

SAUNA



Blackstone Saunas warrants its products to be free of defects in material and workmanship for the period of 2 years. Blackstone Saunas will replace parts, which become defective within the warranty period, except for those parts damaged due to abuse, improper installation, misapplication, misuse, negligence, power surges, normal wear and tear, or unauthorized modifications. Any parts claimed to be defective must be shipped, freight prepaid, to Blackstone Saunas and the repaired or replaced product will be returned to the sender freight collect, labour charges will apply. When sent to Blackstone Saunas, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim.

This warranty extends only to the original purchaser and terminates upon transfer of ownership. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to moisture or excessive heat, power surges, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it, nor for injury to any person, any claims for damages arising from the use, installation, or servicing of the product.

The purchaser is responsible for providing adequate access to the equipment for performance of any necessary service. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna components including the freight charges to and from customer shall be at the customer's expense. Jurisdictional provision: the laws of the Province of British Columbia control the provisions of this document. By accepting this warranty, the buyer subjects themselves to jurisdiction of the laws of the Province of British Columbia and agrees that place of suit shall be in Qualicum Beach, British Columbia, Canada.

- This warranty applies to all saunas sold on or after 14 July 2009.
- The average lifetime of an infrared sauna depends on frequency of usage.
- **NO RETURNS OR EXCHANGES ON ANY AND ALL PURCHASES**

YOUR NEW CUSTOM SAUNA

• HOME OWNERS GUIDE •



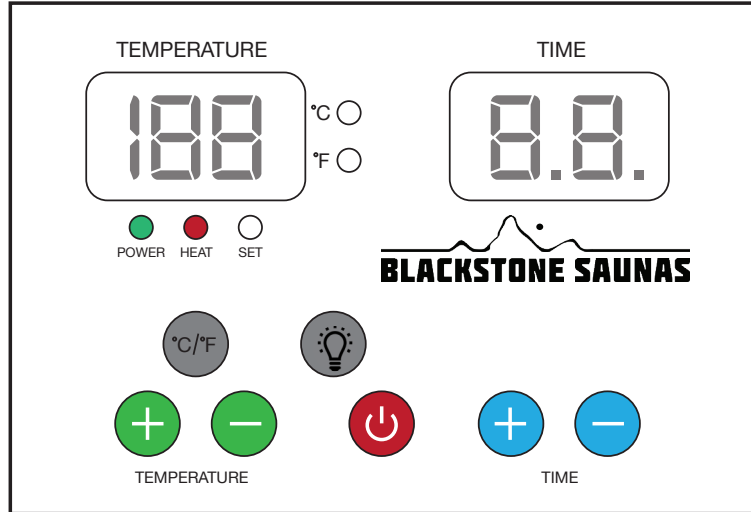
WELCOME TO YOUR SAUNA

YOUR HOME OWNERS GUIDE

SAUNA CONTROLS

YOUR DISPLAY PANEL

NOTE: Before powering on the sauna for the first time, see that all wiring connections (Control Box Heaters, Temperature Sensors, etc.) are correct and undamaged.



BUTTON/INDICATOR	FUNCTION
POWER INDICATOR LIGHT	Turns on when sauna is connected and receiving power
LIGHT BUTTON (BULB ICON)	Press to turn on the Interior light
POWER BUTTON	Press to turn sauna heaters on/off
HEAT INDICATOR LIGHT (RED)	Turns on when sauna heaters are on
SET BUTTON	Press to set the time and/or temperature
SET INDICATOR LIGHT (YELLOW)	Turns on when in "SET MODE"
TIME (+) (-)	Press (+) to increase time and (-) to decrease
TIME DISPLAY	Displays (in minues) the time remaining When in "SET MODE" the desired time is shown
TEMPERATURE (+) (-)	Press (+) to increase temperature and (-) to decrease
TEMPERATURE DISPLAY	Displays the actual temperature inside the sauna When in "SET MODE" the desired temperature is shown
°C / °F	Press to view the temperature setting in °C OR °F
°C INDICATOR LIGHT (RED)	Turns on when temperature is displayed in Celsius
°F INDICATOR LIGHT (RED)	Turns on when temperature is displayed in Fahrenheit

SAUNA OPERATIONS

MAIN POWER:

Once sauna is connected/receiving power, the POWER INDICATOR LIGHT (GREEN) will turn on.

INTERIOR LIGHT:

Press the LIGHT BUTTON (LIGHTBULB ICON) to turn on the interior light.

TURN HEATERS ON/OFF:

Press the POWER BUTTON to turn the sauna heaters on/off. Once turned on, the HEAT INDICATOR LIGHT (RED) will turn on and heating will begin immediately using the settings registered from the previous sauna session.

CHANGE SETTINGS:

To change the time/temperature settings, press the SET BUTTON. The SET INDICATOR LIGHT (YELLOW) will turn on to indicate that you are in "SET MODE." Then press the (+) or (-) BUTTONS accordingly to select your desired time and temperature. Once you have completed your selection, press the SET BUTTON again or let sit for a few seconds. The SET INDICATOR LIGHT (YELLOW) will turn off and your selections will then be registered.

Note: Once you have exited "SET MODE," the temperature shown on the TEMPERATURE DISPLAY will revert back to the actual temperature inside the sauna.

Note: Settings can be changed at anytime by pressing the SET BUTTON.

CELSIUS + FAHRENHEIT

Press the °C/°F BUTTON to view the temperature display in Celsius or Fahrenheit. When the temperature is displayed in Celsius, the °C INDICATOR LIGHT (RED) will turn on or vice versa when selecting Fahrenheit.

TIME REMAINING:

When there are 5 minutes remaining in your session, the sauna will beep 10 times as a reminder. Once the time has expired, the sauna heaters will turn off. All other components, if previously turned on, will remain on and must be turned off manually.

CD PLAYER:

Refer to "PC3681 OPERATION INTRODUCTIONS HANDBOOK" with CD Player.

TIPS FOR YOU

1. Taking a hot/warm shower or bath before your sauna session, you may perspire more and feel more comfortable.
2. Drink some water prior to, during, and after your sauna session to replenish body moisture.
3. Use at least 2-3 towels. Sit on one towel folded over several times for added cushion. Put another towel on the floor to absorb extra sweat, a third towel draped over the knees to towel off sweat often for even sweating.



TIPS CONTINUED

4. At the first sign of cold or flu increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
5. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
6. To treat your ankles and feet more effectively, you can elevate them and move as close to one emitter to achieve a specific deep heating effect as you feel comfortable.
7. To utilize the sauna's heat therapy effect, put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
8. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
9. After the session is over, do not jump into the shower immediately. Since your body was heated up during the session, it will continue to sweat even after the emitters are off. Sit in the sauna with the door open and let the body sweat a little bit more while it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

SAFETY INSTRUCTIONS

Read and follow all instructions carefully before you use sauna. When installing and using this electrical equipment, basic safety precautions should always be followed.

1. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
2. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
3. Pregnant or possibly pregnant women should contact their physician prior to using the sauna. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy.
4. **Hyperthermia Danger:** the normal body temperature can't rise above 39°C (103°F). Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, physical inability to exit sauna, unawareness of impending hazard, unconsciousness and fetal damage in pregnant women. Hyperthermia will make your body's core temperature rise, the high sauna temperature set-up is not recommended.
5. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
6. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.



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SAFETY INSTRUCTIONS CONTINUED

7. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and blood circulation.
8. Exercise care before or after the sauna.
9. Never sleep inside the sauna while the sauna unit is working.
10. Do not use any type of cleaning agents on the interior of the sauna.
11. If power supply line becomes damaged, it must be replaced immediately by the manufacturer or its agent or a similarly qualified person. If you find the power line is too hot, the electrical equipment may be in trouble, please ask the manufacturer or its agents to inspect the unit to avoid hazard.
12. Do not use the sauna during an electrical storm to avoid risk of shock.
13. Do not repeatedly switch on or off the power and heating system, it will destroy the electrical equipment easily.
14. Do not attempt any repair by yourself, if you have a problem, please consult the selling distributor or the manufacturer to eliminate safety risks. Unauthorized repair attempts will void manufacturer's warranty.
15. Please make sure the power supply is big enough for your sauna. An under rated power supply will cause the line to heat and pose a safety risk.
16. Do not pour water or other liquids on the infrared emitters. Do not bump the elements with something hard which could break the element and cause an electrical short. Please be careful of this!

SAFEGAURDS

1. Do not pour water or other liquids near the emitters and electrical equipment.
2. Do not use liquid cleaners or aerosol cleansers inside the sauna. Use damp cloth for cleaning.
3. Power supply should be routed so it is not likely to be walked on or pinched by items placed upon or against it. Please protect the power line and do not step on it on the ground, as it is a hazard.
4. When replacement parts are required, be sure they are specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards. After repair, please ask the service technician to perform safety checks to determine that your sauna is in proper operating condition, and then you can use it.
5. Power supply must be installed outside the sauna room.
6. The temperature sensor guard must be fastened in place to protect the thermostat
7. Make sure both connections are turned off before servicing.



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SAUNA CARE & MAINTENANCE

CARE OF THE SAUNA ROOM.

When finished using the sauna, propping the door open will allow good air flow to dry out all wood surfaces (or opening the vent in the sauna room). Do NOT use commercial wood sealers from local lumberyards or hardware stores on the cedar door or guard. These are not designed to withstand the sauna temperatures or humidity!

SAUNA MAINTENANCE.

Some swelling or shrinkage can occur in the door depending on the seasons and the moisture levels in the building. The friction door catch can be removed and the pressure-setting adjusted at any time. The light bulb can be replaced by any 40 or 60 watt bulb of any color, including white. Amber-orange colored bulbs are the most ideal for a soft, warm and comfortable light. A shorter bulb life is normal for sauna lights

HEATER MAINTENANCE.

Heaters usually require little or no regular maintenance. Never unassemble the heater or open the electrical box. This should be done by a qualified person.

HEALTH PRECAUTIONS

Like bathing in a hot tub, excessive exposure can be harmful to a person's health. Persons with poor health should consult their physicians before using or entering the sauna

MOST IMPORTANTLY
ENJOY YOUR NEW SAUNA



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