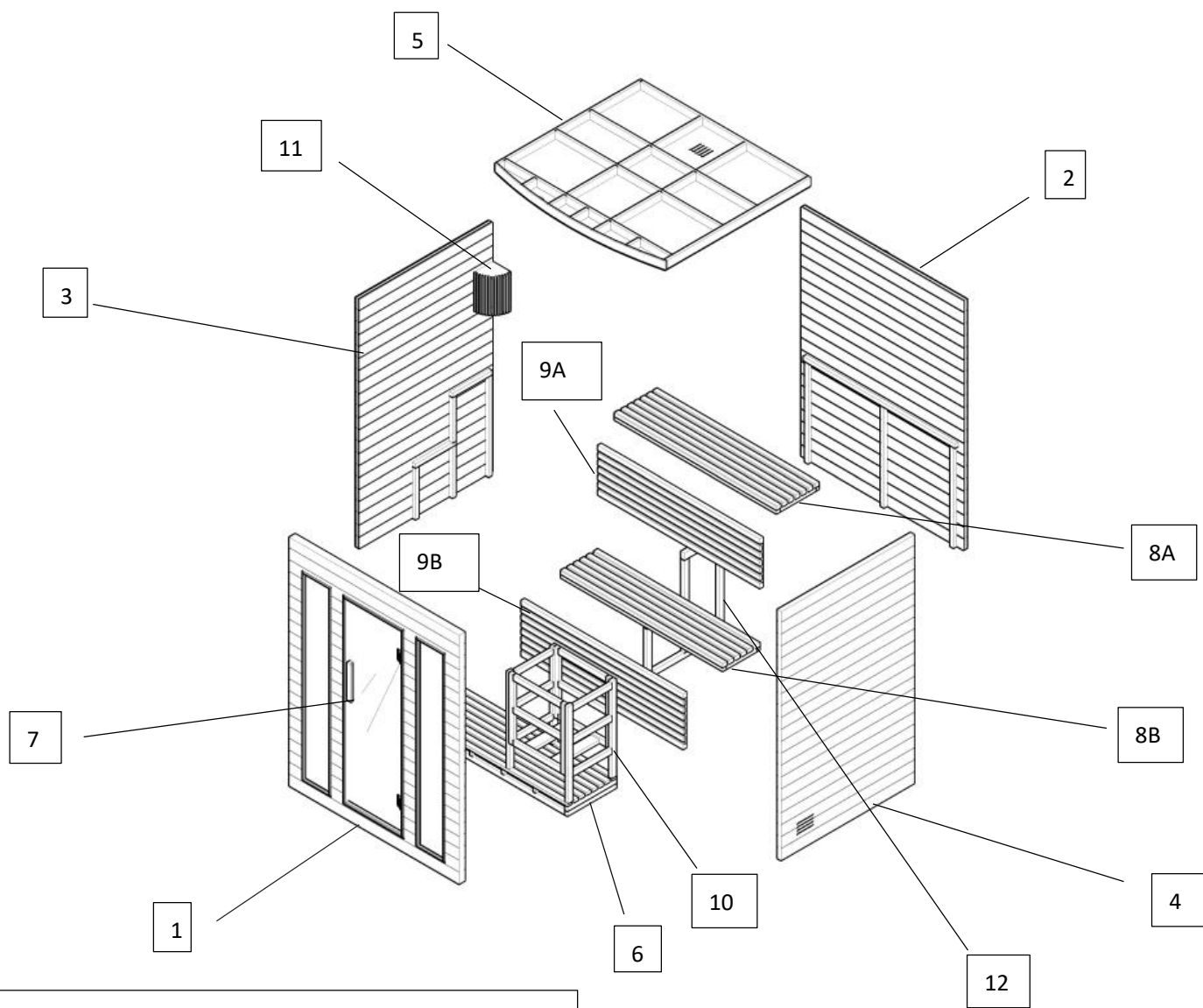


ALEKO®

Indoor Sauna Installation Manual





1. Front panel--1pc
2. Rear Panel--1pc
3. Left Side Panel--1pc
4. Right Side Panel--1pc
5. Roof panel--1 pc
6. Floor panel--1pc
7. Door handle--1 set
8. Bench--2 pcs
9. Calf panel--2pcs
10. Heater fence--1 pc
- 11.Lamp--1pc
- 12.Bench support--2pcs

Assembly Instructions

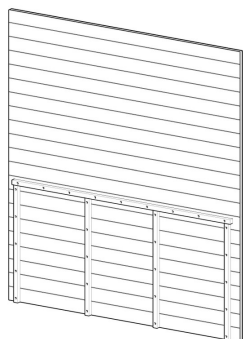
Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

<1> LOCATION OF SAUNA

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

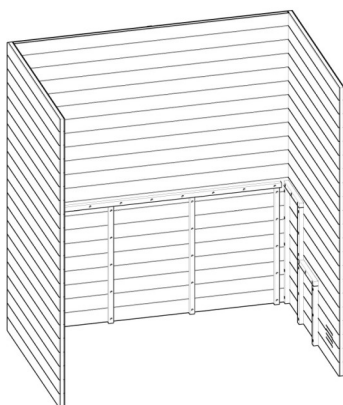
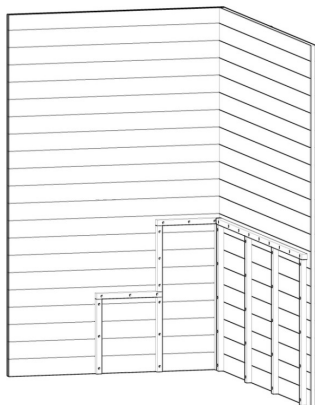
1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.
3. Please take out the backrest if it is behind the bottom panel.

<2> PLACING BACK PANEL

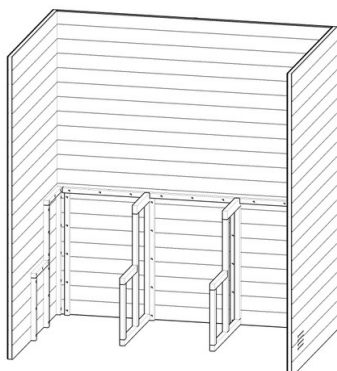


<3> CONNECTING BACK PANEL TO RIGHT & LEFT SIDE PANEL

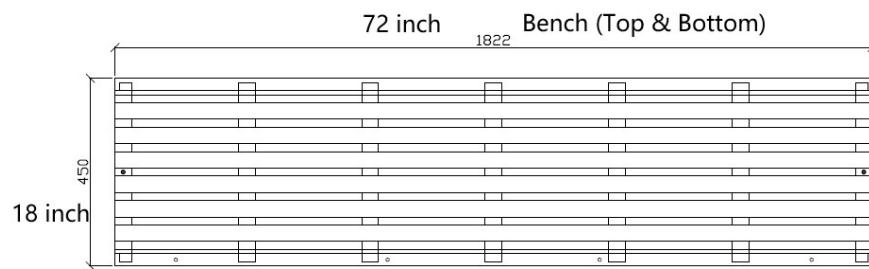
Install the side panels (Left & Right) to the back panels by lining up buckles and fastening them securely in place.



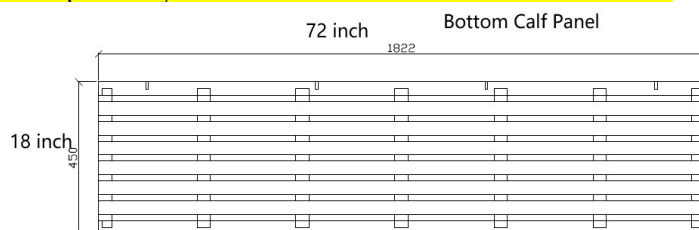
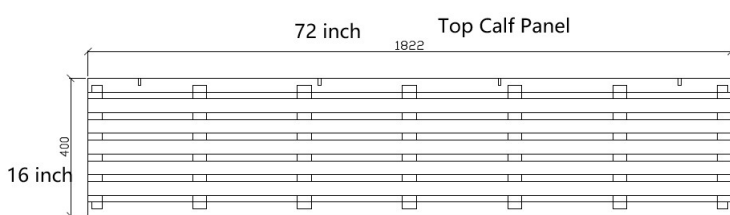
<4> INSTALL THE BENCH SUPPORT TO BACK PANEL BY SCREWS(4*40mm)



<5>INSTALL THE CALF PANELS AND BENCHES BY SCREWS(4*40mm)



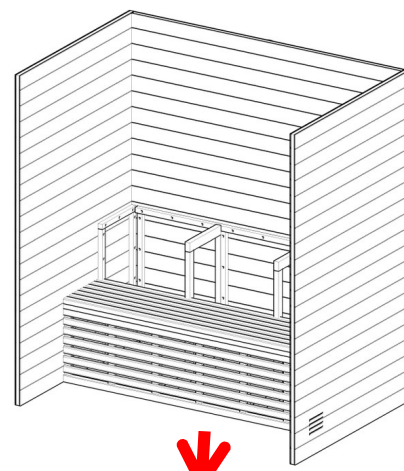
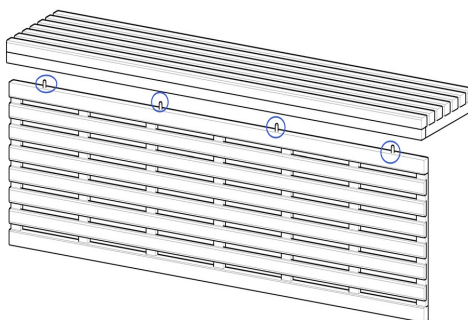
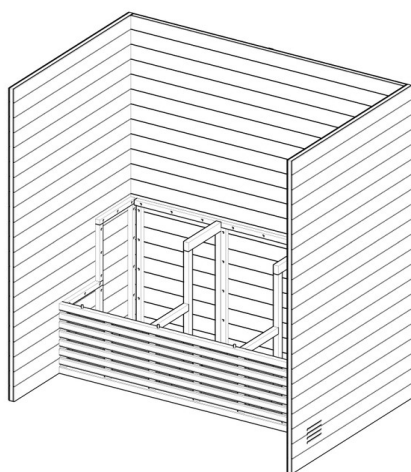
Calf panel should be aligned to the wood beam closely, make sure wood dowels' side is upward, and white plastic nail's side is downward. Fix the calf panel by screws 4*40mm.



Bottom Calf Panel

connected by the dowels

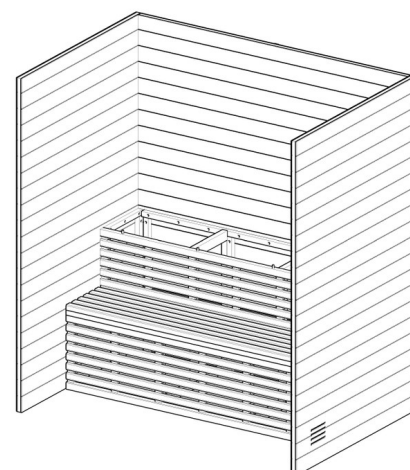
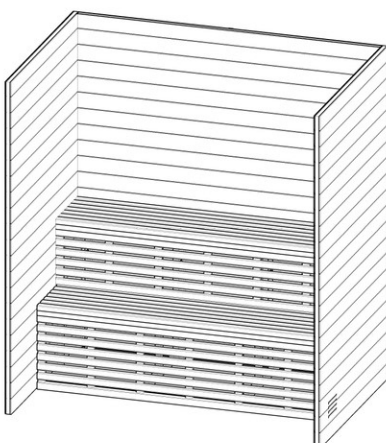
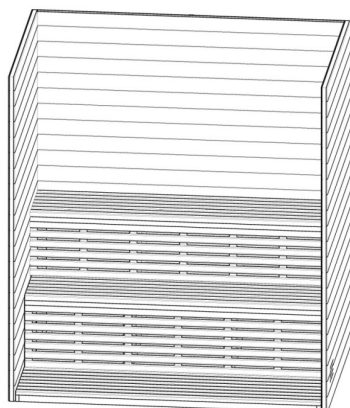
Bottom Bench



Floor panel

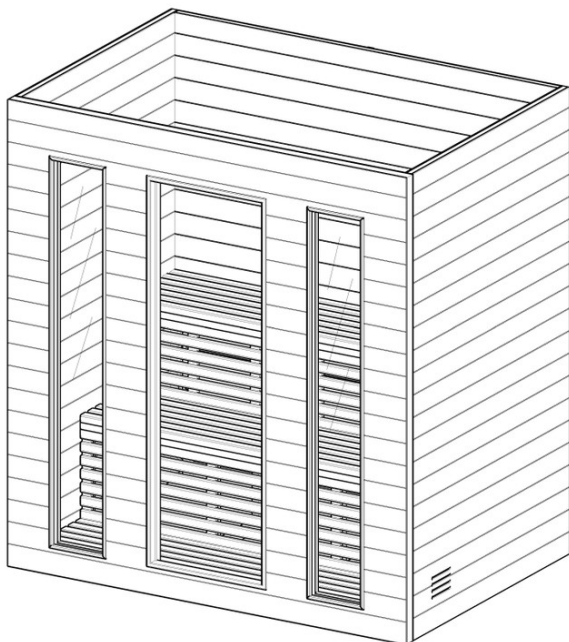
Top Bench

Top Calf Panel



<6> CONNECTING FRONT PANEL TO RIGHT & LEFT SIDE PANEL

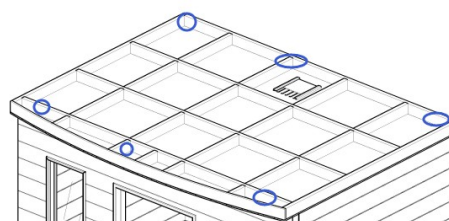
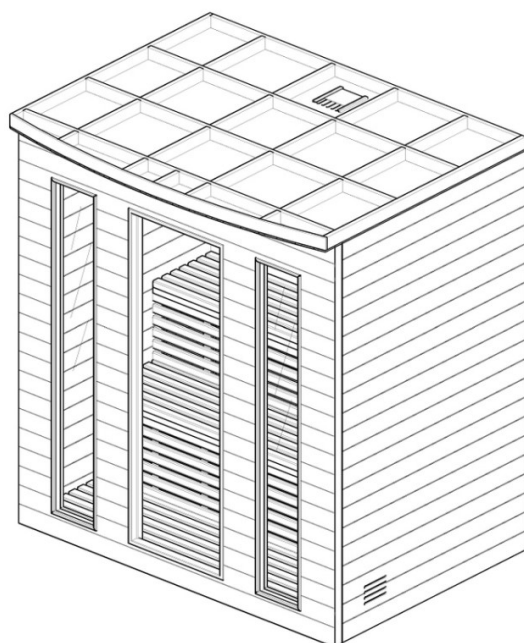
Install the side panels (Left & Right) to the front panels by lining up buckles and fastening them securely in place.



<7> INSTALL THE ROOF PANEL

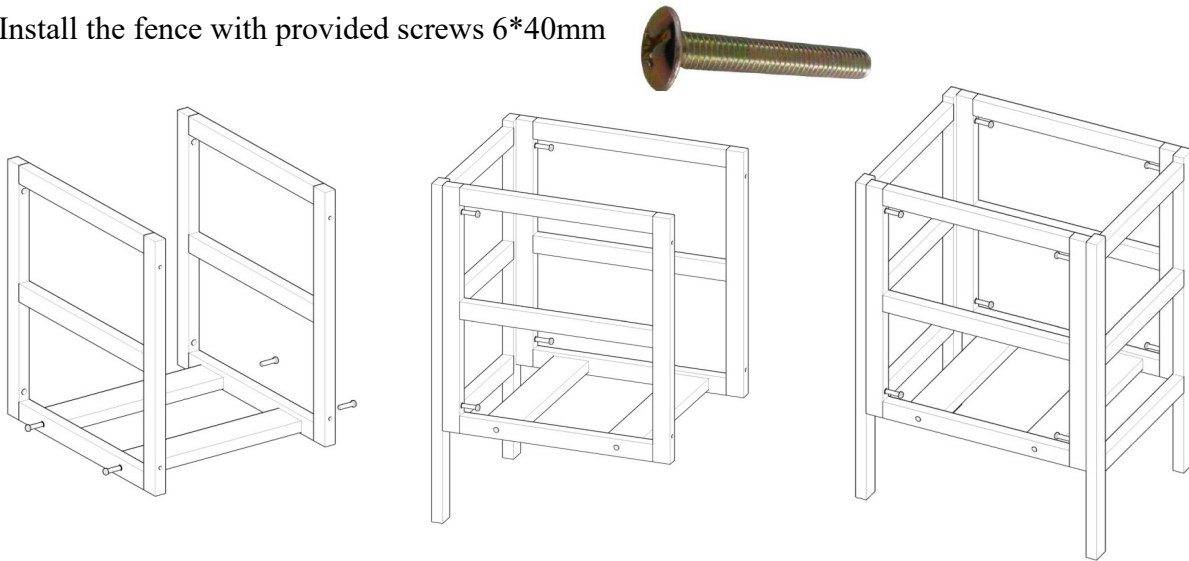
Lower the top panel onto the assembled panels. Gently place the top panel onto the rest of the assembled panels. When all corners are in place, gently push down the top panel until it is snugly fit over the rest of panels.

- A. Connect the cable of the lamp with the cable connecting with the heater.
- B. Fix the roof panels by 6 screws (4*40 mm) to make sure it is stable enough.



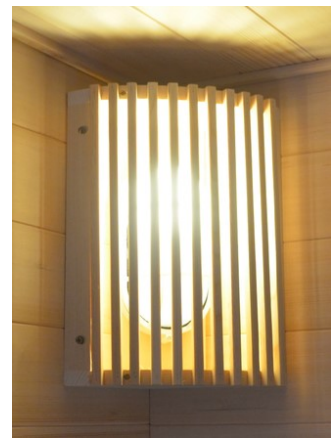
<8> INSTALL THE FENCE

Install the fence with provided screws 6*40mm



<9> INSTALL THE LAMP

Connect the cables, then fix the lamp and lamp fixture with provided screws 4*40mm & 3*30mm



<10> INSTALL THE DOOR

Install the door with provided screws 6*45mm





Please Read the Following Precautions:

1. Sauna use is not recommended for those that have high blood pressure or heart disease.
2. Sauna use is not recommended for those experiencing a cold.
3. Be alert and aware when using this sauna. Sleeping in the sauna room due to overtiredness is a safety hazard.
4. Sauna use is not recommended on an empty stomach.
5. It is recommended to wait at least 30 minutes after eating to use the sauna.
6. Sauna use is not recommended when intoxicated.
7. Avoid wearing jewelry in the sauna. Stay clear from stones, gems, necklaces, watches, etc.
8. For best results, sauna use is most effective when enjoyed without cosmetics or other pore-blocking agents.
9. Sauna use should be enjoyed in short intervals. Avoid long sauna sessions for safety reasons.
10. Avoid coming into direct contact with cold air after sauna use.
11. Hydration is highly recommended with sauna use.
12. Do not get up too quickly after a sauna session. Get up slowly and restfully.
13. If you experience shortness of breath, dizziness, and other symptoms - immediately stop the sauna, lie down in a better circulated place, and hydrate. If symptoms persist, consult a professional.

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