

SereneLife

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SLISAU10GRY


Compact and Portable Infrared Sauna

One Person Sauna for Detox & Weight Loss

USER MANUAL

USAGE PRECAUTIONS

- This sauna is not a medical equipment and is not intended for medical purposes.
- Check with your doctor before using this sauna when pregnant or if under medical care.
- Stop using the Sauna immediately if you feel discomfort, nausea, or sleepy.
- Do not plug in while folded for storage.
- Staying too long in the sauna can cause overheating.

 *It is highly recommended that you DO NOT use the sauna for over 30 minutes per day and DO NOT use it more than 3 times per week.*

 *NOT recommended for use by anyone under 18 years of age.*

DO NOT use the Sauna under any of the following Health Conditions:

- Any type of respiratory condition
- Anyone with a heart condition
- High or low blood pressure
- Pregnancy
- Any skin disease or disorders
- After or during drinking alcohol or alcoholic beverages
- Check with your doctor regarding the use of this product.

WARNING: (Please read carefully before using sauna)

- Unplug the power cord after each use.
- Do not use in or around water due to danger of electrical shock.
- Keep the electrical cord away from heat sources.
- Never operate the unit if the cord or plug has been damaged.
- Do not pull on the electrical cord.
- Any repair must be performed by manufacturer, its service agent or similarly qualified person.
- Never use in wet or damp conditions!

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- Failure to perceive heat
- Failure to recognize the need to exit the room
- Unawareness of impending hazard
- Fetal damage in pregnant women
- Physical inability to exit the room
- Unconsciousness.

BENEFITS

Vital Energy for Healthy Living

The **Portable Infrared Sauna** device is ideal for busy people as it takes only fifteen minutes every day to obtain the same microcirculation benefits gained by jogging. The **Portable Infrared Sauna** cover is coated with a unique reflecting material. Energy is easily absorbed and internalized by the body. The produced wavelengths of FIR (**Far Infrared Ray**) energy are mainly 4-14 microns and are uniquely compatible with the human body and thus with the body's ability to conduct and absorb FIR energy. FIR energy is uniquely safe. Through the resonance and absorption by water molecules, protein, and organic molecules, the body is able to widely conduct FIR Energy which is then absorbed by our cells and internal organs.

Improves Blood Circulation • Metabolism • Cellular Renewal

The continuous supply of far infrared energy in the **Portable Infrared Sauna** can narrow the molecular angle and reduce the size of water molecules (clusters). Resonant absorption by the body's water molecules, protein, and organic molecules re-harmonizes them, which fully

energizes the body's internal molecules and helps dilate blood vessels. Given that blood vessels are now dilated and water molecules (clusters) in the body are also reduced to a healthier active size, blood circulation is much smoother. Once blood flow is smooth, it can flow throughout the blood capillaries of the whole body effectively and ensure a sufficient supply of nutrition.

The Portable Infrared Sauna is useful in slowing down the aging process; helps users lose weight and healthy function of the skin. FIR absorption promotes elimination of body toxins and helps eliminate chronic illnesses.

Anti-aging

- **Portable Infrared Sauna** healthily assists the molecules in our body to vibrate more vigorously. This increases blood circulation, so cells can more naturally absorb nutrition and oxygen and more easily eliminate toxins. In Japan during times of war, after each battle, warriors recuperated in hot spring baths, in order to help wounds heal faster and better. This is timetested and powerful evidence that FIR Energy helps reactivate healthy cellular function.
- Sauna allows blood vessels to dilate and opens skin pores. This helps to relax the body and pacify the mind.
- The dilation of blood vessels helps in improving blood circulation and promotes elimination of toxins. Cells can also better receive and absorb nutrition; muscles and the skin regain their elasticity. Wrinkles are prevented and the skin becomes more lustrous.
- **Portable Infrared Sauna** also improves capillary circulation, and removes excess toxins from the body thereby reducing the burden on the kidneys, helping to prevent kidney failure.

Beauty

Portable Infrared Sauna is excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin.

The Sauna supports cellulite elimination, as profuse sweating and cellular activation together clear away this unwanted form of debris from the body. Due to a deeper heat penetration into cellulite, combined with more effective heating in these tissues, **Portable Infrared Sauna** is significantly more effective than conventional saunas.

Slimming and overall improved appearance

Gravitational force and water retention in the body cause muscle mass and organs to become slack and the skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation, especially the swelling around the waist, belly and eyelids. **Portable Infrared Sauna** can help to discharge excessive water in the body and is a very healthful tool for maintaining firmness and body shape.

Outstanding Caloric Consumption and Weight Control

In Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.568 kcal. The Journal of the American Medical Association (JAMA) states, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300kcal, which is equivalent to running 2~3 miles. While the weight of the loss can be regained by drinking water, the calories consumed will not be." **Portable Infrared Sauna** helps generate two or three times the sweat produced in a conventional sauna, so the implications for increased caloric consumption are quite impressive. The **Portable Infrared Sauna** can thus play a pivotal role in both weight control and cardiovascular conditioning. This can be very valuable for those who don't exercise enough and for those who can't exercise yet want an effective weight control and fitness maintenance program which provides the caloric burn, detoxification, metabolic improvement, and especially the energetic body fluid activation benefits of regular exercise.

FUNCTIONS

- When Sauna box heats up to 140°F (60°C), FIR materials emits, 95% of its energy.
- It takes 5 minutes to reach 140°F (60°C) constant temperature.
- Low cost to operate.
- Depending on individual , the volume of perspiration can be 500 cc. with 10 minutes use.
- Only a minute to set up or to close down. No mess to clean up. Just wipe with a damp cloth.

FEATURES:

- Easy Access Sit-in Sauna Design
- Compact Size Perfect for At-Home Use
- Detoxifying and Soothing Body Therapy
- Includes a Foldable Chair for Comfortable Seating
- Energy & Power Efficient Design for Low-Cost Heating Sauna
- Convenient Hand Access Zippers for Book/Magazine Reading
- Wired Controller for Timer & Auto Heat Setting
- Also Includes Foot Pad Heating Mat
- Used for Personal Health Care, Detox, Stress & Fatigue Reduction

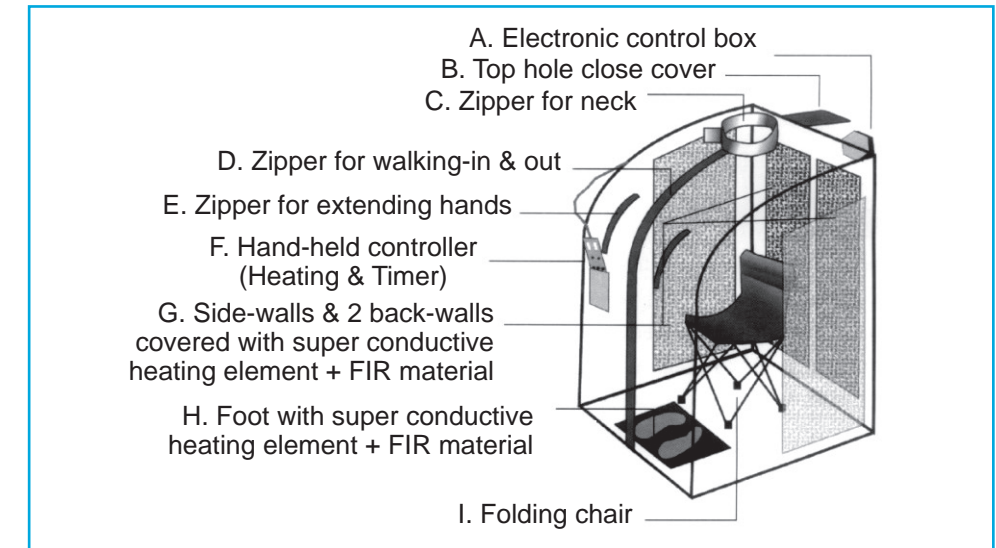
WHAT'S IN THE BOX:

- Sauna Box (requires assembly)
- Folding Chair
- Foam Floor Cushion

TECHNICAL SPECS:

- Heating Element Power Output: 1050 Watt
- Reaches Maximum Temperature of 140 Degrees Fahrenheit
- Time Setting: Up to 60 Minutes
- Power: 120V
- Assembled Tent Dimensions (L x W x H): 27.6" x 31.5" x 37.8"

PARTS LIST:



- A-** Electronic control box
- B-** Top hole close cover
- C-** Zipper for neck
- D-** Zipper for walk-in & out
- E-** Zipper for extending hands
- F-** Hand-held controller (Heating & Timer)
- G-** Side-walls & 2 back-wall covered with super conductive heating element + FIR material.
- H-** Foot with super conductive heating element + FIR material.
- I-** Folding chair

HOW TO ASSEMBLE

Keep away from sharp objects that may damage the unit when handling the set up or closing down the sauna equipment.

1. Unfold both side-walls off the FIR Sauna box to let it stand upright.
2. Close the zipper from the bottom of the back-wall to the front end.
Place the foam floor cushion.
3. Place the wired foot pad, with its footprint facing upward on the foam floor cushion. The bottom and top cross bars can now be inserted to the connectors on the opposite side of the opening. These are used to support the shape of the sauna, and when entering/exiting you just simply remove the top bar and then place it back after entering/exiting
4. Put the folding chair on the rear part of the cushion so that the wired foot pad is directly in front of the chair where your feet will naturally go.
The unit is ready for use.



INSTALLATION PROCEDURES

1. To open the Sauna Box, put the PE-foam on the bottom and lay the folding chair in the housing. Build the Sauna Box inside the wall to keep it standing.

2. Plug the power cord into the power outlet.
3. Using the Hand-held controller, set up the time and temp.
4. It is suggested to pre-heat the Sauna Box and the foot pad for five minutes. Use of the footpad depending on individual preference.

CLEANING & STORAGE OF SAUNA

1. Dry any water from the PE-foam in the Sauna box after using.
2. Open the zipper to ventilate. Wait until heat has dissipated to pack and store.
3. Use clean damp cloth to wipe off, and then fold. No need to wash.

HAND HELD CONTROLLER FUNCTION ILLUSTRATION

1. Press **ON/OFF** key to start the instrument.

The indicating led light will be on.

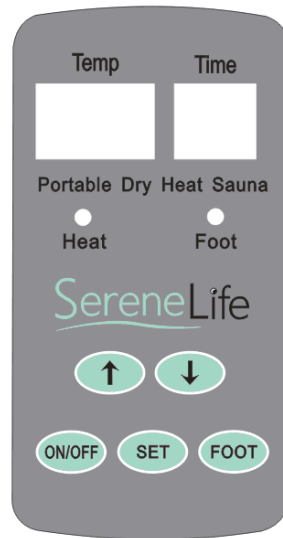
2. Press **FOOT** key to heat the foot bottom.

The indicating led light will be on.

3. Press **SET** key to set temperature, then press (▲) or (▼) to adjust temperature.

4. Press **SET** key again to set time, then press (▲) or (▼) to adjust the time.

5. **TIME:** totally 0-60 minutes, 1 minute will increase or decrease for each press of (▲) or (▼) key.



Hand-Held Controller

HOW TO ADJUST HEAT FOR FOOT PAD

1. For "**Low Heat**" press the button once, you will see it flash slowly on the remote.
2. For "**Medium Heat**" press the button again, and you will see it flash quickly on the remote.
3. For "**High Heat**" press the button again, and you will see the light staying on this time.
4. For "**No Heat**" press the button one more time, and you will see the light turn off.

WARRANTY CONTENTS



Do not use the sauna for over 30 minutes per day and for more than 3 times a week.

1. The warranty period is valid for 1 year from date of purchase.
2. If the unit requires repair, please contact our service center.
3. If the repair was caused by the following situations, you will be charged for material replacement only.
 - a. Improper use and operations.
 - b. Operating device without complying on required working voltage.
 - c. Reassemble after the supplier's installation.
 - d. Damaged by nature, disaster or fire.