



Welcome to the Family

 *Infinity* S A U N A

USER MANUAL

## IMPORTANT HEALTH / SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed. Read all Instructions before using this device.

### **DANGER – To reduce the risk of electric shock:**

- DO NOT SPLASH WATER ON THE HEATERS.
- Always turn off power to surge protector or unplug this appliance from the electrical outlet before cleaning.
- Do not touch the heaters and plates with foreign objects while sauna is operating.
- Do not place a hand towel on the heater cover, as this is a fire hazard.

## GENERAL SAFETY INSTRUCTIONS

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons, observe the following:

- 1) We strongly recommend the use of a Ground Fault Circuit Interrupter (GFCI) device or a surge protector.
- 2) Altering or tampering with any of the electrical connections on the power supply will void the warranty.
- 3) Do not stack or store any objects on top of or inside the sauna. Do not store flammable or explosive substances near the sauna. Please take special notice of this precaution if unit is stored in a garage area.
- 4) Before replacing any lights, switch power off and wait for bulb to cool.
- 5) If the sauna is not being used for an extended period of time, unplug the main power supply from the wall.
- 6) Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
- 7) Never sleep inside the sauna while the unit is in operation.
- 8) Do not take other electrical products into the sauna when sauna is in use.
- 9) Do not smoke in the sauna.
- 10) Do not use the unit during an electrical storm, as there is a remote risk of shock.
- 11) Dry your hands before handling electrical controls. Never unplug the power cord, nor adjust the controls with wet hands or when you have bare wet feet. A danger of electrical shock exists.

## HEALTH PRECAUTIONS

Read and follow instructions carefully.

- 1) Do not allow children, the elderly or disabled persons to use the sauna unless they are closely supervised at all times.
- 2) When installing and using this electrical equipment, basic safety precautions should always be followed.
- 3) 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.
- 4) **Hyperthermia Danger:** Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazards, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.
- 5) The use of alcohol, drugs, or medication 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.
- 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 circulation.
- 8) Exercise care when entering or exiting the sauna.
- 9) If the power supply cord becomes damaged it must be replaced immediately by the manufacturer or its agent or a similarly qualified person

## ENJOYING YOUR SAUNA

This sauna is a high technology product that utilizes far infrared heat. Infrared heat waves reach the body directly without having to heat the intervening air inside the sauna. With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in a traditional sauna. Because infrared heat energy warms the body directly, a lower thermostat temperature can be used to achieve the desired results.

An important effect is strengthening resistance against diseases, reducing fatigue and stress and accelerating metabolism. It has been proven to have outstanding benefits to expel body wastes, improve the immune system, relieve pain, provide weight loss and improve blood circulation. It even stimulates the production of endorphins; this is the reason why users normally feel positive and energetic after a sauna session.

Review all health and safety instructions. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

## KEEPING YOUR SAUNA LOOKING NEW

Your sauna is made of kiln-dried raw wood. No stains or chemicals have been applied in the construction of the unit. We do this to eliminate any possible off gassing which often occurs with new products treated with various chemicals. Sweat, particularly from those with high toxicity levels such as heavy smokers, can stain this untreated wood. We suggest that you protect the wood using several towels: place towels or a bath mat on the floor of the sauna, and towels on the bench.

To reduce sweat stains on the sauna benches and backrest, you can also apply a non-toxic clear coat sealer.

To remove stains from the wood, you can use fine grain sand paper to restore the original look of the sauna.

The sauna is made from the fine timber. All natural wood products have variations in the color and grain, as well as irregularities such as knots and fine cracks. There can be some residual bleeding of sap even though the timber has been kiln dried. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.

## CLEANING

- 1) Before using your sauna for the first time, clean the inside of the sauna with a damp cloth.
- 2) When cleaning the exterior, use natural wood cleaning products. Do not use any type of cleaning agents on the interior of the sauna.
- 3) After finishing a sauna session, open the door to refresh the inside air.

## COMMERCIAL USE

If you are considering using this sauna for commercial uses, we strongly recommend that you apply a water-based clear coat wood sealer for the benches and possibly the floor. This will help to keep your sauna looking brand new.

## USER GUIDE

- 1) Allow approximately a 20-30 minute warm up period to reach desired temperature. Warm up times may vary depending on the location and ambient room temperature. We recommend not running these celerant heating system longer than 30 minutes, if the temperature is not comfortable at this time, switch the sauna unit to therapy mode and continue warm up.
- 2) Because Infrared Therapy is independent of air temperature, an Infrared Therapy session can begin after the heaters have reached their maximum operating temperature (approximately 5 minutes). If you elect this option, start the unit in "Therapy" Mode.
- 3) By setting the control panel to the "HIGH" setting, you are getting Infrared Heat Therapy for the entire session. It is important to note that the "HIGH" setting is designed to keep the heaters running for the full sauna session. If you feel the sauna is getting too hot for your comfort level, simply open the door to let in some fresh air. The Infinity Sauna is not designed to exceed 135° F.
- 4) Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain the wood. A warm shower after the session is refreshing and rinses perspiration from the body.
- 5) Perspiration may begin within 10-20 minutes after stepping into the unit. We recommend that a sauna session not exceed 60 minutes.
- 6) To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench of the sauna and one on the floor. Keep one towel handy to wipe excessive sweat from your body.
- 7) If you feel the need for more cooling, simply leave the door open until you feel comfortable.
- 8) Do not put any lotions or oils on the body or face when using sauna. This may block the pores and hinder perspiration.
- 9) 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.
- 10) 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. Consult your physician for the proper treatment for this or any other conditions.

# CONTROL PANEL INSTRUCTIONS

## Quick Start Instructions

1. Push sauna "POWER" button to turn on Sauna
2. Select Celerant Mode
3. Set Desired Time & Temperature

After 20-30 minutes

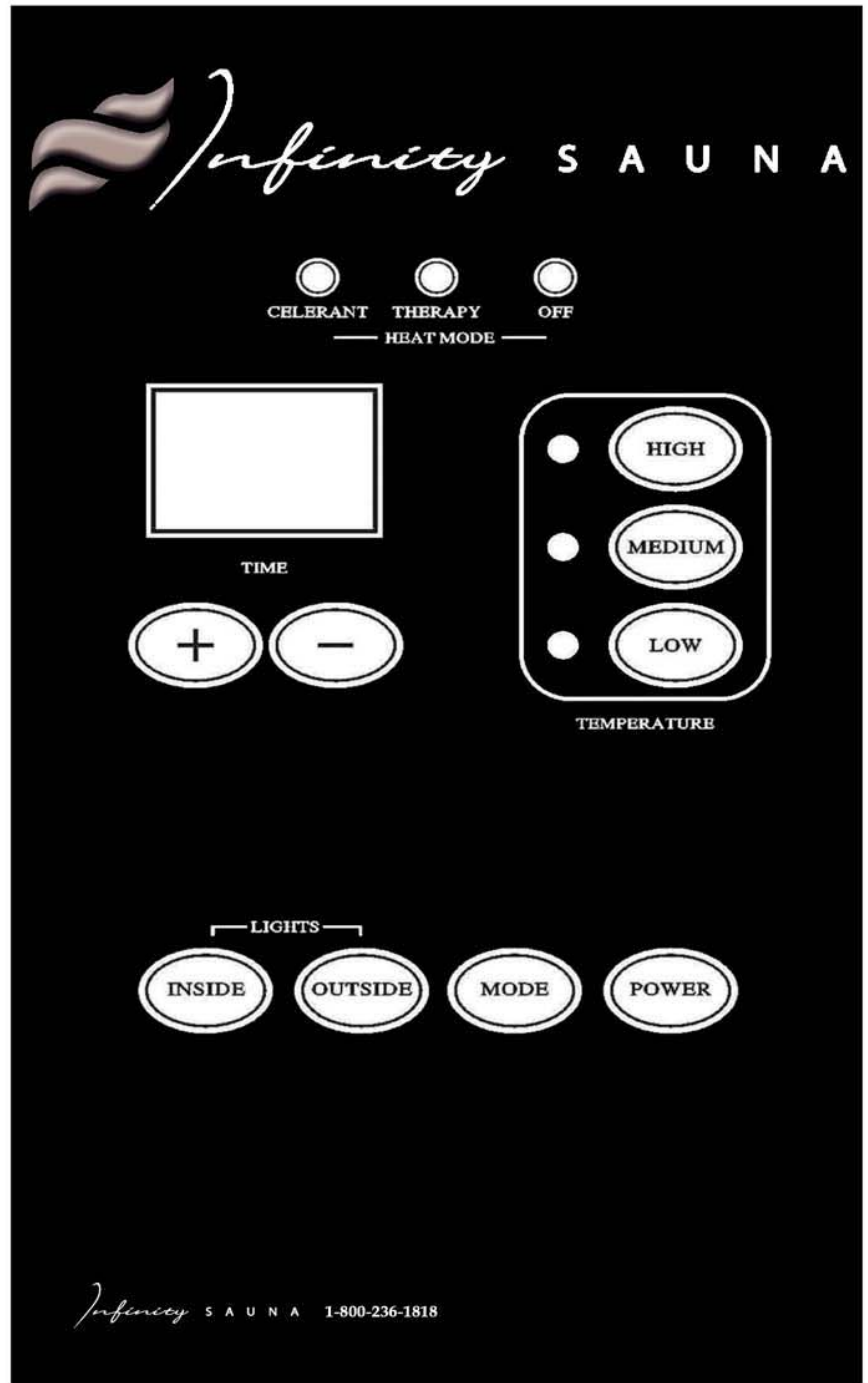
1. Select Therapy Mode
2. Readjust timer if needed
3. Re-adjust temperature if needed

When finished with your sauna session, push "POWER" button to turn off.

**Time Buttons:** Under the left side display, push + or - buttons to set the desired sauna session time. Maximum time is 60 minutes.

**Temperature Buttons:** By setting the sauna to HIGH, this keeps the infrared sauna heaters running for your entire sauna therapy session. Medium and LOW settings are offered for those users who do not care for a constant heat therapy and prefer the sauna to maintain a lower consistent temperature.

**Mode Button:** The "MODE" button is for switching between "Off" (no heaters running), "Celerant" (pre-heat mode) and "Therapy" (sauna session mode) indicated by the LED lights located at the top of the control panel.



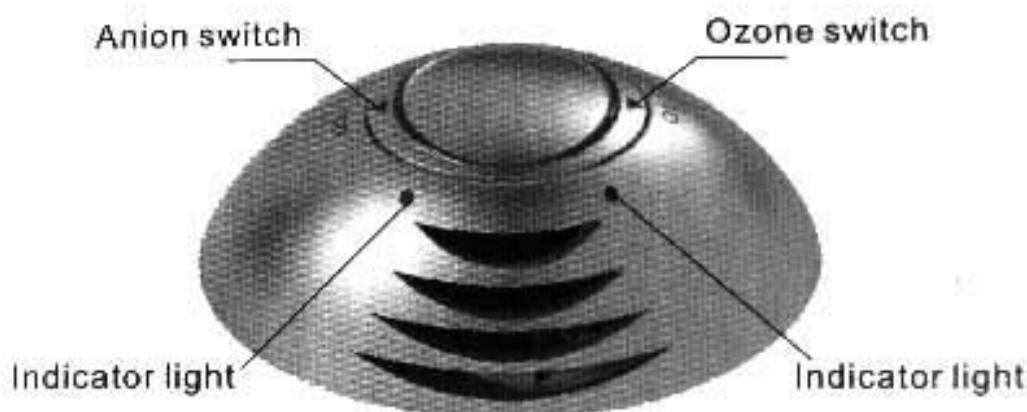


## IONIZER INSTRUCTIONS

The Ionizer shipped with your sauna is designed to sit above the control panel on the inside of the sauna. A power plug has been pre-wired to plug into the ionizer.

### **Warning:**

It is advised to use the "OZONE" function only once per session. It will turn off after 15 minutes of use.



## BRIEF INTRODUCTION

### **What are Negative Ions?**

A negative ion is an oxygen molecule with an extra electron that give it a negative charge. Negative Ions are quite abundant in nature and produced by waterfalls, plants, ocean waves and sunlight. Negative ions help to purify the air by binding with dust and pollution and causing the particles to fall to the ground.

### **Effects of Negative Ions in a Sauna**

According to health studies, people who are exposed to negative ions inside their sauna report significantly higher surface temperatures of the forehead, hands and legs. The pulse rates and sweat produced in saunas with negative ions were significantly higher than those people in a sauna who were not exposed to negative ions. The health study results suggest that exposure to negative ions may amplify the effects on humans in the sauna.

### **In addition, research has shown that negative ions can:**

- Destroy and remove airborne bacteria and viruses including histamines in the air which causes hay fever.
- Increase levels of serotonin, a neuro hormone associated with anxiety, stress and migraine, helping to relieve these symptoms.
- Have a beneficial effect on anyone suffering from bronchial complaints such as bronchitis asthma, catarrh and the common cold.
- Increase the speed and quality of healing of burns and surgical incisions with less cross infection and reduced pain.
- Enhance the body's absorption and utilization of oxygen, thus assisting concentration and alertness.
- Reduce the effects of passive smoking, and allergies to pollen, dust and pets.

## INFINITY SAUNA, INC. LIMITED WARRANTY

INFINITY SAUNA, INC. warrants against manufacturer's defects in the infrared heaters for the LIFETIME of the sauna.

INFINITY SAUNA, INC. warrants against manufacturer's defects in the digital controls and electrical system for a period of FIVE YEARS from the original date of purchase. Stereo and video components, ionizer, and light bulbs are not considered part of the electrical system, and are not covered by this warranty, but may be covered by the original manufacturer's warranty.

INFINITY SAUNA, INC. warrants against manufacturer's defects in the cabinetry of the sauna for a period of FIVE YEARS from the original date of purchase. All other sauna components, including glass windows, are not covered by this Limited Warranty.

### EXCLUSIONS

If INFINITY SAUNA, INC. determines that repair of the covered defect is not feasible, we reserve the right to instead provide a replacement sauna equal in value to the original purchase price of the defective sauna. In such an event, reasonable costs for removal of the defective sauna, shipping costs for the replacement sauna, and delivery of the replacement sauna will be the responsibility of the sauna owner.

This Limited Warranty is void if INFINITY SAUNA, INC. or its designated representative determines that the INFINITY SAUNA has been subjected to alteration, neglect, misuse or abuse, or if failure is caused by accident, acts of God or other causes beyond the control of INFINITY SAUNA, INC. Neglect, misuse and abuse include any installation, operation or maintenance of the sauna other than in accordance with the instructions contained in the owner's manual provided with the sauna. This Limited Warranty does not provide coverage for any item attached to, or installed on, the sauna after the date of manufacture.

### LIMITATIONS

This Limited Warranty takes the place of all other warranties, express or implied, in fact or at law, including implied warranties of merchantability and fitness for a particular purpose. No agent, dealer, distributor, service company or other party is authorized to change, modify or extend the terms of this limited warranty in any manner whatsoever.

### DISCLAIMERS

INFINITY SAUNA, INC. and its representatives shall not be liable for any injury, loss, cost or other damage, whether incidental or consequential, arising out of any defect covered by this Limited Warranty, including, without limitation, loss of use of the sauna and cost for removal of defective product, even if INFINITY SAUNA, INC. has been advised of the possibility of such damage. The liability of INFINITY SAUNA, INC. under this Limited Warranty, if any, shall not exceed the original amount paid for the defective product. Coverage under this Limited Warranty shall commence as of the original date of purchase and the duration of such coverage shall not extend for any reason whatsoever beyond the stated time periods. Coverage under this Limited Warranty is non-transferable; where an agent, dealer, distributor or other party was acting as a reseller of the sauna, the final purchaser must register their purchase within thirty days with INFINITY SAUNA, INC. in order to be covered by this Limited Warranty. These disclaimers shall be equally applicable to any service provided by INFINITY SAUNA, INC. or its designated representatives.