



SteamSaunas
AUSTRALIA

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Traditional Sauna
Manual and Installation Guide

Dual Bench 3 Person Indoor Sauna



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Thank you for choosing Steam Saunas Australia products. To guarantee the product delivers a long service life, please ensure it is fitted and used in accordance with the instructions contained in this booklet.

No installation should take place until all items have been deemed visually acceptable.

Once installation commences all products enter into their governing warranty periods, no returns can be accepted, by commencing with the installation you are accepting the goods cosmetic state with all 'workings' being covered by warranty. (contact us for more information before installing if required).

This manual is used to supplement the manufacturers Manual and Warranty, it is not a replacement and the manufacturers manual should take precedent and be referred to in conjunction with the below.

IMPORTANT NOTICE

Before you proceed with fitting your sauna please read the following:

By commencing testing and installation of the unit you are agreeing to the Terms and Conditions set out by Steam Saunas Australia : copies of these are available online or by contacting us by email or phone (details on the cover of this manual). Proceeding with the installation is deemed as an acceptance of the cosmetic condition. It is impossible to assume the condition on arrival once the items have been subjected to the rigors of install and items must be inspected and concerns reported prior. Stop installation immediately if any defects are found.

You are required to ensure the purchased product dimensions allows for ease of passage to the intended installation area. Isolator switch must be installed and MUST be easily accessible and un-obstructed. This is imperative in case of emergency and maintenance to comply with Australian standards.

Weight tolerances of installation area - it is advised to refer to a builder and/or Building regulations to ensure the product placement area has sufficient joist/floor support.

- It is important that you ensure that your purchase has been delivered undamaged. You are required to check the contents and report any damage that you feel needs repairing or replacing within 48hrs of receipt of goods. Items reported damaged after this time WILL be chargeable as it is harder to prove the item arrived in this condition after this period. Please take as many photos as possible from different angles in good light.
- The product you have purchased is designed for home DIY fitting. The product requires connection to electricity and this by law requires a qualified electrician. Ask your electrical contractor for a safety certificate on completion.
In the event of electrical failure, failing to provide evidence of this may void the relating product warranty
- We are a supply only company. If you report any damage we will send replacements or solutions to remedy the problem described. We endeavour to fully understand the problem first by troubleshooting questions and then propose the solution. We may ask for digital images to be sent via email to assist the process. The warranty is parts only and does NOT include installation/inconvenience or other related costs.
- Do not book any installation service until you have inspected the unit. We cannot be held responsible for delays and costs incurred by having to return to fit parts that need supplying.
- We cannot be held liable for inconvenience caused due to lack of facilities caused by any delay in receiving your product or whilst awaiting parts.
- You are advised to check the suitability of the product with a professional body. Awareness of space and ground condition is the customer's responsibility. It is also the customer's responsibility to ensure the product is fit for purpose.
- A 'Completion Certificate' is included at the end of the manual where you should record the details of your installers - you will need this to record your warranty on our website. You MUST register the product warranty within 90 days following delivery.

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Installation Dual Bench 3 Person Indoor Sauna





- 1. Control Panel
- 3. Double Speakers
- 5. Colorful Lights
- 7. Backrest
- 9. Side Wall
- 11. Bench
- 13. Stove Hole
- 15. Glass Door

- 2. Roof
- 4. Reading Light
- 6. Ventilation Window
- 8. Back Wall
- 10. Floor
- 12. Stove
- 14. Wood Frame
- 16. Wood Handle

Note: images may vary from your model, use as a guide only.

a. Installation requirements

1. Do not Plug any other appliance into the outlet with your sauna.
2. Install the sauna on a completely level floor, ensuring the floor is suitable for water and heater transfer
3. Ensure the sauna completely covered, with no exposure to water or sun light whatsoever.
4. Do no spray the exterior with water.
5. Do not store flammable objects or chemical substances near the sauna

b. Installation Procedure

1. Place the bottom panel in the desired location of your sauna.
See FIG 1 – Placing bottom floor.

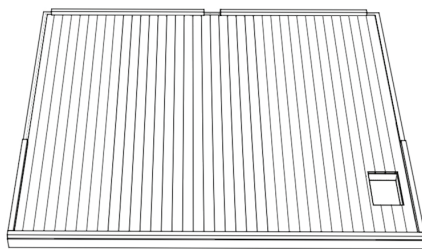


FIG 1 – Placing bottom floor

2. Align the back panel with the bottom panel corresponding battens; make sure they are in line. SEE FIG-2

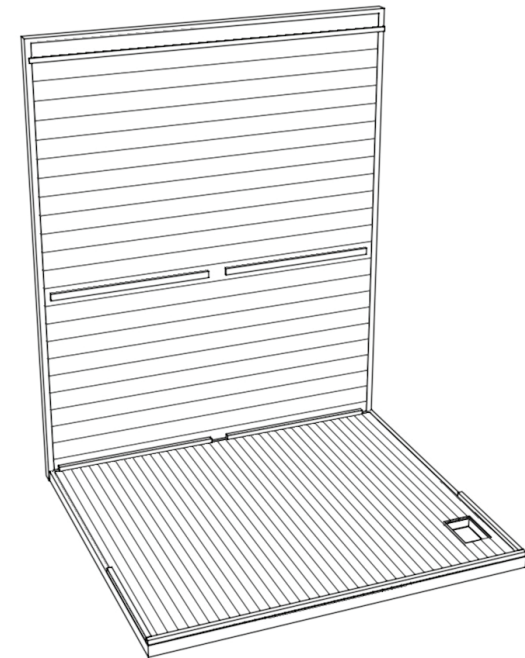


FIG 2 – Placing bottom floor

3. Aligned the left and right panels with bottom panel corresponding battens.
Using the clips on each corner to secure the walls in place.

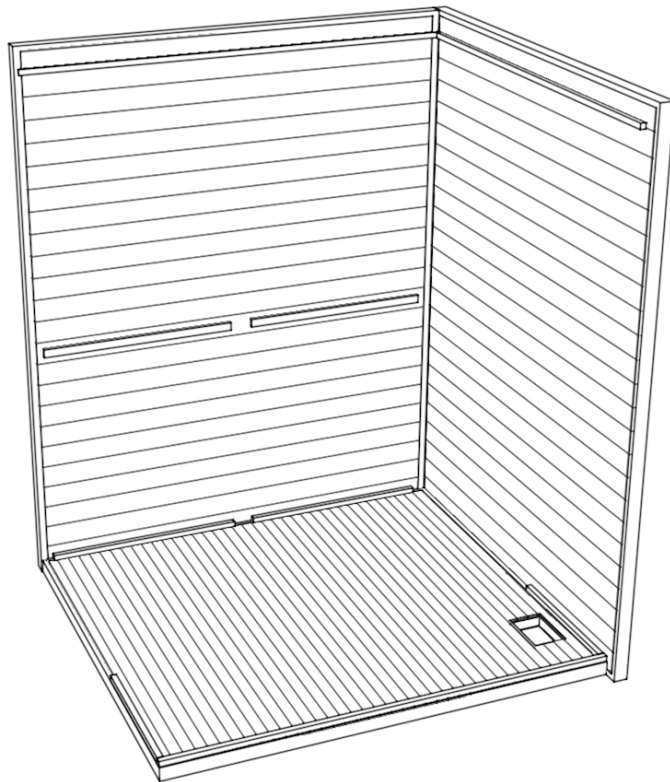


FIG-3

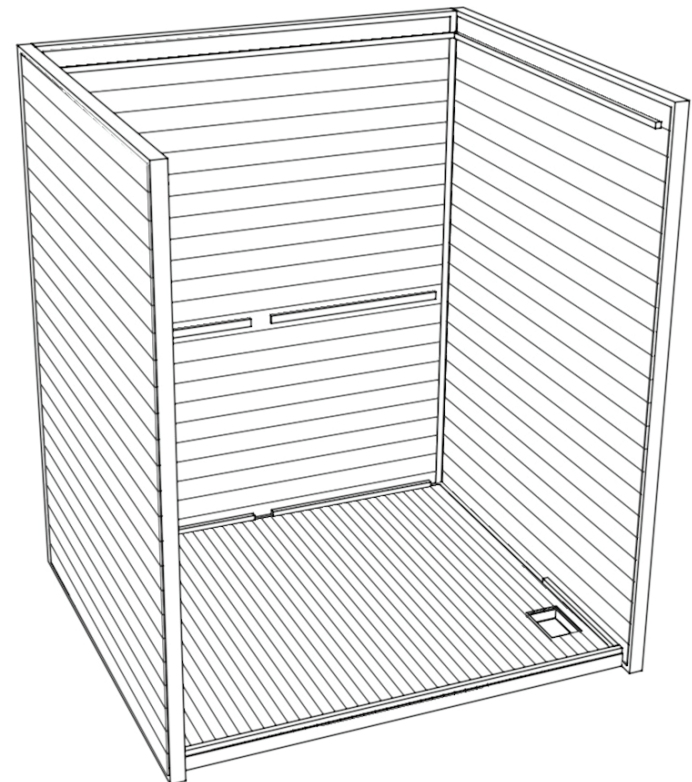


FIG 4

3. Aligned the left and right panels with bottom panel corresponding battens.
Using the clips on each corner to secure the walls in place.

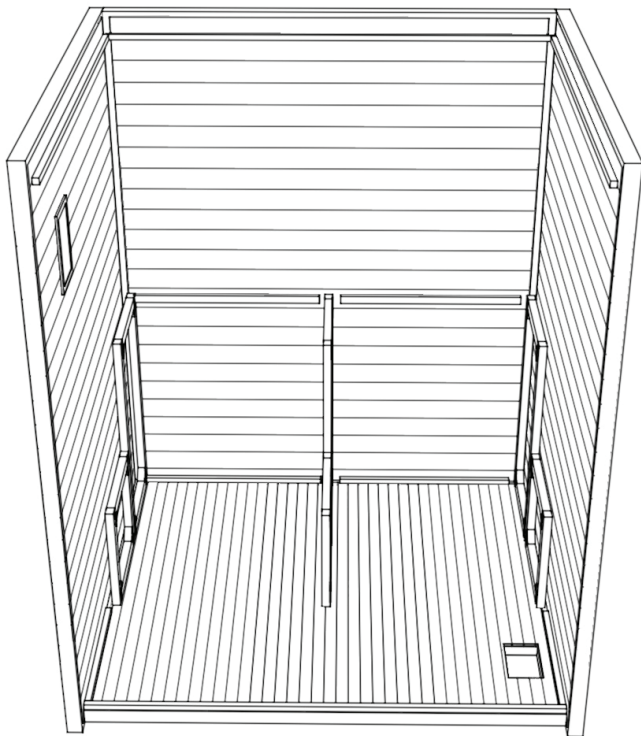


FIG-5

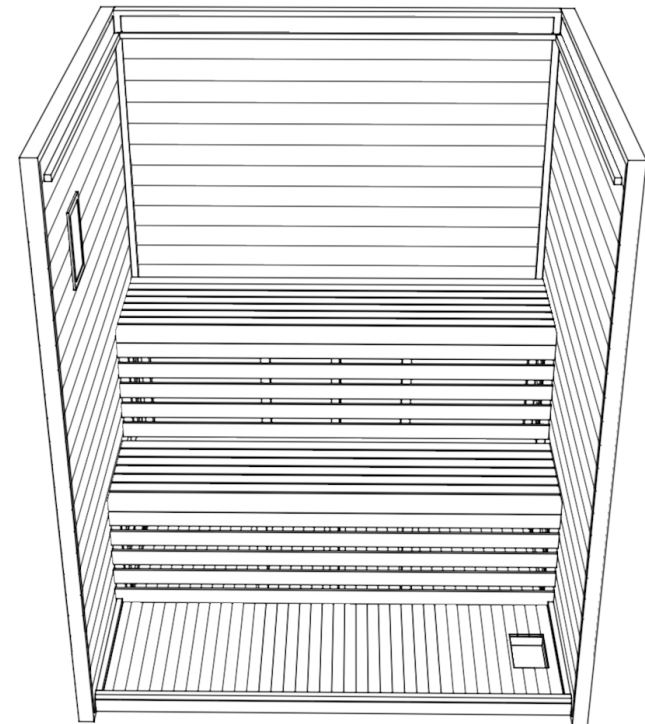


FIG 6

4. Place the ceiling in on top of the rails of the side and back panels, ensuring the control panel of the roof is closest to the left hand side wall.

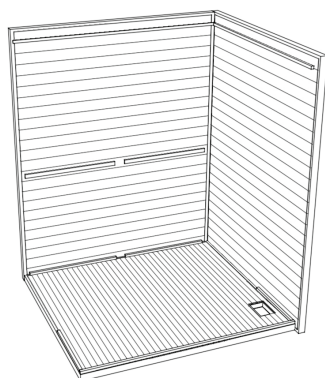


FIG-3

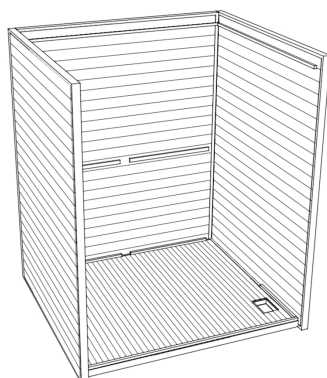


FIG 4

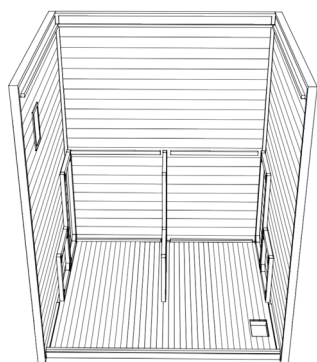


FIG-5

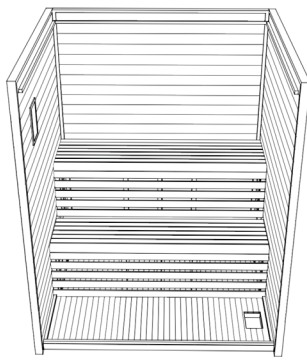


FIG 6

SEE FIG-3 TO FIG-6

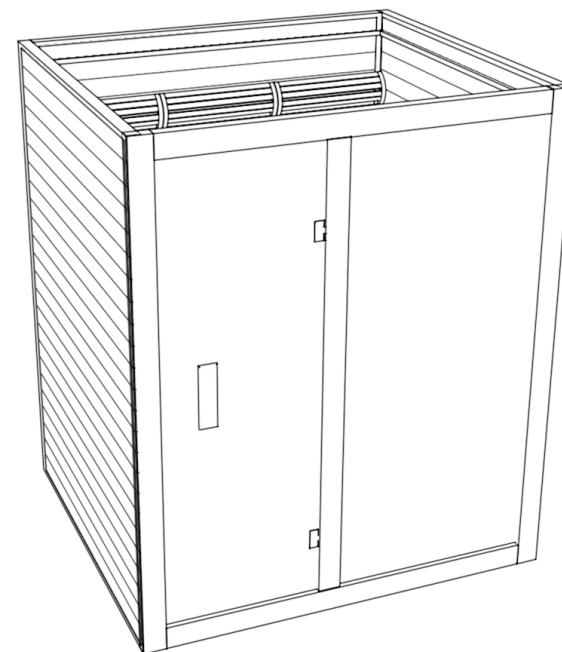
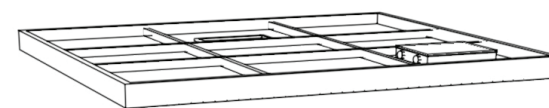
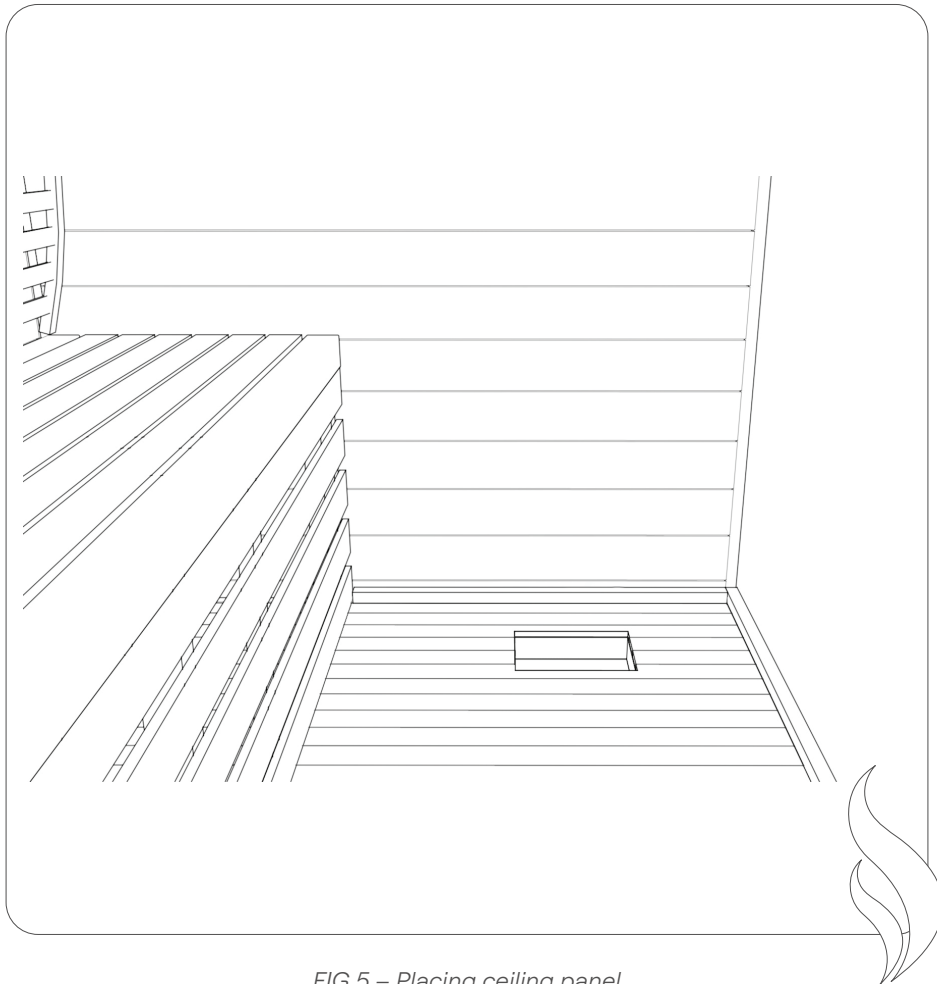
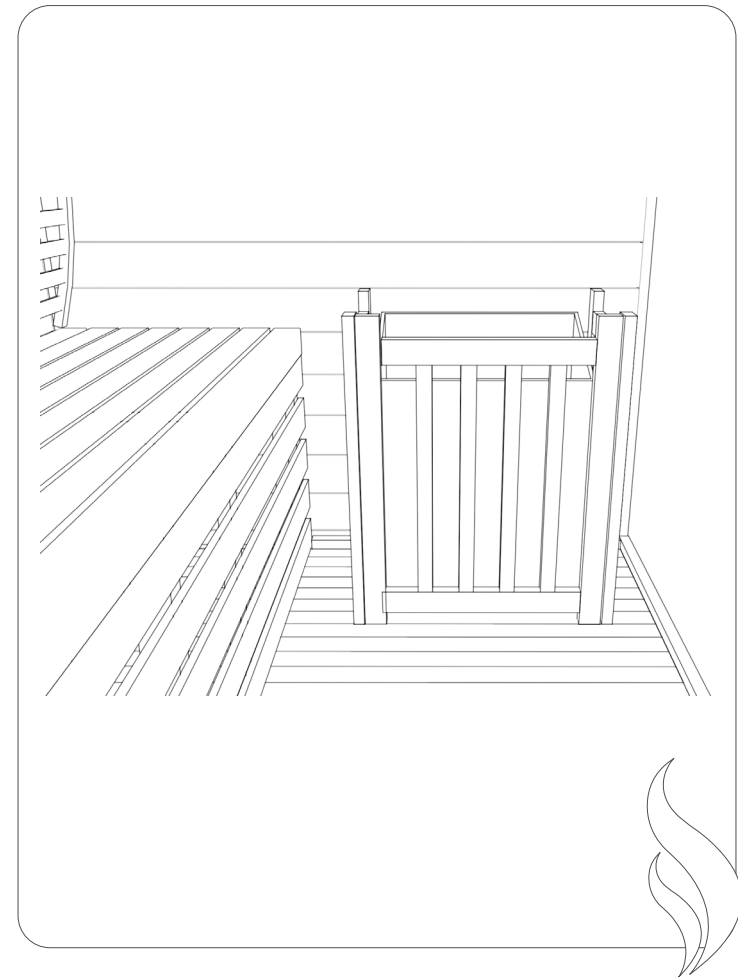


FIG 8

5. Slide the bracket off the back of the heater and attach to the wall with 4 screws (leave 8-10cm clearance from the floor). SEE FIG-9 (or if unit has rails, simply screw the rails directly to the wall to secure the unit)



6. Slide the heater into the fixed bracket and place the drip tray underneath (or if unit has rails, simply screw the rails directly to the wall to secure the unit). SEE FIG-10



- 7 Now the frame can be secured around the unit, ensure the frame is 5cm gap between it and the heater. SEE FIG-11

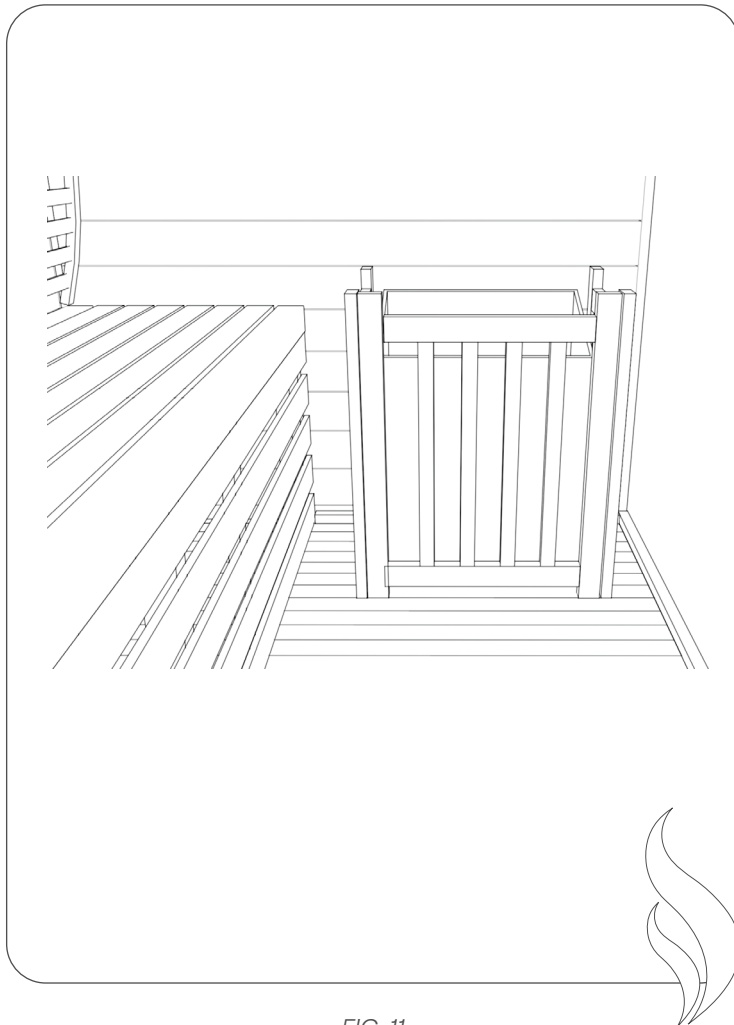


FIG 11

8. Install the side support panels of the bench seats by screwing them directly into the side walls.
9. Sit the bench seat on top of the supports and screw them into place.
10. Screw in the front bench panel.
11. Connect the front panel to the unit and clip it in place using the clips attached to the side panels.



Electrical

Please refer to the Stove manual contained within the Stove box, ensuring it is read and installed by a licensed electrician.

Saunas and Health Conditions

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. Persons under the age of 16 should not use a 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. It is advised at any stage of pregnancy to not use a sauna.

Saunas and Menstruation

Heating of the low back area of a women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain pain relief commonly associated with their cycle whereas others simply choose to avoid sauna 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 implants or silicone prostheses may absorb far infrared energy or 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.

Warranty Information

Hefei Smartmak warrants its products to be free of defects in material and workmanship.

This warranty extends only to:

- **a retail purchaser of a sauna or parts directly from an official supplier;**
- **the authorized wholesale purchaser of a sauna or parts directly from the supplier;**
or
- **a retail purchaser of a sauna or parts from an authorized wholesaler.**

However, in the event of a sale between 2 private parties, transfer or conveyance of a sauna or parts from any of the three (3) proceeding persons or entities, any rights, duties and obligations associated with this warranty shall be null and void and of no further force and effect.

The sauna or parts must be purchased and used within one year of the manufactured date.

The sauna or parts must be placed in an indoor environment unless the sauna or parts are specifically designed for outdoor use. If an indoor sauna or parts are placed in an outdoor environment, warranty shall be null and void and of no further force and effect. The controls, heaters, electrical parts and wiring must be kept dry at all times and not exposed to any water or liquids.

The warranty begins on the original date of purchase, and is valid only upon registration of the product. Registration must take place within 90 days of purchase. To receive warranty service, the purchaser must contact Steam Saunas Australia (reseller) immediately on discovering the claim/fault to prevent further concerns.

This warranty covers manufacturing defects in materials and workmanship encountered in normal use of this product, and shall not apply to the following, including, but not limited to: applications and usage for which this product was not intended; altered product or serial numbers; cosmetic damage or exterior finish reported after installation; accidents, abuse, neglect, fire, water, lightning or other acts of nature; use of products, equipment, systems, utilities, services, parts, supplies, accessories, applications, installations, repairs, external plumbing and leaks, external wiring, circuit breakers, fuses or connectors not supplied and authorized by Hefei Smartmak or which damage this product or result in service problems;

Incorrect electrical line voltage, fluctuations, and surges; customer adjustments and failure to follow operating instructions, cleaning, maintenance and environmental instructions that are covered and prescribed in the instruction book; consumable items including light bulbs.

Hefei Smartmak Australia and Steam Saunas Australia Pty Ltd shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Hefei Smartmak Australia or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

Hefei Smartmak Australia uses the highest quality wood in our product lines. All structures using wood are susceptible to minor dents, scratches and scuffing. This is normal and will not affect the integrity or operation of your sauna.

Wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. Variations in the color or grain, and irregularities such fine cracks are part of the natural beauty of the wood and in no way should be considered defects. During normal operation, wood may crack slightly due to the changes in moisture level. This will not affect the structural integrity of the sauna.

Prior to shipping, the wood is inspected for consistency, color and quality. Our saunas are shipped around the globe, and can experience slight blemishes, scratches or scuffs in tran-

sit. In most cases, these blemishes on the exterior of the sauna can be concealed by using a small amount of furniture polish, oil or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding. Please avoid any treatment containing benzene or a high concentration of alcohol.

ATTENTION: Shipping damage must be notated on the delivery note. Steam Saunas Australia MUST be notified of any damage to your sauna within 48 hours of receiving the items. Failure to notify us within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees

Completion Form – Electrical Contractor

This form must be filled out by the installer and electrician (where applicable) in order to validate the warranty. You are required to register the warranty via email to baden@steamsaunas.com.au within 90 days following delivery.

Sauna Details

Invoice No.	
Date of Delivery	
Installation Date	

Sauna Details

Installer Name	
Company	
Mobile	
License No.	
Signature	



www.steamsaunas.com.au