



OUTDOOR SERIES TRADITIONAL SAUNA ASSEMBLY



Dear Customer,

Congratulations on the purchase of your new SunRay outdoor traditional sauna. We are confident that you will enjoy the many benefits of using the sauna for years to come. Please read this manual in its entirety before using the sauna for the first time.

We recommend keeping this manual for regular review and future reference.

If you have any questions on the assembly or operation of the sauna, please contact our customer support team at 800.976.5530 or customerservice@sunraysaunas.com.

Before use consider the following

- A. The sauna must be on a dedicated electrical circuit. Refer to the electric heater manual that accompanies your sauna to determine the required voltage and amperage for your sauna model.
- B. The sauna should always be placed on a sturdy level surface such as a concrete pad, wood deck or pavers. Do not place the sauna directly onto the ground.
- C. If the sauna floor is damp or has moisture install a floor separator/moisture barrier to keep the sauna high & dry.
- D. Do not store flammable objects or chemical substances near the sauna.

Model specifications

MODEL	ROOF WIDTH	ROOF DEPTH	CABIN HEIGHT	CABIN WIDTH <small>shingle roof (N)</small>	CABIN DEPTH <small>shingle roof (N)</small>	INSIDE HEIGHT	WATTS
200D/D2	61 inches	61 inches	98 inches	50 inches	50 inches	73 inches	4500
300D/D2	73 inches	63 inches	98 inches	61 inches	51 inches	73 inches	4500

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 or local dealers.

1. Lay the bottom panel down on a level and solid surface.



2. Place the back wall panel onto the backside of the bottom panel.



3. Attach right and left walls to the back wall using the slide brackets.



4. Attach the front wall by sliding it onto the wall slide brackets.



5. Attach the door handle with the natural side on the inside.



6. Insert stove into the wooden frame and connect the stove plug with the power box plug.



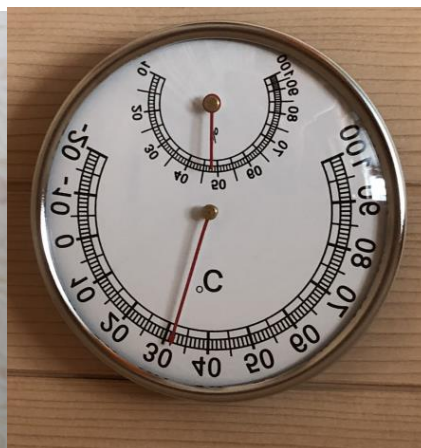
How to assemble the wood stove frame:



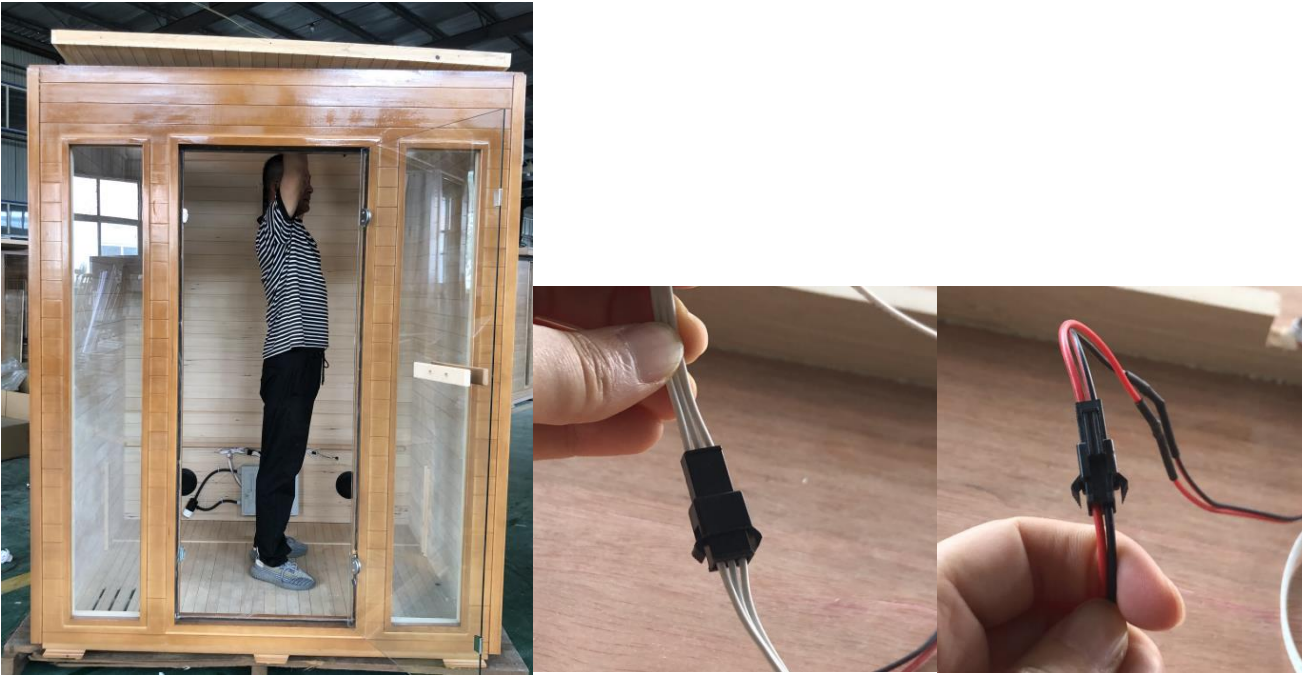
7. Install the vertical bench by inserting it into the channels on the side walls. Set the horizontal bench on top of the vertical bench and secure it with screws.



8. Screw the back rest into the back wall and attach the accessories as shown.

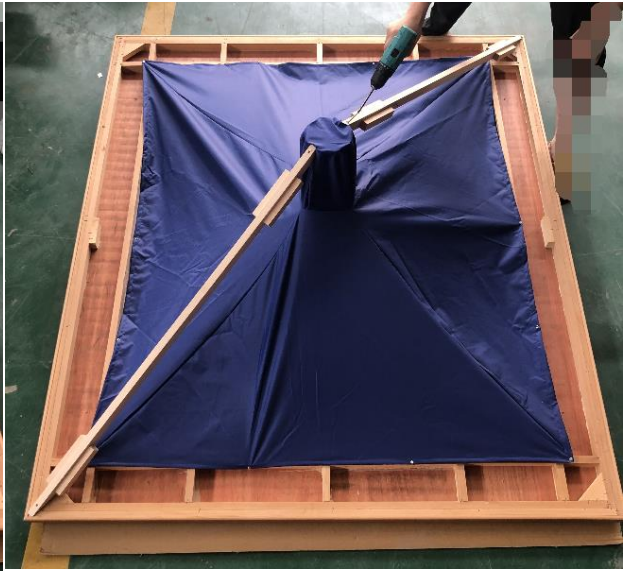


9. Place the flat roof onto the cabin walls and feed the accessory lines out of the ceiling to connect the roof pairs.



10. Insert the wooden column into the shingled roof base and assemble the roof supports (prepare the shingled roof on floor as shown below).







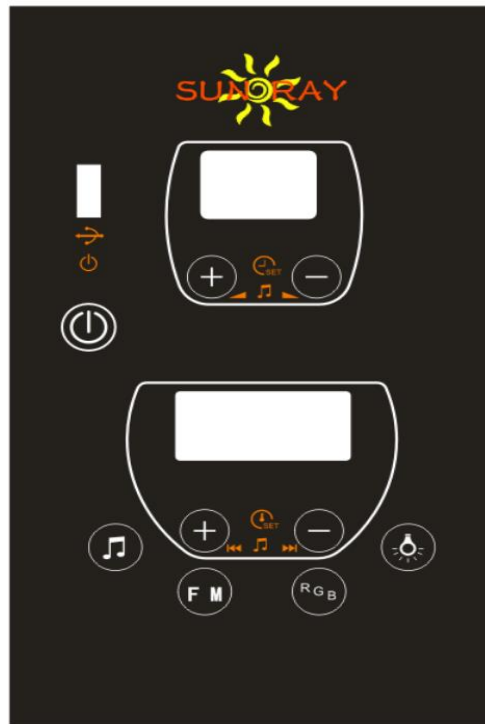
11. Put roof onto sauna cabin and screw on shingle sections.







Keypad Instructions



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



2. Timer button, to adjust time.



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



4. Color therapy button. Turn it on to select colors including red, orange, yellow, green, blue, purple, cyan. Press and hold the RGB button 2 seconds to turn off the color light.



5. Inner light, to turn on/off the inside light.



6. Music button, to stop/play music, by pressing this button, you can adjust the music volume, last song



/ next song. If you do not press the music button within 5 seconds, the system will exit from music mode. Each time you use the sauna, press the music button first and then select the volume setting and the selected song.

7. You can connect the Bluetooth by searching “audio” for the BT signal, then you can play music using any Bluetooth device.

Enjoying your Sauna

INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your 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, 125 to 170 degree Fahrenheit.
2. Allow approximately 45-60 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 electric heater 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 allow fresh air into the sauna.
6. 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 ventilation.
- 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) 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) 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.
- 16) 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 heater is 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.

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) Severe sunburns
 - 4) Elderly people, pregnant women and infants should not use the sauna.
 - 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.