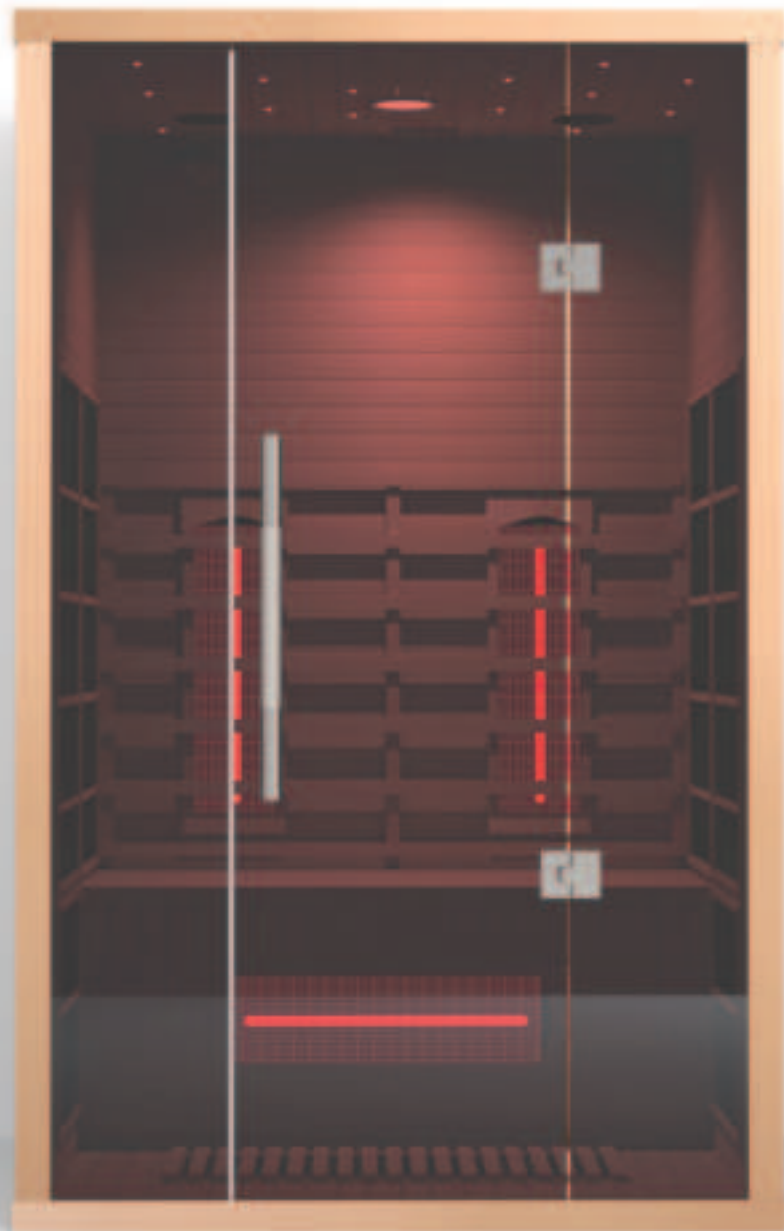


SWEATLABS

User's Manual



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Electrical Requirements

Each sauna will require a dedicated circuit when plugged in an outlet according to the chart below. A dedicated circuit requires that no other appliance should share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards. Please make sure the sauna is properly grounded. Serious injury may result if proper electrical requirements are not met.

Please follow all instructions carefully. Keep the sauna away from any potential hazards including any water source or liquids. Select a dry suitable location for the sauna installation. Do not expose the heater elements to any water source or liquids as it may cause electrical shock. Should you have any questions, please do not hesitate to contact the supplier.

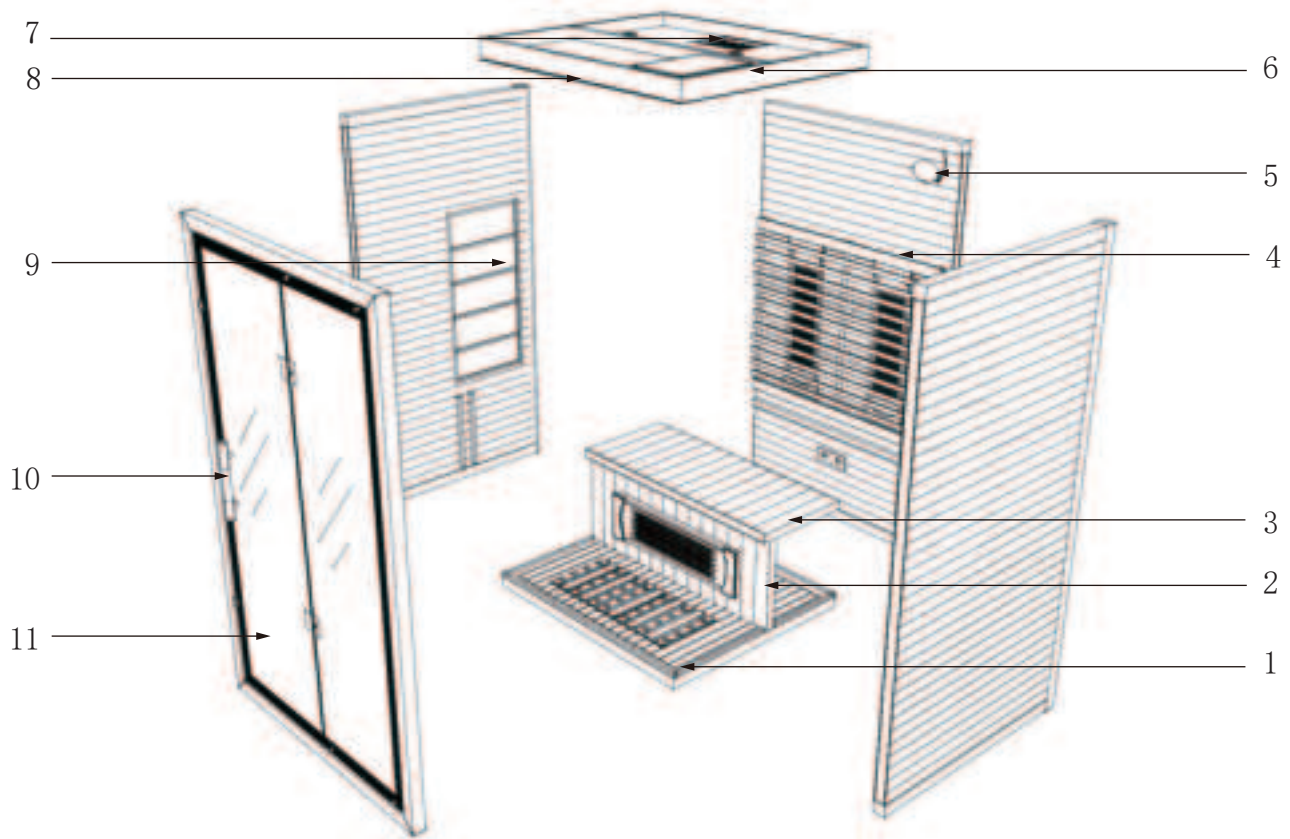
Please read the following directions carefully. The sauna installation requires a minimum of 2 people. You should not try to install the sauna on your own as damage will easily occur.

Tools you need to prepare

Power Drill x1	Herringbone ladder x2
	

SWEATLABS				
Product Model	Heater	Voltage	Amp	Plug
Eclipse 1 Person	2 full spectrum heaters + 3 carbon plates	110V	15A	NEMA 5-15P
Eclipse 2 Person	3 full spectrum heaters + 5 carbon plates	110V	15A	NEMA 5-15P
Eclipse 3 Person	4 full spectrum heaters + 7 carbon plates	220V	20A	NEMA 6-20p
Eclipse 4 Person	5 full spectrum heaters + 7 carbon plates	220V	20A	NEMA 6-20p

Components of Sauna Room



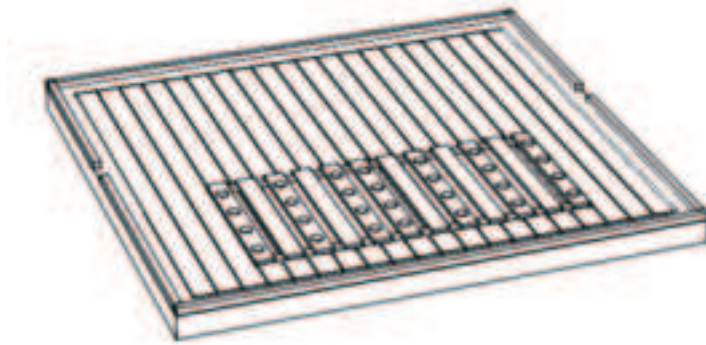
NO.	Part Name
1	Floor with foot heaters
2	Bench support with full spectrum heaters
3	Bench
4	Back panel
5	Oxygen ion generator
6	Electrical control system

NO.	Part Name
7	Ventilated skylight
8	Roof
9	Side panels
10	Door handles
11	Front panel with dark glass
/	/

Installation Instruction

1. Base assembly step:

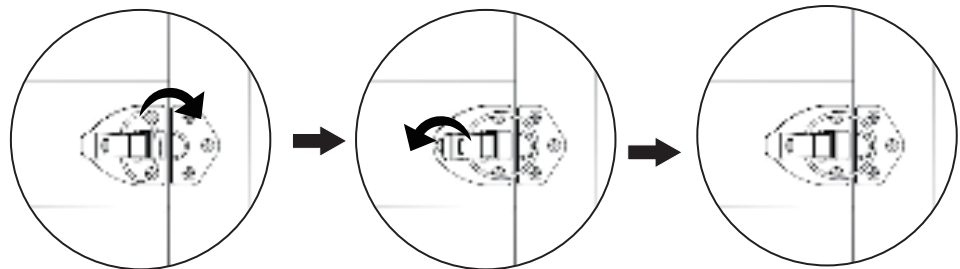
- ① Place floor plank face up on the ground.



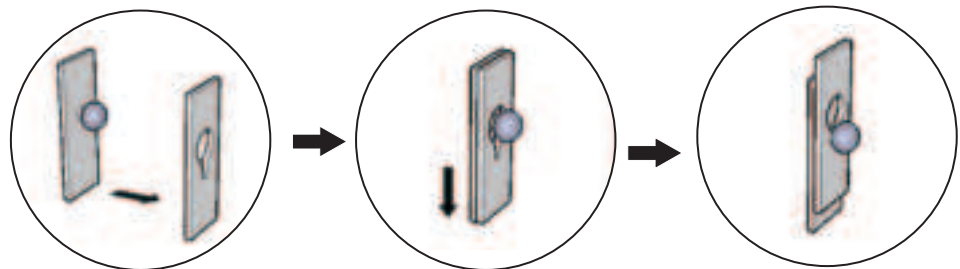
2. Back and side panels assembly step:

Steps to use the buckle.

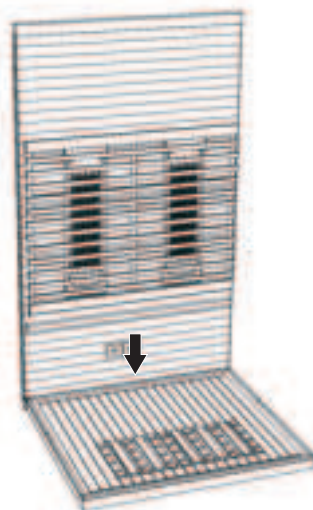
Locking Sytem:



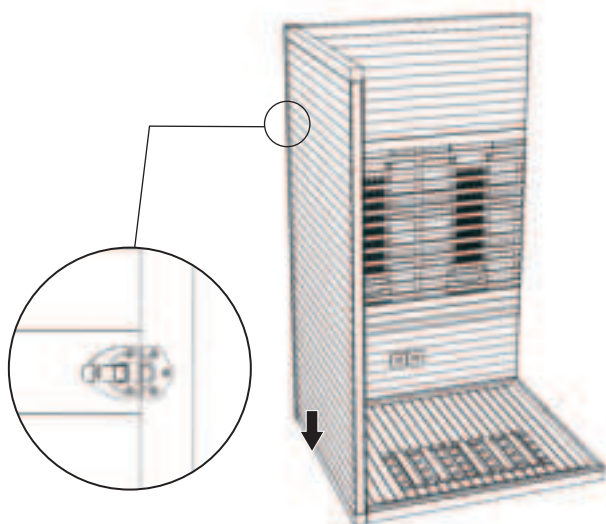
Inner Locking Sytem:



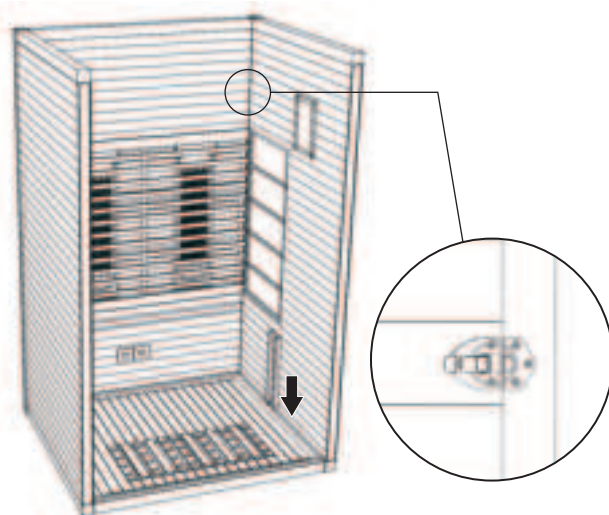
① Place the back panel.



② Place the side panel.

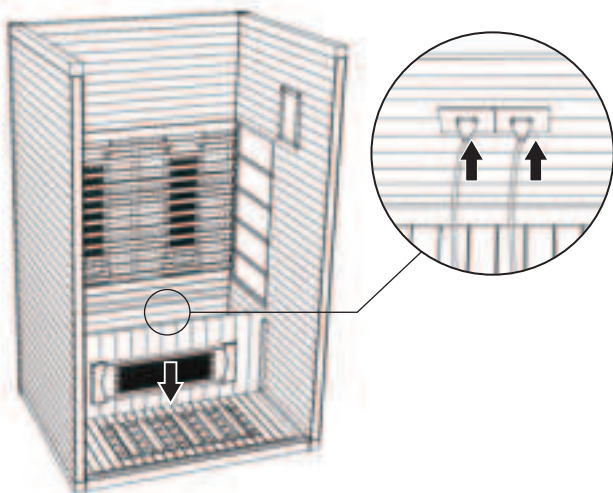


③ Place the side panel on the other side.

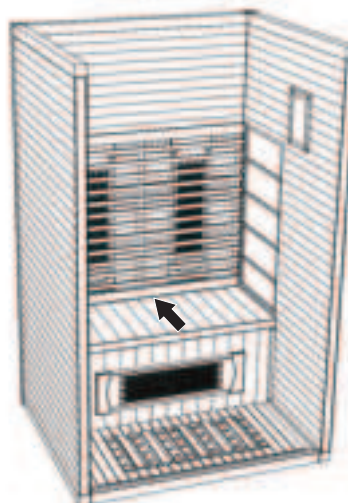


3. Install the bench (For model: Refresh 1, Refresh 2, Refresh 3):

① Place the bench support. Insert the plugs on the bench support and base into the sockets on the back panel. (Insert according to the letter)

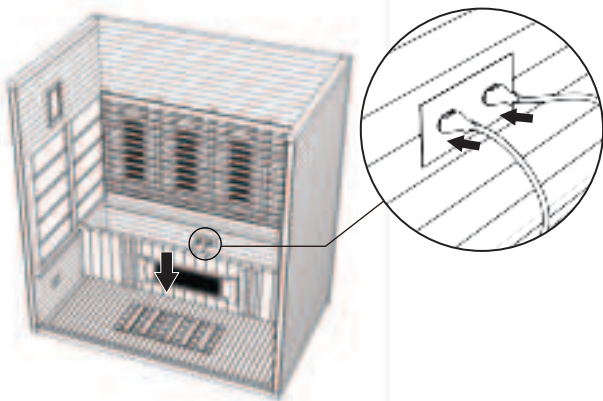


② Install the bench.

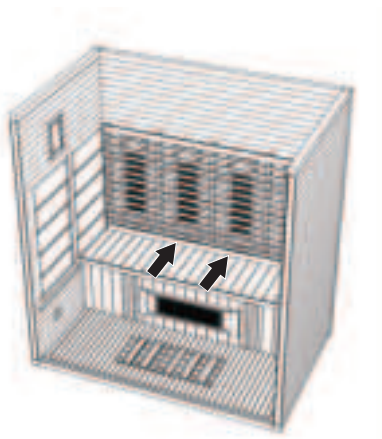


4. Install the bench (For model: Refresh 4):

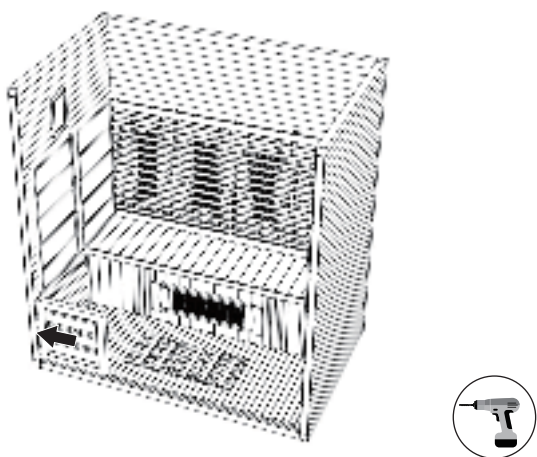
① Place the bench support. Insert the plugs on the bench support and base into the sockets on the back panel. (Insert according to the letter)



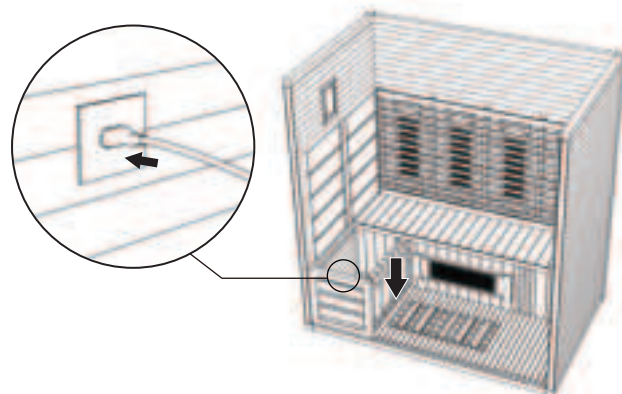
② Install the bench.



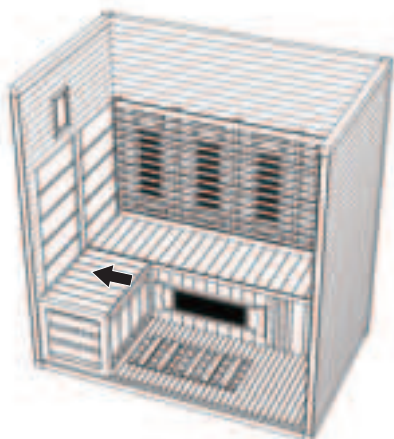
③ Install the side bench supports.



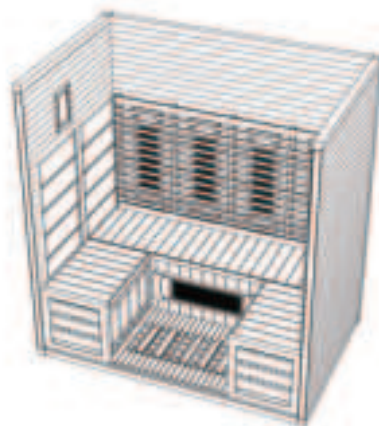
④ Place the bench support. Insert the plugs on the bench support into the sockets on the back panel. (Insert according to the letter)



⑤ Install the bench board.

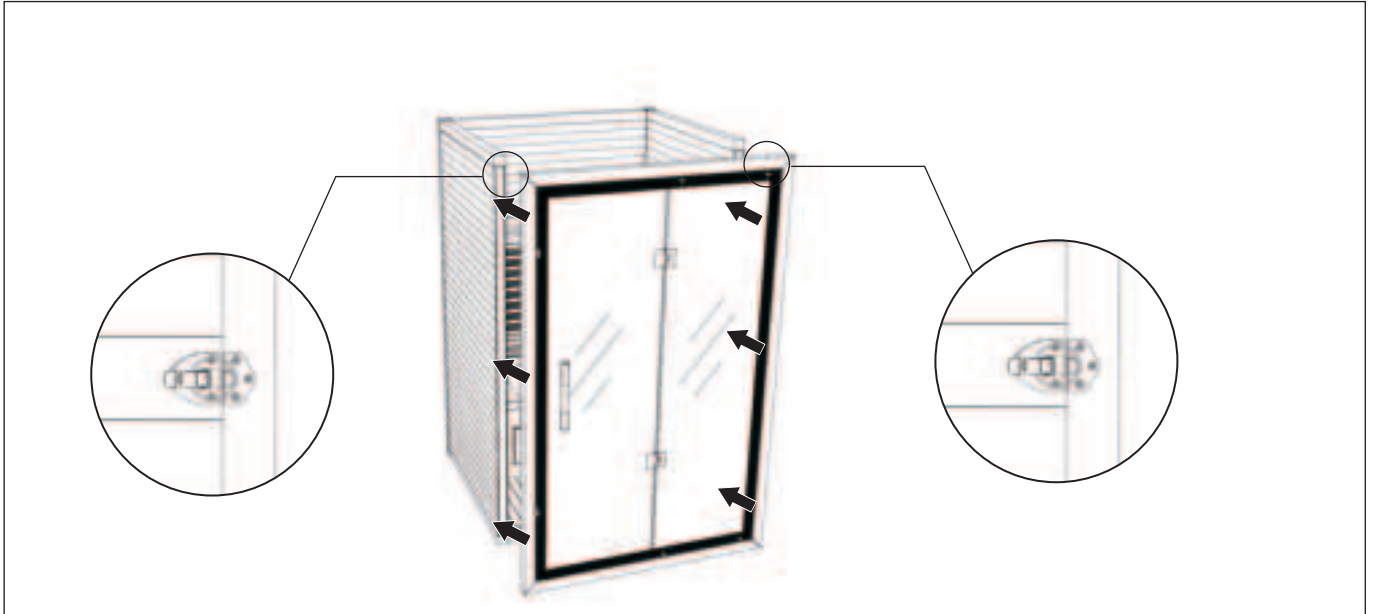


⑥ Follow the same steps to install the bench on the other side.

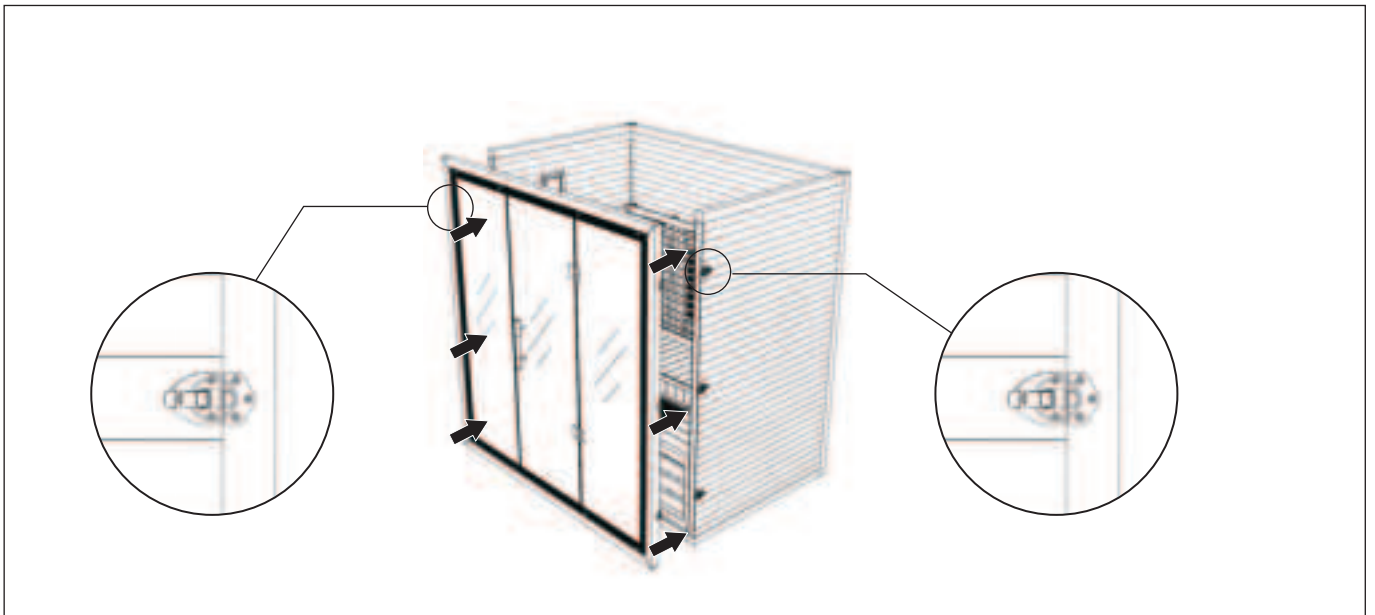


5. Front wall assembly step:

(1) Install the front panel. (For model: Refresh 1, Refresh 2)

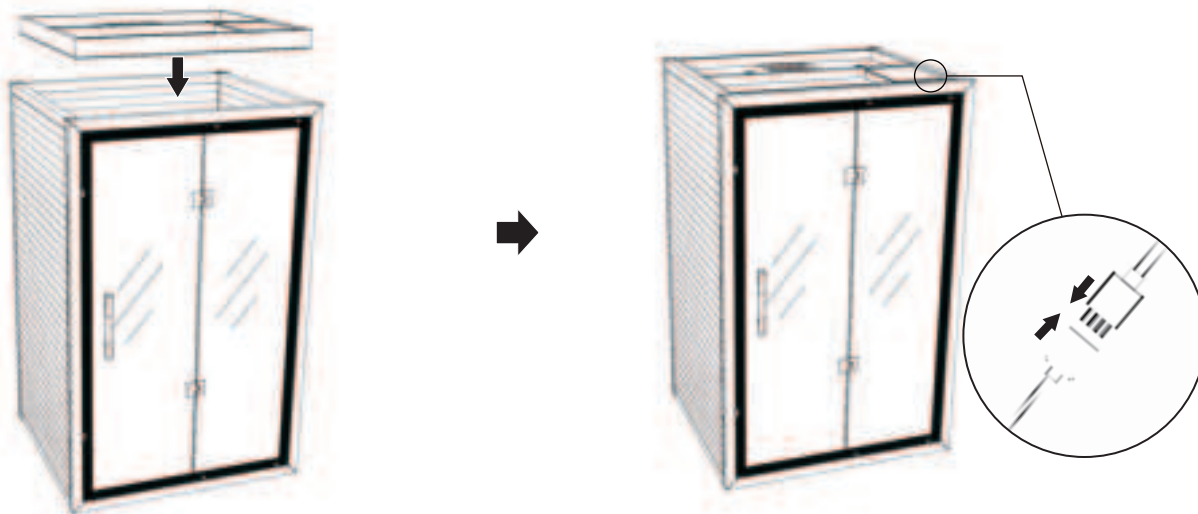


(2) Install the front panel. (For model: Refresh 4)



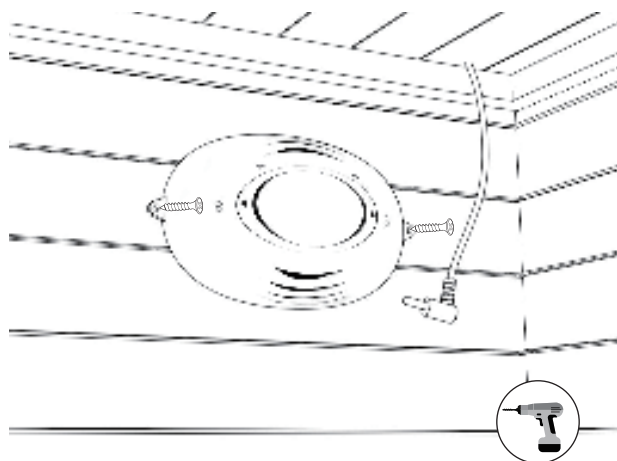
6. Roof assembly step:

- ① Place the roof, and link the wires at the top (link wires with the same letter markings together).

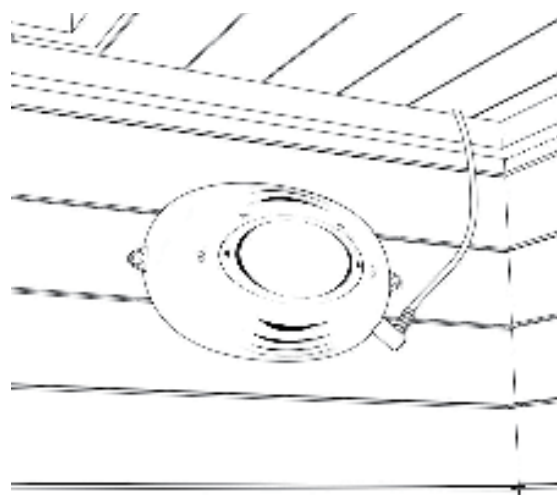


7. Internal accessories assembly step:

- ③ Choose a location and use screws to fix the oxygen Ionizer to the sauna.



- ④ Connect the top wire to the oxygen Ionizer.



Accessories

Oxygen Ionizer

Locate the ionizer plug that is extended out of the sauna ceiling (1-pin plug). Connect the oxygen ionizer and screw it on the back panel.

The oxygen ionizer is used to refresh the air inside the sauna by killing odor causing bacteria and removing airborne particles.

Use:

Before and while using the sauna, please select the “Ion” option to remove airborne particles by attaching them to the ionizer. After using the sauna, select the “O3” option to kill odor causing bacteria out of the sauna air.

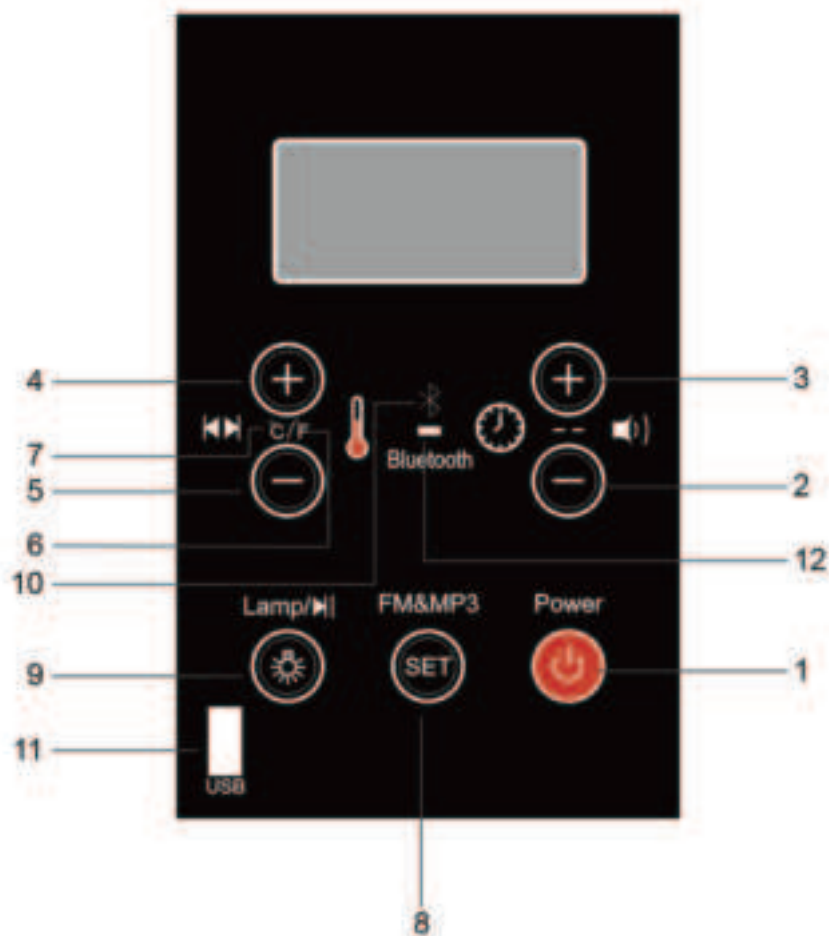


Color Therapy Lights

Some models will include color therapy lights (or chromo lights). The color lights are operated by the remote control only. Press any color on the remote control to turn the lights on and select a color. Press the “Cycle” button (lower right button) to cycle through the colors randomly. Press the “Power” button to turn the lights off.



Control Panel Operation Instructions



NO	Function	NO	Function
1	power button (on/ off)	2	timer control (reduce time)/ volume control (reduce volume)
3	timer control (increase time)/ volume control (increase volume)	4	temperature control (increase temperature)/song select control(previous song)
5	temperature control(reduce temperature) song select control (latter song)	6	Fahrenheit sign
7	celsius sign	8	Setting Control
9	lamp light (inside and outside) / song pause	10	blue tooth connected light
11	USB connect interface	12	heat light

Power Button(On/ Off)(1)

This button turns the sauna on or off.

Timer Control(2/3)

Use (+) or (-) to increase or decrease the sauna timer.

It will count down until 00 and shut down the heaters.

The machine stay the FM&MP3 status this two buttons also can be use to increase or decrease the volume.

Continues Working Time

If you would like to keep the sauna working continuously (no time limit), press and hold both (+) and (-) buttons, the display should show two dashes (--) . To start the timer again, just click on one of the Time r Control buttons.

If the machine working stay the FM status , press and hold both (+) and (-) buttons the machine will proceed the FM channel search, this program need to spend 2 minutes and keep all the channels could be searched.

Temperature Control(4/5)

Use the (+) or (-) to increase of decrease the sauna temperature.

The heaters will turn off when the sauna reaches its desired temperature.

The machine keep the FM &MP3 status these two buttons can be use to select the channels or different songs.

Fahrenheit and Celsius Lights(6/7)

These signs indicate what measurement is used to display the temperature.

To switch between Fahrenheit and Celsius, press and hold both Temperature Control buttons.

Setting Control(8)

This button switched between FM and MP3 status.

Lamp and pause button(9)

This button normally use for the turn and off the inside and outside lamps.
But when the machine keep the FM or MP3 status this button can be used to suspend the MP3 or radio press again unlock the pause.

Bluetooth connected light(10)

This sign and the light turn on the machine keep the bluetooth status that means the machine can be connect to the bluetooth device for music.

USB connect interface(11)

The hole for the USB insert the machine and keep the MP3 status the music Be played automatically.

Heat Light(12)

The light will be on when the heaters are working.
When the sauna reaches its desired temperature, the heaters and the Heat Light will turn off.

Saunas and Contraindications

Saunas and Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas and Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas and the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Saunas and Alcohol

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas and Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas and Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

Saunas and Fever

An individual that has a fever should not use any type of sauna.

Saunas and Insensitivity to Heat

An individual that has insensitivity to heat should not use any type of sauna.

Saunas and Pregnancy

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas and Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas use during that time of the month.

Saunas and Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas and Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system; nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

In the rare event, you experience pain and/or discomfort, immediately discontinue sauna use.