

Finnish Suna

Thank you for choosing our Finnish sauna and congratulations on your purchase. We are confident that your whole family will enjoy everything this product has to offer and that you will enjoy using it for years to come. Read this manual carefully and in detail before using the sauna for the first time. We recommend that you retain this manual for regular review and future reference.

The images shown in the instructions may not correspond exactly to the delivered design; these serve mainly for a better understanding of the text of the instructions.

The manufacturer and supplier reserve the right to make changes to the product without the need to update this installation and use manual.

SAFETY INSTRUCTIONS

1. Before using the sauna, carefully read all instructions in this manual and follow them.
2. You should always observe basic safety precautions when installing and using this electrical equipment. To power this appliance, use a power circuit socket that is installed according to valid technical standards and that is protected by a circuit breaker with an appropriate current value and characteristic. We recommend that the power supply be equipped with a circuit breaker with a tripping current not exceeding 30 mA, especially when installing in bathrooms or other wet areas.
3. Do not use your sauna in the immediate vicinity of water, for example near a bathtub or on a wet foundation or near a pool, etc.
4. The power cord should be routed to reduce the likelihood of being stepped on or pinched by items placed on or against the cord. Ensure proper protection of the power cord, do not lay it flat on the floor as this is very dangerous. When you are not using the device, unplug the power cord and coil it up. Disconnect the power cord from the outlet by pulling the plug, not the cord. This could damage the cable or socket.
5. Before turning on the sauna every time, inspect it for signs of damage and check to make sure that there are no flammable objects in the sauna and especially near the stove.
6. Warning: Do not touch the stove while the sauna is in use; their temperature exceeds 70 °C and contact with their surface can cause burns. Do not cover the stove, there is a risk of fire. When the sauna is in use, do not touch the outer part of the stove walls - they can be very hot, there is a risk of burns.
7. When parts need to be replaced, make sure that the replacement parts are specified by the manufacturer or have the same characteristics as the original parts. Use of unauthorized parts may result in fire, electric shock or other hazards. After the repair, ask the service technician to carry out safety checks to determine that the sauna is already in proper operating condition before you can use it again.
8. The device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless their supervision and instruction is ensured by a responsible person; by persons who are not familiar with operation within the scope of this manual; persons under the influence of drugs, narcotics, etc., reducing the ability to react quickly.
9. Do not use the sauna immediately after strenuous exercise. Wait at least 30 minutes to allow your body to cool down.

10. Danger of overheating. Normal body temperature should not rise above 39°C (103°F). Symptoms of excessive overheating of the body include dizziness, lethargy, drowsiness and fainting. The consequences of excessive overheating of the body can include the inability to perceive heat, the physical inability to leave the sauna, failure to recognize imminent danger, loss of consciousness and fetal damage in pregnant women. Overheating causes your body's internal temperature to rise, so high temperature settings for sauna use are not recommended.
11. Use of alcohol, drugs or certain medications before or during the sauna may lead to loss of consciousness.
12. Never sleep inside the sauna while the sauna is in working mode.
13. Do not use steam cleaners, high-pressure cleaners or water sprayers to clean the sauna. Use only preparations that are directly intended for this purpose.
14. Do not place any objects on the upper or inner walls of the sauna. Do not bring pets or metal objects into the sauna. The sauna is not intended for drying laundry.
15. If the supply cable is damaged, you must arrange for the immediate replacement of this cable through the manufacturer or its representative or a similarly qualified person. If you find that the power cord is too hot, it may indicate that there is a problem with the electrical equipment, in which case have it checked by the manufacturer or its representative to avoid danger.
16. Do not use the sauna during an electrical storm to avoid the risk of injury electric discharge.
17. Do not switch the power supply and heating system on or off repeatedly, as this could damage the electrical equipment.
18. Dry your hands before inserting or removing the plug from the power circuit. Never touch the cable with wet hands or wet bare feet to avoid the risk of electric shock. Do not touch the metal terminals of the outlet or the plug of the power cable with your fingers.
19. Do not use the sauna if the supply cable is damaged, if it is not working properly or if it is damaged. Do not attempt any repair yourself; If you have any problem, please contact your sales representative or manufacturer, otherwise it may violate the safety policy. Unauthorized repair attempts will void the manufacturer's warranty.
20. Make sure that the socket for connecting to the electrical supply network has sufficient parameters for the operation of the sauna; if the power consumption is high, the outlet could overheat and possibly cause a fire.
21. In some sauna models with roof lights, the temperature of the light is very high as soon as you turn on the sauna and turn on the light. Do not touch the light, it could burn your skin. Also, do not touch this light for 20 minutes after heating is finished.
22. Do not pour water or other liquids into parts of the stove that are not intended for this, or on other electrical appliances. devices or hit them with any hard object, as this could cause a short circuit, which could cause a fire or a power outage.

WHEN TO AVOID USING THE SAUNA

1. It is recommended that the sauna is not used within 24 hours after exposure to UV radiation from artificial sources or sunbathing.
2. Prescription drugs: always consult your doctor or pharmacologist regarding possible interactions with the effects of your medications. Some medications, such as diuretics, antihistamines, beta-blockers, and barbiturates, can negatively affect the body's natural ability to regulate heat. Both prescription and over-the-counter medications fall into this category.

3. Heart disease: sauna therapy is unsuitable for patients with certain heart diseases including hypertension or hypotension, chronic heart failure or problems with coronary circulation. If you suffer from one of the above diseases, prolonged exposure to elevated temperatures can be dangerous, as its direct result is an increase in heart rate of about 10 beats (but in some cases up to 30) per minute for each degree of increased body temperature. This contraindication also applies to patients with blood pressure medication or a pacemaker - some saunas may contain magnets that can affect its operation.
4. Children and the elderly: children and the elderly are two age groups for which consultation with a doctor is recommended before sauna use. Although for both of these age groups it is generally safe and beneficial for them to use the sauna, the body temperature of children rises significantly faster than that of adults and their ability to thermoregulate with the help of sweating is not yet as developed as that of adults.

   Similarly, the ability to maintain optimal body temperature and the function of the sweat glands decrease with age, so caution should be exercised in both of these age groups and sauna therapy should be discussed with your doctor.
5. Joint problems: an acute joint injury should not be heated for the first 48 hours or until

   the redness and swelling subsides. In cases of chronic joint swelling, it is possible that they will not respond favorably to heat therapy.
6. Pregnancy: sauna use is not recommended during pregnancy (or suspected pregnancy).

   As the body temperature increases, the temperature of the amniotic fluid can also increase, which in extreme cases could lead to damage to the fetus and birth defects. It is also much easier for pregnant women to overheat the body leading to unconsciousness. The heart and blood vessels during pregnancy work at an increased capacity even under normal conditions in order to be able to nourish the developing fetus, and if the body overheats, the demands on the heart and blood vessels will increase even more. This results in reduced blood flow to internal organs including the heart, which can lead to loss of consciousness.
7. Certain diseases: raising the core temperature may be inappropriate for individuals , with multiple sclerosis,systemic lupus erythematosus, diabetic neuropathy, Parkinson's disease, tumors of the central nervoussystem or adrenal insufficiency (such as Addison's disease). People suffering from hemophilia or bleeding conditions should also avoid using a sauna, as the heat causes blood vessels to dilate. People suffering from fever or sensitive to heat are also not recommended to use the sauna. However, any patient with any implant should consult their surgeon about sauna use. As with massages, the use of the sauna is not suitable for any infectious disease, under the influence of alcohol or drugs. And as with any similar activity, the following applies: If you experience discomfort, or even pain or deterioration of your health, stop using the sauna immediately.

If you have any health problems, always consult your doctor before using a sauna!

ASSEMBLY INSTRUCTIONS

Please read the instruction manual carefully before installation. 2 adults are required to assemble the sauna.

Note: Read all instructions carefully before proceeding with the installation of the sauna and remember that basic safety precautions should always be followed when using the sauna. Also study the instructions for sauna accessories, especially sauna stoves and their installation conditions.

Before the actual installation, it is important to choose a suitable place for the sauna:

1. The location of the sauna is only possible in a temperate area with low air humidity. Avoid placing the sauna in damp areas with poor ventilation (air circulation). When the sauna is heated, moisture in the air condenses in humid areas, which can have a negative effect on the lifespan of the electronic components of the sauna during long-term use.
2. We recommend placing the sauna in a room with an air temperature of at least 15°C. The external ambient temperature directly affects the internal temperature of the sauna. If you place the sauna in a cold environment, the internal temperature in the sauna will not reach the specified maximum values.
3. The sauna must be level. It is necessary to ensure that the base under the sauna is solid and horizontal and sufficiently load-bearing for the weight of the sauna and the people taking thesauna. Uneven surfaces must be leveled.
4. The place for the sauna must be at a safe distance from the source of running water (bathtubs,showers, sinks, etc.).
5. A 230 V/50 Hz power supply socket must be installed near the sauna, i.e. within reach of its power cable, with sufficient current protection, corresponding to the current consumption (power input)of the sauna and sauna stove - see sauna and sauna stove production label. We recommend installing the power supply circuit breaker with tripping current not exceeding 30 mA, especially when installed in bathrooms or other similar spaces.

TOOLS REQUIRED

Screwdriver, steps

ORDER OF ASSEMBLY

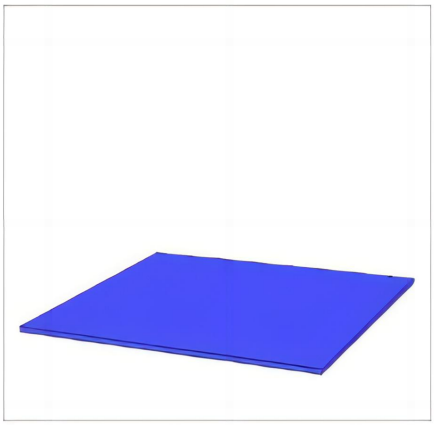
BOTTOM PLATE - BACK PLATE - RIGHT PLATE - LEFT PLATE - SIDE PLATE

FOR BENCH - BENCH SEAT - FRONT PLATE - TOP PLATE - LIGHTING

SAUNAS - STONE ENCLOSURE - DOOR HANDLE

Note:

1. On the wooden parts of the sauna, which are hidden from view, there may be minor damage caused during production (scratches, scratches, etc.), which do not affect the function of the sauna or reduce its final appearance.
2. During the use of the sauna, small cracks may appear in the wood. This is not a defect product, but a common property of the wood used.
3. The sauna door is not designed to hermetically close the sauna. If you use the sauna in a cold place, you can provide the door with a suitable seal.

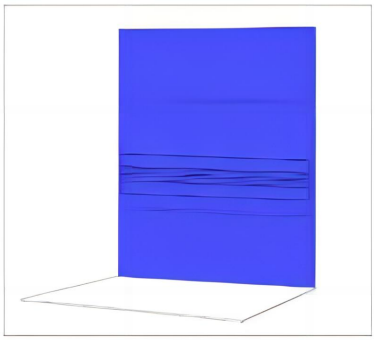


A. Place the BOTTOM PLATE.

Place the BOTTOM PLATE on the place where the sauna will stand. Pay attention to the correct location .

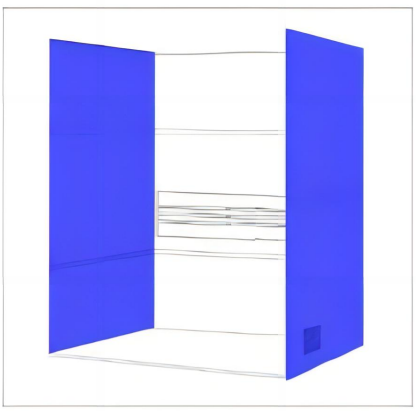
B. Place the BACK PLATE.

Place the BACK PLATE in the back of the floor - slide it in. The wall will not stand by itself, it must be supported by hand before you attach another wall.



C. Place the RIGHT and LEFT BOARDS.

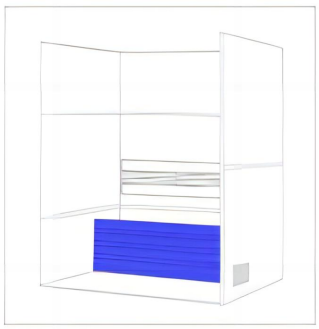
Place the RIGHT PLATE and then the LEFT PLATE to the BACK PLATE and fasten both withsnap clips.

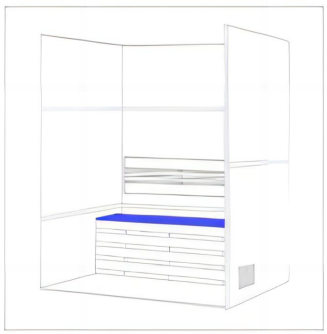




D. Install the BENCH.

Insert the side part of the bench into the guide groove, and finally place the seat of the bench.

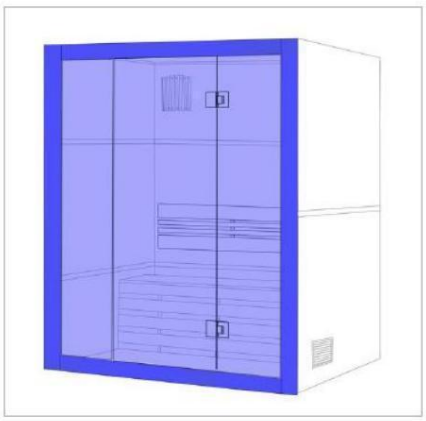


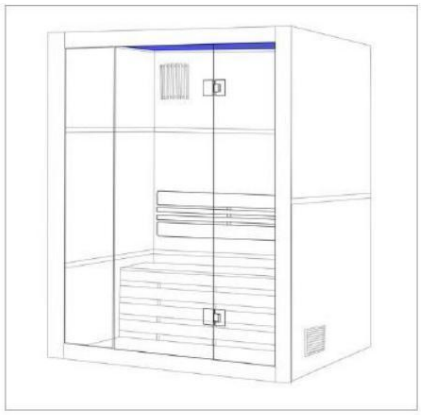


E. Fitting FRONT PLATE and TOP PLATE.

Place the front glass wall into the guide grooves in the left and right walls.

Place the TOP PLATE on the installed panels.

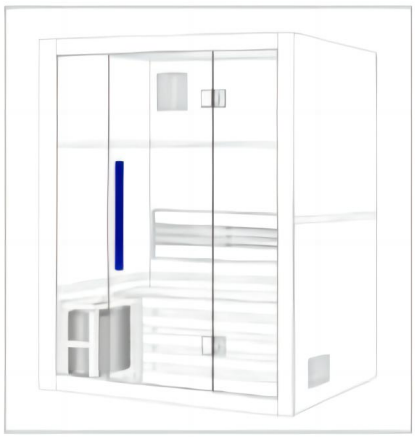




F . Installation of STOVE ENCLOSURE AND DOOR HANDLE.

Screw the stove enclosure together using the included screws. Screw the wooden handle to the glass door





G . Install the Accessories

Mount the hourglass and thermometer inside the sauna's upper section at the designated position.



H . Install the Sauna Stove

The stove requires proper electrical wiring and adedicated powerline.

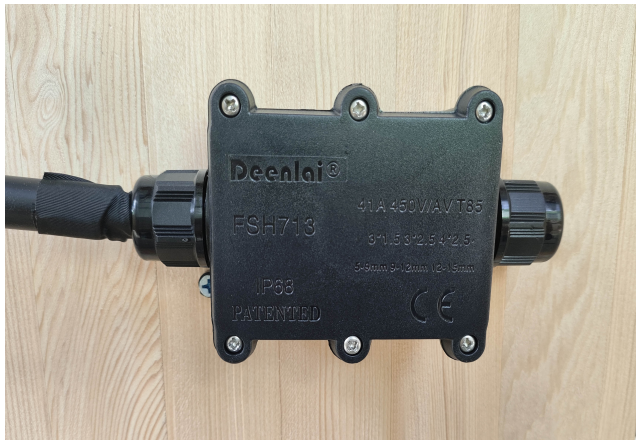
We require a certified electrician to perform the electrical wiring and connection work,strictly following the stove's manual and current industry standards.

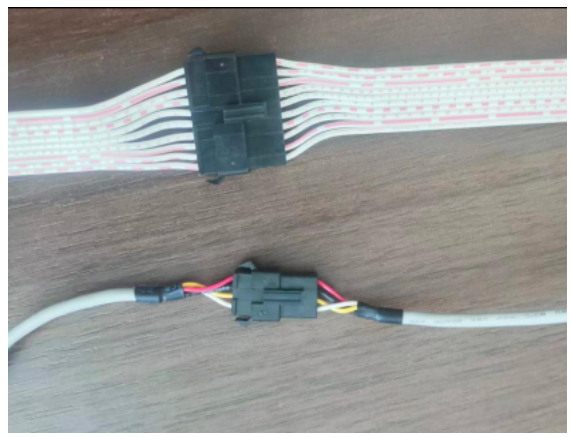


I . Electrical Connections on the Roof

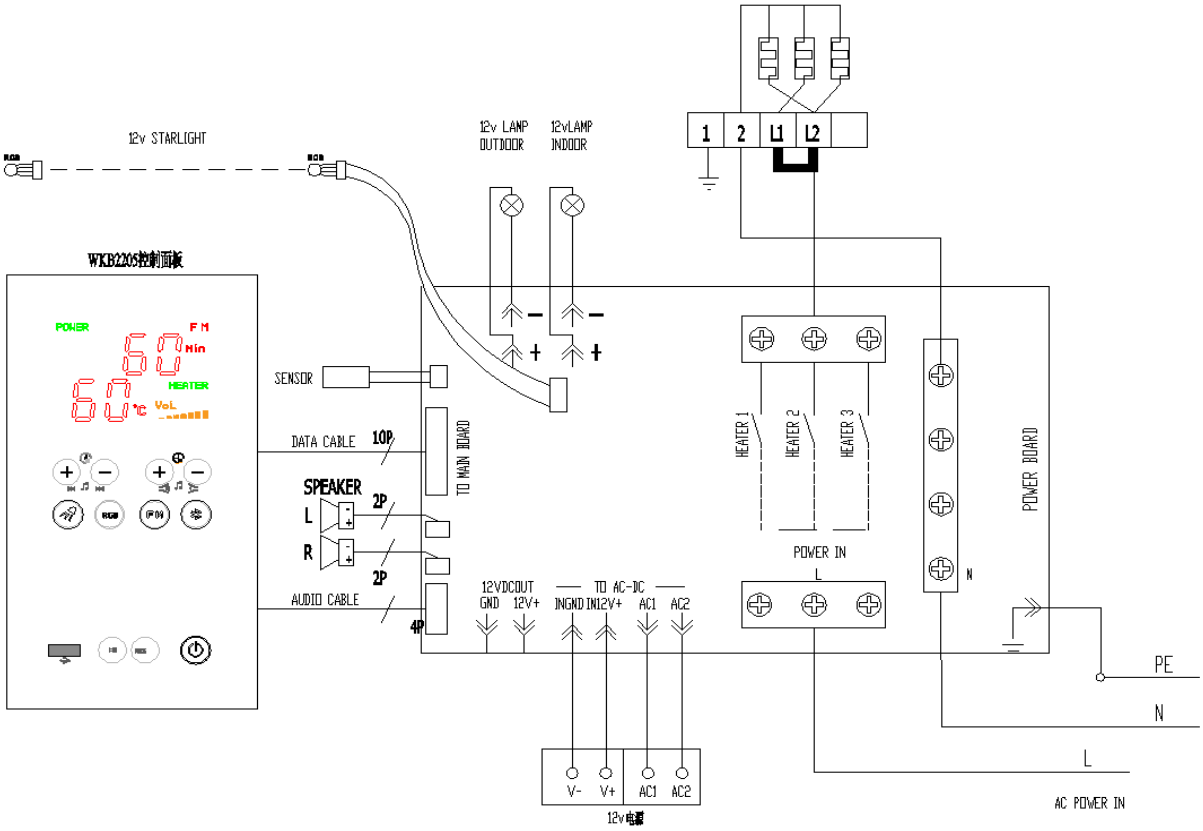
Connect the cables to junction box on the roof,

connect connections for control panel on the roof.

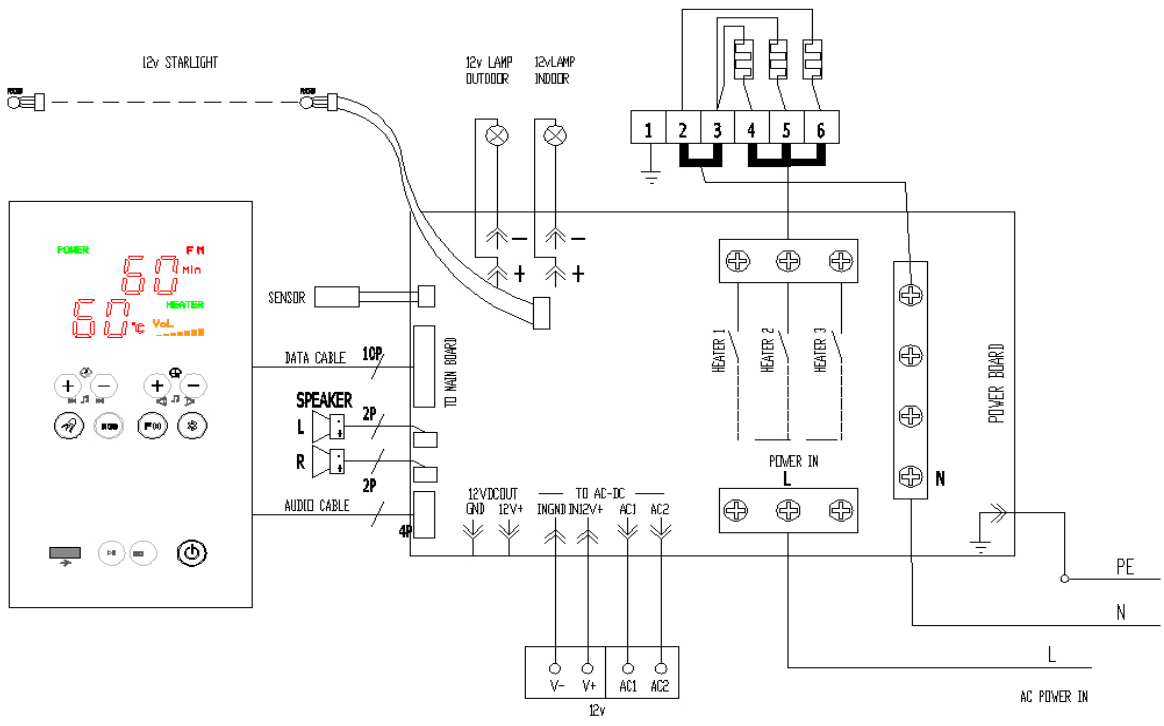




J . Diagram of Circuits



BC35E 1N



BC45E 1N

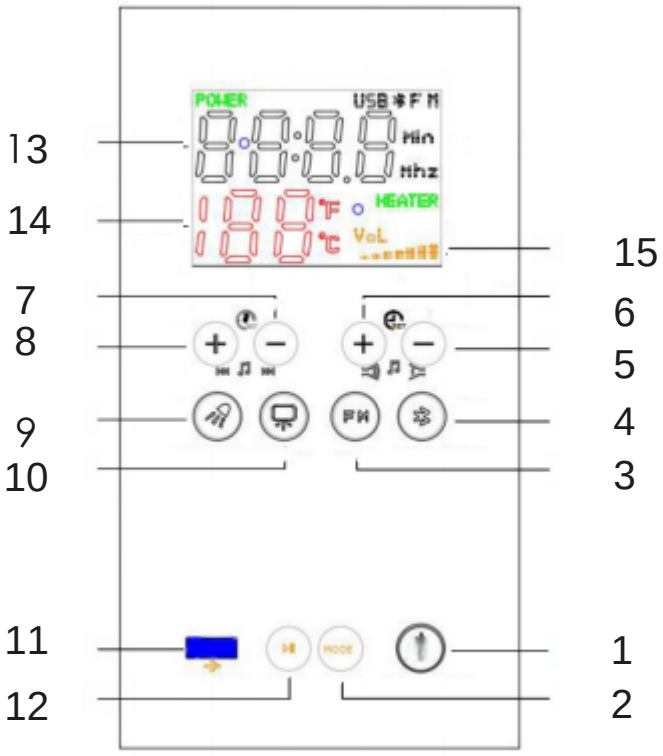
K.Control unit

With the control unit you can

►adjust the temperature of the sauna

►set the heating time

►control the lighting and change the color



No.	Description
1	switch sauna on/off
2	switch music mode
3	switches to FM mode
4	switches to Bluetooth mode
5	Decrease operating time **in FM/BT/USB mode**: decrease volume
6	Increase operating time **in FM/BT/USB mode**: increase volume
7	Decrease target temperature **in FM mode**: station search forward **in BT/USB mode**: play previous track
8	Increase target temperature **in FM mode**: station search backwards **in BT/USB mode**: play next track
9	switch inner light on/off
10	witch outer light on/off
11	USB interface for USB stick
12	Play/Pause
13	Display of remaining heating time in minutes
14	Display of temperature
15	Display of volume

Lighting

The lighting can be switched on and off via the control.

The s auna has a reading light on the roof,RGB lighting is optional.

The RGB lighting has a color selection mode.

Music

The music can be operated via the control. It has FM, Bluetooth and USB modes, which can each be selected via the control.

In FM mode, individual stations can be searched for automatically.

In Bluetooth mode, a smartphone can be paired with which music can be played via the speakers.

In USB mode, a USB memory stick can be inserted and playable tracks can be played.

Smartphone-App

You can also conveniently control your sauna via app on your smartphone. For iphone, search "sauna room" on Apple store,download the app and install it.

For Android, you can scan the QR code by your browser to download the app, or download it directly by this link:https://fukaiapp.oss-cn-beijing.aliyuncs.com/sauna_v1.1_20230804_1354.apk



L.Use

1 Switching the sauna on and off:

Press **[1]** to switch the sauna on or off.

2 Set temperature

►Press **[8]** to increase the temperature or **[7]** to decrease the temperature.

► The set temperature is shown in the display **[14]**.

► The sauna stove start to heat the sauna to the set temperature.

3 Set heating duration

►Press **[6]** to increase the duration or **[5]** to decrease the duration.

►Set the desired duration of heating the sauna cabin.

► The set time is displayed on the screen **[13]**.

► The sauna will be heated for the set duration

4 Operating the LED lighting

Switching the reading light on and off

►Press **[10]** to switch the roof light out cabin on or off.

►Press **[9]** to switch the reading light in the cabin on or off.

5 Radio

►Press **[10]** to switch to radio mode.

►Press **[7]** or **[8]** to start the automatic station search.

► The station scan will start and the next station found will be played automatically.

6 Pair Bluetooth device

►Press the **[4]** to switch to Bluetooth mode.

►Display the devices to be paired on your device.

►Pair your device with the sauna cabin.

7 Play music from USB memory stick

►Press MODE **[2]** to switch to USB mode.

►Insert a USB memory stick into the USB interface **[11]**.

Note: The USB memory stick must contain playable music tracks.

►Press **[7]** or **[8]** to play the next or previous track.