



200/300/400D3 OUTDOOR SERIES SAUNA MANUAL



NOTE* WE RECOMMEND RESEALING THE SAUNA EXTERIOR ANNUALLY TO ENSURE THE SAUNA CABIN REMAINS WATER RESISTANT

●●● Dear Customer,

Congratulations on the purchase of your new SunRay outdoor series sauna. We are confident that you will enjoy the many benefits of using your new sauna for years to come.

Carefully and thoroughly read this manual in its entirety before assembling and using the sauna for the first time. We recommend keeping this manual for regular review and future reference.

At SunRay our reputation has been built on quality craftsmanship and customer satisfaction. We use only the finest materials coupled with state-of-the-art construction and the highest safety standards in the industry.

Get ready to enjoy the proven benefits your new outdoor sauna will provide including pain relief, weight control, skin stimulation, stress reduction and much more.

If you have any questions or concerns when assembling your sauna or using it for the first time, please contact us a 800.976.5530. Our team is here to assist you.

SunRay Saunas Team

●●● Installation and Maintenance

- a. The sauna should be connected to a dedicated power outlet. Do not plug any other appliances into the outlet with The sauna.
- b. The sauna should always be placed on a level surface such as a wooden deck, concrete pad or pavers.
- c. The sauna cabin is sealed with a weather sealant that will deteriorate over time as it is exposed to the outdoor elements. We recommend resealing the sauna annually or as needed to keep it weatherproof.
- d. A waterproof floor separator may be required around damp surfaces to keep the sauna floor high & dry.
- e. Do not store flammable objects or chemical substances near the sauna.

●●● Specifications of each model

MODEL	WIDTH metal roof(Y)	DEPTH metal roof(Y)	HEIGHT metal roof(Y)	WATTS
200D3	67 inches	59 inches	87 inches	1800
300D3	79 inches	61 inches	87 inches	2100
400D3	89 inches	67 inches	87 inches	2400

●●● Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service team at 800.976.5530 or your local dealer.

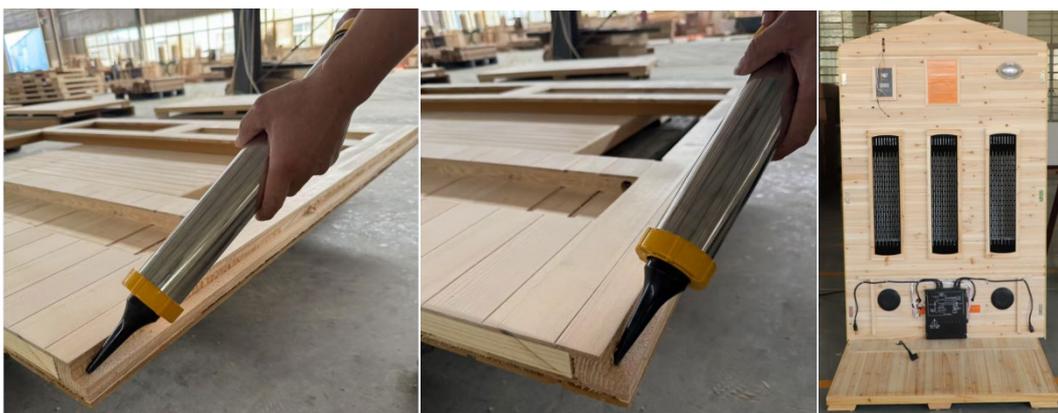
1. Sauna Floor Placement

Place the sauna floor on a level surface. If the sauna is located in an area prone to dampness or if you are placing it over pavers or any other surface making ground contact, use a waterproof barrier between the sauna floor and the surface.



2. Install the back wall onto the floor.

Note: Before you attach the sauna walls, apply waterproof sealant to the corresponding part at bottom of each wall as shown below.



3. Secure the left and right walls onto the floor using the latches.



4. Place the front wall onto the floor and secure it to the side panels using the latches.



5. Install the vertical bench panel and connect the power plugs as shown below and then install the horizontal bench top using the included screws.





6. Secure the back rest, air filtration system and door handle using the included screws.

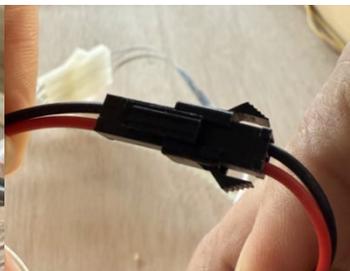




7. Install the interior ceiling and feed the accessory power lines out of the cabin to connect with their roof pairs as shown in the photos below.



Color therapy light



reading light



oxygen ionizer

8. Screw on the metal roof as shown below.



9. Apply waterproof sealant between the two roof panels before and after screwing

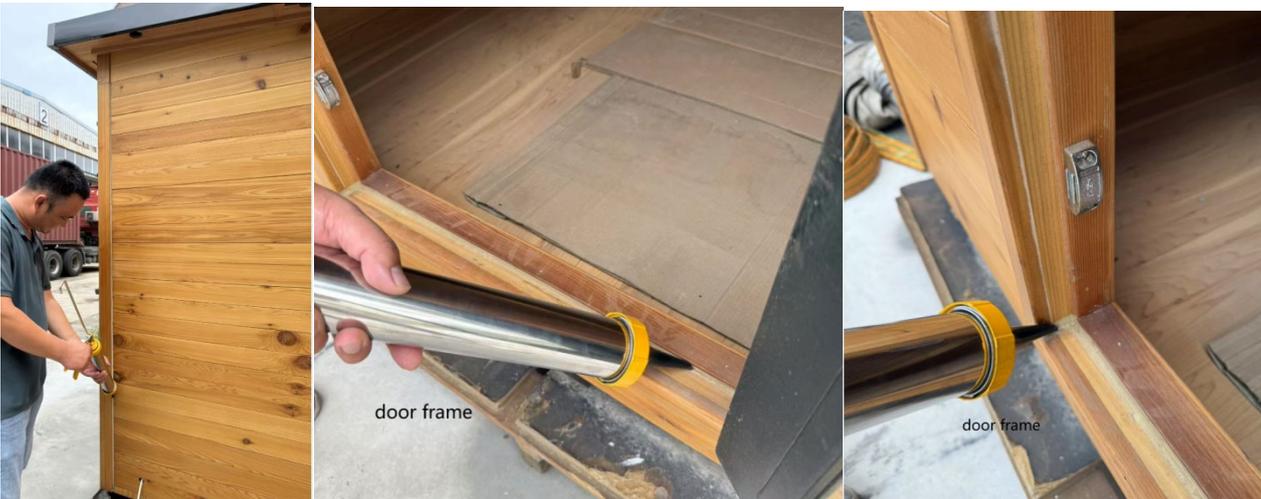
them together. (4 screws go in a straight direction, 2 screws go in slope direction .



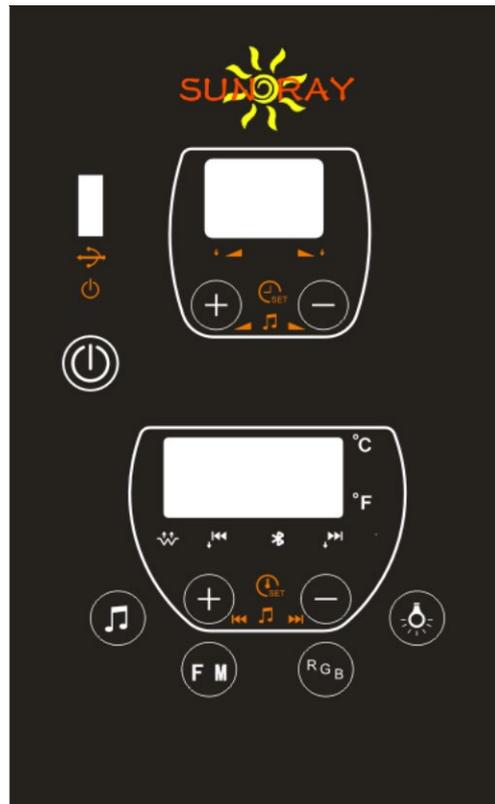
10. Apply sealant to the inside edges of the metal roof cover and secure it with screws.



11. After assembly is finished, apply sealant to the areas shown below.



Controller Instructions



1. power button , to turn on/off the cabin

2.  timer button, to adjust time.

3.  temperature button, to adjust temperature; to press + - button together to exchange between °C and °F.

4.  color therapy button. Turn it on to select color include: red, orange, yellow, green, blue, purple, cyan. Keep press the button 2 seconds to turn off the color light.

5. outer light  to turn on/off inside light

6. inner light  to turn on/off outside light

7. Music button  to stop/play music , by pressing this button, you can adjust

volume of music , last day / next song . if do not press music button for 5 seconds, the system will exit from music mode. Each time, please note firstly press music button and then go to adjust volume and songs

8. Power on sauna, you can connect bluetooth by seaching “audio” , then you can play music in your phone or ipad .

9 .After power on cabin, you can insert U disk to play music as well.

Enjoying your Sauna

INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

1. Set the temperature to a comfortable level, normally, 120-140 degrees Fahrenheit.
2. Allow approximately 8-15 minutes for the sauna to warm up before beginning a session.
3. Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 30 minutes.
4. When the temperature reaches the level set on the thermostat, the heaters will turn off and on periodically to maintain the desired temperature level inside of the sauna.
5. The front door/window and/or ceiling vent can be opened at any time to introduce fresh air into the sauna.
6. Infrared's unique property of direct penetration into the body without heating the intervening air in-between allows sauna users to enjoy all of its benefits while the door or window of a sauna is open for ventilation.
7. Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
8. 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 or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. 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.

Tips for Use

- 1) To regulate the temperature inside the sauna during your session, use the roof vent or the door window (by setting it at an angle).
- 2) If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- 3) Drink plenty of fluids prior to, during, and after your session.
- 4) If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
- 5) Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
- 6) Be sure to towel off excess sweat during your session to help the body perspire more freely.
- 7) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
- 8) 10) Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- 9) To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
- 10) 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.
- 11) 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.
- 12) Consult your physician for the proper treatment for this or any other conditions.
- 13) To treat your ankles and feet more effectively, you must elevate them while inside the sauna. Any area

that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.

14) After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Warnings

This appliance is not intended for use by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance!

Safety Instructions

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.

Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
 - b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements.
 - c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- c. Do not use the sauna if you have any of the following conditions:
 - 1) Open wounds
 - 2) Eye diseases
 - 3) Severity sunburns
 - 4) Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years of age may use the sauna under the supervision of adults.
 - 5) If suffering from a disease directly related to temperature, seek the advice of a doctor before use.
 - 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) Do not place pets in the sauna.
 - 9) Do not use the sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.