



# Dear Customer,

Thank you for purchasing a SaunaMed Sauna.

Before using your new sauna please read this consumer's manual carefully.

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# **WARNING**

# DISCONNECT THE SAUNA FROM THE MAINS POWER SUPPLY BEFORE CHANGING ANY PARTS OR CARRYING OUT A SERVICE.

SaunaMed Traditional Saunas feature the Harvia Vega sauna heater, and a beautiful glass front. All sauna walls have been custom cut and pre-aligned, all joints are matched, and each individual piece of hemlock timber is cut and trimmed so that every panel assembles to an exact fit.



# **Operating conditions**

# Operation

Indoor use only: SaunaMed Saunas are primarily aimed at the domestic market. Although a SaunaMed may be suitable for light commercial use, we do not recommend a SaunaMed for heavy commercial use, for example, public gyms, spas, and leisure centres. Please contact us for information on site-specific suitability and commercial grade saunas.

### Do not install closer than 50mm to a wall.

## Features

- . Harvia Vega sauna heater
- . Wooden construction

## Maintenance

- . Clean the sauna room with a soft wet cloth or sauna cleanser. NEVER use alcohol, benzene or any other corrosive chemical to clean the unit.
- . No maintenance or service of electronic components is required unless faulty. Please consult with the retailer or a qualified electrician if in doubt.

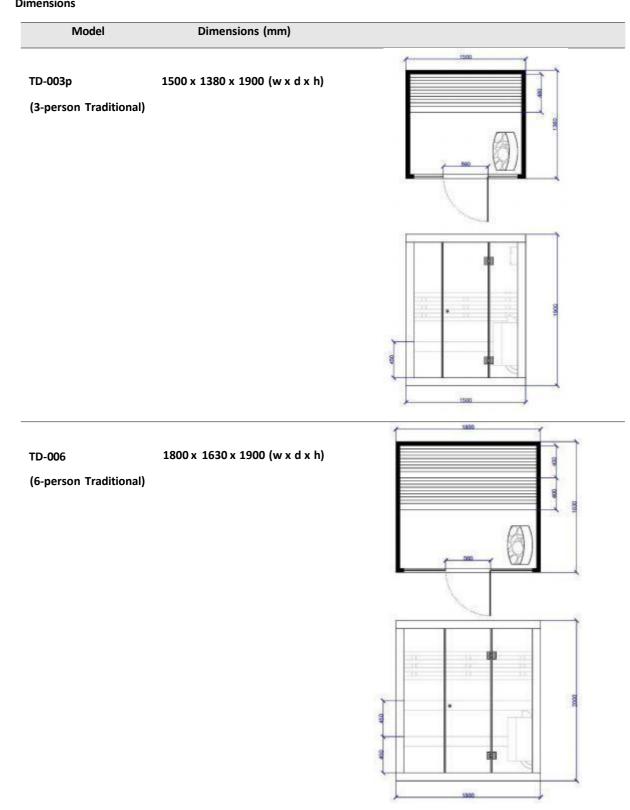
# **Transportation and storage**

- . Avoid exposure to rain, snow, or other harsh environments during transport.
- . When in transit, handle the sauna unit with care.
- . Do not store in damp or humid environments.
- . Ensure that the unit is installed on a level surface. Uneven surfaces may result in pooling and water ingress if the unit is installed in a bathroom; this can cause warping of the wooden floor module.
- . If the surface on which the unit is installed is uneven and/or likely to be frequently exposed to moisture, place the unit on levelling supports to raise it above the floor.



# Specifications

# Dimensions



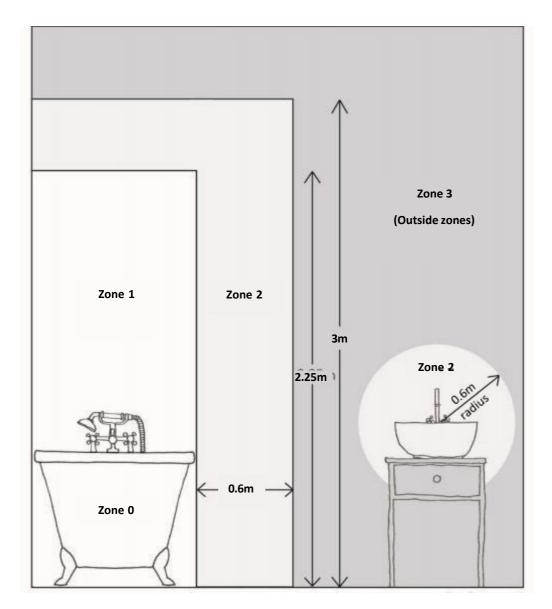


# **General Safety Rules**

Safety

- . All wiring to the sauna heater and accessories must be routed away from any direct radiation from the sauna heater.
- . DO NOT place receptacles, flammables, and combustibles inside the sauna unit.
- . DO NOT spray water or any other liquids onto the interior or exterior surfaces of the sauna unit.
- . DO NOT install any plumbing fixtures (such as taps, showers, steam generators etc.) in the sauna unit.
- . DO NOT install any locking and/or latching system on the door, as the malfunction of these parts can cause entrapment inside the sauna.
- . If located in a bathroom, ensure that the bathroom is well ventilated.

SaunaMed sauna units are only suitable for zone 3 or above (see diagram below). Installing a sauna in a wet location with insufficient ventilation can result in electrical faults and



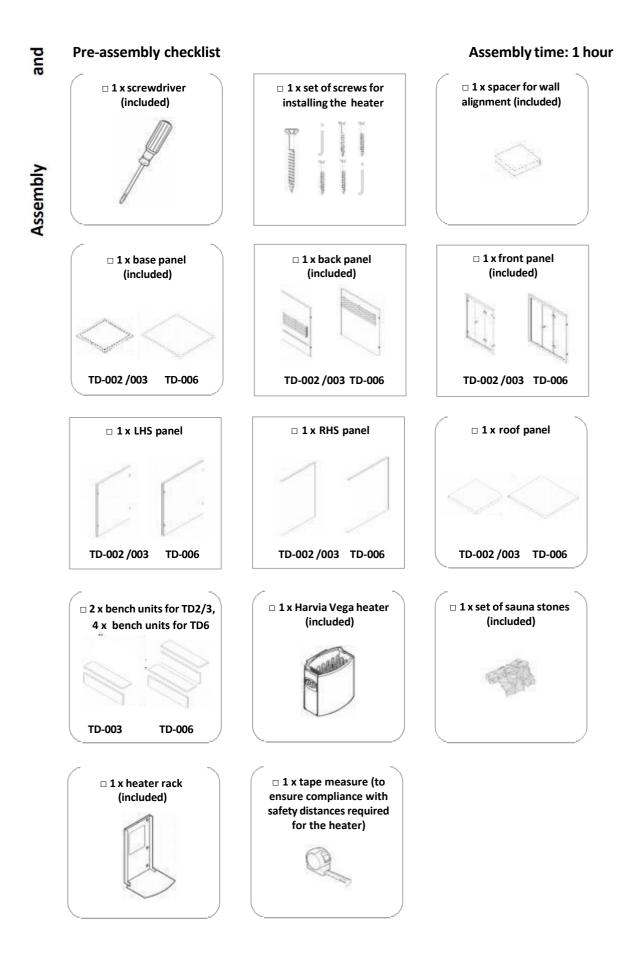


# Safety Precautions

- DO NOT dry clothes or leave towels in the sauna.
- DO NOT touch the heating elements with bare hands or metal tools.
- . DO NOT touch the light when it is on.
- . DO NOT enter the sauna when wet.
- DO NOT use the sauna if you have or suffer from any of the following conditions:
  - o Open wounds or serious burns
  - o Eye conditions
  - o Heat sensitivity
  - o Obesity
  - o Heart disease
  - o High and/or blood pressure
  - o Circulatory system problem
  - o Diabetes
- . DO NOT use the sauna if you are, or think you may be, pregnant.
- . DO NOT place pets in the sauna.
- . DO NOT use the sauna after drinking excessive alcohol.
- . This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- . Children should be supervised to ensure that they do not play with the appliances.
- . Be careful when using the appliance in places where there are combustible materials.
- . DO NOT use in an explosive atmosphere.
- . Be aware that heat may be conducted to combustible materials that are out of sight.
- . DO NOT leave the appliance unattended when it is switched on.

IF THE POWER SUPPLY CABLE IS DAMAGED, IT MUST BE REPLACED BY A QUALIFIED ELECTRICIAN OR AS A COMPLETE ASSEMBLY AVAILABLE FROM THE MANUFACTURER OR ITS SERVICE AGENT.







# Pre-assembly notes

- Two persons are recommended for safe assembly.
- Please pay attention to the following before installation.
- DO NOT share the same plug with other appliances.
- . Position the sauna on a flat and 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 any flammable objects or chemical substances near the sauna.
- . The TD sauna will need to be connected to an isolator, and this needs to be carried out by a qualified electrician. Please contact SaunaMed product support if in doubt.

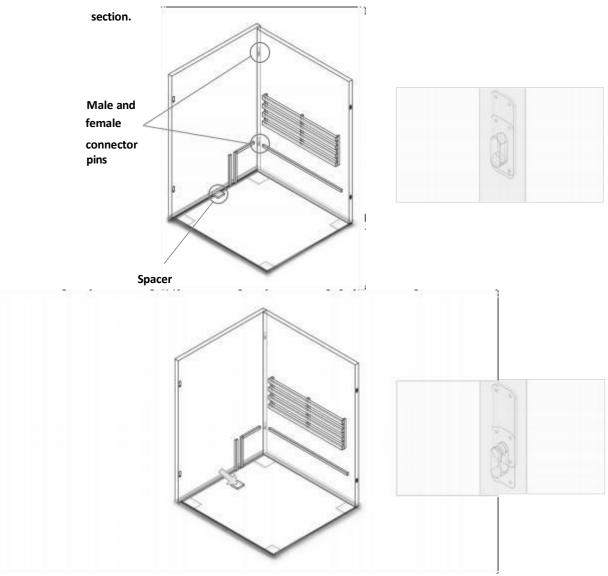
and



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# Using the spacer

- . To connect the wall sections together easily, use the wooden spacer (refer to images below) to bring the 'male' and 'female' connector pins into alignment.
- . When connecting the side panels to the back panel, ensure that one assembler holds the back panel in place while the other assembler places the spacer on the edge of the floor section before placing the side wall on top of the spacer. This will raise the height of the male pins in the side wall to the same height as the female pins in the back without the need for lifting.
- . Once the pins are pushed together and secure, remove the spacer from under the wall section. The wall panel will drop and lock into place.



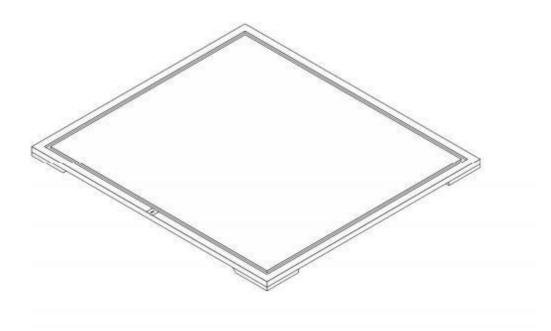
. Check that both the top and bottom pins are fully connected before moving onto the next  $% \left( {{{\mathbf{x}}_{i}}} \right)$ 



Step 1

Position the base section in the location where sauna is to be installed (please obey safety distances).

Ensure the 'Front arrow' sticker is facing up and is to the front.

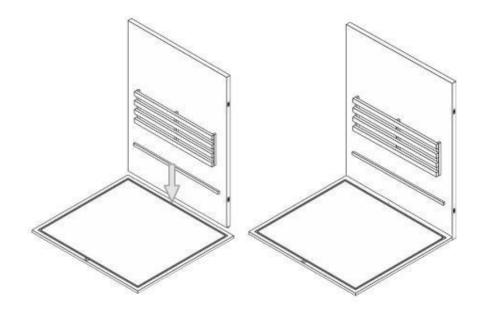






# Step 2

Position the rear panel with pre-installed back rest at the back of the base section.

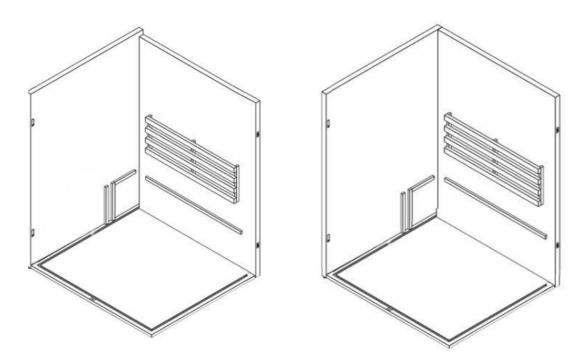




Step 3

Install left hand side panel.

Ensure that hidden internal connectors are aligned. The panel then drops down to lock in place.





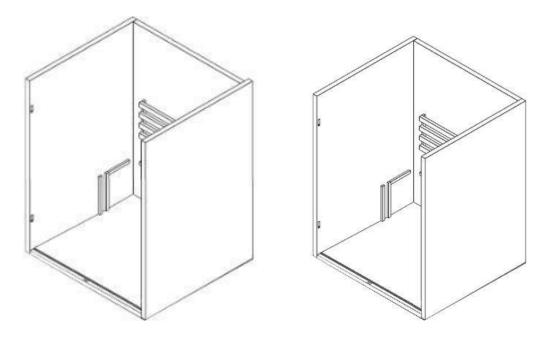




Step 4

Install the right hand side panel.

Assembly



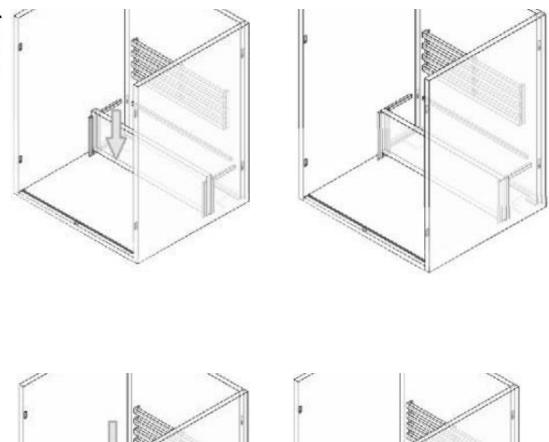


Assembly and installation

Assembly process

Step 5 (FOR TD3)

Install the bench panels as shown in the images below.





# Step 6

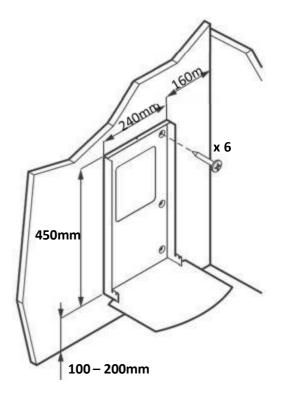
Install the Harvia Vega heater as follows:

1. Remove both cardboard covers before installation.



2. Fasten the wall-mounting rack on the wall using the screws supplier with the rack.

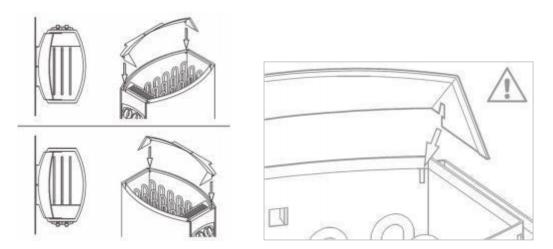
Note: The fastening screws must be screwed deep into the panel, and not only superficially embedded into tongue-and-groove panel.





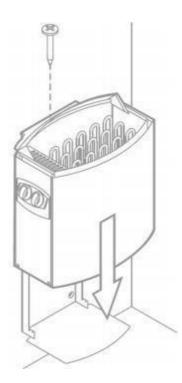
# Step 6 (contd.)

3. The right- or left-handedness of the heater can be changed by installing it onto the rack correspondingly. Ensure that the clip fastens into the hole properly.



4. Lift the heater onto the rack on the wall such that the fastening hooks of the lower part of the rack go behind the edge of the heater body. Fasten the edge of the heater onto the rack using a screw.

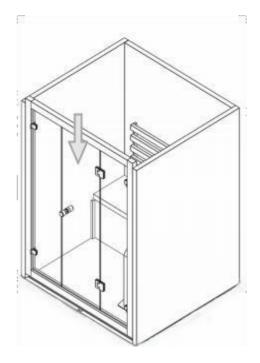
For information about electrical connections, see page 29.

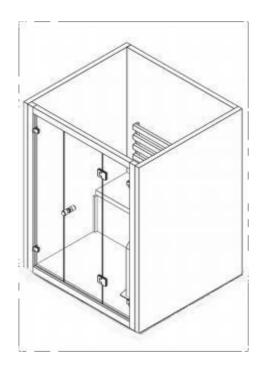




Step 6

Install front sauna panel with pre hung door making sure that all panels are sat flush with the sauna base.



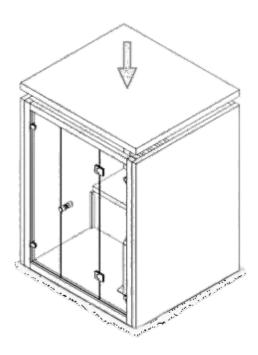


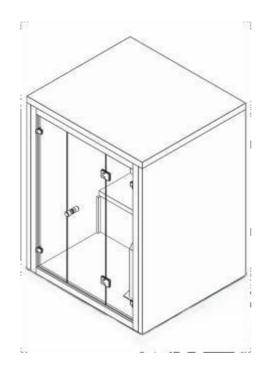


Step 7

2 persons are needed for this step.

Attach the roof panel to the sauna taking care to ensure that all the cables have been fed through the pre-drilled holes.







Harvia Vega heater

All SaunaMed TD saunas come with the Harvia Vega sauna heater.

Please read this section (Harvia Vega heater user guide) carefully before using the heater.

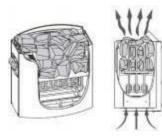
Selecting the correct type of stones

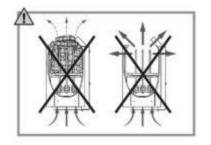
Piling the sauna stones

The heater comes with 1 x set of sauna stones. However, sauna stones need to be replaced yearly, so please read the guidance notes below regarding selecting the correct stone type.

- . The stones should be 5 10 cm in diameter.
- . Only use angular, split-face sauna stones that are intended for use in a sauna heater. Peridotite, olivine-dolerite, and olivine are suitable stone types.
- Split-face stones store plenty of heat, making the water thrown onto them vaporise efficiently on the broad fracture surface. The split-face stones are easy to stack and enable good air circulation, which saves the heating elements of an electric heater. Light (ceramic), soft (soapstone) and smooth (rounded) sauna stones do not produce the desired results. The split-face sauna stones by Harvia are selected with respect for old sauna traditions and provide bathers with proper, soft steam sensations.
- . Light, porous ceramic 'stones' or soft soapstones do not absorb enough heat when warmed up. This can damage the heating elements.
- . Wash off all dust from the stones before piling them into the heater.

DO DO NOT Place the stones gently into the heater. Drop stones into the heater Distribute the stones evenly between the Lean the stones on the heating elements directly. heating elements and pile the stones such that they support each other. Ensure that there is sufficient space between Do not place objects or devices which could interfere with the air circulation/flow between the stones to allow for air circulation between them. the stones inside the heater, between the heating elements, or near the heater.





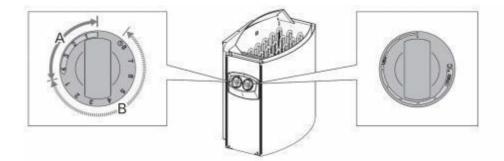


### Maintenance

- . Regular maintenance of the heater ensures that the heating capability stays optimal and minimizes the risk of overheating.
- . Ensure that the heater has been turned off and that the heater has cooled down completely before performing any maintenance work.
- . Due to the large variation in temperature during use, the sauna stones may disintegrate over time. To mitigate this, rearrange the stones at least once a year, and more regularly if the sauna is in frequent use.
- . Remove any particles which have fallen off from disintegrated stones and replace any disintegrated stones with new ones.

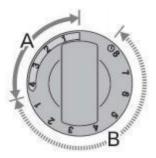
Using the heater for the first time

- . When operating the heater for the first time, you may observe that the heater and stones emit a smell. To remove this smell, ensure that the sauna room is well-ventilated.
- . If the heater output is suitable for the sauna room, it will take about 1 hour for a well-insulated sauna to reach the required temperature of 65–80 °C. The sauna stones will normally reach the required temperature at the same time as the sauna room.
- . Before switching the heater on, always check that there are no objects on the heater or within the safety distance (1.6).
- . The heater comes equipped with built-on controls for the timer and a thermostat. The timer is for setting the heating duration for the heater, and the thermostat is for setting the sauna temperature.





- Turning the heater on 1. Turn the timer start heating i
  - Turn the timer dial to the 'on' setting (Zone A). The heater will start heating immediately. The range is 0 – 4h.
  - Turn the timer dial to the 'countdown' setting (Zone B). This starts the countdown corresponding to the number of hours.
    Once the countdown is complete, the heater will begin heating for 4 hours.



Turning the heater off

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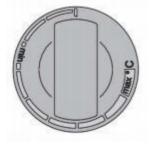
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- The heater turns off and stops producing heat automatically when the timer reaches zero.
  You can also turn the heater off manually by turning the timer switch to 0.
  - 2. Switch the heater off after bathing. It is advisable to leave the heater on for a while to allow the wooden sauna parts to dry properly.
  - 3. Always check that the heater has been turned off and has stopped producing heat after the timer has turned to 0.

### Setting the temperature

- The thermostat keeps the temperature in the sauna at a desired level. Through experimentation, you can find the temperature that suits you best.
- 2. Begin experimenting by setting the heater at the maximum temperature. If the temperature rises too quickly or the heat becomes too intense during the sauna session, turn the dial counter-clockwise slightly. Note that even a small adjustment on the temperature dial can result in a significant change in the temperature of the sauna.





Throwing water on heated stones

- 1. The air in the sauna becomes dry when warmed up. Therefore, it is necessary to throw water on the heated stones for the sauna to reach a suitable level of humidity. The effect of heat and steam on user varies from person to person, so do experiment to find the temperature and humidity level that would suit you best.
- 2. The maximum volume of the ladle is 0.2L (200ml). Do not pour an excessive amount of water onto the stones, as only part of it will evaporate and the rest may splash as boiling hot water onto users. Do not throw water on the stones when there are people near the heater as the hot steam may scald them.
- 3. The water thrown on the heated stones should meet the requirements of clean water in the table on page 24. Only sauna aromas are to be used, and always follow the instructions on the package.
- 4. Do not use excessive water on the sauna stones as this will damage the heating elements. Only use a small amount of water in the ladle so that the water only makes contact with the sauna stones at full temperature so that water instantly evaporates. If excess water is used the water will reach the heating elements, causing rapid cooling of the elements, which will cause damage to them and reduce their life.

During the sauna session...

- 1. Begin by having a shower.
- 2. Stay in the sauna for as long as you feel comfortable to.
- 3. Release the tensions in your muscles and relax.
- 4. In accordance with sauna etiquette, be mindful to keep your volume down when in the sauna with other users.
- 5. Always ask other users before throwing water onto the stones, as this creates a steam ('löyly') and increases the temperature in the sauna room, and some users may not be accustomed to higher temperatures.
- 6. After the sauna session, cool yourself down and have a shower. If you in a good health, you may also have a swim if a swimming facility is available.
- 7. Allow your pulse to return to a normal rate and drink some fresh water or a soft drink to replenish your fluids.



# . Staying in a hot sauna for long periods of time will increase your body temperature. Ensure that you are in good physical health and that your body can withstand this temperature rise.

- 2. Keep a safe distance away from the heater when it is in use. The stones and the external surface of the heater may be hot to the touch and can cause scalding.
- 3. Keep children away from the heater.
- 4. Always ensure that children and disabled users are supervised during use.
- 5. Consult your GP or a medical practitioner should you have any health-related concerns, and if you are considering taking an infant or child into the sauna.
- 6. Take care when moving around the sauna as the floor and bench surfaces may be slippery.
- 7. Never enter a hot sauna after consuming alcohol, or if you have taken any medicines or narcotics.
- 8. Never sleep in a hot sauna.
- 9. Avoid placing the sauna cabin in a humid or coastal environment as this may corrode the metal components of the heater.
- 10. Do not dry clothing in the sauna, as this may pose a fire risk. Excessive moisture and humidity in the sauna cabin may damage the electrical equipment.

Water property	Observations and effects	Permitted concentration
Humus	Colour, taste, precipitates	< 12mg/L
Iron	Colour, odour, taste, precipitates	< 0.2mg/L
Hardness: substances include	Precipitates	Mn: < 0.05mg/L
manganese (Mn) and lime, i.e.		Ca: < 100 mg/L
calcium (Ca)		
Chlorinated water	Health risk	Do not use
Seawater	Rapid corrosion of equipment	Do not use



Observation	Solution
The heater does not heat up.	Check that the fuses to the heater are in good condition.
	Check that the connection cable is connected to the power main
	and that all connections are secure.
	Turn the timer switch to the 'on' section (see page 22)
The sauna takes a long time to heat up, and the water thrown on the sauna stones cool down on the stones rapidly.	Turn the thermostat to a higher setting
	Check that the overheating protector has not been activated.
	If the temperature of the sauna becomes dangerously high,
	overheat protector will be activated and cut off the power supply
	the heater.
	When the overheating protector has been activated,
	countdown timer will still work but the heater will not heat up.
	The overheating protector will need to be reset (see page 30)
	restore the power supply to the heater and for the heater to h
	up again.
	Ensure that the fuses leading to the heater are in good condition
	Check that all heating elements glow when the heater is turned
	on.
	Turn the thermostat to a higher setting (see page 22)
	Check that the overheating protector has not been activated.
	If the temperature of the sauna becomes dangerously high,
	overheat protector will be activated and cut off the power supply
	the heater.
	When the overheating protector has been activated,
	countdown timer will still work but the heater will not heat up.
	The overheating protector will need to be reset (see page 30)
	restore the power supply to the heater and for the heater to h



# Troubleshooting guide

ObservationSolutionThe heater heats up in good time, but the stones do not, and water thrown on the stonesTurn the thermostat to a lower setting (see page 22)Open the stonesCheck that the heater output is not too high (see page 22)Open the sauna vents (see page 31)Open the sauna vents (see page 31)percolate through the stones.Check that the heater has been installed at the correct he heater will function optimally when installed between 1 200mm from the floor.The sauna room heats unevenly.Check that the heater has not been positioned correctly contact SaunaMed.The panels and bench modules near the heater darken quickly.Ensure that the requirements for safety distances are met to 16).Ensure that the sauna stones are positioned correctly (see Using the wrong type of stones, packing the stones to get tightly, or not replacing the stones after they have distributed	ght. The 00mm – er, if you
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	ther too
	tegrated
over time, can all hinder air flow through the heater, and	result in
the overheating of surrounding materials.	
If both of the above checks have been completed, it may	e worth
bearing in mind that the darkening of wooden surfaces is	perfectly
normal over time. This darkening can be accelerated by:	
. Sunlight	
. Heat from the heater	
. Protective finishes on the walls, which have po	or heat
resistance	
. Fine particles from disintegrated sauna stones where the particles from the particles f	
with the air flow	ich rise



uide	Troubleshooting guide	
Harvia Vega heater user guide	Observation	Resolution
	The heater emits a smell.	See page 21.
		The hot heater may intensify odours in the air that are not emitted
		from the sauna itself or the heater, for example, paint, glue, oil,
		fragrances etc.
	The heater makes a noise.	The timer dialis a mechanical device and makes a ticking sound
		when it is in the countdown setting. However, if the heater makes
		a ticking noise after the heater has been switched off, check the
		timer's wiring to ensure it has been set up properly.
		Occasional popping noises are most likely caused by stones
		cracking from the heat.
		The thermal expansion of heater parts can cause noises when the
		heater heats up.



SaunaMed\*

Feel Good Factor

Sauna room hygiene

Bench towels should be used during bathing to prevent sweat from getting onto the benches.

The benches, walls, and floor of the sauna should be washed thoroughly at least once every six months. Use a scrubbing brush and sauna detergent.

Wipe dust and dirt from the heater with a damp cloth. Remove lime stains from the heater using a 10%

citric acid solution and rinse.



# Harvia Vega heater user guide PLEASE REFER TO THE HARVIA VEGA HEATER MANUAL FOR FULL CONNECTION INSTRUCTIONS.

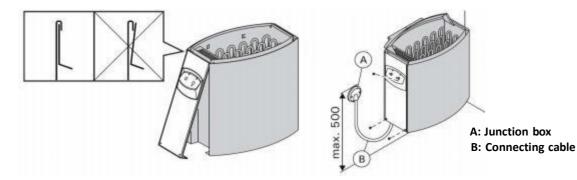
**Electrical connections** 

- 1. The heater may only be connected to the electrical network in accordance with the current regulations by an authorized, professional electrician.
- 2. The heater is semi-stationarily connected to the junction box (figure 8: A) on the sauna wall. The junction box must be splash-proof, and its maximum height from the floor must not exceed 500mm.
- 3. The connecting cable (figure 8: B) must be of rubber cable type H07RN-F or its equivalent. Due to thermal embrittlement, do not use the PVC-insulated wire as the connecting cable of the heater.
- If the connecting and installation cables are higher than 1000mm from the floor in the sauna 4. or inside the sauna room walls, they must be able to withstand a minimum temperature of 170°C when loaded (e.g. SSJ). Electrical equipment installed higher than 1000mm from the sauna floor must be approved for use in a temperature of 125°C (marking T125).
- 5. In addition to supply connectors, the BC heaters are equipped with a connector (P), which makes the control of the electric heating possible (figure 10). Voltage control is transmitted from the heater when it is switched on. The control cable for electrical heating is brought directly into the junction box of the heater along a rubber cable with the same cross-sectional area as that of the connecting cable. If the second cable hole is not in use, the strain relief clamp must be screwed shut.
- 6. When closing the cover of the connection box, ensure that the upper edge of the cover is placed correctly. If the upper edge is misplaced, water may enter the connection box.

### Electrical heater insulation resistance

When performing the final inspection of the electrical installations, a "leakage" may be detected when measuring the heater's insulation resistance. This is because the insulating material of the heating elements may have absorbed moisture from the air while in storage or during transport. This moisture will naturally be eliminated from the heating elements after the heater has been used several times.

Do not connect the power supply for the heater through the RCD (residual current device).





Resetting the overheat protector

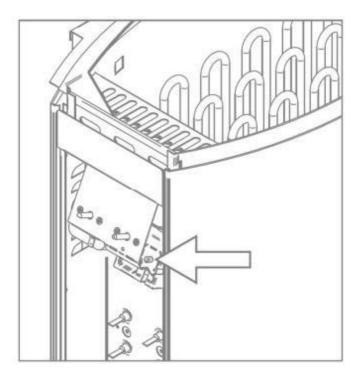
If the temperature of the sauna room becomes dangerously high, the overheat protector will permanently cut off the supply of the heater. The overheat protector can be reset once the heater has cooled down.

Only a qualified electrician should carry out the reset of the overheat protector.

Prior to resetting the overheat protector, the cause of the fault must be ascertained.

- Have the stones crumbled, and are they positioned too close to one another?
- . Has the heater been on for a long time while unused?
- . Is the sensorfor the thermostat out of place or broken?
- Has the heater been handled roughly (inspect for any damages on the body of the heater)?

The reset button is located inside the heater's connection box, as per the diagram below. Press the reset button once to reset the overheat protector.





Set the temperature to a comfortable level. This is normally around 80 - 90°C.

Allow approximately 8 – 15 minutes for the sauna to warm up.

Perspiration will begin within a few minutes after stepping into the unit. We recommend a sauna session of no longer than 45 minutes. Only stay in the sauna cabin for as long as you feel comfortable. You may wish to have a short, cold shower after the sauna session, and to rinse and repeat for as many times as you wish.

When the temperature reaches the level set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature level inside the sauna.

The front door/ceiling vent can be opened at any time to allow fresh air into the sauna.

Drink plenty of water before, during, and after each session to replenish lost fluids.

Taking a hot shower or bath be<u>fore the</u> sauna session will accelerate perspiration. However, do dry off thoroughly before entering the sauna cabin, as excessive water will stain and/or warp the wood.

To absorb perspiration and to keep the sauna tidy, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe sweat from the body.

Massage any affected areas to relieve sore and tense muscles.

Shaving your face or legs with a razor while profusely sweating during a sauna session yields an incredibly smooth skin without the use of gels or foams.

Do NOT eat at least one hour before a sauna session. It is recommended to enter the sauna with an empty stomach.

Do NOT use the sauna immediately after strenuous exercise.

At the first sign of a cold or flu, increasing the frequency of sauna sessions may be beneficial in boosting your immune system and decreasing the proliferation rate of viruses.

After the sauna session is over, do not leave the cabin immediately. Allow the body to perspire for about 2 minutes. Then, take a warm shower and finish off with a cold shower to cool off completely.

Consult your physician for the proper treatment or any other conditions.

Open the vent to allow for ventilation if required.



SaunaMed warrants that the sauna will be free from defects in materials and workmanship for a period of two (2) years for the electronic components and five (5) years for the cabin from the date of purchase.

If the product proves defective during the warranty period, SaunaMed, at its discretion, will:

- 1. repair the product by means of telephone or email support or depot service at no charge for parts, OR
- 2. replace the product with a comparable product which may be new or refurbished, OR
- 3. refund the amount paid for the product, with a reasonable allowance for usage, upon its return.

SaunaMed recommends the customer first utilizes support materials shipped with the product, the troubleshooting guide (see Pages 35 - 38), information found on the Aqualine website, and email support.

If unsuccessful, to obtain service under this warranty, the customer must notify SaunaMed Telephone Support or its authorized service representative of the defect before the expiration of the warranty period. Customers are to provide appropriate assistance to telephone support personnel to resolve issues.

If telephone support is unsuccessful, SaunaMed or its authorized service representative will instruct the customer on how to receive warranty repair.

In the maintenance of the product, SaunaMed may use new or equivalent to new parts, assemblies, or products for equal or improved quality. All defective parts, assemblies, and products become the property of SaunaMed. SaunaMed may require the return of parts, assemblies, and products to a designated to the SaunaMed representative from which the part, assembly, or product was originally purchased. Return and claims will be handled according to the current SaunaMed procedure.

These warranties shall not apply to any defect, failure or damage caused by improper use or improper or inadequate maintenance and care.

SaunaMed shall not be obligated under these warranties:

- a. to repair damage resulting from attempts by personnel other than SaunaMed representatives to install, repair, or service the product unless directed by a SaunaMed representative,
- b. to repair damage, malfunction, or degradation of performance resulting from improper use or connection to incompatible equipment,
- c. to repair any damage, malfunction, or degradation of performance cause by the use of non SaunaMed supplies or consumables or the use of SaunaMed supplies not specified for use with this product,
- d. to repair an item that has been modified or integrated with other products when the effect of such modification or integration increases the time or difficulty of servicing the product or degrades performance or reliability,
- e. to perform user maintenance or cleaning or to repair damage, malfunction, or degradation of performance resulting from failure to perform user maintenance and cleaning as prescribed in published product materials,
- f. to repair damage, malfunction, or degradation of performance resulting from use of the product in an environment not meeting the operating specification set forth in the user manual,



- g. to repair damage, malfunction, or degradation of performance resulting from use of the product in an environment not meeting the operating specification set forth in the user manual,
- h. to warranty repair this product after it exceeds the print volume referenced in this warranty statement,
- i. to replace items that have been abused, misused, or tampered within any way,
- j. to install replacement items that are considered customer replaceable,
- k. to provide control panel software or firmware upgrades or upgrades.

Any service identified in the above list and provided by SaunaMed at the customer's request shall be invoiced to the customer at SaunaMed's then current rates for parts, labour, and travel.

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Date of purchase

Date of delivery

Model number

Serial number (printed on the inside of the back panel)

Dealer information (name and contact number)

