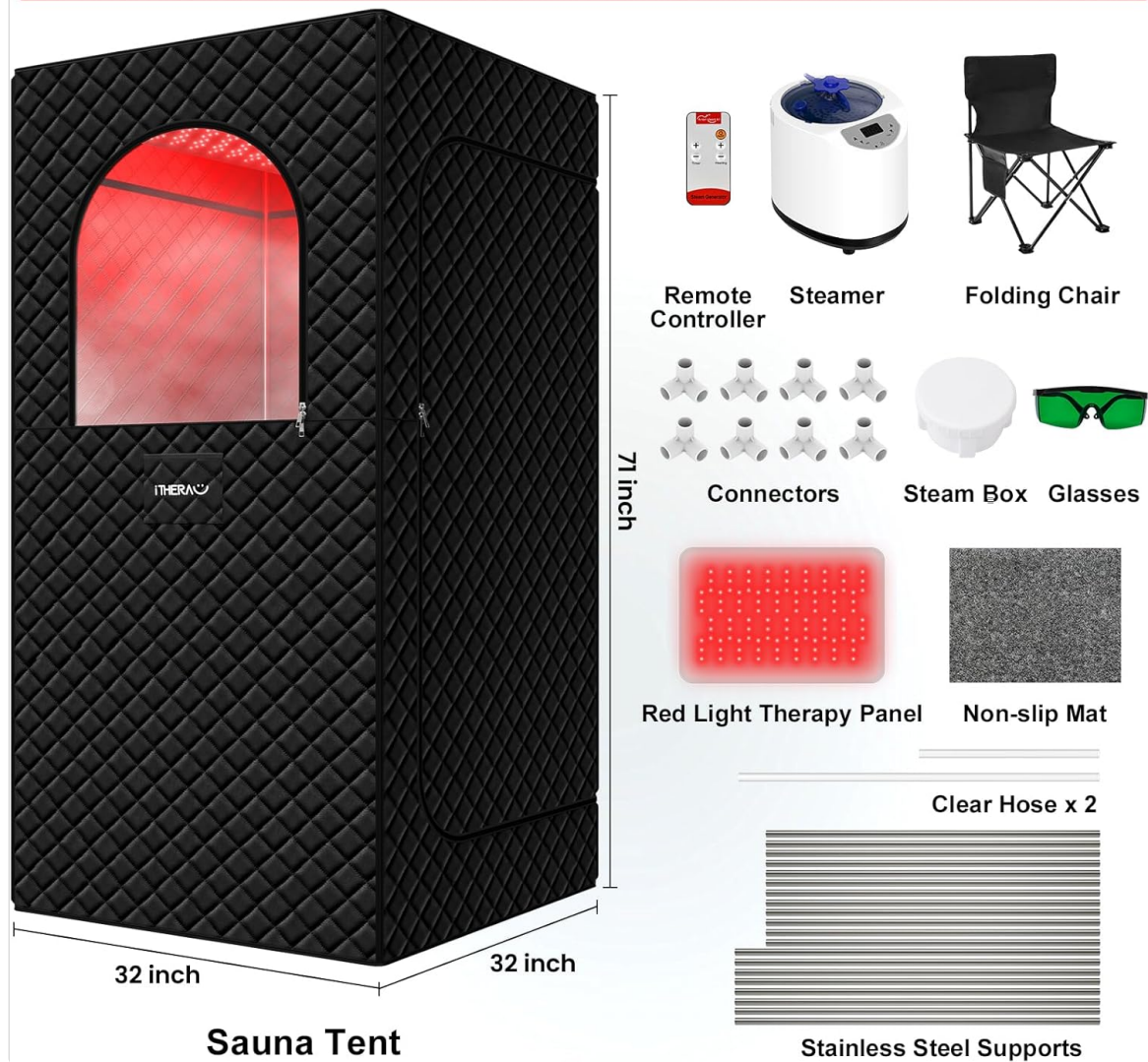


Figure 1: Components of the I-THERA-U Portable Steam Sauna Kit. This image displays the sauna tent, remote controller, steamer, folding chair, various connectors, a steam box, protective glasses, a red light therapy panel, a non-slip mat, clear hoses, and stainless steel support poles.

- Sauna Tent (71" x 32" x 32")
- Steamer Unit (3L, 1200W)
- Remote Control
- Folding Chair
- Red Light Therapy Panel (108pcs 660nm, 216pcs 850nm)
- Stainless Steel Support Poles
- Connectors
- Clear Hoses (x2)
- Non-slip Mat
- Steam Box
- Protective Glasses

SETUP INSTRUCTIONS

Follow these steps for quick and easy assembly.

1. Assembling the Sauna Tent Frame

1. Unfold the sauna tent and lay it flat.
2. Connect the stainless steel support poles using the provided connectors to form the base and top squares.
3. Insert the vertical poles into the corner connectors, ensuring they are securely fitted.
4. Place the non-slip mat inside the tent on the floor.
5. Drape the sauna tent fabric over the assembled frame, aligning the zippers and openings.
6. Zip up the main entrance and secure any internal fasteners.



Figure 2: Visual guide for assembling the sauna tent frame. Steps include installing the bottom frame, installing the top frame, zipping up the tent, and installing the red light lamp.

2. Setting Up the Steamer Unit

1. Place the steamer unit on a stable surface outside the sauna tent, close to the tent's steam inlet.
2. Fill the steamer with distilled water up to the indicated maximum level (3L capacity).
3. Securely attach one end of a clear hose to the steamer's steam outlet.
4. Feed the other end of the hose through the designated inlet hole on the sauna tent.
5. Connect the red light therapy panel inside the tent to its power source.



Figure 3: Visual guide for connecting the steamer unit to the sauna tent. Steps include connecting the hose to the tent, connecting to the steamer, filling the steamer, plugging it in, and using the remote control.

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Video 1: A short demonstration of the I-THERA-U Portable Infrared Sauna Box setup and operation. This video shows the sauna tent, steamer unit, and red light in action.

OPERATING INSTRUCTIONS

Maximize your sauna experience with these guidelines.

1. Powering On and Adjusting Settings

1. Plug in the steamer unit. The display will show "P00" or a default setting.

2. Use the remote control or the buttons on the steamer unit to adjust the temperature (15 levels available) and set the timer (1-90 minutes).
3. Allow 10-15 minutes for the steamer to generate sufficient steam and the tent to heat up.
4. Turn on the red light therapy panel inside the tent.

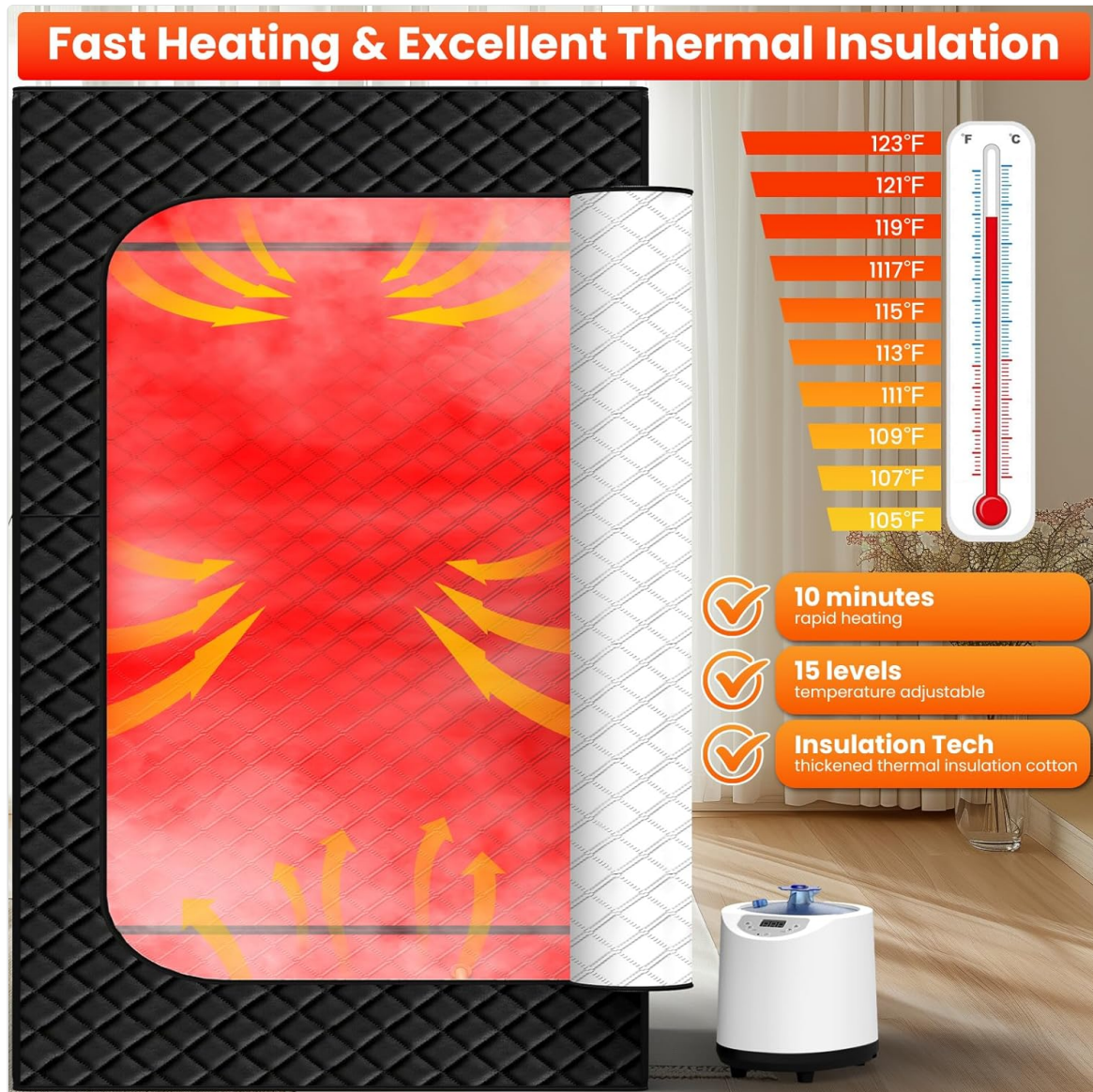


Figure 4: The 3L 1200W steamer unit, showing its digital display for temperature and timer settings, along with the control buttons and remote control for convenient operation.

2. Using the Sauna

1. Enter the sauna tent and sit on the folding chair.
2. Zip up the entrance completely to retain heat and steam.
3. You can open the clear window on the tent if you need fresh air or wish to extend your head outside.
4. Utilize the internal and external pockets for storing personal items like your phone or remote control.
5. For aromatherapy, you may add essential oils to the designated steam box or a cotton ball placed on the platform inside the steam box.



Figure 5: A woman comfortably seated inside the I-THERA-U Portable Infrared Sauna Box, experiencing the benefits of red light therapy and steam. The interior glows red from the therapy lights.

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Video 2: A user demonstrating the features of the portable sauna, including the steam generation and red light therapy. The video highlights the convenience of having spa features at home.

MAINTENANCE

Proper care ensures longevity and hygiene of your sauna.

- After each use, remove the non-slip mat and allow it to air dry.
- Wipe down the entire inside of the sauna tent with a dry towel.
- Leave the tent window and door open to allow for full air drying and prevent mold growth.
- Regularly descale the steamer unit using citric acid descaling agent (if provided) or a suitable descaling solution to prevent mineral buildup.
- Ensure the steamer's 304 stainless steel inner lining is clean and free of residue.

TROUBLESHOOTING

Common issues and their solutions.

Problem	Possible Cause	Solution
Steamer not producing steam or heating up.	Steamer not plugged in. Insufficient water in the steamer. Steamer not turned on. Hose is kinked or obstructed. Safety features (e.g., dry heating protection) activated.	Ensure steamer is securely plugged into a power outlet. Fill steamer with distilled water to the appropriate level. Press the ON/OFF button on the steamer or remote. Check and straighten the clear hose for any kinks. Ensure the lid is properly sealed. If dry heating protection is active, add water and restart.
Water leaking from the steamer unit.	Lid not properly sealed. Steamer unit is damaged.	Ensure the lid is securely twisted and sealed. If damage is visible, discontinue use and contact customer support.
Red light therapy panel not working.	Panel not plugged in. Panel is damaged.	Ensure the red light panel is properly connected to its power source. If still not working, contact customer support.

SPECIFICATIONS

- **Product Dimensions:** 34 x 34.98 x 71 inches
- **Item Weight:** 18.76 pounds
- **Manufacturer:** I-THERA-U
- **ASIN:** B0FJFYXXJS
- **Item Model Number:** TY-XZ07-3.0L
- **Steamer Capacity:** 3 Liters
- **Steamer Power:** 1200 Watts
- **Temperature Levels:** 15
- **Timer Settings:** 1-90 minutes
- **Red Light Therapy:** 108pcs 660nm (visible), 216pcs 850nm (invisible)
- **Safety Features:** Earth leakage protection, dry heating protection, explosion-proof, timer function.

WARRANTY AND SUPPORT

For warranty information or technical support, please contact I-THERA-U customer service directly. Refer to the product packaging or the manufacturer's website for contact details.