



France Sauna

Installation handbook

Infrared Saunas



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Read this manual carefully before using your sauna for the first time.

We recommend you keep it in a safe place for future reference.

RECOMMENDATIONS

- Install the sauna on a perfectly flat surface.
- The sauna must remain in a dry area. Do not use it near a source of water (bath, damp floor, swimming pool).
- Do not use liquid cleaning products. Disconnect the sauna before cleaning and use a wet rag. (see Maintenance section)
- Protect the sauna's electrical cable to avoid it being crushed or pinched.
- Prior to replacing certain components, ensure that they are specified by the manufacturer or that they have the same features as the original parts. Incorrect replacement can cause a fire, a short circuit or damage to the sauna. We strongly recommend using a qualified technician.
- To avoid the risk of burns or electric shocks, do not use any metal tools and do not touch the infrared emitters.
- Do not get wet in the sauna.
- Do not put animals in the sauna.
- Do not dry linen in the sauna (fire hazard)
- Do not leave the sauna switched on without supervision.
- Do not leave the sauna switched on for more than 3 hours at a time to avoid premature deterioration of the equipment. After 3 hours continuous usage, switch off the sauna for at least one hour.
- We recommend that you do not install a locking system on the sauna door.
- Check compliance of your electrical installation prior to connecting your sauna to the power supply.

SÉCURITÉ

IMPORTANT: Please read the safety instructions carefully before installing and using your sauna cabin. They are essential for your safety, so please adhere strictly to them.

Beware of hyperthermia, heat stroke or heat exhaustion which can be caused or aggravated by non-compliance with the safety instructions. Symptoms are fever, a rapid pulse, dizziness, fainting, lethargy and numbness in all or part of the body. The effects are: reduced awareness of the heat, ignorance of imminent risks, loss of consciousness.

The sauna must not be used by:

- Children under 6 years of age.
- People with severe reactions to sunlight.
- Elderly or disabled people.
- People with previous medical conditions such as heart disease, high or low blood pressure, blood circulation problems or diabetes without prior medical advice.
- Pregnant women. Excessive temperature can endanger the foetus.
- Persons suffering from dehydration, open sores, eye disorders, burns or sunstroke.

Children between 6 and 16 years of age may use the sauna provided that they are continuously supervised by a responsible adult and that the temperature does not exceed 60°C (140°F).

In the event of problems involving health, medication or injury to muscles or ligaments, do not use the sauna without previously consulting a doctor and obtaining approval.

If surgical implants are worn, do not use the sauna without previously consulting a doctor and obtaining his approval.

Do not use the sauna after strenuous activity.

Wait 30 minutes for your body to cool down.

Do not spend more than 40 minutes in the sauna at any one time.

Do not consume alcohol or drugs before or during the session.

Do not sleep in the sauna when it is in operation.

To avoid the risk of overheating, connect your sauna to a sufficiently powerful electrical outlet and do not connect other electrical equipment to the same wall socket.

To avoid any risk of electrocution or damage to the sauna, do not use it:

- During thunderstorms.
- If the electrical cable is damaged, it must be replaced by a qualified person.
- If the electrical cable overheats, it must be checked by a qualified person.
- If you have to change a bulb, wait until the sauna is switched off and cooled down.

Dry your hands before connecting or disconnecting the electricity.

Never work with wet hands or feet.

Do not switch the electricity or the heating system rapidly on or off as this could damage the electrical system.

Do not try to repair the sauna by yourself without the agreement of the sauna's distributor or manufacturer.

Unauthorised attempts to repair it will invalidate the manufacturer's warranty.

To avoid any risk of short-circuiting:

- No liquid should touch the infrared emitters.
- No hard objects should knock against the emitters and risk breaking them.

Do not use any type of detergent inside the sauna.

Do not pile up or store objects inside or on top of the sauna.

Do not place flammable materials or chemical agents near the sauna.

DESCRIPTION

General features

- Control panels with digital display
- Carbon infrared emitters with panelling for improved protection.
- MP3/FM/USB dock and 2 speakers
- Chromotherapy
- Temperature adjustable from 18°C to 60°C
- Timer adjustable from 1 to 60 minutes
- Interior and exterior light fittings
- Door and window(s) made of safety glass
- Ventilation grille
- 2 year warranty electronic and 4 years warranty wood

Operating conditions

- Temperature from 0°C to 38°C
- Humidity = 80%
- Power supply 220/230V~50Hz

Certifications



Complies with current European standards.



Wood is sourced from sustainably managed forests.



Manufacturing process uses no heavy metals.

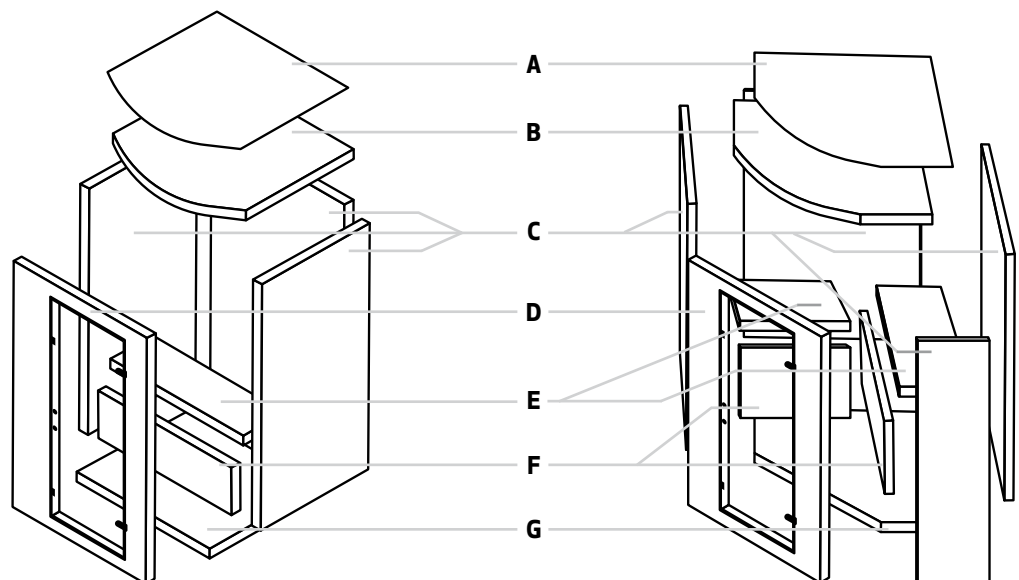
Package contents

General :

- 1 x Installation & user handbook
- 1 x Pre-installed MP3/FM/USB dock and 2 speakers
- 1 x Door handle (interior and exterior component)

Specific :

- A. Ceiling protection
- B. Ceiling
- C. Side or Rear
- D. Front + Door
- E. Seating
- F. Seating support
- G. Floor



INSTALLATION

Read the assembly instructions carefully before starting.

Choice of location

France-Sauna saunas are designed solely for interior installation.

Select a space:

- Inside, in a dry area, on a flat stable surface that can support the weight of your sauna.
- The height must be sufficient for you to reach the ceiling and carry out electrical connections and maintenance.
- Away from any source of water, flames or flammable materials.

Practical advice

- Note that sauna assembly requires two or three adults.
- Clearly identify each panel before you begin
- During assembly, position your sauna's mains cable so that it is easily accessible.
- Note that there are variations between the models.

RECTANGULAR DESIGN



Step 1

Start by positioning the flooring on the ground at the location where you wish to install the sauna. The front part of the panel can be recognised by the absence of an electrical connector.



Step 2

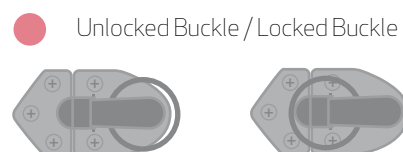
Install the rear panel in the groove in the flooring.



Step 3

Position the left side panel in the groove in the flooring, ensuring that it slots perfectly into the rear panel.

Finish the assembly of two side panels by locking buckles.



ASSEMBLY



Step 4

Position the lower part of the bench, ensuring that it slots perfectly into the flooring as well as the side panels. The heating panels must be aligned towards the door.

Connect the electrical plugs located behind the bench. Finally, position the upper part of the bench, ensuring that it rests securely on the horizontal guides fixed to the rear and side panel.



Step 5

Position the right side panel in the groove in the flooring, ensuring that it slots perfectly into the rear panel as well as the bench.

Finish the assembly of two side panels by locking buckles.

● Unlocked Buckle / Locked Buckle



Step 6

Carefully position the front panel, ensuring that it fits perfectly with the side panels. Important: Keep the door closed while handling this component.

Finish the assembly of three side panels by locking buckles.

● Unlocked Buckle / Locked Buckle



RECTANGULAR DESIGN



Step 7

After moving the cables outside the cabin, carefully position the ceiling over the cabin so as not to damage the temperature sensor.

Pass the cables into the ceiling via the openings provided.

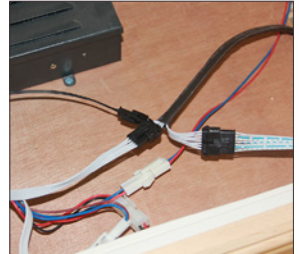


Step 8

Connect the cables to the control box in accordance with their coding (Cable A. Load A, Cable B. Load B, etc.).

The remaining cables must be connected in accordance with the number of pins on each connector.

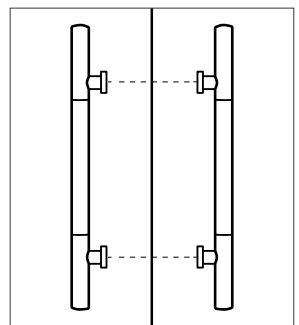
Once the connections are complete, position the protective plywood sheet on the ceiling.*



Step 9

On the outside of the door, position the handle in line with the holes provided.

Insert the screws through the inside of the door and fix the handle. The metal part must be on the outside of the cabin.



* After checking that the sauna is working correctly, we recommend that you screw the ceiling's plywood sheet tight to the upper panel. As the sauna can reach very high temperatures, this part can often exhibit variations in shape, especially at the corners.

Important: The screws must be removed if you need to carry out maintenance.

ASSEMBLY



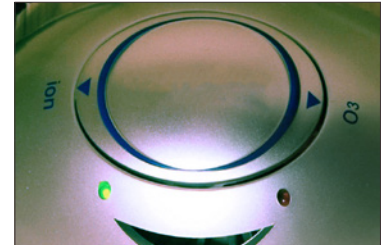
Step 10 (option)

Plug the ionizer and screw it to his place.

Warning : Don't stay in the sauna when the ionizer is on.

Press ION to prevent diseases of ventilation.

Press O3 for disinfection with ozone.



CORNER DESIGN



Step 1

Start by positioning the flooring on the ground at the location where you wish to install the sauna.
The front part of the panel can be recognised by the absence of an electrical connector.



Step 2

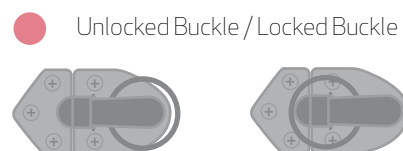
Install the left rear panel in the groove in the flooring.
. Making sure to hold the panel.



Step 3

Position the right rear panel in the groove in the flooring, ensuring that it slots perfectly into the left rear panel.

Finish the assembly of two side panels by locking buckles.



ASSEMBLY



Step 4

Position the lower parts of the bench, ensuring that it slots perfectly into the flooring as well as the side panels. The heating panels must be aligned towards the door.

Connect the electrical plugs located behind the bench.



Step 5

Position the upper sections of the bench and ensure that it rests securely on the horizontal guides fixed to the side panels.



Step 6

Position the front panels and door with the right and left front panel.

Important: The front panel includes 3 catches on each side. Ensure that each catch slots in correctly.



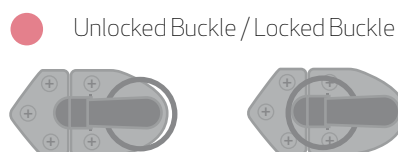
CORNER DESIGN



Step 7

Carefully position the front panels, ensuring that it fits perfectly with the side panels. Important: Keep the door closed while handling this component.

Finish the assembly of the panels by locking buckles.



Step 8

After moving the cables outside the cabin, carefully position the ceiling over the cabin so as not to damage the temperature sensor.

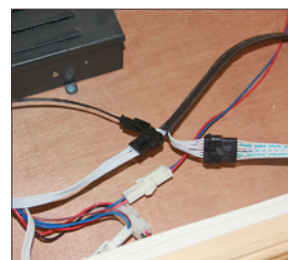
Pass the cables into the ceiling via the openings provided.



Step 9

Connect the cables to the control box in accordance with their coding (Cable A. Load A, Cable B. Load B, etc.).

The remaining cables must be connected in accordance with the number of pins on each connector. Once the connections are complete, position the protective plywood sheet on the ceiling.*



* After checking that the sauna is working correctly, we recommend that you screw the ceiling's plywood sheet tight to the upper panel. As the sauna can reach very high temperatures, this part can often exhibit variations in shape, especially at the corners.

Important: The screws must be removed if you need to carry out maintenance.

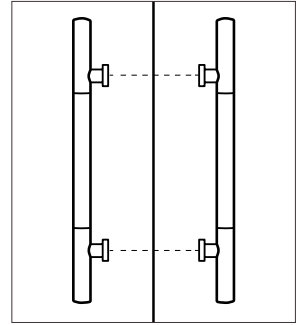
ASSEMBLY



Step 10

On the outside of the door, position the handle in line with the holes provided.

Insert the screws through the inside of the door and fix the handle. The metal part must be on the outside of the cabin.



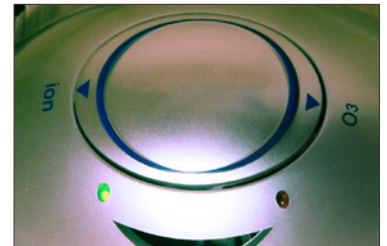
Step 11 (option)

Plug the ionizer and screw it to his place.

Warning : Don't stay in the sauna when the ionizer is on.

Press ION to prevent diseases of ventilation.

Press O3 for disinfection with ozone.

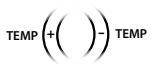


USING THE SAUNA

Description of control panel



Switching the sauna on and off.



Regulates the required temperature. Temperature must be between 18°C and 60°C (64°F ~ 140°F).



Switch from Celsius to Fahrenheit



Regulates the duration of the session.
The duration must be between 1 and 60 minutes.



Sauna light ON/OFF.




Chromo therapy light ON/OFF.

Starting the session


1. Connect the electrical plug to a wall socket.
2. Press the control panel **ON/OFF** button.
3. Adjust the temperature using the buttons located near the word **TEMP**
4. Adjust the duration of the session using the buttons located near the word **TIME**
5. Take your seat in the sauna. The session will stop automatically at the end of the scheduled duration.
6. Press the **ON/OFF** button to switch off the equipment.

Infrawave technology (Spectra Only)

The button is on each panels and permit to choose the technology used:

Push  to the 2 lines side for use on the panel quartz technology.

Push  to the circle (middle) for turn off the panel.

Push  to the 1 line side for use on the panel magnesium technology.

USING THE SAUNA

Operating instructions

Review the medical contraindications and safety instructions. Consult your doctor if you have any doubts concerning the possible use of your infrared sauna. If you start to feel ill during your session, leave your sauna immediately.

1. Adjust your sauna's temperature to between 40 and 50°C.
2. The sauna preheats within 15 to 25 minutes. We recommend that you add this preheating time to the duration time of your session. Example: for a 30 minute session, programme 45 minutes and re-enter the cabin once the sauna is hot. Enjoy the heating time for a shower or bath before the session and be sure to dry yourself.
3. Make use of the pre-heating time to have a shower or warm bath before the session.
4. When the required temperature is reached, the heating equipment will go on stand-by so as to maintain a constant temperature.
5. Drink water before, during and after the session. This will help compensate for the loss of water through sweating.
6. To absorb perspiration and keep your sauna dry, it is advisable to place a towel on the bench and one on the cabin floor. Keep a third towel close at hand to remove excess perspiration.
7. Sweating will begin between 6 and 15 minutes after the session starts. We recommend you do not exceed 30 minutes in the sauna and dry you regularly to avoid wetting the issuers, as well as damaging the wood prematurely.
8. You can open the door at any time to introduce fresh air during your session. Infrared heating's unique property is to directly heat the body without heating the ambient air. This allows you to enjoy a session with the door ajar without minimising its effects.
9. After the session, you can allow your body to perspire further by remaining in the switched-off sauna with the door open prior to having a warm shower to get rid of toxins.

Tips

- For beautiful hair, you can cover it with oil (jojoba, for example) or a care product, and wrap it in a towel. When the session is over, wash it with a very gentle shampoo.
- To soothe away your aches and pains, massage the painful areas during the session.
- Take advantage of this thermal bath to gently stretch your muscles.
- At the first signs of cold weather, increase the frequency of your sessions to activate your immune system.

MAINTENANCE

IMPORTANT: Disconnect the cabin's power supply cable before undertaking any work.

Problems identified	Possible reasons	Solutions
No indicator light displayed on the control panel.	Power supply cable disconnected	Check power supply cable connection
	The general power supply is cut	Check that the switchboard and wall plug are working
	Fault in power supply unit	Contact your dealer
One or more infrared panels do not heat up	The infrared panel's cable is disconnected	Check cable connections
	One of the infrared panels is defective	Replace the infrared panel with an original component supplied by the manufacturer
Sauna gives off a smell	Temperature of the panels or their cables is too high	Switch off power supply and contact your dealer
Sauna light fittings no longer work	Bulb not fully engaged	Check bulb holder and replace if necessary
	Bulb is defective	Replace bulb
	Electrical panel is defective.	Contact your dealer
A speaker is not working	Speaker cable disconnected	Reconnect the cable
	Speaker defective	Contact your dealer
MP3 player not working	Power supply cable disconnected	Reconnect power supply cable
	MP3 player not switched on	Check the 12V DC power supply cable and replace if required
	The USB key is not recognized	Check the format of audio or format the USB key files.
Screen shows a temperature of "101"	Temperature sensor is incorrectly connected or defective	Reconnect the cable or replace the sensor

SERVICING & WARRANTY

Servicing

1. Disconnect your sauna.
2. Use a vacuum cleaner to remove dust from crevices in the woodwork.
3. Clean the cabin with a damp cotton cloth and use a small amount of soap if necessary. Rinse with a damp cloth.
4. Wipe with a dry cloth.

IMPORTANT

Do not use benzene, alcohol, chemical agents or strong detergents on the sauna since chemical products can damage the wood and its protective coating. Do not spray water on your sauna.

Practical advice:

To extend the life of your sauna, we recommend that you apply linseed oil to the benches, back rests and flooring of your cabin with a lint-free cloth.

If your sauna's flooring or bench are indelibly marked, rub them lightly with sandpaper.

Warranty

All the components of France-Sauna saunas are guaranteed for 2 years and wood 4 years.

The warranty comes into force on the date of dispatch (corresponding to the date the invoice is issued).

The warranty does not apply in the following cases:

- Malfunction or damage arising from installation, usage or repair that are not in compliance with the safety instructions.
- Malfunction or damage arising from conditions that are unsuitable for the equipment's originally intended purpose.
- Damage arising from negligence, accident or force majeure (thunderstorm or bad weather).
- Malfunction or damage arising from the use of non-authorised accessories.

The warranty does not cover the costs linked to returning the cabin or part of its components to our workshops of.

Under the warranty, in the event of a breakdown, the items deemed defective by our technicians will be exchanged.

Information and explanations required for their installation will be provided by one of our technicians.

Costs linked to the use of subcontract labour provided by a third party cannot be covered by France-Sauna.



France Sauna

www.france-sauna.com



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