

ALEKO®

Outdoor Sauna User Manual



Model:
SKD5HEM, SKD5RCED,
SKD8RCED

Congratulations on purchasing the **Sauna room** . Please take the time to carefully read through this manual. Keep this manual and your proof of purchase for future reference and service calls.

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Electrical Requirements

Each sauna will require a dedicated circuit when plugged in an outlet according to the chart below. A dedicated circuit requires that no other appliance should share the outlet/circuit with the sauna. Failure to comply with this requirement may cause electrical interruption and diminished performance. It is recommended that a qualified electrician install your dedicated electrical wiring for proper sauna functionality and to avoid any potential electrical hazards. Please make sure the sauna is properly grounded. Serious injury may result if proper electrical requirements are not met.

Please follow all instructions carefully. Keep the sauna away from any potential hazards including any water source or liquids. Select a dry suitable location for the sauna installation. Do not expose the heater elements to any water source or liquids as it may cause electrical shock. Should you have any questions, please do not hesitate to contact the supplier

Power Plugs

Refer to the sauna heater data

Installation Instructions

Please read the following directions carefully. The sauna installation requires a minimum of 2 people. You should not try to install the sauna on your own as damage will easily occur.

Caution

- 1- No plumbing or plumbing fixtures should be placed in the sauna.
- 2- Keep all liquids away from the heating panels
- 3- Install the sauna on a completely level surface.
- 4- Install the sauna in an area that is dry and protected from the weather.

- 5- Flammable objects and corrosive chemical substances should be kept far away from the sauna.

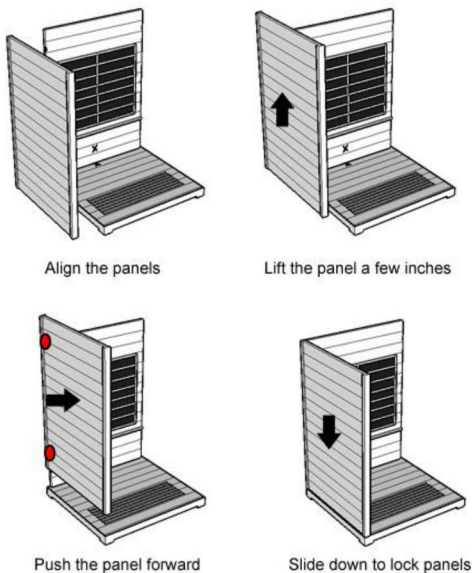
Your infrared sauna will come packaged **in one crate box**. Please make sure that you open the boxes face up. Please be very careful when opening boxes, due to fragile parts and glass.

Connecting the Panels:

The **Sauna** offers two types of panels locking system to connect the different sides of the sauna. Please use the instructions below as a reference guide on how to connect the sauna panels.

Inner Locking System:

The inner locking system is designed to be completely invisible when the sauna is installed. The locks are built on the side of each panel and they connect by sliding one over the other (Figure G-2).



To connect two panels, follow these few steps:

1. Lift the panel with the male locks a few inches.
2. Push it against the opposite panel; make sure to apply pressure around the top and bottom corners.
3. Slide the panel down to lock it in place. Make sure all the locks are connected (top and bottom).
4. Inspect the panels and make sure they are leveled (the panels top is flat and

Figure G-1: Connect panels, inner lock

system

matching).

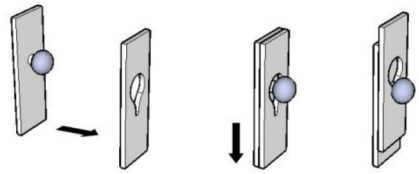


Figure G-2: Inner Locking System

Latch System:

The Latch Locking System is two brackets that lock together by passing the main loop over the opposite side and locking the latch (Figure G-3).

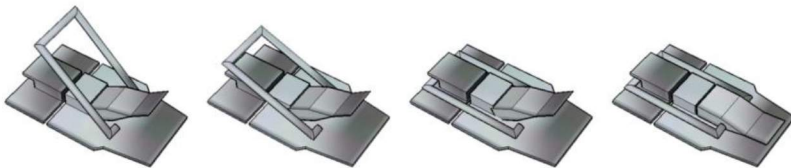


Figure G-3: Latch Locking System

Components of sauna :

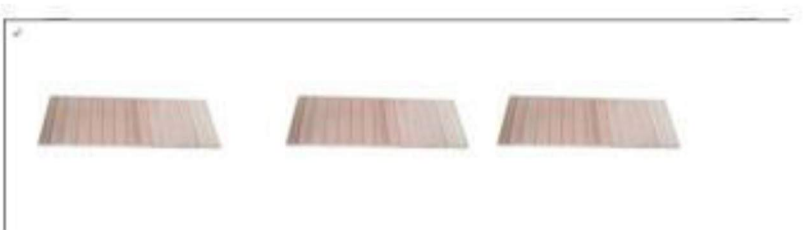
Floor panel + Rear panel and left panel



Right panel and left front panel +front panel +roof panel



2 layers of bench + left side bench



Accessories

				
lamp and lampshade , hourglass		thermometer& hygrometer , stone		sauna bucket and ladle
Instruction manuals				

Installation:

This manual suit for all outdoor sauna

Floor Panel Place the floor panel flat on the desired location. Make sure to leave a space around the side walls for one person to stand and install the side panels (Figure A-1). You can slide the sauna once it's complete next to a wall.

Tips:

- An "X" mark will point to the back of the sauna and the floor heater (on some models) point to the front of the sauna.



Figure A-1: Floor Panel

Rear Panel

Place the rear panel on the back end of the floor panel (Figure A-2). At this point, someone should hold the rear panel until the next connection is made.

Left Panel

Install the left panel (the left panel has 2-4 sockets on the lower end) as the image below. Make sure the top of both panels is flat and leveled.

Refer to "Connecting the Panels" section (page 4) on how to lock the panels together.



Figure A-2: Rear and left panels

Right Panel and the left front panel

Connect the right side Panel to the rear Panels by lining up *Latch Locking* and fastening them . and the same steps to connect the left front panel



Figure A-3: Right panel and left front panel

Tip:

- Someone can stand inside the sauna to match the bench stand with the vertical guide on the right panel and level the corners for easy installation. If the lower lock is not connecting, make sure the bench stand is not blocking the panel by aligning it with the vertical guide.

Front panel :

Place the Front Panel onto the recessed area. Align *Latch Locking* with both Side Panels and secure in place by fastening the *Latch Locking*

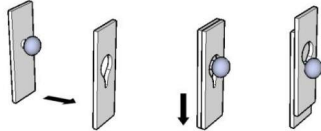


Figure A-4: Front panel

Tips:

- Make sure to align the corners of the two side panels and the edges of the front panel.
- The front panel is heavy because of the glass door. At least two people are needed to lift it.
- For inner locking system, a person can stand inside the sauna to align the edges and corners of the panels.
- For inner locking system, make sure to put pressure on the top and bottom corners of each side to insure the locks are connecting.

Bench Installation

a) Assemble the bench support of the benches ;

b)

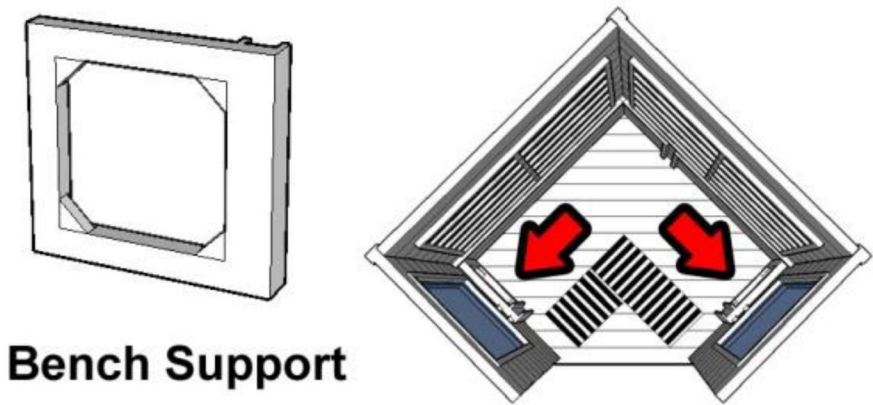


Figure A-5: Front panel assemble bench support

Slide the bench stand panel between the two vertical guides on the side panels.

Install the bench top by placing it on top of the bench stand and the horizontal guide on the rear panel. Make sure the smooth and finished side is facing up and forward and the bottom bench and then the left side bench (Figure A-6).



Figure A-6: Installing the 2 layers of bench



Figure A-7: Installing the left side bench

Assemble the roof panel :

Place the roof bottom section on top of the sauna and screw the center support beam (Figure D-1).

The illustration below will not include the sauna's body, but the roof should be installed on top of the sauna.

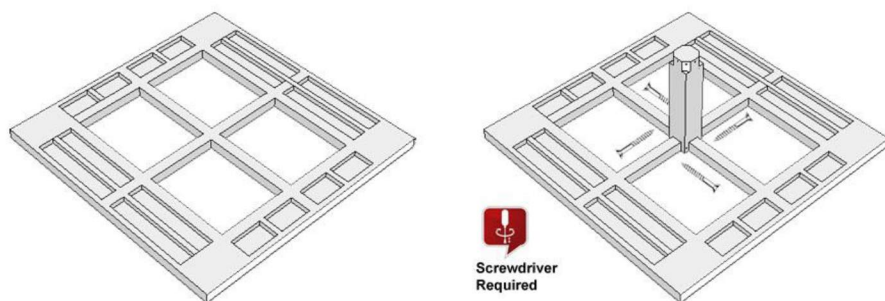


Figure D-1: Roof bottom section and center support beam

Roofing Shingles Support

Install the roofing shingles support beams around the top. Each beam is labeled alphabetically to a matching corner or side (Figure D-2). For example, the beam marked with “A” should be screwed into the “A” corner. Repeat for all the corners and sides (based on the model, you might have eight or six supporting beams).

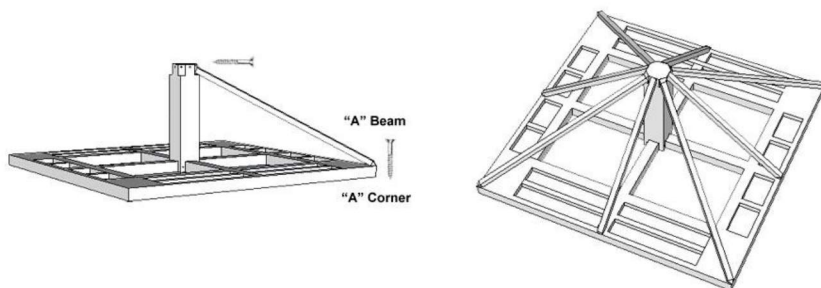


Figure D-2: Shingles Support Beams

Screw the triangular roofing shingles on the supporting beams (Figure D-3). Repeat for all sides.

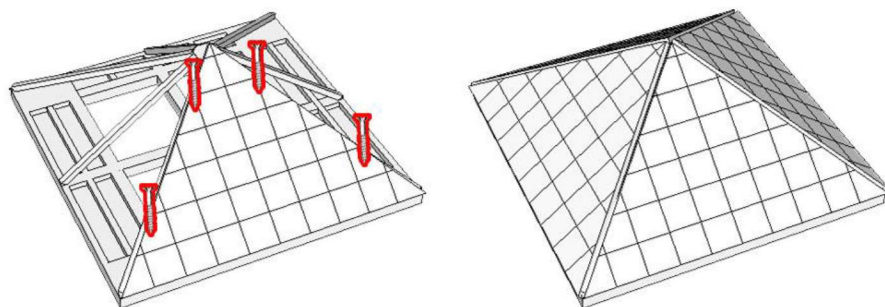


Figure D-3: Roofing Shingles

Roof Sealing

Screw the corner roof shingles around all corners. Each corner will have two shingles curved upward to easily identify the screws position (Figure D-4).

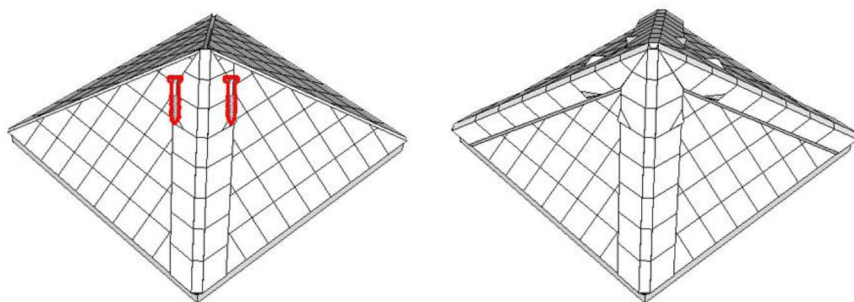


Figure D-4: Corner Roof Shingles

After screwing the corners, flatten the curved shingles and place the pyramid roof shingles on the top (Figure D-5).

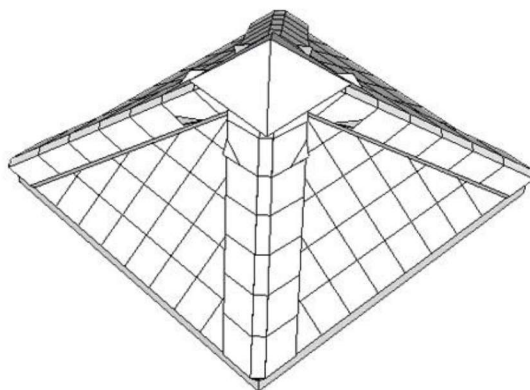


Figure D-5: Pyramid Roof Shingles

Accessories

Oxygen Ionizer

Locate the ionizer plug that is extended out of the sauna ceiling (1-pin plug). Connect the oxygen ionizer and screw it on the back panel.



The oxygen ionizer is used to refresh the air inside the sauna by killing odor causing bacteria and removing airborne particles.

Use:

Before and while using the sauna, please select the “Ion” option to remove airborne particles by attaching them to the ionizer. After using the sauna, select the “O3” option to kill odor causing bacteria out of the sauna air.

Hourglass



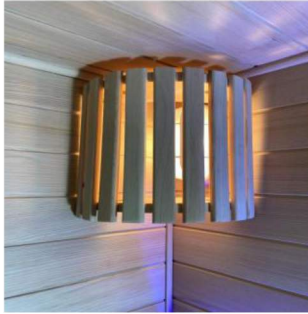
Use screwdriver to fix the hourglass on the left side corner

Sauna thermometer& hygrometer



Use screwdriver to fix the thermometer & hygrometer on the back panel

Lamp and lamp shade



Use screwdriver to fix the lamp and lamp shade between the left and back side panels

Door handle

1. Align the Outside Door handle against 2 holes on the outside of the door, hold it at an angle against the door.
2. Insert the Screw into the hole located on the inside of the door.

Screw until it is tightly fit.



Sauna bucket and ladle



Put the sauna bucket and ladle inside the sauna room

Usage Guide

Allow your sauna to warm up for 15-20 minutes or until it reaches 110 F (43 C). You may close the vent on the ceiling to speed up the pre-heating process. Drink plenty of water to avoid dehydration before and after the sauna session. It is recommended not to exceed 40 minutes per session.

If the sauna becomes stuffy, open the vent on the ceiling to allow fresh air into the sauna.

Tip:

- Start using the sauna within 10 degrees before it reaches the set temperature in order to receive the most benefits out of the infrared heaters. For example, if you set the sauna to 125 F (52 C) degrees, you should start using the sauna when it reaches 115 F (46 C) degrees.
- Customers reported an average use temperature of 125 F (52 C) degrees.

Precautions

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
- Do not consume alcohol or drugs when using the sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna.
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier's representative; otherwise product warranty may be voided.

Cleaning and Maintenance

Use a clean damp towel to wipe off the bench, floor and around the back panel. Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.

Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use. Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

Wood Care

If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding. Please avoid any treatment containing benzene or a high concentration of alcohol.

Outdoor models body need to be maintain on regular bases (between 6 months to a year) by polishing or resealing the body as needed. If the varnish is

cracked or worn off, sand the surface and re-varnish the affected area. Consult your local handyman or furniture repair professional for more details on how to maintain wood in an outdoor environment.

Sauna's Benefits

Health Benefits

Detoxification and Body Cleansing

Detoxification is a bodily process that transforms health threatening toxic substances from our environment, diets, as well as our own bodies into something harmless or excreted. Sweating is the body's nature way to get rid of harmful toxins and cleansing our bodies through the skin. **The** infrared sauna waves penetrate deep below the skin to help the body to get rid of toxins buried deep under the skin.

Weight Loss

The Saunas were proven to help a person lose weight and burn calories. According to Journal of the American Medical Association, a sauna session can burn between 300-700 calories. Also, Dr Oz. explained in the Oprah show that an infrared sauna session can burn up to 700 calories.

Pain and Arthritis Relief

The Saunas infrared waves penetrate deep into the muscles for long lasting pain relief. Moreover, patients with rheumatoid arthritis, using an infrared sauna results in a short-term improvement regarding pain and stiffness, reduction in fatigue, and a trend towards long-term beneficial effects.

Skin Purification

In the sauna, skin is cleansed and dead cells are replaced, keeping the skin in good working condition. Sauna heat also relaxes facial tensions, and improves

skin elasticity. Sweating rinses bacteria out of the epidermal layer and sweat ducts.

Cardiovascular Workout

Finnish researchers have reported that the regular use of saunas helps maintain the blood vessels in a healthier condition. Vessels become more elastic and pliable longer due to regular dilation and contraction from the process of heating and cooling the body repeatedly.

Lower Blood Pressure and Improved Circulation

Blood vessel dilation brings blood closer to the surface of the skin and, as blood vessels expand to accommodate increased blood flow, circulation in the extremities improves, and the blood pressure gets lower. The effect on the blood pressure is temporary, but medical research shows that frequent sauna bathing can make person's blood pressure level also to stay lower.

DISCLAIMER:

The Sauna and its affiliates do not provide medical advice, education or treatment. The information contained in this manual is for general information purposes only and does not address individual circumstances or medical conditions. It may not be right for you and should not be relied upon in making decisions about your health. Always consult your doctor for medical advice.

Saunas and Contraindications

Saunas and Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Saunas and Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

Saunas and the Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Saunas and Alcohol

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Saunas and Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Saunas and Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

Saunas and Fever

An individual that has a fever should not use any type of sauna.

Saunas and Insensitivity to Heat

An individual that has insensitivity to heat should not use any type of sauna.

Saunas and Pregnancy

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a certain elevated body temperature.

Saunas and Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas use during that time of the month.

Saunas and Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

Saunas and Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect far infrared waves and thus are not heated by this system; nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

In the rare event, you experience pain and/or discomfort, immediately discontinue sauna use.

Troubleshooting

Light is not working

- Replace the light bulb.
- If the control panel time display is -- (two dashes), the sauna is on continues working mode. Press the timer button to return to timed working mode.

For more troubleshooting advice or to report a problem, please contact with the supplier

Warranty Information

The **Sauna** warrants its products to be free of defects in material and workmanship.

This warranty extends only to:

1. a retail purchaser of a sauna or parts directly from **the supplier**;
2. the authorized wholesale purchaser of a sauna or parts directly from **the supplier** ; or
3. a retail purchaser of a sauna or parts from **the supplier** authorized wholesaler.

However, in the event of a sale, transfer or conveyance of a sauna or parts from any of the three (3) proceeding persons or entities, any rights, duties and obligations associated with this warranty shall be null and void and of no further force and effect. The sauna or parts must be purchased and used within one year of the manufactured date.

The sauna or parts must be placed in an indoor environment unless the sauna or parts are specifically designed for outdoor use. If an indoor sauna or parts are placed in an outdoor environment, warranty shall be null and void and of

no further force and effect. The controls, heaters, electrical parts and wiring must be kept dry at all times and not exposed to any water or liquids.

Residential Use:

Indoor Models Parts: Lifetime warranty on wood, controls and heaters. CD player warranty is limited to one (1) year.

Outdoor Models Parts: Lifetime warranty on controls and heaters. Wood, outdoor cover and CD player warranty is limited to one (1) year.

Labor: One (1) year labor.

Freight & Shipping: One (1) year on replacement part only.

Commercial Use:

Indoor Models Parts: Five (5) years warranty on wood, controls and heaters. CD player warranty is limited to six (6) months.

Outdoor Models Parts: Five (5) years warranty on controls and heaters. Wood, outdoor cover and CD player warranty is limited to six (6) months.

Labor: Six (6) months labor.

Freight & Shipping: Six (6) months on replacement part only.

The warranty begins on the original date of purchase, and is valid only on products purchased and used in the pointed market. To receive warranty service, the purchaser must contact **the supplier** for problem determination and service procedures. Warranty service can only be performed by **the supplier** authorized service center. The original dated bill of sale must be presented upon request as proof of purchase to **the supplier** or **the supplier authorized** service center.

In-home service will be provided during the warranty labor period subject to availability within the contiguous United States or Canada. In-home service is not available in all areas. To receive in-home service, the product must be unobstructed and accessible from floor level to service personnel. If during in-home service repair cannot be completed, it may be necessary to remove, repair and return the product. If in-home service is unavailable, **the supplier** may elect, at our option, to provide for transportation of our choice to and

from the **supplier** authorized service center. Otherwise, transportation to and from the **supplier** authorized service center is the responsibility of the purchaser.

This warranty covers manufacturing defects in materials and workmanship encountered in normal use of this product, and shall not apply to the following, including, but not limited to: damage which occurs in shipment; delivery and installation; applications and uses for which this product was not intended; altered product or serial numbers; cosmetic damage or exterior finish; accidents, abuse, neglect, fire, water, lightning or other acts of nature; use of products, equipment, systems, utilities, services, parts, supplies, accessories, applications, installations, repairs, external plumbing and leaks, external wiring, circuit breakers, fuses or connectors not supplied and authorized by **the supplier**, or which damage this product or result in service problems; incorrect electrical line voltage, fluctuations, and surges; customer adjustments and failure to follow operating instructions, cleaning, maintenance and environmental instructions that are covered and prescribed in the instruction book; consumable items including light bulbs.

The Sauna shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall **the supplier** or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

The sauna uses the highest quality wood in our product lines. All structures using wood are susceptible to minor dents, scratches and scuffing. This is normal and will not affect the integrity or operation of your sauna.

Wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. Variations in the color or grain, and irregularities such as fine cracks are part of the natural beauty of the wood and in no way should be considered defects. During normal operation, wood may

crack slightly due to the changes in moisture level. This will not affect the structural integrity of the sauna.

Prior to shipping, the wood is inspected for consistency, color and quality. Our saunas are shipped around the globe, and can experience slight blemishes, scratches or scuffs in transit. In most cases, these blemishes on the exterior of the sauna can be concealed by using a small amount of furniture polish, oil or other furniture treatment. The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding. Please avoid any treatment containing benzene or a high concentration of alcohol.

ATTENTION: Shipping damage must be notated on the Bill of Lading (BOL). **The Supplier must** be notified of any damage to your sauna within three (3) business days of signing the BOL. Failure to notify **the supplier** within the established time frame will result in the owner taking full responsibility for cost of ALL REPLACEMENT PARTS including shipping and handling fees.

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