



200D2/300D3/400D3 OUTDOOR SERIES SAUNA MANUAL



Congratulations on the purchase of your SunRay Sauna!

●●● 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 start enjoying the many proven benefits your new outdoor sauna will provide including pain relief, weight control, skin stimulation, and stress reduction as a result of increased blood circulation when using the sauna.

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

●●● Installation and Maintenance

- a. The sauna should be placed on a dedicated power outlet. Do not plug any other appliances into the outlet with your sauna.
- b. The sauna should always be placed on a fairly leveled 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.

● ● Dimensions of each model

MODEL	WIDTH shingle roof(Y)	DEPTH shingle roof(Y)	HEIGHT shingle roof(Y)	WATTS
200D3	1700mm	1500mm	2200mm	2100
300D3	2000mm	1550mm	2200mm	2400
400D3	2250mm	1700mm	2200mm	3500

●●● 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. Place the bottom panel on a level surface. If the surface is prone to dampness, use a waterproof barrier(underlayerment) between the bottom of the sauna floor and the surface.



2. Install the back wall panel onto the floor.



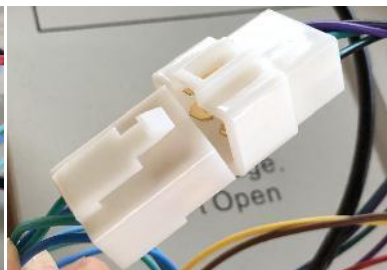
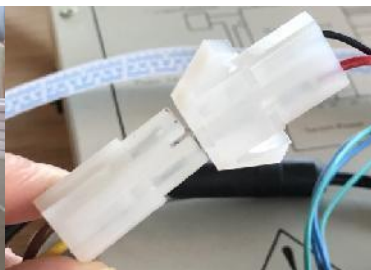
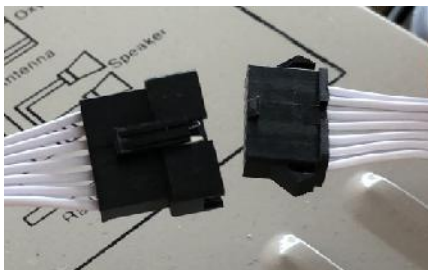
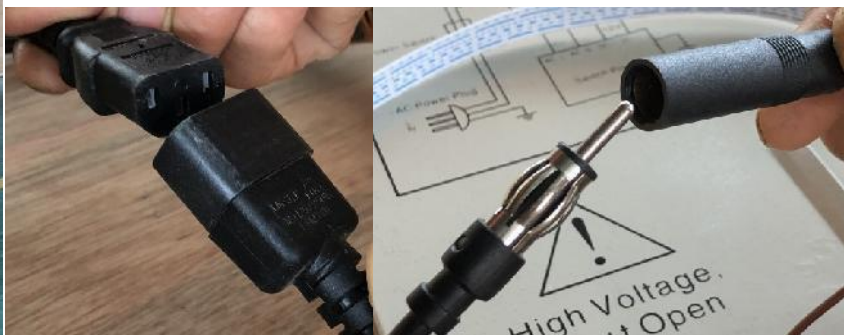
3. Secure the right and left wall panels with latches.



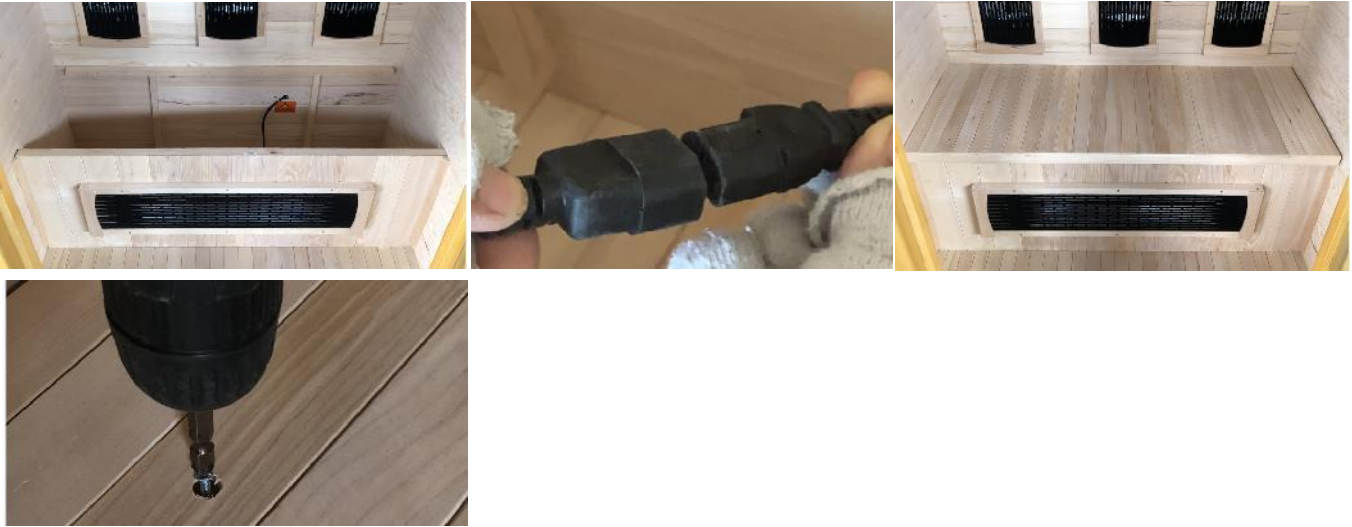
4. Place the front wall onto the sauna floor and secure it to the side panels with the included latches.



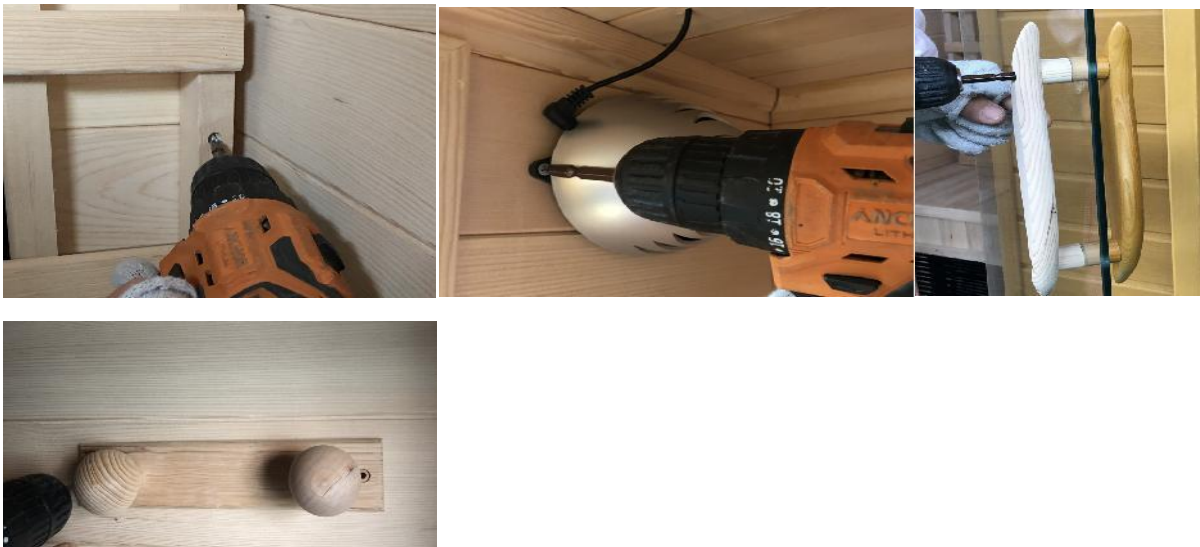
5. Install the interior flat roof panel and feed the accessory lines out of cabin to connect with their roof pairs



6. Slide the vertical bench between the pre-mounted wall slats and screw the horizontal bench in using the pre-drilled holes.

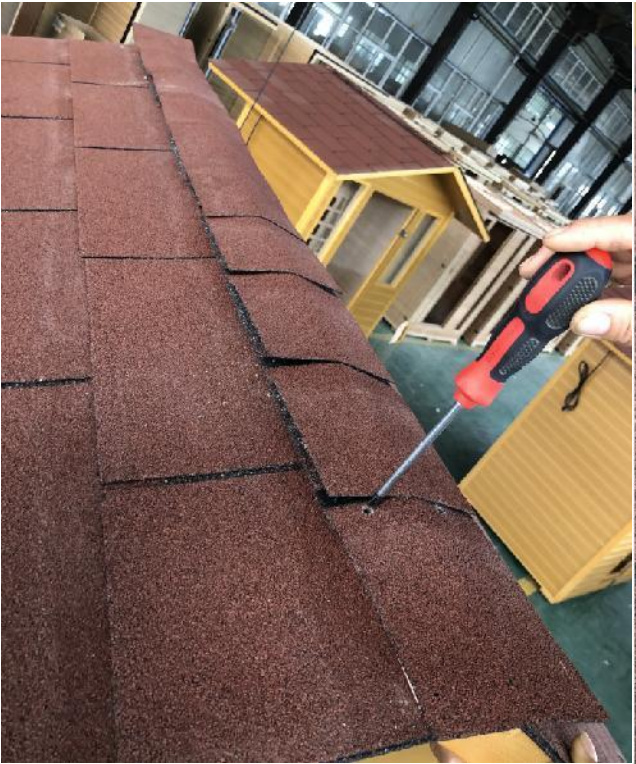


7. Secure the back rest to the back panel using the pre-drilled holes in the backrest and attach the accessories.



8. Attach the roof supports and shingle panels.





Keypad Functions:



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

2. Time button to adjust time

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

4. Digital 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. Inner light to turn on/off inside light

6. Note: there is no outside light for the outdoor series, so the outside light button does not work.

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, 40-50°C.
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) To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
- 6) 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.
- 7) Be sure to towel off excess sweat during your session to help the body perspire more freely.
- 8) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
- 9) Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
- 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.
- 11) 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.
- 12) 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.

13) 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.

14) Consult your physician for the proper treatment for this or any other conditions.

15) 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.

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 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 persons (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) Severe sunburns
 - 4) Elderly 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.