

Product Manual

Model:STE-M SKU#SEN4BUG



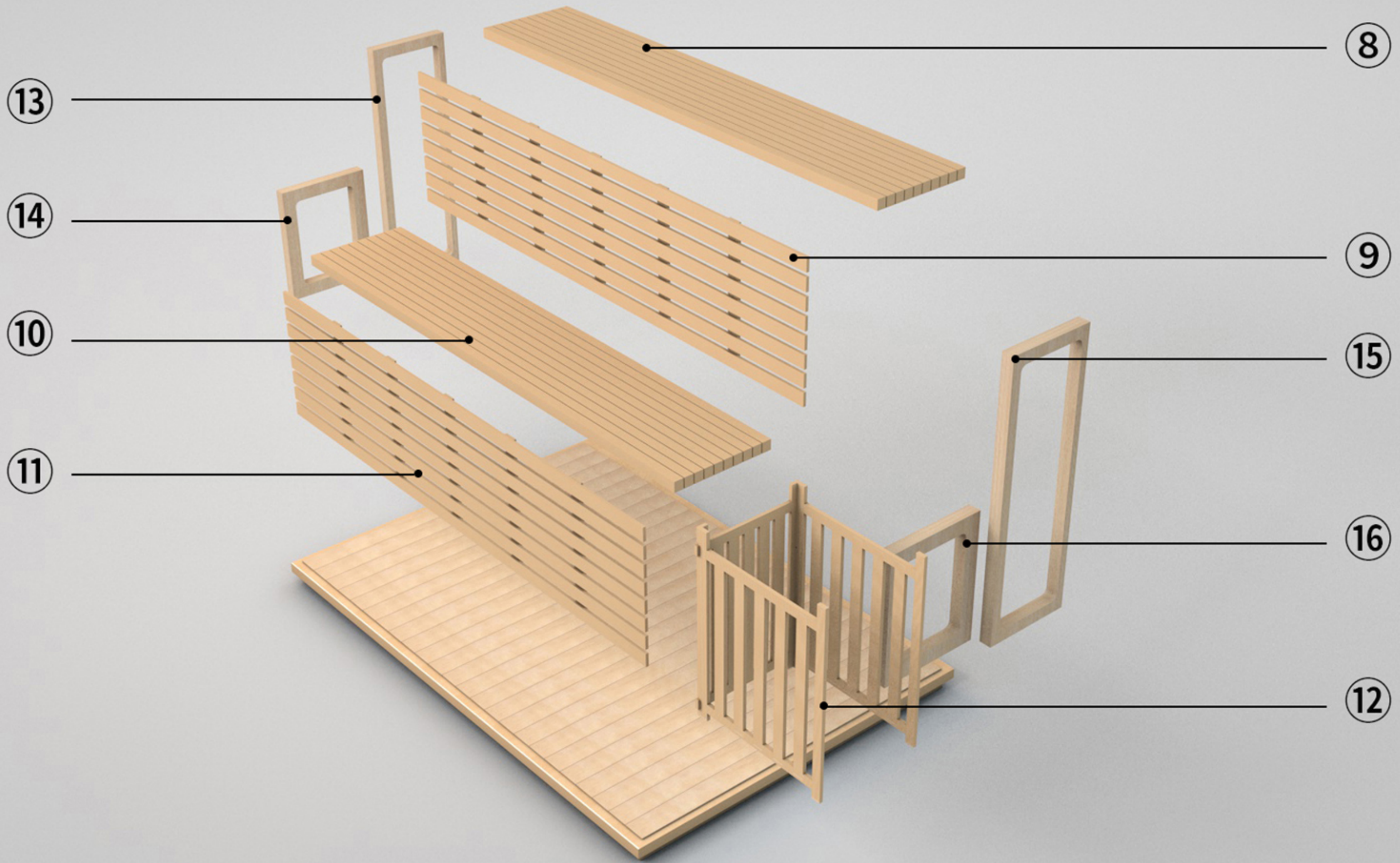
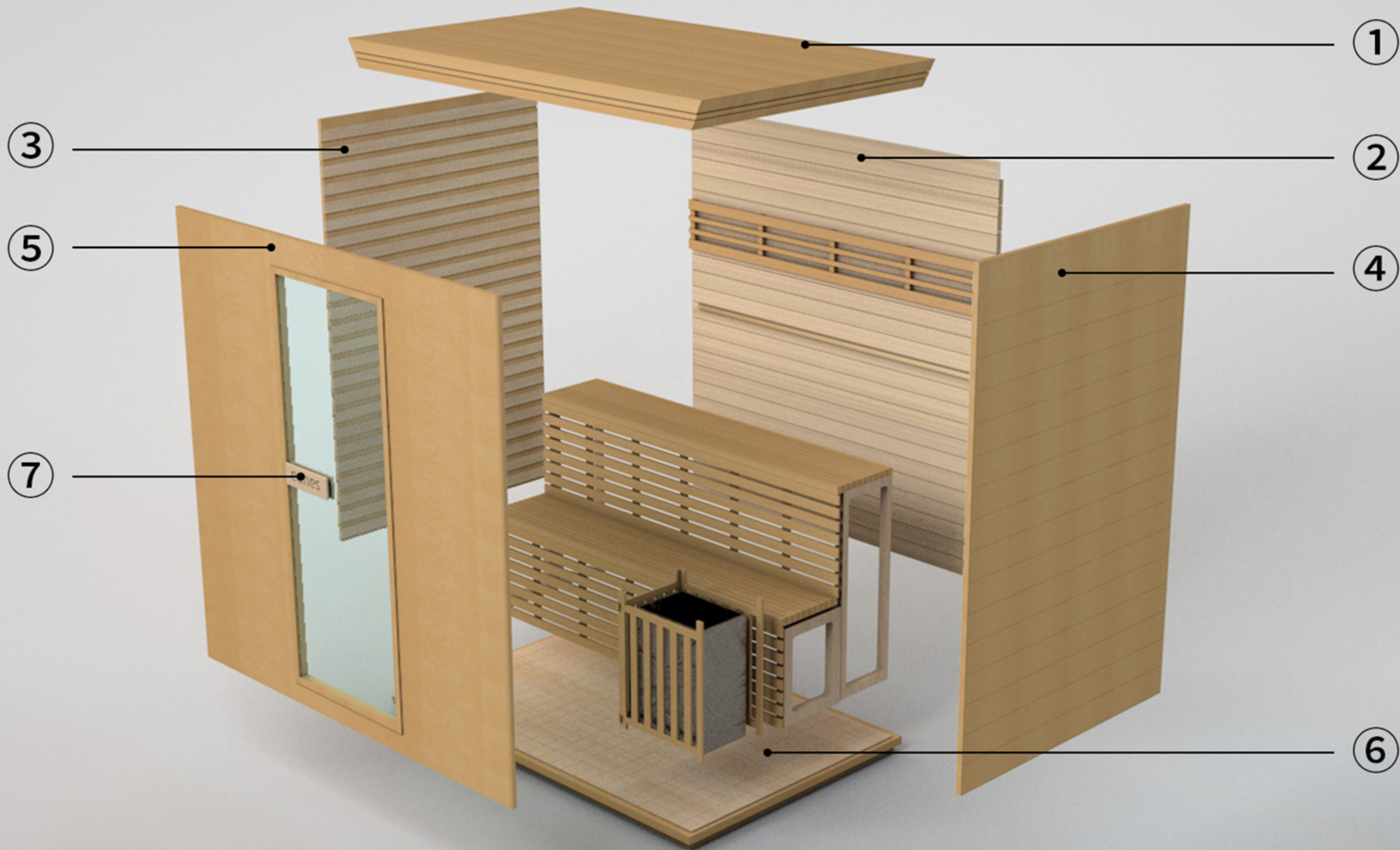
Introduction

Congratulations on taking your next step to perfect health with the purchase of an ALEKO sauna! Our affordable and easy-to-use saunas help thousands of users reach optimal health and happiness every day. With an ALEKO brand sauna, you can experience the benefits of regular sauna-use in the comfort of your own home: detoxify, burn calories, relieve pain, even clear up complexion!

We take our relationship with our customers very seriously, and you can be sure that when you buy an ALEKO brand home product you're getting the best at a very reasonable price. We're dedicated to helping you become your best self through the regular use of our products. If you ever have any questions or concerns about our products, our knowledgeable customer service and technical support teams are just one phone call or email away.

Carefully and thoroughly read this manual in its entirety before using the sauna for the first time, and keep it close at hand for future reference after your sauna is set up.

Parts Drawing



Parts List

①	Roof Panel	⑨	Upper Bench Front Support
②	Back Panel	⑩	Lower Bench Top Panel
③	Left Panel	⑪	Lower Bench Front Support
④	Right Panel	⑫	Heater Guard - 3 Pieces
⑤	Front Panel	⑬	Upper Bench Left Support
⑥	Floor Panel	⑭	Lower Bench Left Support
⑦	Door Handle - 2 Pieces	⑮	Upper Bench Right Support
⑧	Upper Bench Top Panel	⑯	Lower Bench Right Support
⑰	Sauna Stones		
⑱	Wooden Bucket, Spoon, Sandglass, Screws - All Packaged Together		

Installation Instructions

Step 1

Make sure that you choose the right space for your sauna. The ground needs to be level so the sauna can sit flat, and the power source should be nearby. Once you've found the perfect place for your sauna, place the floor panel (6) on the floor.



Step 2

Align the back panel (2) with the floor panel (6) and use the corresponding wood pegs to attach them together.



Installation Instructions

Step 3

Align the left panel (3) with the floor panel (6) and use the corresponding wood pegs to attach them together. Connect the left panel to back panel (2) with the attached hinges.



Step 4

The right panel (4) can be distinguished from the left panel (3) thanks to three additional holes in the panel itself. Align the right panel (4) with the floor panel (6) and use the corresponding wood pegs to attach them together. Connect the right panel to back panel (2) with the attached hinges.



Installation Instructions

Step 5

Attach the left bench supports (13) and (14) and right bench supports (15) and (16) to side panels (3) and (4), as in the below image. Secure the bench supports to the side panels with screws.



Step 6

Take the lower bench front support (11) and vertically slide it down into the slots on the side panels (3) and (4). Secure it to the side panels with screws.



Installation Instructions

Step 7

The lower bench top panel (10) fits comfortably on bench supports (11) (14) and (16). Secure the bench to the supports with screws.



Step 8

Take the upper bench front support (9) and vertically slide it down into the slots on the side panels (3) and (4). Secure it to the side panels with screws.



Installation Instructions

Step 9

The upper bench top panel (8) fits comfortably on bench supports (9) (13) and (15). Secure the bench to the supports with screws.



Step 10

Align front panel (5) into bottom panel (6) with the corresponding wooden pegs. Secure the front panel to side panels (3) and (4) with the attached hinges.



Step 11

Line up roof panel (1) with corresponding wooden pegs. Roof panel should fit comfortably on front panel (5), side panels (3) and (4), and back panel (2).



Step 12

Use screws to assemble the three sides of heater guard (12). Please refer to the heater owner's manual for instructions on how to install the heater.

Step 13

Use screws to install door handle (7) to front panel (5).

Step 14

Install the sandglass and thermo-hygrometer wherever you'd like inside the assembled sauna.

Step 15

Once assembly is complete, plug the sauna in to test its functionality. If everything is working, installation has been completed successfully!

Tips and Tricks to Make the Most of Your Sauna Experience

- 1 The optimal temperature for sauna use is between 140-167 degrees Fahrenheit/60-75 degrees Celsius.
- 2 Typically you'll start sweating after around 15-20 minutes in the sauna. Don't let heater usage exceed 30 minutes.
3. Open the ventilation hole while the sauna is in use to keep the sauna ventilated.
4. Drink water before and after using the sauna; staying hydrated will prevent you from overheating and aid in perspiration.
5. Take a hot bath before using the sauna; this will open your pores and clear your skin, both of which aid in perspiration.
6. Apply essential oils before using the sauna; the heat and moisture will help your skin absorb the oils.
7. Your body will be more loose and relaxed during and after sauna usage; it's a perfect time for a partial massage.

Tips and Tricks to Make the Most of Your Sauna Experience

8. Sauna use soon after a full meal could cause stomach discomfort. It's best to use your sauna on an empty stomach, or at least an hour after eating.
9. DO NOT use your sauna after strenuous exercise! This could lead to dangerous overheating!
10. Sauna use can improve immunity and inhibit bacterial growth, so it can be a good idea to use your sauna if you feel like you're catching a cold or a mild case of the flu. If you're exhibiting severe cold or flu symptoms, make sure to see a doctor.
11. The sauna will remain warm for some time after usage. You can stay in the sauna for a bit after shutting the heater off to draw out perspiration. After leaving your sauna, take a hot bath to clean up, and then a cold bath to cool your body down.