



# serenelife™



**SLISAU60BK - SLISAU60GRY**

**Portable Steam Sauna**

One Person Sauna for Detox & Weight Loss

**USER GUIDE**



## ***Please Read This Manual Carefully Before Operation***

### ***Attention:***

This product is designed according to the therapy of steam, which takes advantage of the steam around 113°F to moisten, expand tiny blood vessel, improve blood circulation, accelerate metabolism, lose weight, or other varieties of toxin accumulated in your body. Furthermore, it helps you to relax.

### ***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.



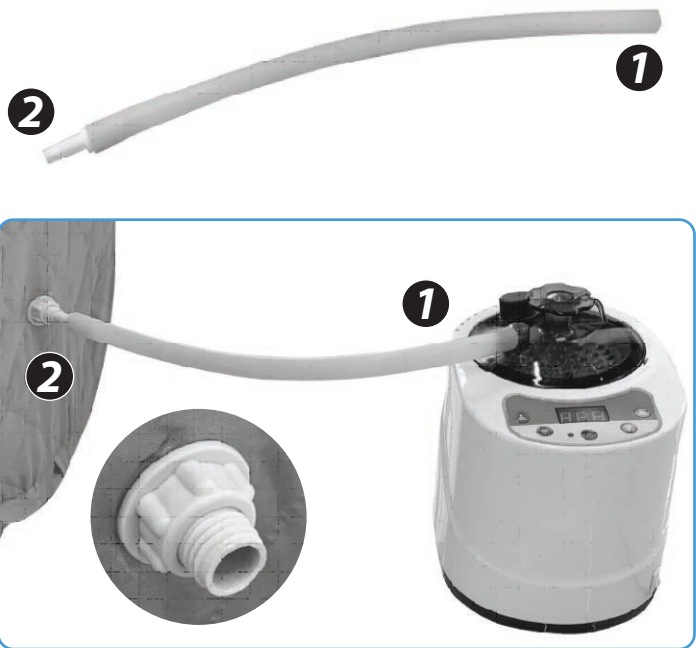
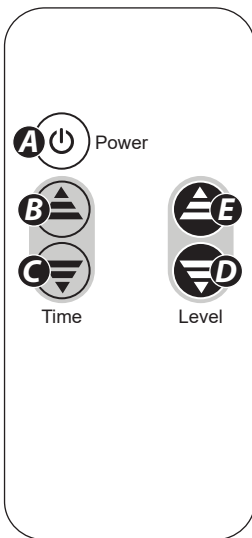
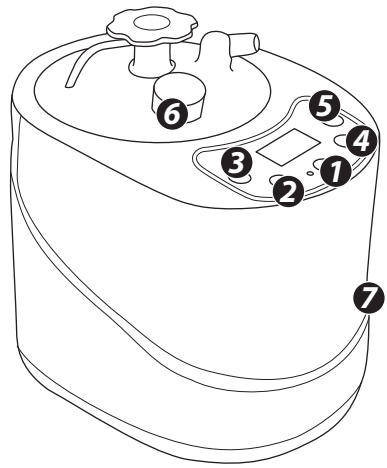
**NOT** recommended for use by anyone under 18 years of age.

### ***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.

## INSTRUCTION FOR USE:

1. **Switch Button (1 or A):** Press this button to switch between standby and operating status.
2. **Time Minus Button (2 or C):** Press this button to shorten the time
3. **Time Plus Button (3 or B):** Press this button to prolong the 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:** Water can be stored when it is working, but please be careful to not get scalded.
7. **Power Button:** Press this button to turn ON/OFF the machine.



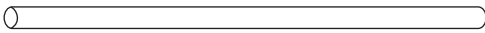
**Note:**

1. Remove the plastic spacer before using the remote control.
2. Adjust it to the 9th level when you first start the steamer.
3. To quickly produce steam, you could use hot water rather than cold water.
4. Connecting hose must be installed in place and tightly to prevent steam leaking.
5. Please enter the Sauna Tent when there is enough steam in case to catch a cold.
6. The plant or floral oils, Chinese herbal medicine cannot be put directly in the pot.

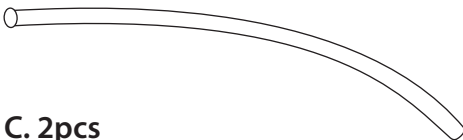
**FRAME ASSEMBLY INSTRUCTIONS:**

**Fittings**

**A. 7pcs**



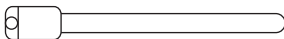
**B. 2pcs**



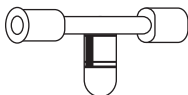
**C. 2pcs**



**D. 2pcs**



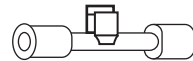
**E. 1pcs**



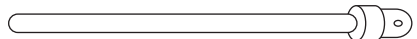
**F. 6pcs**



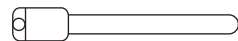
**G. 1pcs**



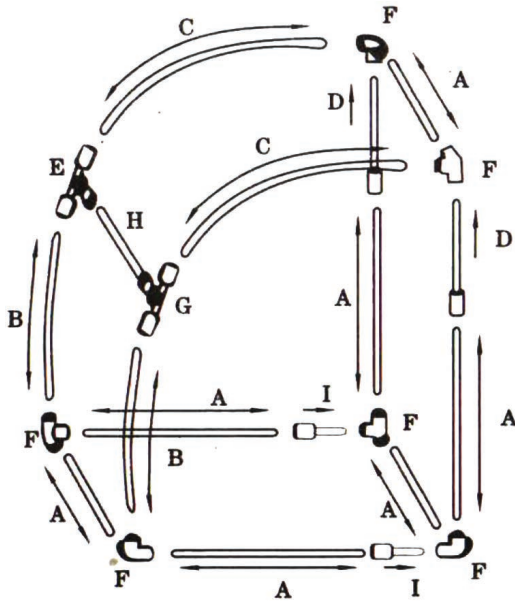
**H. 1pcs**



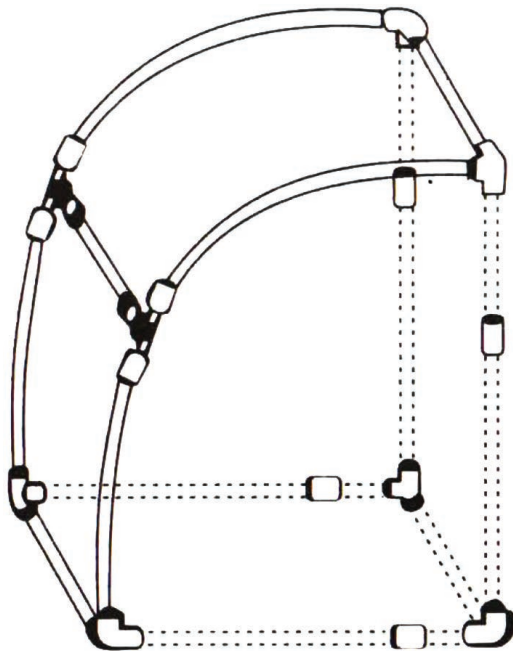
**I. 2pcs**



1. Assemble the fittings according to the following picture:



2. The completed frame.



## **WARNING:**

The medicine attached can't be taken orally. It is not allowed to be used when people experiencing severe body exhaustion, severe acute dehydration, hyperpyrexia, excessive hemorrhage, severe hypertension, cardiopathy, ulcer and the late stage of pregnancy. It can't be used in toilets or rooms with high humidity.

### **This appliance is intended to be used in household and similar applications such as:**

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential type environments;
- bedding and breakfast type environments.

This appliance is not intended to be used by people (including children) with reduced physical, sensory or mental abilities under supervision.



## **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:**

- (1) Sauna Tent
- (1) PVC pipe set (Requires Assembly)
- (1) Folding Chair
- (1) Steam Pot
- (1) Remote control
- (1) Hose

## **TECHNICAL SPECS:**

Power Output: 900 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-ion 1500mAh
- Battery Life: Up to 2+ Hours
- Assembled Tent Dimensions (L x W x H): 33.9" x 28.7" x 40.5" -inches



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**Questions? Issues?**

We are here to help!

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Email: [support@pyleusa.com](mailto:support@pyleusa.com)

