

ROYAL-II

Owner's manual
100 x 95 x 190cm



**CARBON FIBRE
HEATING**



**CANADIAN
HEMLOCK**

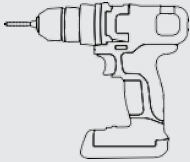


**PLUG &
PLAY**

Installation Requirements



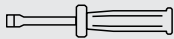
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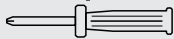
Assembly of a sauna requires at least two adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

You will require a power drill or phillips-head screwdriver, these tools are not included. You will also need a 3-step ladder or equivalent.

A standard 16A/230V normal socket required.



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Do not run any other appliances from the same power point.

Ensure the floor is level and dry before installation.

Safety

Please read all health and safety instructions.

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge or experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should not be permitted to play in or with the appliance.
3. If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
4. Cleaning of this infrared sauna by steam cleaners, high pressure cleaners or spraying water is not allowed.
5. Do not cover infrared heaters. Covering the infrared heaters causes fire risk.
6. Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
7. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of sauna.
8. If you experience reddening (erythema) of the skin lasting more than a day after exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema.
9. If you are a person with sensitivity to heat or under the influence of alcohol or tranquilisers you should not use an infrared sauna.
10. When installing and using the sauna, basic safety precautions should always be followed.
11. Infants, pregnant women and elderly people suffering from any medical condition directly related to temperature should consult their health care professional before using the sauna.
12. Persons using medications should consult their health care professional before using the sauna.
13. Never sleep inside the sauna while the unit is in operation.
14. Do not use any type of chemical cleaning agents on the interior or exterior of the sauna or you will void the warranty.
15. Do not stack or store any object on top of or inside the sauna.
16. 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.
17. Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the warranty.
18. If replacement of heaters is required only use original manufacturers (oem) parts.

Cleaning & Maintenance

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If you experience a strong smell at first, do not be concerned as this is normal.
- To clean the exterior use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area. We recommend sealing with a wood preserver, wood oil or furniture polish if needed.

Important Safeguards



- **READ INSTRUCTIONS**

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



- **RETAIN INSTRUCTIONS**

The safety and operating instructions should be kept in a safe place for future reference.



- **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.



- **POWER-CORD PROTECTION**

Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.

- **OVERLOADING**

Do not overload the wall outlet as this can result in a risk of fire or electric shock.



- **GLASS DOOR**

DO NOT remove glass door from frame when disassembling.

Some Useful Tips

- We recommend sauna sessions should be 30-45 minutes at 45°C – 55°C.
- Allow approximately 10 to 20 minutes (depending on the ambient temperature) for the sauna to warm up before beginning a session.
- Try drinking some hot tea before your sauna session to induce a deeper sweat.
- The heaters will automatically maintain the set temperature inside the sauna once the set temperature is reached.
- The ceiling vent can be opened at any time for air circulation. If you are still too warm, open the door until you feel comfortable or turn the set temperature down.
- To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
- Try not to eat anything at least an hour before your sauna session. It is better to use the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- Ensure you drink plenty of water before, during and after your sauna sessions. We recommend 1L before, 1L during and 0.5L after every session. Water acts as the vehicle to move the toxins from your body. Drinking water before will maximise perspiration during the session. Drinking after will help keep your fluid levels up after sweating.
- Taking a hot shower, bath or using a hot tub prior to the sauna session will further promote perspiration. Once finished, sit in the sauna with the door open and allow your body to cool off. When you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body.
- To help relieve sore and tense muscles, massage the affected areas while in the sauna.
- Treat your ankles and feet more effectively by elevating them while inside the sauna.

Assembly Order:

1. Place Floor Panel



2. Add Front Panel, then add Door Handle



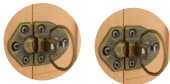
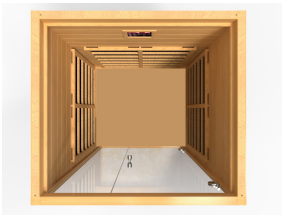
3. Attach left panel and front panel by using inner buckles



4. Attach right panel and front panel by using inner buckles



5. Attach back panel with right and left panels by using outside buckles



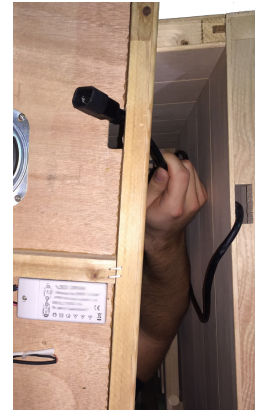
6. Install the leg heater and plug the heater connector into the back panel socket



7. Lay down the bench on the leg heater panel, and fix it by using the screws



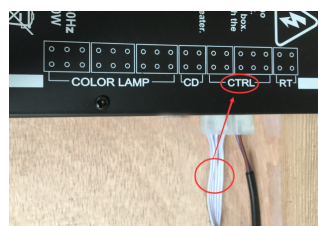
8. Add Top Panel, feed heater cables through holes



9. Install Heater connectors



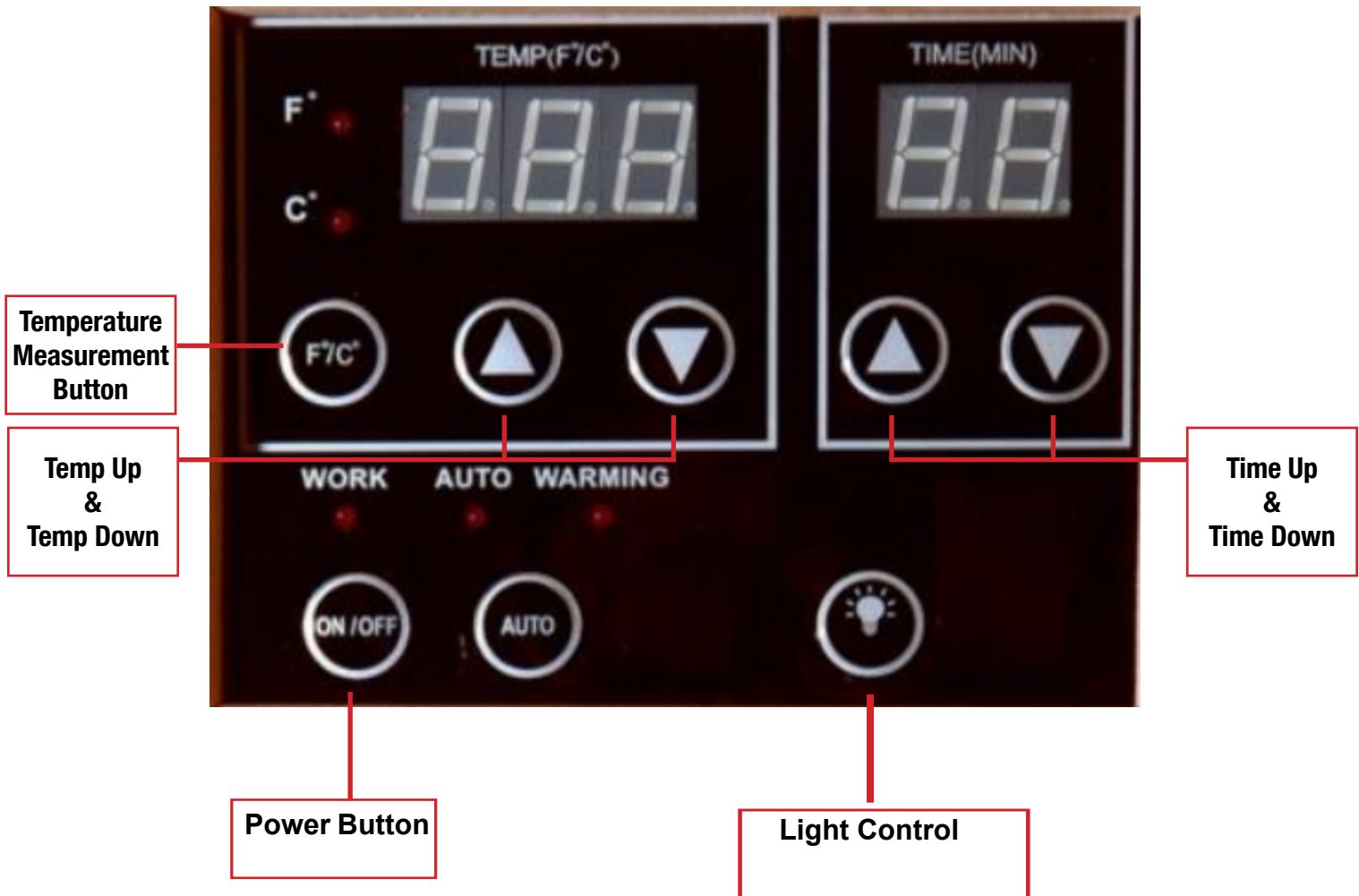
10. Plug the control panel cable into the CTRL socket



11. finish, enjoy your sauna



Control Panel



Operating Instructions

1. Turn on the sauna by pressing the ON/OFF Button
2. Select the desired temperature measurement(F°/C°) using the Temperature Measurement Button
3. Set the temperature using the Temp Up and Temp Down buttons
4. Set the heating duration (minutes) using the Time Up and Time Down buttons
5. Press the ON/OFF Button again to turn on the heaters and start the timer
6. Press AUTO button. Temp becomes hours ahead. Time becomes minutes ahead. Your sauna will begin heating after the programmed time has elapsed.