



**OWNER'S MANUAL
& LIMITED WARRANTY**

Welcome to the Sweaty GOAT community!

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INTRO

As America’s largest hot tub and swim spa manufacturer, we’ve been supplying an unrivaled range of premium home hydrotherapy solutions to customers for three decades. Master Spas is dedicated to helping people live life better. Driving its mission forward, Master Spas is offering a superior infrared sauna that can help you live your best life.

RECORD OF OWNERSHIP

MICHAEL PHELPS SWEATY GOAT™ SAUNA BY MASTER SPAS OWNER’S MANUAL

Thank you for choosing your new Michael Phelps Sweaty GOAT Sauna by Master Spas. For How-to Videos and helpful tips on operating and maintaining your sauna, please visit: Chillygoattubs.com/pages/how-to-videos.

Please read the entire Owner’s Manual before installing and using your sauna. The goal of this manual is to provide you with safety and operational information plus some tips that will help you enjoy your sauna to its fullest. At the time of print, this manual is accurate in its information. Master Spas reserves the right to change or improve its product without prior notice.

Be sure to keep record of your sales receipt, order confirmation and/or invoice, showing your proof of purchasing the product. In the event of a warranty related claim, you will need to provide this proof of purchase that shows date of purchase and proof of being the original retail purchaser.

RECORD OF OWNERSHIP

Name _____

Address _____

City _____ State _____ Zip: _____

Phone _____ Date Purchased _____

Model _____ Serial _____

Dealer Name _____

Service Tech Rep _____

Scan the QR code to download digital owner’s manual



SAFETY INSTRUCTIONS

GENERAL SAFETY RULES

READ INSTRUCTIONS: All the safety and operating instructions should be read before the sauna is installed and operated.

RETAIN INSTRUCTIONS: The safety and operating instructions should be retained for future reference.

HEED WARNINGS: All warnings on the sauna should be adhered to.

FOLLOW INSTRUCTIONS: All operating and usage instructions should be followed at all times.

CLEANING: Unplug the sauna from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.

ATTACHMENTS: Do not use attachments that are not recommended by the manufacturer, or they may cause hazard.

WATER OR MOISTURE: Do not use this product near water. For example, do not use it near a bathtub, in a wet basement, or near a swimming pool.

GROUNDING OR POLARIZATION: This sauna is intended for use with a three-wire properly grounded power socket. Do not alter the plug or cord.

POWER SOURCES: This product should be operated only from the type of power source indicated on the marking label. If you are not sure of the type of power you have, please consult a licensed electrician.

POWER CORD PROTECTION: Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.

LIGHTNING: For added protection during a lightning storm, or when the sauna is left unattended and unused for long periods of time, unplug the sauna from the wall outlet.

OVERLOADING: Do not overload wall outlets, as this can result in a risk of fire or electrical shock. (Unit should be plugged into a dedicated outlet.)

SERVICING: Always unplug the sauna from the wall outlet before servicing the product.

POWER SUPPLY: Do not remove power supply covers. No user-serviceable parts are located inside the power supply.

REPLACEMENT PARTS: When replacement parts are required, be sure to use replacement parts specified by the manufacturer, or those that have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards.

HYPERTHERMIA WARNING

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- Failure to perceive heat.
- Failure to recognize the need to exit the room.
- Unawareness of impending hazard.
- Fetal damage in pregnant women.
- Physical inability to exit the room.
- Unconsciousness

WARNING: The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

SAFETY PRECAUTIONS

1. When installing and using this electrical equipment, basic safety precautions should always be followed.
2. **Do NOT** dry clothes or leave towels in the sauna.

3. **Do NOT** touch the heater tube with your finger or metal tools.
4. **Do NOT** touch the light when it is on.
5. **Do NOT** splash water or other liquid onto the heating tube.
6. **Do NOT** use the sauna if you have any of the following conditions:
 - a. Open wounds, eye diseases or serious burns.
 - b. Elderly & frail people, especially those suffering from a disease.
 - c. Children under the age of six years should NOT use the sauna.
 - d. To reduce the risk of injury, do not allow children over the age of six to use the sauna unless they are closely supervised at all times.
 - e. Those with heat sensitivity, obesity, heart disease, blood pressure, circulatory system problems, or diabetes should consult their doctor before using.
7. Saunas are not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless a person responsible for their safety has given them supervision or instruction concerning the use of the sauna.
8. Do not place pets into the sauna.
9. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
10. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
11. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness. Do not use after drinking excessive alcohol.
12. Persons using medications should consult a physician before using the sauna, as some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
13. Exercise care when entering or exiting the sauna.
14. Never sleep inside the sauna while the unit is in full operation.
15. Do not use any type of cleaning agents on the interior of the sauna.
16. Do not stack or store any objects on top of or inside the sauna.
17. Do not use the unit during an electrical storm, as there is a remote risk of shock.
18. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
19. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
20. Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
21. Be careful when using the sauna in places where there are combustible materials.
22. Do not use the sauna in the presence of an explosive atmosphere.
23. Be aware that heat may be conducted to combustible materials that are out of sight.
24. Do not leave the sauna unattended when it is switched on.
25. If the supply cord is damaged, it must be replaced with a special cord or assembly (which is available from the manufacturer or its service agent or a similarly qualified person) to avoid a hazard.

MAINTENANCE & TRANSPORTATION

MAINTENANCE

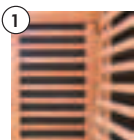
Clean the sauna room with a soft wet cloth. NEVER use petrol, alcohol, benzene or any other such chemical to clean the unit. One part Apple Cider Vinegar and three parts water works well.

TRANSPORTATION AND STORAGE

Avoid exposure to rain, snow or any other weather elements that may cause damage to sauna.

Do not store in damp environments. Transport in original packaging or high quality moving blankets.

SAUNA FEATURES



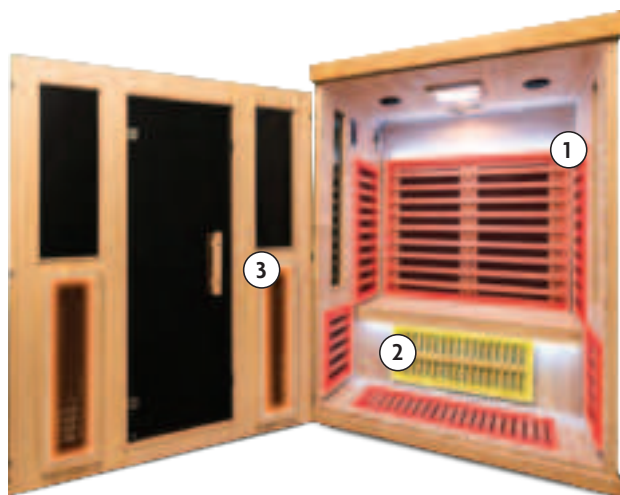
SWEATY GOAT CERTIFIED CARBON HEATING ELEMENTS LOW EMF/ELF/ENC



SWEATY GOAT CERTIFIED CARBON GRAPHENE HEATING ELEMENTS

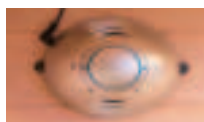


SWEATY GOAT CERTIFIED LOW EMF ALLOY HEATING ELEMENTS



BUCKLE/TONGUE AND GROOVE

The construction of the tongue and groove wood pieces with the convenient copper buckle fasteners make it easy for two people to install your sauna and have it running in minutes.



OXYGEN IONIZER

Releases negative ions to purify air, and dispense natural floral fragrance to enhance people's mood and help stimulating relaxation.



CERTIFIED TEMPERED GLASS WINDOWS AND DOORS

All Sweaty GOAT Sauna Models come with certified tempered glass.



WOOD: SWEATY GOAT CERTIFIED CANADIAN HEMLOCK

- Kiln dried process
- Tongue and groove design
- Double wall construction
- Very durable, split-resistant



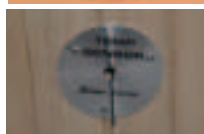
COLOR THERAPY LIGHTS

Natural medical treatment with 7 different colors improves skin, circulation, nervous system, mood, health and more.



WIRELESS AUDIO ENTERTAINMENT

All Sweaty GOAT Saunas are equipped with wireless audio systems.



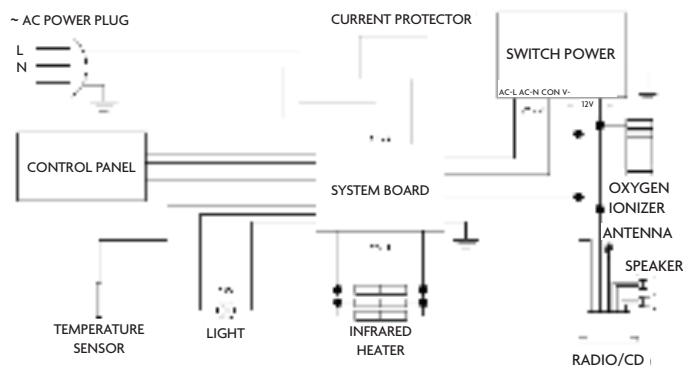
TEMPERATURE SENSOR

When the temperature set point is reached the heaters will automatically turn off and maintain the desired temperature.

MODEL SPECIFICATIONS

NAME	MP2	MP3	MP3-C
DIMENSIONS (in/cm)	48"x48"x75" / 122x122x190	60"x48"x75" / 152x122x190	59"x59"x75" / 150x150x190
ELECTRICAL REQUIREMENTS	Dedicated NEMA 5-20 120V, 20A Outlet		
CAPACITY	2	3	3

ELECTRICAL SKEMATIC



CIRCUIT DIAGRAM

MP2 ASSEMBLY INSTRUCTIONS

FEATURES:

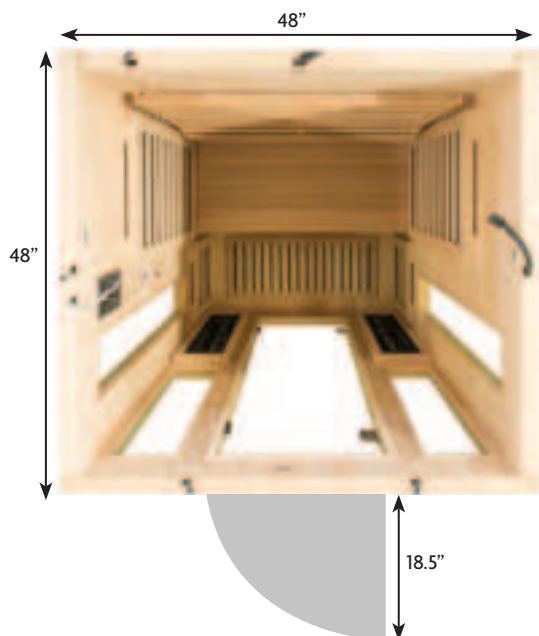
- 10 HybridHeat+ heating elements
- True full spectrum low EMF technology
- Upgraded touch display control panel

- Chromotherapy: Healing with lights and colors
- Ergonomic design bench seat
- Beautiful craftsmanship and solid wood construction

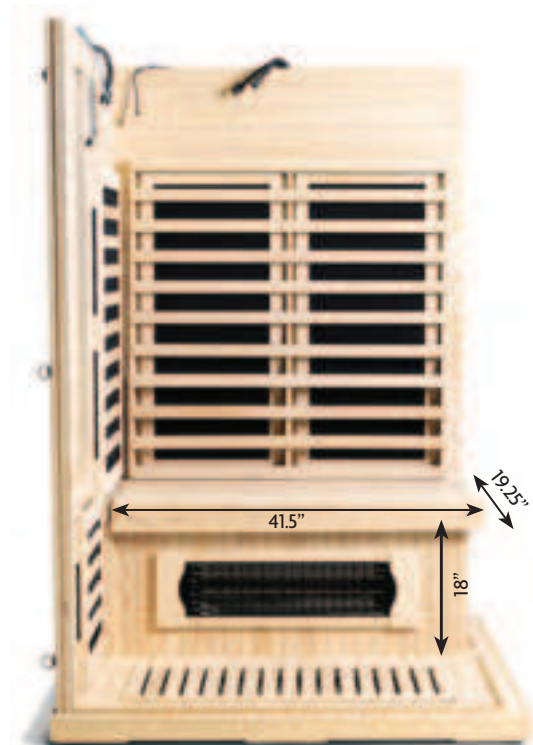
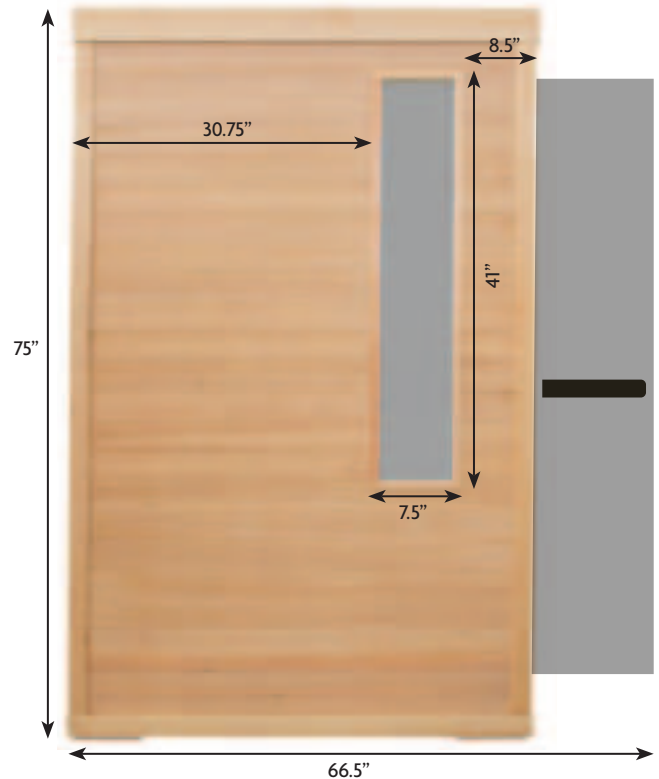
ELECTRICAL:

Dedicated 120V 20A circuit required. Sauna equipped with 10' cord that exits from back left of roof.

Outlet Specifications:  NEMA 5-20



PANELS



MP2 ASSEMBLY INSTRUCTIONS

PANELS AND SET-UP DIAGRAMS (STRAIGHT SAUNA)

Below are pictures of individual panels for the 2-person Michael Phelps Sweaty GOAT MP2 Sauna. Other models may vary.

Tool required for installation: Phillips Screwdriver



STEP #1



STEP #2



STEP #3



STEP #4



STEP #5



STEP #6



STEP #7



STEP #8



SWEATY GOAT MP2

NOTE: Check out pages 9-11 for more detailed Installation Instructions

MP3 ASSEMBLY INSTRUCTIONS

FEATURES:

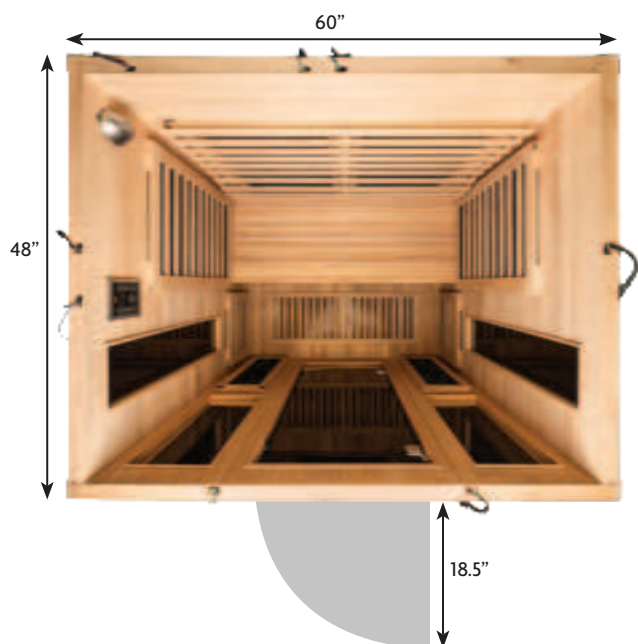
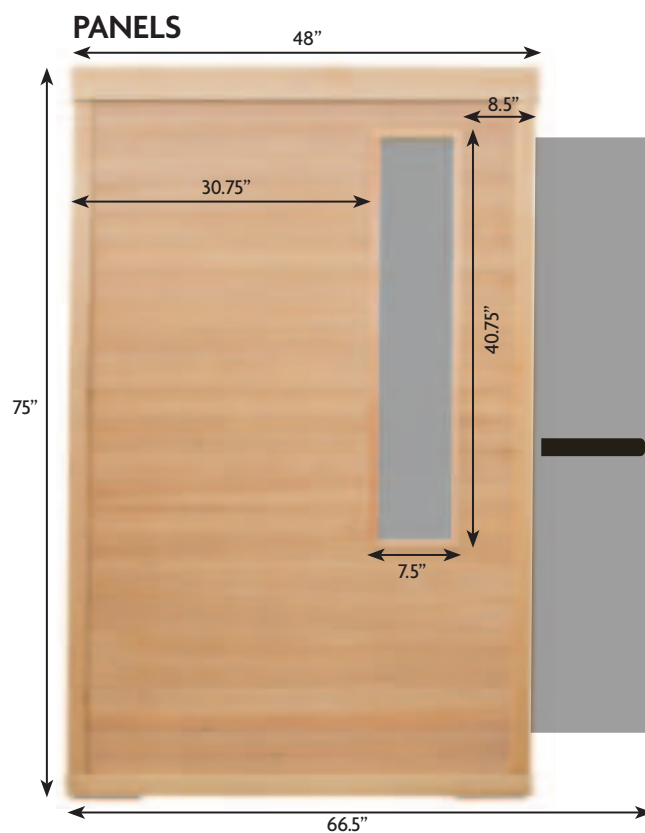
- 10 HybridHeat+ heating elements
- True full spectrum low EMF technology
- Upgraded touch display control panel
- Chromotherapy: Healing with lights and colors

- Ergonomic design bench seat
- Beautiful craftsmanship and solid wood construction

ELECTRICAL:

Dedicated 120V 20A circuit required. Sauna equipped with 10' cord that exits from back left of roof.

Outlet Specifications:  NEMA 5-20



MP3 ASSEMBLY INSTRUCTIONS

PANELS AND SET-UP DIAGRAMS (STRAIGHT SAUNA)

Below are pictures of individual panels for the 3-person Michael Phelps Sweaty GOAT MP3 Sauna. Other models may vary.

Tool required for installation: Phillips Screwdriver



STEP #1



STEP #2



STEP #3



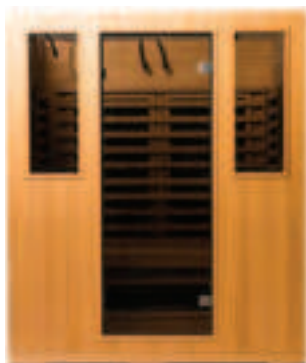
STEP #4



STEP #5



STEP #6



STEP #7



STEP #8



SWEATY GOAT MP3

NOTE: Check out pages 9-11 for more detailed Installation Instructions

MP3-C ASSEMBLY INSTRUCTIONS

FEATURES:

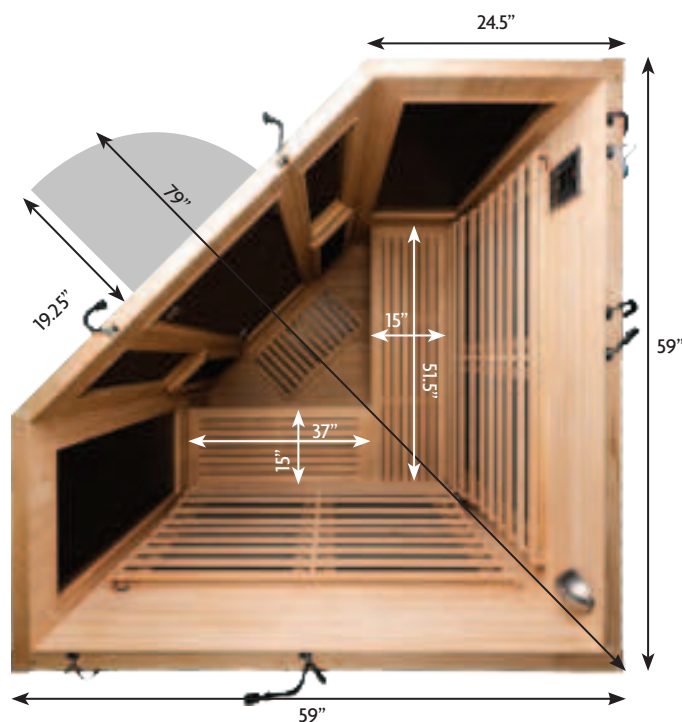
- 10 Sweaty GOAT HybridHeat+ heating elements
- True full spectrum low EMF technology
- Upgraded touch display control panel
- Chromotherapy: Healing with lights and colors
- Ergonomic design bench seat

- Beautiful craftsmanship and solid wood construction

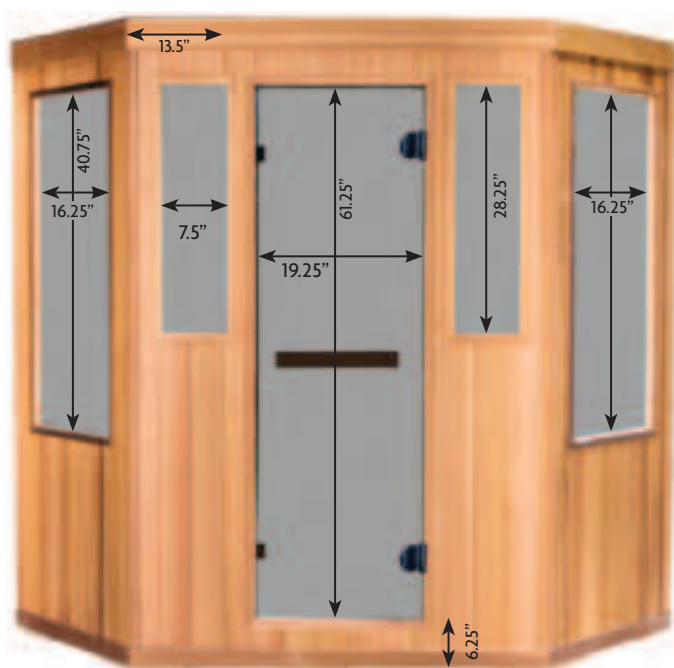
ELECTRICAL:

Dedicated 120V 20A circuit required. Sauna equipped with 10' cord that exits from back left of roof.

Outlet Specifications:  NEMA 5-20



PANELS



MP3-C ASSEMBLY INSTRUCTIONS

PANELS AND SET-UP DIAGRAMS (CORNER SAUNA)

Below are pictures of individual panels for the 3-person Michael Phelps Sweaty GOAT MP3-C Corner Sauna. Other models may vary.

Tool required for installation: Phillips Screwdriver



STEP #1



STEP #2



STEP #3



STEP #4



STEP #5



STEP #6



STEP #7



STEP #8



SWEATY GOAT MP3-C

NOTE: Check out pages 9-11 for more detailed Installation Instructions

INSTALLATION INSTRUCTIONS

DETAILED INSTALLATION INSTRUCTIONS

Review the following before installation:

- Do not share the same plug with other appliances.
- Position it on a flat level surface.
- Do not splash the exterior with water. If the floor is damp, install a floor separator to keep the sauna dry.
- Do not store flammable objects or chemical substances near the sauna.

NOTE: These detailed instructions feature the Sweaty GOAT MP2, but the process will be the same for each of the Sweaty GOAT models.

REVIEW THE FOLLOWING DURING INSTALLATION

1. Place the **bottom panel** on the floor and make sure the flat side is facing up.



BOTTOM PANEL

2. Install the **back panel** in place before the sides, have someone hold it in place while you get the side panel.



BACK PANEL

3. Install the left side **window panel**. Make sure the panels are fully inserted into one another. Fasten the outside buckle.



WINDOW PANEL

4. Fasten outside **buckle**.



BUCKLE

5. Install the **bench heater** panel in place.



BENCH HEATER

6. Plug the **bench heater cable** onto the outlet located on the black panel. Make sure the connection is secure.



BENCH HEATER CABLE



7. Install the **bench panel** in place. Make sure it fits securely.



BENCH PANEL

INSTALLATION INSTRUCTIONS CONT.

8. Install the other side in place. Make sure the panels are fully inserted into one another. Fasten outside buckles.



ADD OTHER SIDE PANEL

9. Install front window panel. Align all grooves. Make sure the unfinished side is on the inside, and the finished side shows on the outside. Fasten outside buckles.



FRONT WINDOW PANEL

10. Before roof installation, move cables aside to prevent damaging the wiring terminals. Push plugs for heater through holes around the top panel and then connect plugs. Secure the roof.



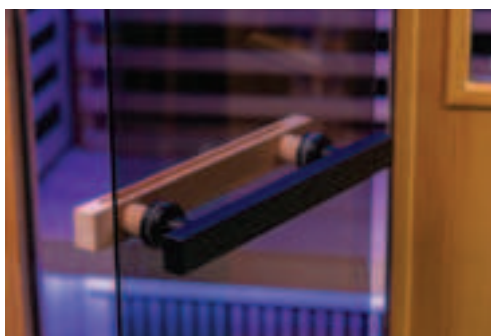
SECURE THE ROOF

11. Once all panels are secure, **fasten the remaining buckles.**



FASTEN REMAINING BUCKLES

12. Install the **door handle.**

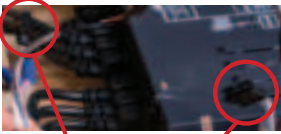


DOOR HANDLE

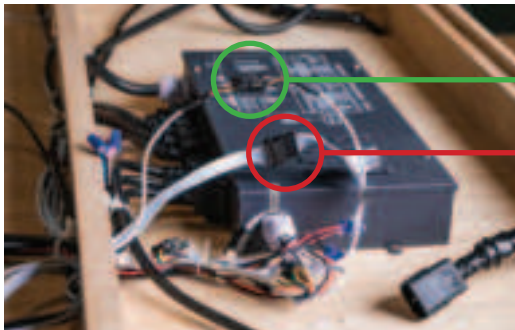
INSTALLATION INSTRUCTIONS CONT.



STEREO WIRE HOOKUP



CONTROL PANEL WIRE HOOKUP



STEREO

CONTROL

CONNECT INTERIOR WIRING & CONTROL PANEL

15. **Oxygen Ionizer:** The black wire coming from the ceiling near the side panel plugs into the ionizer. Mount ionizer within easy reach of this wire and plug the black wire into the ionizer. Never plug this cord into the stereo.

Oxygen Ionizer Functionality:

Oxygen Ionizer helps purify the air by removing allergens, dander, and orders from your Sweaty GOAT sauna. Each Ionizer comes with one scent pack. To install the scent pack, open the lid at the back of the ionizer, place the scent in the back, and close the lid.

Ionizer Direction:

- Push the O3 (red light) when you are not in the sauna. This will run for 15 minutes and Ozone will be released in the air to help kill bacteria and sterilize the sauna.
- When the O3 is cycled through the Ion (green light) will come on and run for 60 minutes. Ion will be released in the air to help purify the air, remove the dust, bacteria and other microbes.



OXYGEN IONIZER

16. Run the power cord through the hole in the dust cover, then attach the dust cover with the remaining short screws.



RUN THE CORD THROUGH THE HOLE



PLUG INTO APPROPRIATE 20A OUTLET

17. Plug into the appropriate outlet, NEMA 5-20.
18. You are ready to enjoy your Michael Phelps Sweaty GOAT Sauna!

HOW TO USE YOUR SWEATY GOAT SAUNA

PRE-SAUNA SESSION

- Hydrate with at least 16oz of water to prepare your body for an increase in core temperature.
- Pre-heat your sauna to approximately 95°F-105°F.

SAUNA SESSION

- Begin your session when your sauna reaches the desired 95°F-105°F.
- Once you enter the sauna, set the sauna to 140°F, so sauna increases in temperature during your session.
- During your session the sauna and your body temperature will increase. By the end of your session the sauna will reach approximately 140°F.

- Don't be surprised if you don't sweat during the first few sessions.
- Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.
- Use towels to absorb sweat during sessions.
- Drink at least 24oz of water or electrolytes to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.

CONTROL PANEL INSTRUCTIONS

POWER BUTTON

Press the **POWER** button for 3 seconds to turn the sauna on and off.

TEMPERATURE BUTTONS

Press the **TEMP** ↑ or ↓ buttons to increase or decrease the temperature by 5 degree intervals for a maximum of 150 degrees.

To change from °C to °F hold temp ↑ for 15 seconds.

TIME BUTTON

Press the **TIME** ⌚ or ⌚ buttons to increase or decrease the heating time by 5 minute intervals for a maximum of 60 minutes.

CHROMOTHERAPY LIGHTS

Tap **LIGHT** button first time to turn on the chromotherapy light.

Tap **LIGHT** button a second time to turn on the interior reading light.

Tap **LIGHT** button a third time to turn off the chromotherapy light.

Tap **LIGHT** button a fourth time to turn off all the lights.

To change colors, while the light is on, press and hold the **LIGHT** button for 3 seconds to display the light menu options.

The temp screen displays L1-9, then press the **LIGHT** button again to change the color of the light.

Once the color is chosen wait 5 seconds for the temperature to display again.

L1 – White

L6 – Yellow

L2 – Violet

L7 – Red

L3 – Blue

L8 - Cycles Through Colors Quickly

L4 – Turquoise

L9 - Cycles Through Colors Slowly

L5 – Green

AUDIO BUTTON

Tap **AUDIO** button – **BLU** (Wireless Connection will appear on screen - on your device “Sauna” is discoverable. Name the system once connected.) Adjust the volume (decibel 1-30) by using **TIME** ⌚ or ⌚. You can also adjust the volume from your phone. Tap the audio button twice to turn it off. Only 1 device can be connected at a time. If a device is connected the Sauna can not be discovered.

RESERVE BUTTON

This function can only be used when the sauna is not heating (off).

Press the **RESERVE** button to see the current time.

Press the **RESERVE** button down for 5 seconds to set your sauna to turn on at a preset time.

Press the **TIME** ⌚ (for hours) to adjust the time from 0 to 23 hours (military time), then press the **TIME** ⌚ (for minutes) to adjust between 0 and 59 minutes.

When the **RESERVE** button is back lit, the sauna will turn on at the preset time.

To turn off the reservation mode, turn the sauna on by holding the power button and then turning the sauna back off. The preset time is not saved when the sauna is turned off, Follow steps to reset reservation mode time.

USB-A CHARGE PORT

You can charge your phone from this port.

SET THE CLOCK

This function can only be used when the sauna is not heating (off).

Press the **RESERVE** button to see the current time.

Press the **TIME** ⌚ (for hours) to adjust the time from 0 to 23 hours (military time), then press the **TIME** ⌚ (for minutes) to adjust between 0 and 59 minutes. The time will flicker when changed.



WHAT IS CHROMOTHERAPY?

Chromotherapy, also called color therapy, is the use of color and light to gently bring about homeostasis. Color and light is applied to specific areas and accupoints on the body to provide therapy.

HISTORY OF COLOR AND LIGHT HEALING

Color and light have been used for healing across time. Ancient Egyptians built solarium-type rooms with colored panes of glass. The sun would shine through the glass and flood the patient with color. Some people use colored silk cloths which are placed on the body and

then flooded with sunlight. Early color and light healers in the modern world used colored gels and sheets of glass to apply light to the body. Others used color infused water and color meditations to send healing rays to the person.

Today, there are many practitioners who use color and light in interesting ways. Some therapists have a box with a mechanism that flickers light into the eyes. They report success in speeding the recovery of stroke victims and those people who experience chronic depression.

WHAT IS CHROMOTHERAPY CONT.

Some healers recommend the wearing of eyeglasses with colored lenses. Practitioners of Feng Shui bring color into our homes and workplaces for optimum balance of energy.

WHY IT WORKS:

The earth, the oceans, in fact every living thing, is dependent upon light for its very existence. A recent scientific study disclosed that each cell in the body emits light. We live in a sea of energy and our bodies are composed of energy.

Color works through and in us, in every nerve, cell, gland, and muscle. It shines in our auras and radiates upon us from the sun. Color is an active power, exerting a tremendous influence on our consciousness, soul and spirit.

Within our body, our organs, muscles, cells and nerves all have a level of vibration. When our body becomes out of balance, disease occurs. Each color has its own frequency and vibration. Through extensive research, we know that color and light will help bring our physical and emotional systems into balance.



RED
Brings warmth, energy and stimulation; therefore good for energy, fatigue, colds, chilly and passive people. It energizes heart and blood circulation. It energizes all organs and the senses.



YELLOW
Increases neuromuscular tone. Purifies blood, helps digestion and has a cleansing effect. Strongly stimulates happiness, brings on a sense of security, as well as a strong feeling of well-being.



GREEN
Is a cooling, sedating color, which helps reduce swelling of joints and tissues; it calms the body's nervous system. It's the color of the relaxed heart.



TURQUOISE
Increases intuition and sensitivity. It mentally relaxes and tackles embodied psychological barriers. It acts as a tonifier and can help regulate imbalances in the lung and large intestines system. It facilitates spiritual growth.



BLUE
Is a cool color that is calming. It stimulates the parasympathetic system, and reduces blood pressure and calms both breathing and heart-rate. It helps treat sleep disorders and headaches.



VIOLET
Promotes awareness and consciousness. It increases effects of medication. It promotes proper functioning of the lymphatic system and very helpful with menopause. It is the color for neutralizing emotional wounds and for spiritual growth.

LIMITED WARRANTY

MICHAEL PHELPS SWEATY GOAT™ SAUNAS

A copy of the applicable Limited Warranty is available on our website at ChillyGOATtubs.com.

SAUNA CARE AND MAINTENANCE RECORD

MAINTENANCE LOG

Use the following lines to document your Chilly GOAT tub care and maintenance.

MAINTENANCE PERFORMED	DATE	DATE	DATE

MAINTENANCE PERFORMED	DATE	DATE	DATE

**SCAN QR CODE
TO ACCESS
HOW-TO-VIDEOS**



Master Spas®

6927 Lincoln Parkway, Fort Wayne, IN 46804

877-ChillyGOAT

Customer Service: GOATtech@ChillyGOATtubs.com

[ChillyGOATtubs.com](https://www.ChillyGOATtubs.com)

Stay Connected, Keep in Touch



Master Spas® reserves the right to change product specifications or features without notice. Master Spas is a manufacturer of spas and related products, and we stand behind every product we produce pursuant to those representations which are stated in our written limited warranty. Your dealer is an independent businessperson or company and not an employee or agent of Master Spas, LLC. We cannot and do not accept any responsibility or liability for any other representations, statements or contracts made by any dealer beyond the provisions of our written limited warranty. Apple is a trademark of Apple Inc., registered in the U.S. and other countries. Google Play is a trademark of Google, LLC. Master Spas is a registered trademark of Master Spas, LLC.