ALEKO®

Canadian Hemlock Infared Sauna

Installation Manual

Model:

IF4 HEM

Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared Sauna for the first time. We recommend for you to keep this manual for future reference.

Benefits:

- Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Beautiful Skin
- Stress Reduction

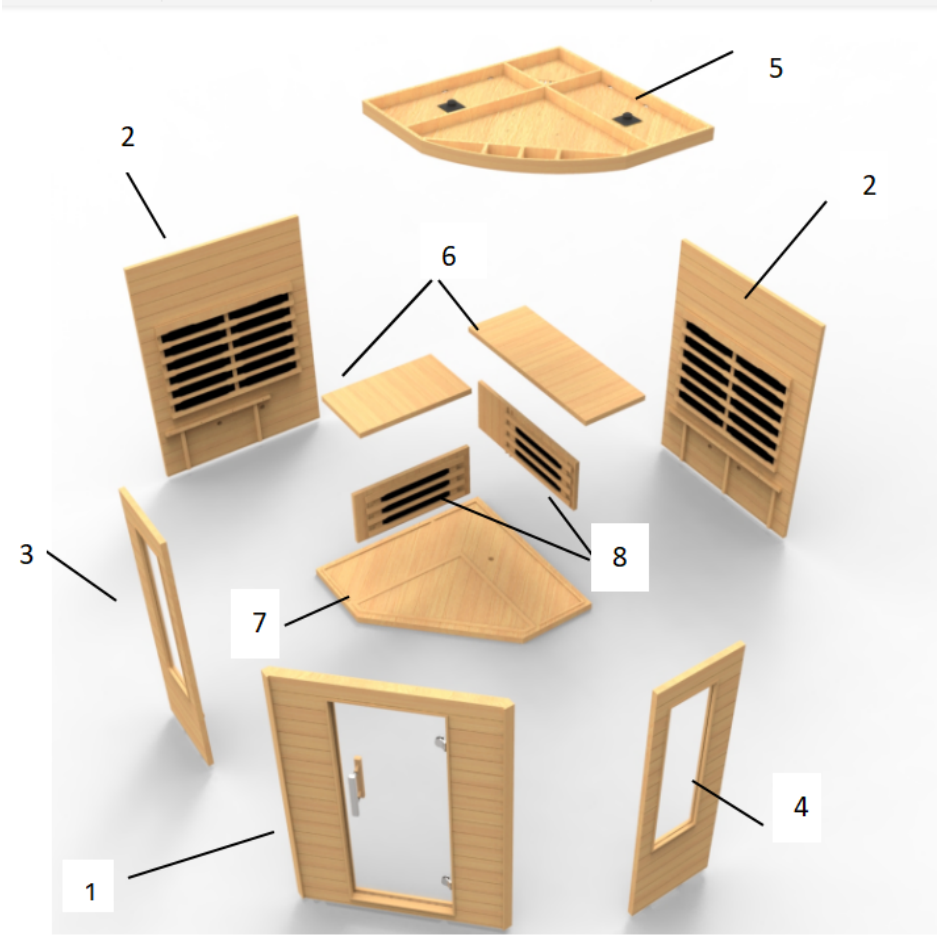
Features:

- High quality wood craftsmanship
- High quality electronic control system & digital control panel
- Pre-assembled board and build-in electrical elements makes the installation easy
- Accurate temperature sensor
- Energy efficient
- Considerate detailed designs

Packing List

For any missing parts please contact your local distributor.

1. Front panel
2. Back panel
3. Side panel (L)
4. Side panel (R)
5. Top panel
6. Bench panel
7. Floor Panel
8. Bench heater
9. Screws: For installing the bench & the roof panel



Installation Requirements

1. Install the sauna on a completely level floor.

2. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.

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

4. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.

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 sauna.

<1> LOCATION OF SAUNA

When you find a good location for your sauna, please notice the following.

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.

<2> PLACING BOTTOM PANEL

Place the bottom panel on the floor. Make sure that the **FRONT** direction of your sauna room.

<3> CONNECTING THE FRONT PANEL TO BOTTOM PANEL

Attach the front panel to the bottom panel by lining up the front panel on the bottom panel. (Please hold the front panel until one of the side-panel had been installed.)

<4>CONNECTING SIDE PANELS WITH FRONT PANEL
Align the side panels with front panels' corresponding outside-buckles.
Make sure the outside-buckles on both side panels and fixed in place.

Outside buckles

<5> CONNECTING THE BACK PANEL TO SIDE PANEL

Lower the roof panel onto the assembled panels.

1. Gently place the top panel onto the rest of the assembled panels. When four corners are in place, gently push down the roof panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cables do not get pinched between the panels.
3. Leading the wires of heaters onto the board through the corresponding hole.
4. Fix the roof panels by 4 screws to make sure it is stable enough.

<7>INSTALLING THE BENCH HEATER

Slide down the bench heater panel by lining up its sides with the vertical guides on side panel.

1. The heater grill is facing outward (toward the front of the sauna).
2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.

<8> CONNECT THE WIRE OF BENCH HEATER

Connect the wire of bench heater and floor heater to the back panel.

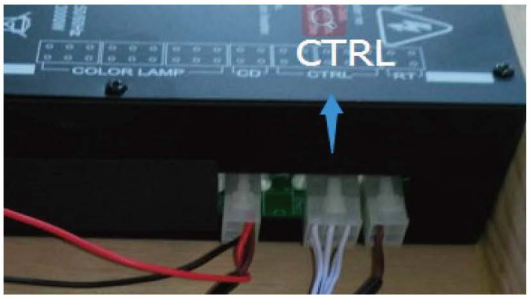
<9> INSTALLING THE BENCH

1. Install the bench by sliding it over the horizontal bench guides on the side panels. Keep the two little blocks on the bottom to the front side.
2. Push the bench all the way in until it can touch the back panel and is securely in place.

<10> THE MAIN POWER CONNECTION ON THE ROOF PANEL

1. Connect all the wires for heaters.

2.Connect the control panel wires.



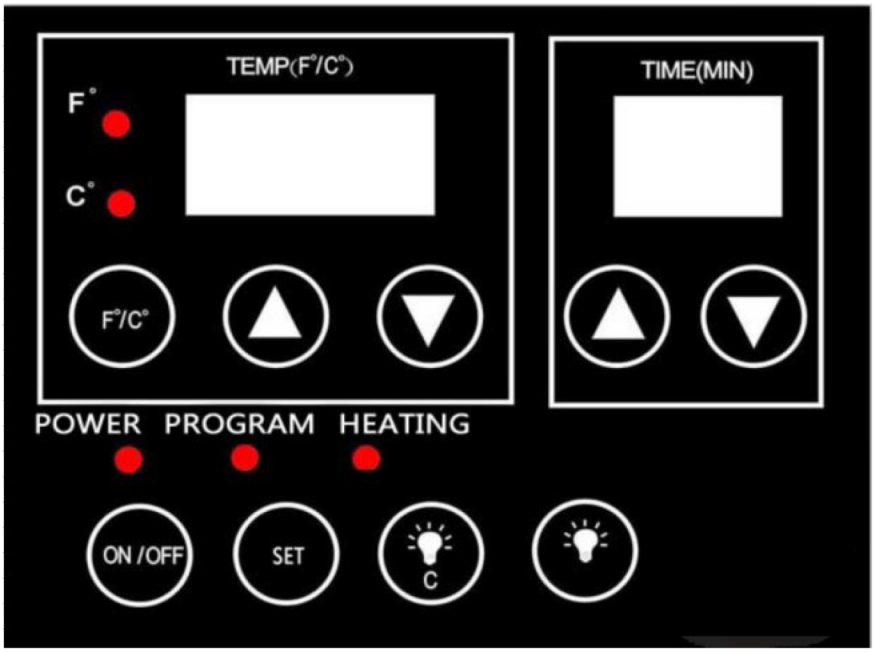
3. Check if all connections to the control box are secure.

<12> INSTALLING DOOR HANDLE

<13> ENJOY YOUR SAUNA!

Plug in the main power cord into the wall outlet and power up your sauna. Turn on the radio, grab some towels, a glass of water and step you're your sauna and enjoy the benefits of the sauna!!

Digital Control Panel Operating Instructions



INSTRUCTION

1. Press quickly to switch the sauna on to a stand-by mode.
2. Set the desired temperature using buttons.
3. Set the time to desired length using buttons.
4. **Press quickly a second time to activate the heaters.**
5. When time reaches 00, all the heaters will automatically shut off.
6. Press and hold to switch the sauna off.
7. Press SET button. Temp becomes hours ahead. Time becomes minutes ahead. Your sauna will begin heating after the programmed time has elapsed.
8. Press to turn on/ turn off the exterior lights. Press to turn on/turn off the interior color light. You can change the color of the light by pressing this bottom.

Things To Know

1. Set up the desired session temperature and time using the control panel. (suggested 100°F-130°F)

2. Allow approximately 10~15 minutes for the sauna to warm up before beginning a session.

3. Recommend sauna session use is around 30-45 minutes.

4. The heaters automatically maintain the desired temperature inside the sauna

5. The ceiling vent can be opened at any time to for air circulation.

6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.

7. 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 rinsing perspiration from the body.

8. 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.

9. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

Recommendation for Use

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
2. If you need more cooling, simply leave the door open until the air around you feel comfortable.
3. Drink plenty of fluids prior to, during, and after your sauna 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 excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the 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. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
10. 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.
11. 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.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs; massage your neck and feet, etc.
13. 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.**
14. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other conditions.
15. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect 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, if will continue to sweat even after the heaters are off. Sit in the sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.

Safety

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

1. Read and follow all instructions carefully.

2. When installing and using this electrical equipment, basic safety precautions should always be followed.

3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all.

4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.

5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.

6. Hyperthermia Danger: Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37ºC (98.6ºF). While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103ºF. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.

8. 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.

9. 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.

10. Never sleep inside the sauna while the unit is in full operation.

11. DO NOT use any type of cleaning agents on the interior of the sauna.

12. DO NOT stack or store any object on top of or inside the sauna.

13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.

14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.

15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.

16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.

17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.

18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.

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Important Safeguards For Your Sauna

1. READ INSTRUCTIONS -- All the safety and operating instructions should be read before the sauna is installed and operated.

2. RETAIN INSTRUCTIONS -- The safety and operating instructions should be retained for future reference.

3. FOLLOW INSTRUCTIONS -- All operating and usage instructions should be followed at all times.

4. CLEANING -- Unplug the sauna from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.

5. ATTACHMENTS-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.

6. WATER OR MOISTURE—DO NOT use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool, etc.

7. POWER-CORD PROTECTION-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.

8. LIGHTING-- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.

9. OVERLOADING-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.

10. SERVICING-- Always unplug your sauna from the wall outlet before servicing.

11. REPLACEMENT PARTS--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.

12. SAFETY CHECK--Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

Cleaning and Maintenance

●Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the sauna is strong at first, that is normal and please open the door while the sauna is working. The smell will diminish within a weekend.

● Use furniture polish to clean the exterior.

● We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.

●Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

Troubleshooting Guide

	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plug-in	1. Check for power to the outlet. 2.Check connection between power cord and main control unit.
		The fuse is burned out	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature/ Display shows E1	Problem with heater.	See Item #3.
		Incorrect setting on control panel	Reset it.
		The temperature sensor wire may be loose or broken.	Check sensor wire connection and condition. Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system	1. Unplug sauna, check the voltage.
			2. Find the objects with problems
			3. Replace the parts
6	The light not working	The light bulb is burned out. Replace light	Replace light bulb.
		The bulb is not secured in the base	1.Make sure the bulb is tight enough to make good contact in the light fixture. 2.Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.

Disclaimers

We shall not be liable for any loss due to use (or misuse) of the sauna or other our products or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall we or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation.

Legal Remedies

This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.

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