

serenelife™



***SLISAU40BK***  
**Portable Steam Sauna**

One Person Sauna for Detox & Weight Loss (Black)

**USER GUIDE**

## READ AND FOLLOW ALL INSTRUCTIONS

1. This sauna is not a medical equipment and is not intended for medical purposes.
2. Check with your doctor before using this sauna when pregnant or if under medical care.
3. Stop using the Sauna immediately if you feel discomfort, nausea, or sleepy.
4. Do not plug in while folded for storage.
5. Staying too long in the sauna can cause overheating. Recommended 30 minutes per day, and do not use it for more than 3 times per week.
6. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
7. Children should be supervised to ensure that they do not play with the appliance.
8. It is recommended that the infrared cabin should not be used within 24 hours after. UV radiation exposure from artificial sources or sun-bathing.
9. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of infrared warming cabins.
10. When persistent erythema (reddening of the skin lasting more than a day) and netlike colour changes persist after regular exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema ab igne.
11. If you are a person with compromised heat pain sensation or under the influence of alcohol or tranquilizers you should not use infrared warming cabins.



*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.

**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

**WARNING**



*The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.*

## **FUNCTIONS & FEATURES**

- When Sauna box heats up to 55°C (131°F), FIR materials emits, 95% of its energy.
- It takes 5 minutes to reach 55°C (131°F) 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.
- Light weight only 10-11Kgs. Dry and portable. Suitable to use anywhere.

## **FEATURES:**

- Easy Access Sit-in Sauna Design
- Compact Size Perfect for At-Home Use
- Detoxifying and Soothing Body Therapy
- Includes Two Foldable Chairs for Comfortable Seating
- Energy & Power-Efficient Design for Low-Cost Heating Sauna
- Used for Personal Health Care, Detox, Stress & Fatigue Reduction
- Provides Comfort, Relaxation & Enjoyment

## **WHAT'S IN THE BOX:**

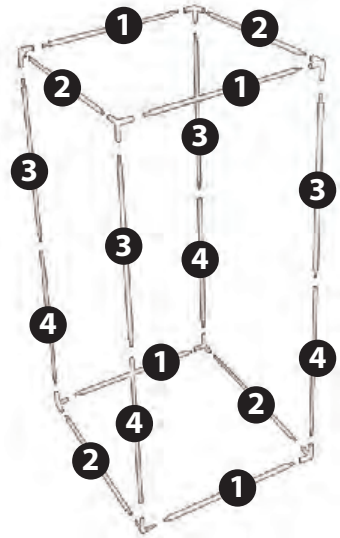
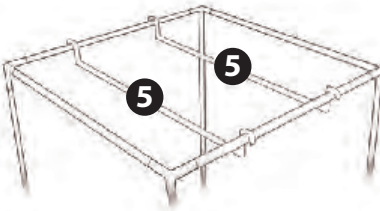
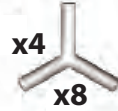
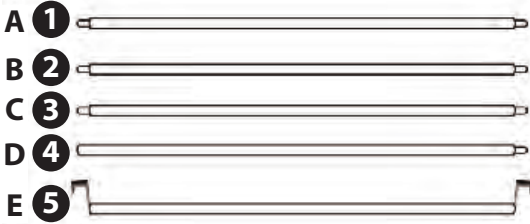
- (1) Sauna Tent
- (1) PVC Pipe Set (Requires Assembly)
- (1) Two Folding Chairs
- (1) Steam Pot
- (1) Remote Control
- (1) Hose

## **TECHNICAL SPECS:**

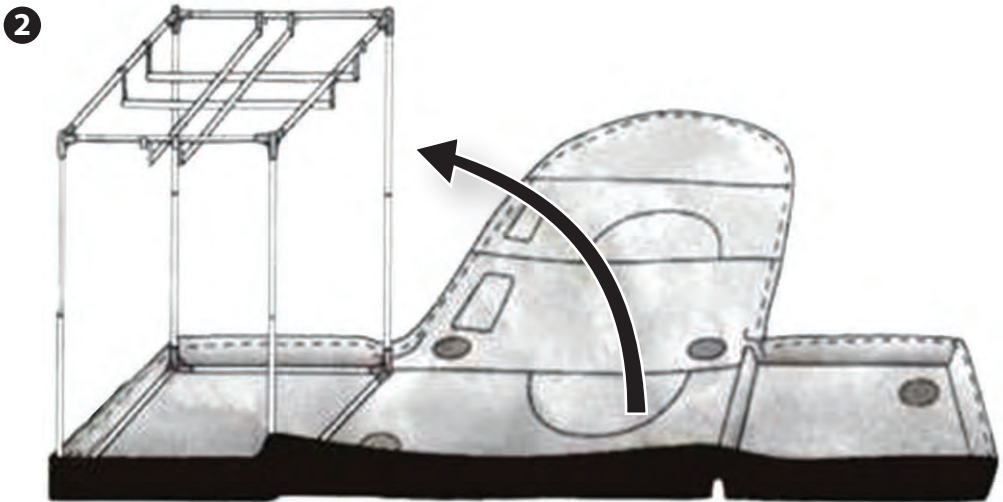
- Power Output: 1600 Watt
- Maximum Temperature Reached: 122° Fahrenheit (50° Celsius)
- Time Setting: Up to 60 Minutes
- Power: 120V
- Remote Control Battery Operated, Requires (2) x 'AA' Batteries
- Battery Type: 3V Lithium Metal Cell Battery 150mAh
- Battery Life: Up to 2+ Hours
- Assembled Tent Dimensions (L x W x H): 31.5" x 47.24" x 70.87" -in.

## SAUNA TENT ASSEMBLY INSTRUCTIONS

- 1 Connect the sauna tent framework ensuring that the poles are seated properly in the corner connectors. It may be necessary to gently twist the poles back and forth until the connection tabs pop-out and lock into place.

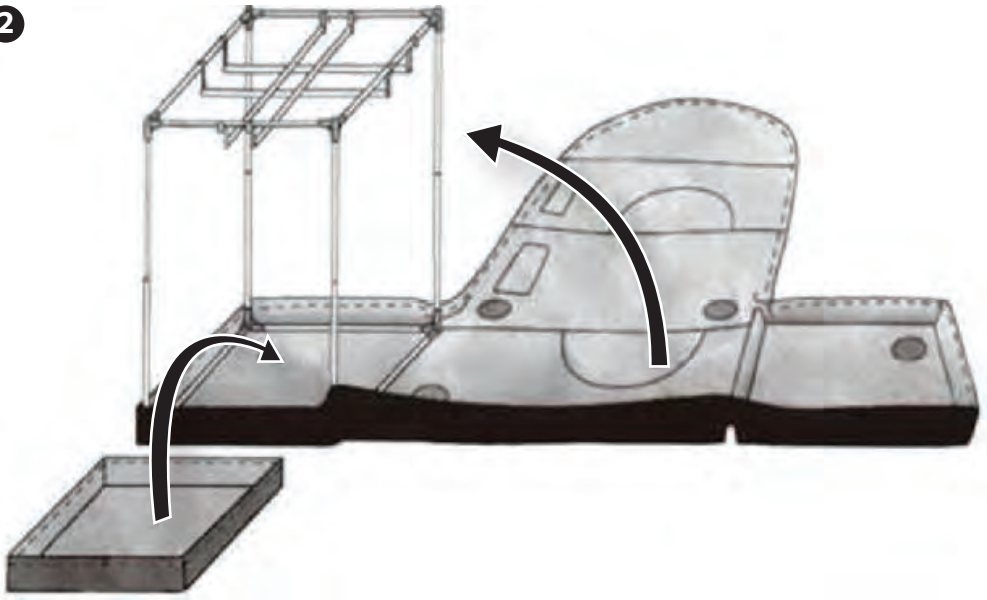


Pull the sauna tent outer canvas over the constructed framework.

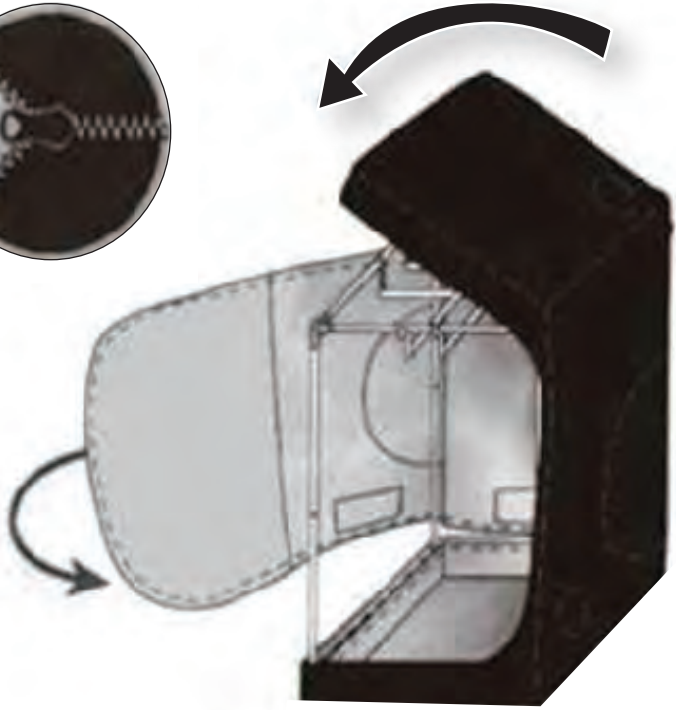




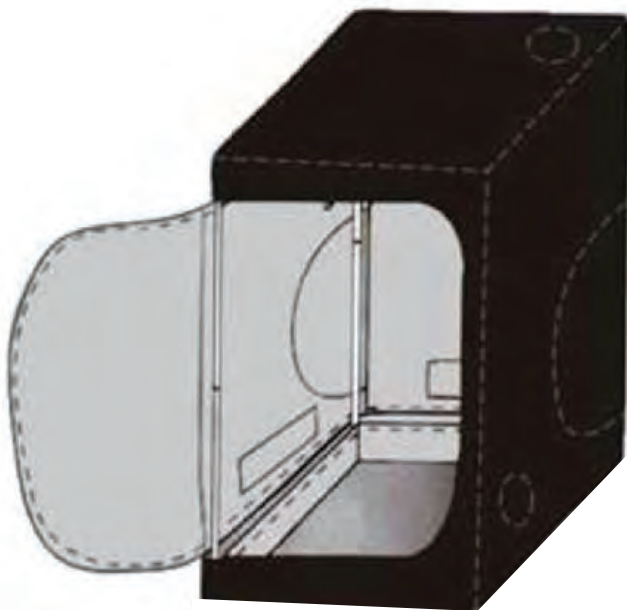
2



3



4



5



## STEAMER INSTRUCTIONS

### Control Panel

#### 1. Switch Button (1 or A)

Press this button to switch between standby and operating status.

#### 2. Timing Minus Button (2 or C)

Press this button to shorten time.

#### 3. Timing Plus Button (3 or B)

Press this button to prolong time.

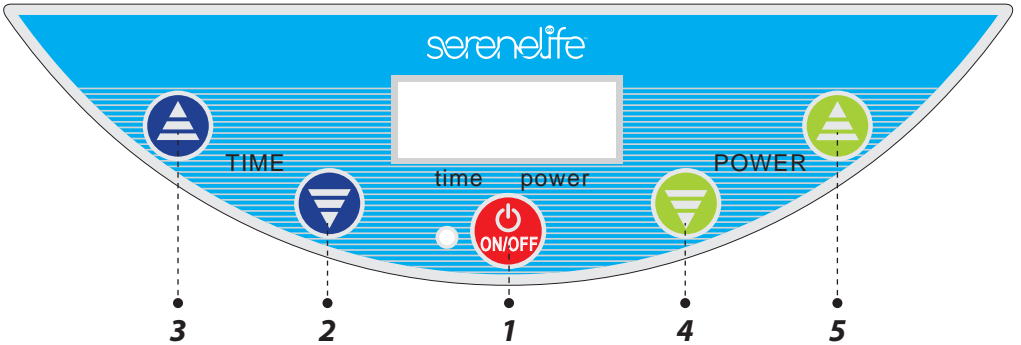
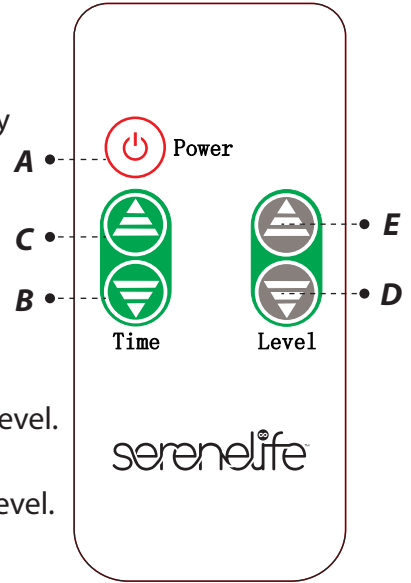
#### 4. Performance Down Button (4 or D)

Press this button to decrease performance level.

#### 5. Performance Up Button (5 or E)

Press this button to enhance performance level.

#### 6. Safety Valve Button



**Note:** Always pay attention and check if there is enough battery power.

### ATTENTION:

This product is designed according to the Steam Therapy which takes advantage of the steam around 45°C or 113°F in bathtub to moisten, expand tiny blood vessel, improve blood circulation, decrease blood consistency, accelerate metabolism and eliminate extra fat or other varieties of toxin accumulated in body and ultimately it helps to relax with vitality.



- A. Type X attachment with specially prepared cord:** Damaged supplied cord must be replaced by a special cord or assembly available from the manufacturer or its service agent.
- B. Type Y attachment:** Damaged supplied cord must be replaced by the manufacturer, service agent, or similarly qualified person to avoid hazard.
- C. Type Z attachment:** Damaged supplied cord cannot be replaced and the appliance should be scrapped.
- D.** If power cord was damaged, please contact qualified person or manufacturer or service agent to avoid hazard.

### **MAIN COMPONENT**

- A:** Bathtub x1
- B:** Steamer x1
- C:** Steam Hose x1

**This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.**

 **NOT SUITABLE FOR USE  
IN A BATH OR SHOWER**





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**Questions? Comments?**

We are here to help!

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