



USER MANUAL FOR BARREL SERIES SAUNAS



● ● Dear SunRay Customer,

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

Carefully and thoroughly 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.

● ● ● Sauna Requirements

The sauna must be installed 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.

The sauna should always be placed on a sturdy level surface such as a concrete pad, wood deck or other solid surface. Do not place the sauna directly onto the ground.

If the sauna floor is damp or has moisture install a floor separator/moisture barrier to keep the sauna high & dry.

Do not store flammable objects or chemical substances near the sauna.

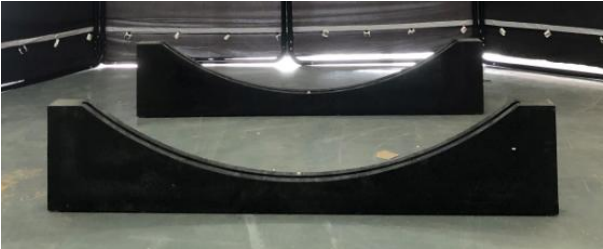
● ● ● Model Specifications

MODEL	WIDTH	DEPTH	HEIGHT	WATTAGE
200SH	72	49	76	6000
300SH	72	60	76	6000
300SC	72	72	76	6000
400SH	72	74	76	6000

●●● Assembly Instructions

Assembly of the sauna requires at least 2-3 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 at 800.976.5530.

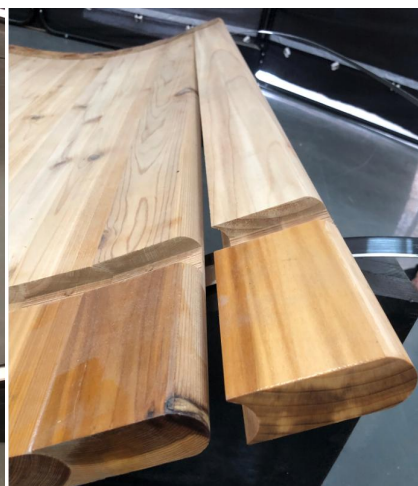
1. Place bottom supports on a level surface with a solid foundation such as a concrete pad, deck or patio pavers.

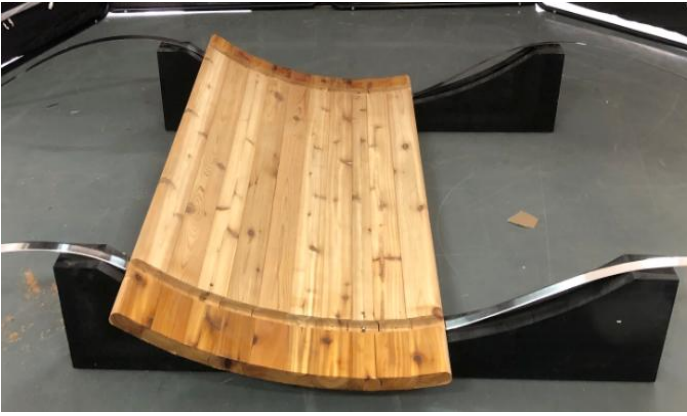


2. Put metal strip onto the bottom supporter and leave about 100cm (39inches) from the left end like show on the photo below

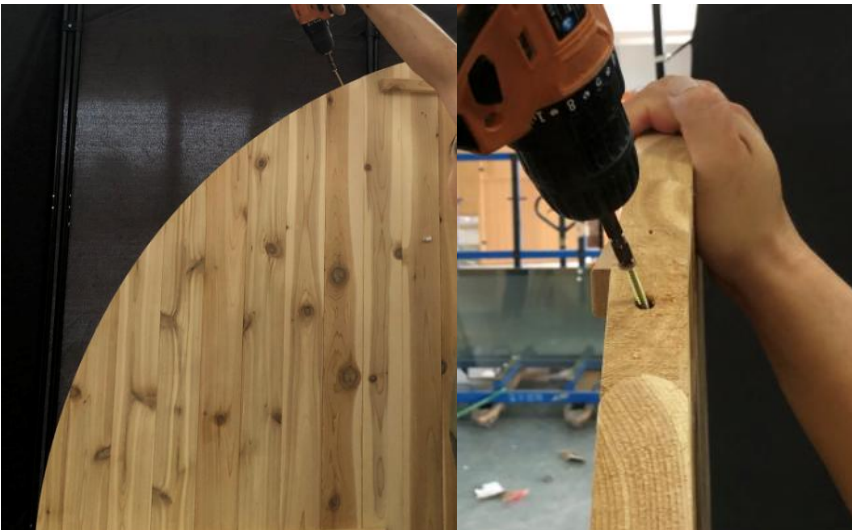
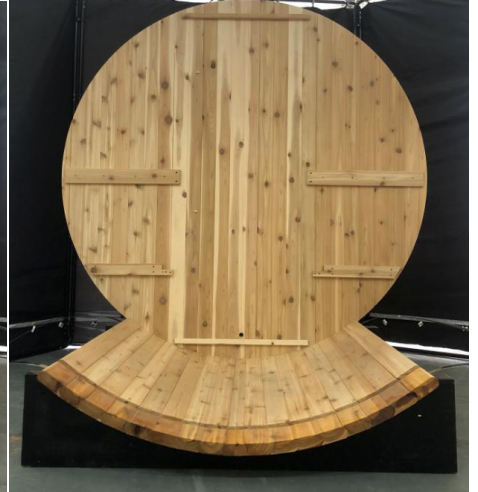


3. Place bottom wood panel in the middle of the supports and then put 8 wooden slats on the left and right sides.





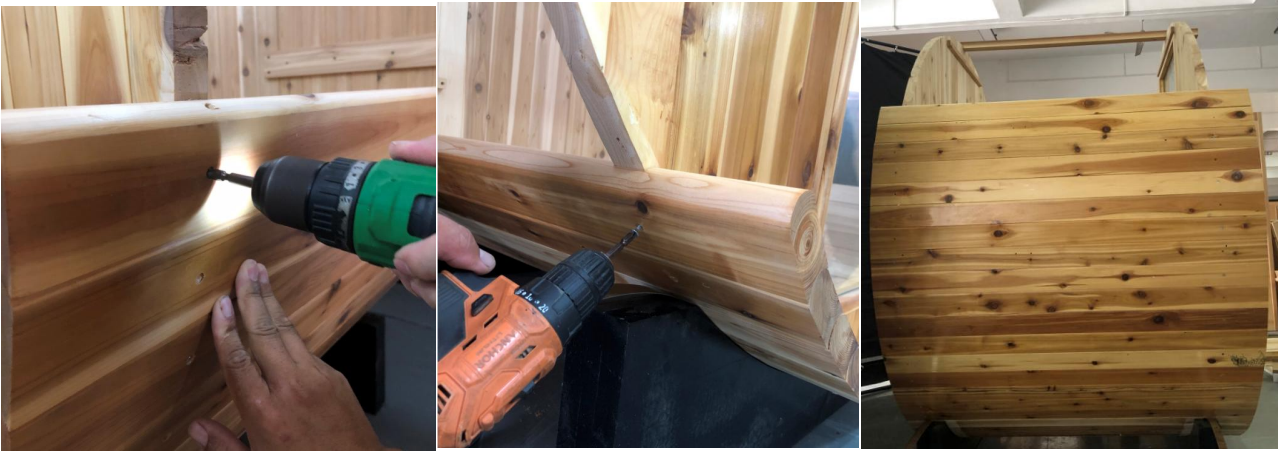
4. Put on back wall sections by screwing them together.



5. Assemble front walls using the same method as the back walls and place the roof middle strip as shown.



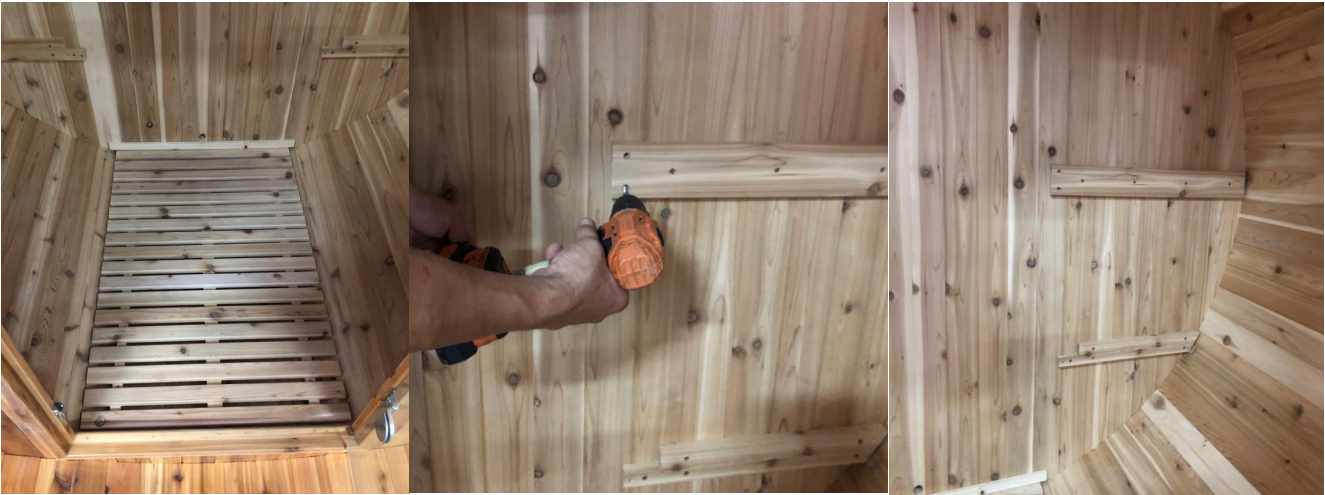
6. Install the remaining wooden side making sure to screw every 3rd or 4th panel to the frame using the factory drilled screw holes.



7. Close the metal strip to consolidate the barrel sauna construction. Tighten the metal strip using the latch bolt.



8. Put in inner floor, then screw tight the bars on back wall.



9. Assemble bench supporter strip and put on benches and backrests.



10. Screw on tiles onto outside sauna surface.



11. Assemble door handle.



Assemble the wood stove frame :





12. Attach the accessories using the screws as shown.





Attach the dome light to the back wall of the sauna in your desired location. Run the white wire around the edge of the sauna using the included clips and attach it to the heater per the electrical instructions.



*Additional step for HL-300SC only :
Steps to assemble the exterior benches



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 centigrade.
2. Allow approximately 30 minutes for the sauna to heat 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 can be opened at any time to introduce 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) If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- 2) Drink plenty of fluids prior to, during, and after your session.
- 3) 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.
- 4) 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.
- 5) Be sure to towel off excess sweat during your session to help the body perspire more freely.
- 6) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
- 7) 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.
- 8) 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.
- 9) 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.
- 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.
- 11) Consult your physician for the proper treatment for this or any other conditions.
- 12) 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.
- 13) 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 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.

Note: Please refer to heater manual for instructions on how to operate your sauna heater