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Homedics SP-SN300

Homedics Portable Steam Sauna Instruction Manual

Model: SP-SN300

Brand: Homedics

INTRODUCTION

Experience soothing, natural relief with your new Homedics Portable Steam Sauna. Designed for stress relief and muscle relaxation, this premium portable sauna offers a tranquil escape. It provides full-steam immersion with 100% humidity and adjustable temperatures up to 115°F, allowing you to enjoy the health benefits of sweating in a sanctuary of well-being.

The collapsible design stands at 4.82 feet tall and folds down into a storage bag, making it perfect for small spaces, convenient portability, and easy storage. Its exclusive signature design combines style and function, featuring a waterproof interior that locks in heat for continued relaxation.



Image: Illustration showing the multi-layered construction of the sauna tent for maximum heat retention.

PACKAGE CONTENTS

Your Homedics Portable Steam Sauna package includes the following items:

- (1) Homedics Portable Steam Sauna Tent

- (1) High-Efficiency Steam Generator
- (1) Hose Attachment
- (1) Foldable Chair
- (1) Storage Bag
- (1) Instruction Book



Image: All components of the Homedics Portable Steam Sauna, including the tent, steam generator, hose, chair, and storage bag, laid out.

SETUP INSTRUCTIONS

The Homedics Portable Steam Sauna is designed for quick and easy assembly, typically setting up in less than 1 minute.

1. **Unpack Components:** Carefully remove all items from the storage bag and packaging.

2. **Expand Sauna Tent:** The sauna tent features a pop-up design. Gently unfold and allow it to expand to its full size.
3. **Assemble Frame:** The tent's internal frame is typically pre-assembled or uses simple connectors. Ensure all support rods are securely in place.
4. **Place Chair:** Position the foldable chair inside the sauna tent for comfortable seating.
5. **Connect Steam Generator:**
 - Fill the High-Efficiency Steam Generator with pure water. Do not overfill.
 - Securely attach the hose from the steam generator to the designated port on the sauna tent.
 - Plug the steam generator into a standard electrical outlet.
6. **Optional Aromatherapy:** If desired, place essential oils or steam tablets into the designated tray within the sauna tent for an enhanced experience.

Your browser does not support the video tag.

Video: Official Homedics video demonstrating the quick setup of the portable sauna tent and steam generator connection.

OPERATING INSTRUCTIONS

Once the sauna is set up and the steam generator is filled and connected, you are ready to begin your session.

1. **Pre-heat:** Turn on the steam generator. It typically takes 10-15 minutes to become steam-ready and reach temperatures up to 115°F.
2. **Enter Sauna:** Once pre-heated, enter the sauna tent and sit comfortably on the chair. Zip the tent closed from the inside.
3. **Adjust Settings:** Use the remote control to adjust the temperature and session timer (up to 60 minutes).
4. **Enjoy Session:** Relax and enjoy your steam session. You can open the steam vent window for a cool-down on your face if desired.
5. **Exit Sauna:** When your session is complete or the timer runs out, unzip the tent and carefully exit.



embrace the heat

STEAM-READY
IN 10-15 MINUTES

WARM UP TO 115°F
WITH 100% HUMIDITY

Image: A woman relaxing inside the Homedics Portable Steam Sauna, with her head outside the tent opening.

Your browser does not support the video tag.

Video: A user demonstrating the features and usage of the Homedics Premium Steam Sauna, including entering and zipping up.

MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your portable sauna.

1. After Each Use:

- Empty any remaining water from the steam generator to prevent mold and mineral buildup. Wait 15 minutes before emptying or drying the steam generator to prevent burns.
- Wipe down the interior of the sauna tent with a damp cloth.
- Keep the front flap open to allow moisture to escape and the tent to dry completely (approximately one hour).
- Allow the foldable chair to dry outside the tent after use.

2. **Storage:** Once completely dry, easily fold the sauna tent down into its storage bag. Store in a cool, dry place.



Image: The Homedics Portable Steam Sauna folded compactly and placed inside its dedicated storage bag.

Your browser does not support the video tag.

Video: Official Homedics video demonstrating how to efficiently fold and store the portable sauna tent.

TROUBLESHOOTING

If you encounter any issues with your Homedics Portable Steam Sauna, refer to the following common troubleshooting tips:

- **No Steam Production:**

- Ensure the steam generator is filled with water and properly plugged into a working outlet.
- Verify the hose is securely connected to both the generator and the sauna tent.
- Allow sufficient time (10-15 minutes) for the water to heat and produce steam.

- **Insufficient Heat:**

- Check that the temperature setting on the remote control or generator is set to your desired level (up to 115°F).
- Ensure the sauna tent zippers are fully closed to retain heat.
- Confirm the tent is fully expanded and not collapsed, which could affect heat retention.

- **Excessive Condensation:**

- This is normal for a steam sauna. Wipe down interior surfaces after use.
- Ensure adequate ventilation in the room where the sauna is used.

SPECIFICATIONS

Feature	Detail
Brand	Homedics
Model Name	PORTABLE STEAM SAUNA
Item Model Number	SP-SN300
UPC	031262114105
Color	Cream
Product Dimensions	35.43" L x 35.43" W x 57.87" H
Item Weight	13.7 Pounds
Material	Polyester, Polypropylene
Seating Capacity	1
Power Source	AC
Max Temperature	Up to 115°F
Max Session Time	Up to 60 Minutes

WARRANTY AND SUPPORT

The Homedics Portable Steam Sauna (Model SP-SN300) comes with a **1-Year Limited Warranty**.

For warranty claims, technical support, or product inquiries, please visit the official Homedics website or contact their customer service department. Keep your purchase receipt as proof of purchase for warranty validation.

You can also visit the [Homedics Store on Amazon](#) for additional product information and support.

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