



owner's manual



Congratulations...

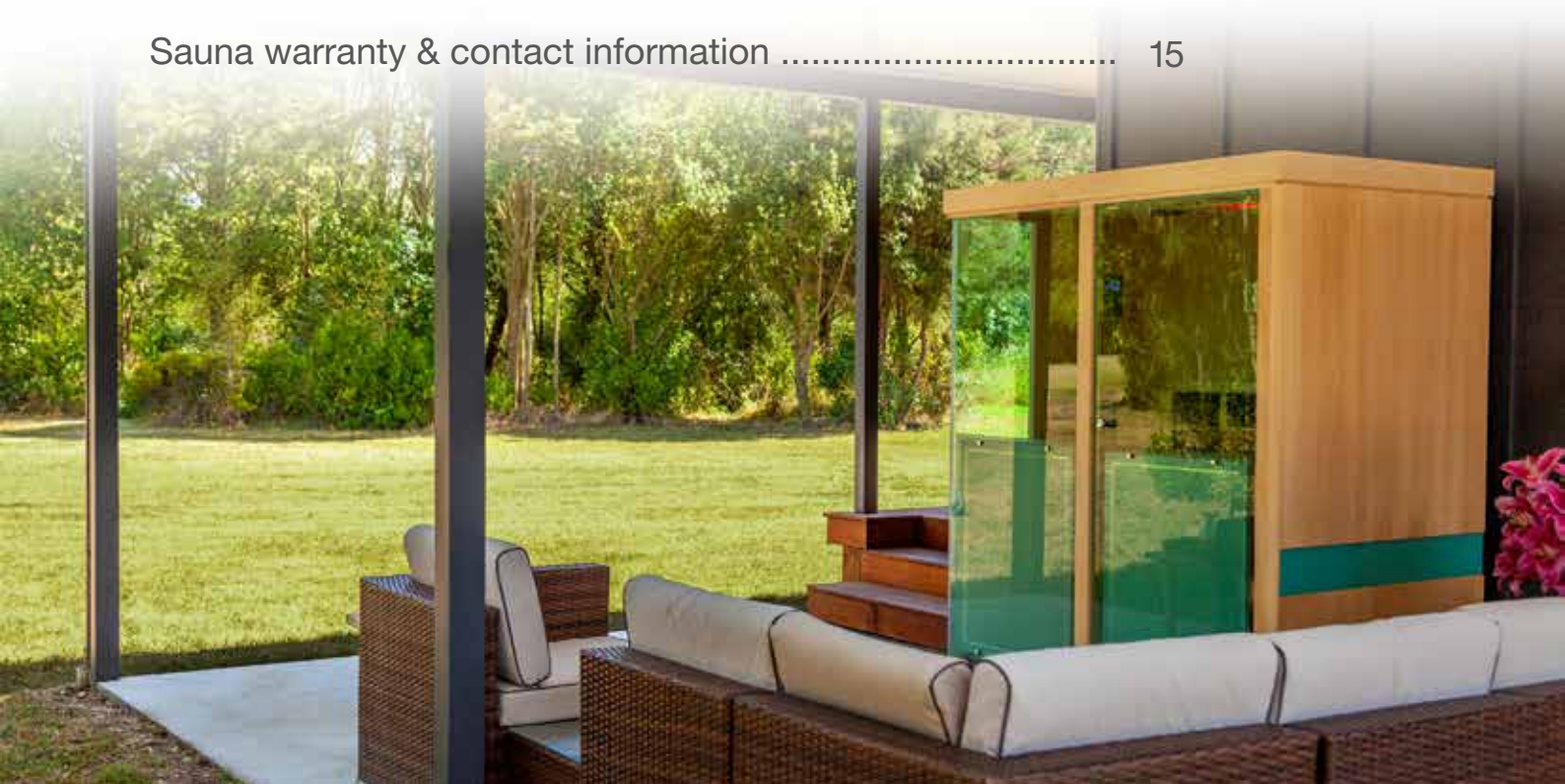
on purchasing a Sun Stream Far Infrared Sauna. We are confident you and your family will experience many health benefits for years to come. Happy sweating!

Please read all instructions carefully before using your new sauna so you can use it safely and keep it in great condition.



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Assembly Manual

The Assembly Manual is in digital format and has been sent to you via email, alternatively you can download a copy from our website. Go to the main menu and click 'Why Sun Stream' then 'Easy Assembly'.

How to prepare the sauna for first time use

Your sauna has only recently been manufactured & then tightly stored in cartons for the last 4 weeks or more with Styrofoam & other packaging materials. To get rid of the initial foreign smells, we recommend the following:

1. After initial assembly, vacuum up any excess dust & bits of Styrofoam.
2. GLASS CLEANING: Spray glass cleaner directly onto the rag instead of the glass, this will prevent spray from coming into contact with the wood or running down the glass behind the door heater in the Evolve series.
3. Take a damp cloth & gently wipe all timber surfaces inside the sauna to remove any excess wood dust from manufacturing.
4. Give the cloth a good rinse & gently clean the surface of all heater panels.
5. Turn the sauna on to 100% intensity. Fully open the door of the sauna and let it run for an hour to rid the sauna of any foreign smells if deemed necessary.
6. Your Sauna is now ready for use. Over the next few days, leave the door open to remediate any further initial new sauna smells.

How do I keep the sauna clean & hygienic?

1. Place a large towel over the sauna bench seat, two layers if possible. This will keep the bench clean & hygienic.
2. Once you start sweating or before, place a small towel under your feet to absorb some of the sweat. NB: DO NOT cover the entire floor heater with a towel, allow some breathing space at either end of the heater.
3. Towel off sweat during the sauna session, this will enable the body to perspire more freely.
4. Important: After each sauna session, leave the door open to properly air out the sauna or otherwise leave it running for 20 minutes to dry out any excess sweat. Additionally raise up the floor heater guard regularly and gently wipe the surface of the heater panel clean with a damp cloth.
5. If necessary, clean the movable backrests and floor heater guard with a little warm water and a small amount of white vinegar added, then place them in the direct sunlight to properly dry out. TIP: Apply Bees wax to the backrests, seat, movable bench top and floor heater guard, to provide some repellence against sweat and assist with maintaining hygiene. A suggested product is Bax Bees (www.baxbees.co.uk)

Tip:

Since the internal timber surfaces of the sauna are unfinished, you can safely use fine grit sandpaper to remove any unwanted marks. NB: Sand in the direction of the timber grain.

Cleaning Precautions:

NB: Avoid detergents or anything that has the potential to off-gas harmful fumes. Never hose down the interior of your sauna.

How to take a sauna

Unlike a traditional sauna, far infrared heats the body directly, so the cabin air temperature is not as important as the type and quality of the Infrared received. The radiant heat emitted by the heaters will be absorbed by the moisture in your skin and drawn in deeper through conduction to the muscles inducing a deep heavy sweat.

In preparation for your sauna session, make sure you have plenty of towels and enough water to drink. Also, review all safety instructions and if in doubt consult with your health practitioner. If you feel light-headed during a sauna session, exit immediately.

We recommend the following protocol:

1. Turn the sauna on for **10-15 minutes** at 100% Intensity to allow the heaters to come up to their optimum temperature. A lower starting cabin temperature of 38-40°C is highly recommended to begin your sauna session.
2. The optimal sauna experience occurs between 38-55°C, these lower temperatures stimulate an oil sweat which eliminates toxins stored in fat, as opposed to high temperatures which encourage a water sweat.
3. Enter the sauna and set the temperature to the maximum 65°C, this will ensure the heaters remain on for the entire session. Now select your desired session time. **NB: Avoid touching the heaters as they are very hot.**
4. To regulate the internal ambient temperature if you get too hot, open the door an inch or two, or use the 'Adjustable Intensity' feature to lower the radiant heat output and hold the sauna at a desired temperature setting if required.
5. The ceiling vent can be opened at any time to allow a little fresh air into the sauna.
6. Always drink plenty of water before and during your sauna session, this will replenish fluids lost from the body through perspiration.
7. As your sauna session progresses you can adjust the settings & control the temperature as the need arises.
8. Sit back and enjoy your sauna session, listen to music or a podcast on the premium sound system, or relax with your favourite book in hand.
9. Once finished, remove all sweaty towels from the sauna and take a shower to wash away all the perspiration on your body.

Using your LCD control panel

When the sauna is plugged into your wall outlet the red Power Indicator light on the control panel will be on. The Bluetooth audio receiver on the roof will make a beeping noise, its indicator light will turn on.

ON/OFF for Heaters: Push the POWER button to turn the sauna heaters ON. The various displays will come on. The sauna heaters will remain ON until the timer runs down to 00. The sauna heaters can be turned OFF at any time by pushing the POWER button.

Timer Adjustment: The default time is 60 minutes. Press + or - to change the Timer setting. The maximum setting is 60 minutes. The minimum setting is 5 minutes.

Pre Heat: Sun Stream Infrared Saunas are typically used by preheating the sauna for 10-15 minutes to allow the heaters to reach their optimum output, a starting temperature of 38-40°C is highly recommended. The starting ambient temperature can affect the warmup time especially if the sauna is located outside or in a cold environment.

Thermostat Adjustment: Press + or - to change the Thermostat setting. Increase Press the + button to increase the temperature by 1°C increments. The maximum setting is 65°C. Decrease Thermostat Setting by pressing the - button to decrease the temperature by 1°C increments. The minimum setting is 25°C.

Thermometer/Thermostat Display: When the POWER button is turned ON the digital display will show the Thermometer reading. Anytime the + and - buttons are pushed the Thermostat setting display will show. After setting the thermostat the display will return to displaying Thermometer reading.

Temperature Control: When the interior air temperature is below the Thermostat set temperature, the heaters will remain ON. When the interior temperature is higher than the Thermostat set temperature, the power to the heaters will be turned OFF. The heater panels will begin to cool down, air temperature and Infrared levels will slowly drop until the Thermostat is activated and the power to the heaters will be turned back on.



All (Adjustable Infrared Intensity): The Intensity button on the control panel will adjust the Infrared intensity much like a dimmer switch for a household light. Press the Intensity button to select 100%, 75% or 50% levels of Infrared intensity for different purposes and individual needs. For the best sauna experience, leave it set to 100% intensity and begin your sauna session at 38-40°C.

NB: Beneath the control panel is the temperature sensor, this is fragile, please do not touch.



Smart Mode: To take advantage of this feature you will need to purchase a 'smart plug'. We do not supply a smart plug with the sauna, in recognition of the fact that many customers already have a particular smart plug brand with associated App in their home, and for convenience, they would prefer to expand on this system. If you do not have a smart plug brand in place already, we recommend purchasing one from TP-Link Tapo, Philips or other reputable brands. Regardless of which brand you purchase, the smart plug used should be dedicated to the sauna, have the same or higher wattage rating as the sauna and be rated to 13 amps.

Once your sauna is connected to a smart plug and set to "Smart" mode via the control panel, you gain the flexibility to schedule sauna sessions via the smart plug app, or activate it remotely at your convenience. This feature requires Wi-Fi connectivity at your home or business. NB: When switching the sauna on via the smart plug app, the sauna will remember the previous settings on the control panel, for this reason it's recommended to make sure that at the conclusion of each sauna session, the control panel is set to 40 + degrees, 100% intensity and 30 minutes or more.

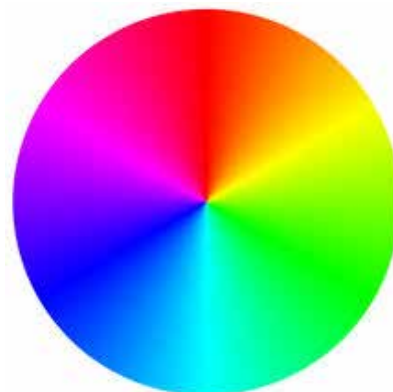
Aromatherapy

Enjoy the aroma of your favourite essential oils, such as eucalyptus or lavender while in the sauna. Add only 10mls of water and a few drops of your essential oil to the aromatherapy glass which can be hung on the wall heater guard.



Chromotherapy

Chromotherapy is a totally holistic and non-invasive therapy for us all and assists with moods and provides relaxation benefits. Colour should be a part of our everyday life. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow without reason. Nature and its colours are not simply here by chance, everything in nature is here for a purpose. Colour is no exception.



The capacity for health and well-being is within us all.
Let Chromotherapy help you to fulfil your potential.

Using your Chromotherapy

The Chromotherapy is fully operated by the remote control only. Aim the remote directly at the LED light panel as you select the various options, including powering it on and off. (Chromotherapy is available as an upgrade for the Evolve Mini)

Colour Options:

Choose from 12 different colour options.

Programs:

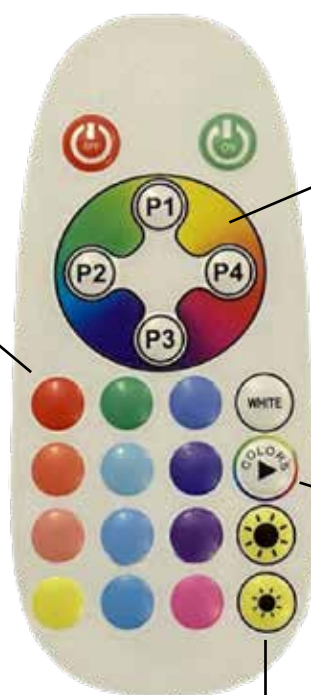
Choose from 4 different colour rotating programs.

Brightness:

Adjust the brightness to a setting that suits you.

Play Button:

Press the play button continuously to cycle through the various colour options.



Audio system

Music can be piped to the speakers in the sauna two different ways, either wireless via the Bluetooth receiver or by directly connecting your device (smart phone, tablet, laptop etc.) with a 3.5mm male to male audio cord.

1. Bluetooth Mode. When you first plug the sauna into the wall outlet a beep will sound indicating the Audio circuit board in the roof has power. The circuit board's coloured LED indicator lights will flash and these will continue to flash whenever the sauna is plugged into the wall outlet.
2. To transmit audio to the sauna's speakers from your device, search for and connect your device to the 'BT Speaker'.
3. Direct Connect Mode (NO Bluetooth) First, remove the access panels from the roof by unscrewing wood screws.
4. Connect your device to the sauna's audio system by inserting a high quality 3.5 mm male to male audio cord into the BT circuit board as shown in image 1. (Audio cords not included).
5. To eliminate the RF Bluetooth signal, simply remove the Bluetooth module from the circuit board as shown in image 2.
6. Reinstall the roof panels and feed your audio cord through the hole in roof.

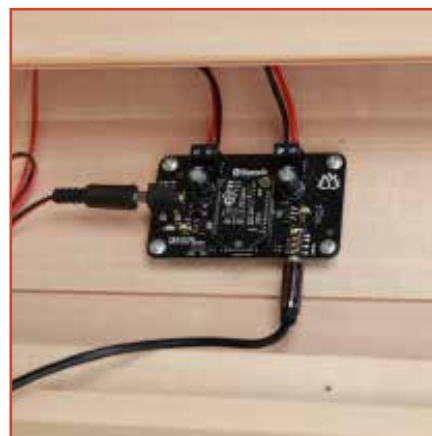


Image 1

Troubleshooting

If you can't connect your device via Bluetooth, switch the sauna off at the wall and restart your mobile phone, now power up the sauna and try to connect to 'BT Speaker'.

NB: Only 1 device can be connected at any one time, if you can't connect it could be that another device in the home is already paired with 'BT Speaker' which you will need to unpair.

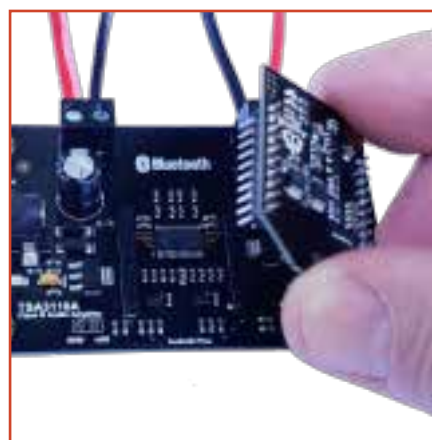


Image 2

Floor heater safety reminders & cleaning

It is inevitable that you will drip some sweat down through the floor grate and on to the floor heater panel. Try to minimize this by wiping sweat from your body regularly during your sauna session. Place a small towel under your feet to absorb any sweat.



CAUTION:

Do not use large towels on the floor heater that cover any more than 30% of the floor heater. **SMALL** towel only!



Floor Heater Cleaning:

Simply tilt the floor grate up to access the floor heater. Gently wipe the heater with a damp cloth to clean. A bit of dish soap can be used on the floor heater if necessary. **DO NOT** scrub the heater with excessive pressure. Follow the same guidelines for cleaning the wall heater panels.



Cleaning the stainless steel tray:

You have the flexibility to easily clean the stainless steel tray beneath the floor heater. To remove the floor heater, use the suction cup supplied with your sauna.



It is safe to use some kind of cleaning product on the stainless steel tray if required, however when cleaning the surface of the floor heater, DO NOT use cleaning product, we simply recommend a soft damp cloth.



When returning the floor heater back into it's original position, please ensure the wires are tucked back into the tunnel before lowering the heater back into place.



FAQs

How often can I use the sauna?

There is no right or wrong answer for this as every person is different. Typically, for a healthy adult it is safe to have a sauna session every day, or even more than once a day. However, if you have any concerns, please check with your doctor for their advice.

How long should an average sauna session last?

This greatly depends on the person, the user's physical health and sauna usage preferences. Typically, a user will stay in the sauna for about 20-45 minutes or until the body indicates you should finish. The key is to have a good heavy sweat, the longer the better. If in doubt check with your doctor for their personal recommendation.

How long should it take for the sauna to heat up?

In most cases a pre-heat time of only 15-20 minutes is all that is required to bring the heaters up to their full operating temperature prior to commencing your sauna session. NB: Whilst internal temps play a part, in a far infrared sauna the actual cabin temperature of the sauna is NOT the key factor, unlike traditional heat & steam saunas which rely on temperature alone, a far Infrared Sauna heats the body directly.

Why doesn't the sauna reach 65°C?

Although the maximum temperature setting is 65°, our far infrared saunas are not designed to reach this temperature quickly otherwise the heaters will begin to cycle on and off, therefore defeating the purpose of what we are trying to achieve, and that is to heat the body directly.

Your Sun Stream Sauna is designed to achieve this result faster than all other brands due to the concentration of power into lower high watt density carbon heater panels and superior radiant heat coverage.

Warming your body quickly and sweating heavily are the fundamentals by which any far infrared sauna should be judged, therefore listen to your body, and focus on the sweating experience rather than the internal temperature gauge.

Safety instructions

Read and follow all instructions carefully before using this Sauna. Serious injury may result if warnings and instructions below are not observed.

1. Connect the power cord to a properly grounded outlet only.
2. Do not directly touch the heaters with your hands or body as they are very hot.
3. Do not operate the sauna unattended.
4. Do not use attachments not recommended by the manufacturer.
5. Keep the electrical cord away from heated surfaces.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been dropped or damaged.
7. Do not place the sauna in a moist environment or in direct sunlight.
8. Do not repair the product by yourself.
9. Do not disassemble the product by yourself except as indicated in the manual.
10. Do not spray the heaters with water.
11. Do not use the unit during an electrical storm as there is a remote risk of shock.
12. Do not attempt any repair without first contacting the manufacturer or supplier.
13. Always unplug this unit from the wall before servicing.

Precautions for use

1. Do not use the sauna immediately following strenuous exercise. Wait at least 15 minutes to allow the body to cool down completely.
2. To reduce the risk of injury, do not allow children to use the sauna unless closely supervised at all times.
3. Excessive temperatures have a high potential to cause fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should consult with a physician prior to using the sauna.
4. 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 37C. While hyperthermia has many health benefits, it is important to not allow your body's core temperature to rise above 39.4C. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness and fainting. The effects of 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.
5. The use of alcohol, drugs or medications prior to or during a sauna session may lead to unconsciousness.
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. Exercise care when entering or exiting the sauna.
9. Never sleep inside the sauna while it is in full operation.
10. Do not use any cleaning agents on the inside of the sauna.

Warranty

Sun Stream Saunas UK Ltd, offers the following comprehensive warranty to the original purchaser.

Indoor residential use:

- Lifetime replacement warranty for defective carbon heater panels
- Lifetime replacement warranty for electronic control system components
- Lifetime replacement warranty on sauna cabin for major deformations or breakage due to manufacturer's defects
- Lifetime replacement warranty on stereo components
- Lifetime replacement warranty on lighting system components
- Labour on sauna cabin and factory installed components 10-years

Commercial use:

- 5-year warranty for defective carbon heater panels
- 5-year warranty for electronic control system components
- 5-year warranty on the sauna cabin for major deformations or breakage due to manufacturer's defects
- 5-year warranty on stereo components
- 5-year warranty on lighting system components
- Labour on sana cabin and factory installed components 5-years

For the specified warranty period, Sun Stream infrared saunas United Kingdom and Europe, will repair or replace parts as required in accordance with the terms, conditions, limitations and exclusions as set forth below.

Replacement parts:

Sun Stream Saunas warrants its products to be free of manufacturer's defects in materials and workmanship. Parts which become defective, heater panels, power supply, control panels, electrical wiring and audio system will be replaced or repaired by Sun Stream Saunas, except for damage due to negligence, abuse, misuse, misapplication, unauthorised modifications or improper installation.

Labour warranty on sauna cabin and factory installed components:

All factory installed components including the cabin are covered by our labour warranty for the specified warranty period. However Sun Stream Saunas will not be responsible for labour costs associated with the general maintenance of the product or any non-factory installed components. Our labour warranty is provided for United Kingdom and Europe clients only. All labour costs incurred for products sold outside United Kingdom and Europe, will be the responsibility of the owner.

Warranty

Shipping costs of defective parts:

Defective parts will be either repaired or replaced, and returned to the purchaser with freight paid by Sun Stream Saunas.

Parts claimed to be defective, maybe requested to be shipped with freight prepaid by the purchaser, to Sun Stream Saunas. Once the defective parts are received, Sun Stream Saunas will reimburse the shipping costs to the purchaser. Our shipping of defective parts warranty is provided for United Kingdom and Europe, clients only. All shipping costs incurred for products sold outside the United Kingdom and Europe, will be the responsibility of the owner.

Warranty limitations and exclusions:

This warranty applies to the United Kingdom and Europe only.

The warranty period begins on the date of purchase by the user. The warranty is not transferable to a third party unless written consent is given by Sun Stream Saunas. Without written consent, only the original purchaser can make claims under the terms of the warranty.

All warranty labour must be performed by Sun Stream Saunas; it's designated representative or another agent approved by the company. Any unauthorised repairs or labour costs incurred, will be the responsibility of the owner.

This warranty shall not apply to any claims arising from the modification of the product, misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire, excessive heat or other hazards of nature.

Under no circumstances will Sun Stream Saunas be liable for any special or consequential damages arising from the use of the product, components and the parts attached, or installed with it. Nor will Sun Stream Saunas be liable for injury to any person or any claims for damages arising from the use, installation or servicing of the product.

Policy:

Sun Stream Saunas is committed to treating our customers honestly, responsibly and fairly. We agree to comply with the fair trading and consumer protection laws governing the United Kingdom and European Union. No liability shall accrue to Sun Stream Saunas except as set forth herein.

Warranty servicing information:

Often, any technical issues arising with your sauna are easily resolved or diagnosed with a simple phone call. The great majority of spare parts are plug and play, designed to be easy for you (the owner) to install under our guidance.

For more complex issues, we have a list of independent contractors and electricians we can call on to get your sauna operating again.

To obtain a warranty service, please contact us as below either by phone or email with a description of the problem and proof of purchase (see contact details on following page).



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