

Sauna

Product ID. Q7PZH

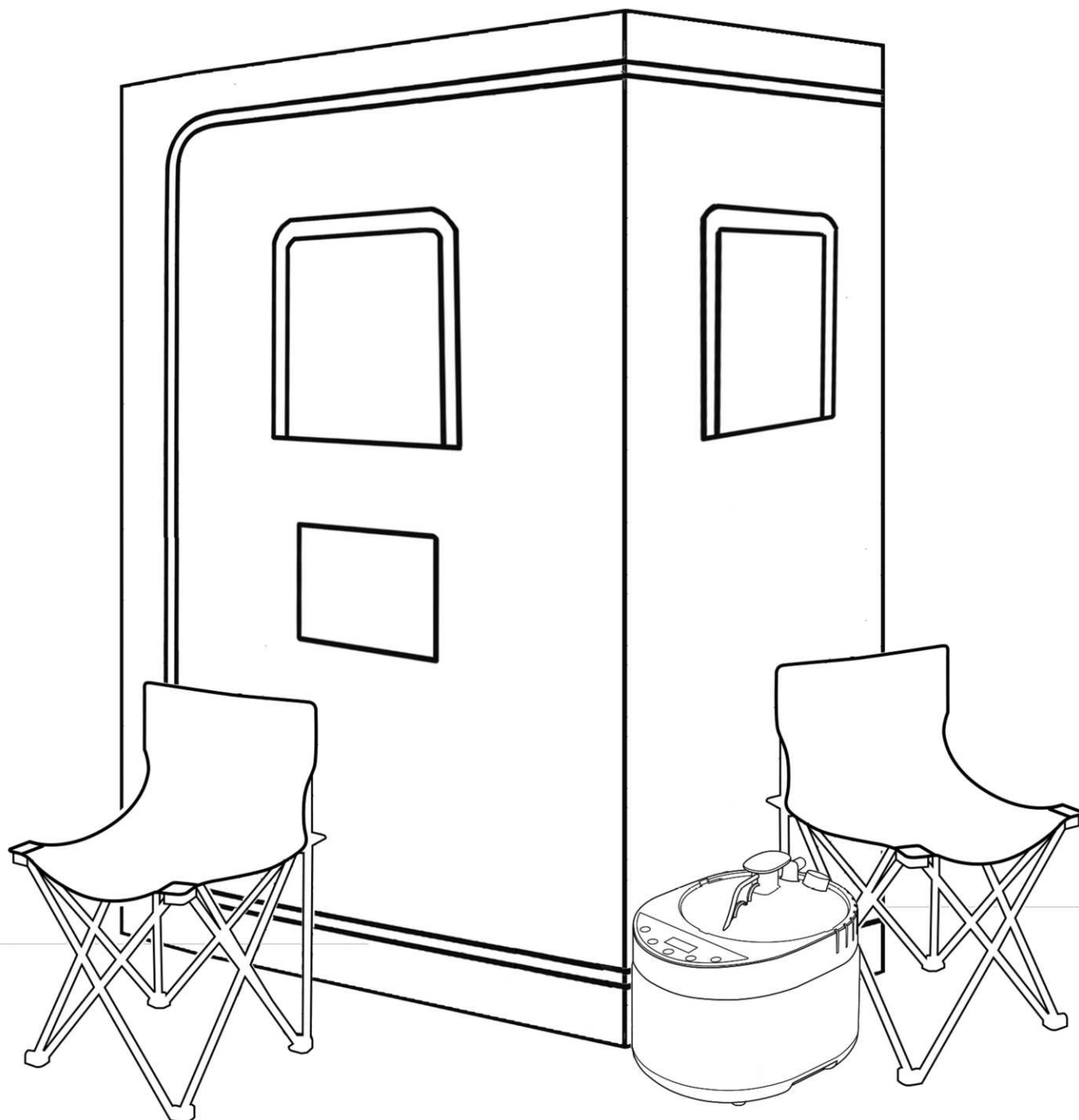


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V2508253IFV



Portable Steam Home Sauna

Personal In-Home Detox Spa Steam Therapy Heated Sauna

USERMANUAL

READ AND FOLLOW ALL INSTRUCTIONS

This sauna is not a medical device and is not used for medical purposes.

1. Staying too long in the sauna can cause overheating. Recommended 30 minutes per day, and do not
2. Stop using the sauna immediately if you feel discomfort, nausea, or sleepy.
3. Any repairs must be made by the manufacturer, its service agent or similarly qualified person.

DO NOT USE The Sauna Under Any Of The Following Health Conditions:

- Any type of breathing(respiratory) condition
- Anyone with heart disease
- High or low blood pressure
- Pregnancy
- Any skin disease or disorders
- Anyone at risk for high fever, such as people with cardiovascular disease
- After or during drinking alcohol or alcoholic beverages

(People with these conditions should use it under the advice of a doctor)



Not recommended for use by anyone under 18 years of age

Sauna Tips:

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

FUNCTIONS & FEATURES

1. It takes 20 minutes to reach a constant temperature of 51°C (123.8 °F).
2. Depending on individual circumstances, sweating can be up to 500 ml per hour, which takes 10 minutes.
3. Space-saving and easy-to-install design that makes rational use of wall space.
4. Lightweight and waterproof inside, just wipe it with a damp cloth after use.
5. Including portable folding chair, the chair surface is upgraded and widened more in line with the human body curve.

The temperature inside the sauna can fluctuate from 45-51 °C (113-123.8°F) due to outside weather and pressure.

WHAT'S IN THE BOX:

✓ Sauna Tent * 1

✓ Foldable Chair * 2

✓ 4L Steamer * 1

SPECIFICATIONS:

1. Suna Tent

Size (L*W*H): 120x80x160cm

Capacity : 2 Person

Fabric : Cotton

2. 4L Steamer

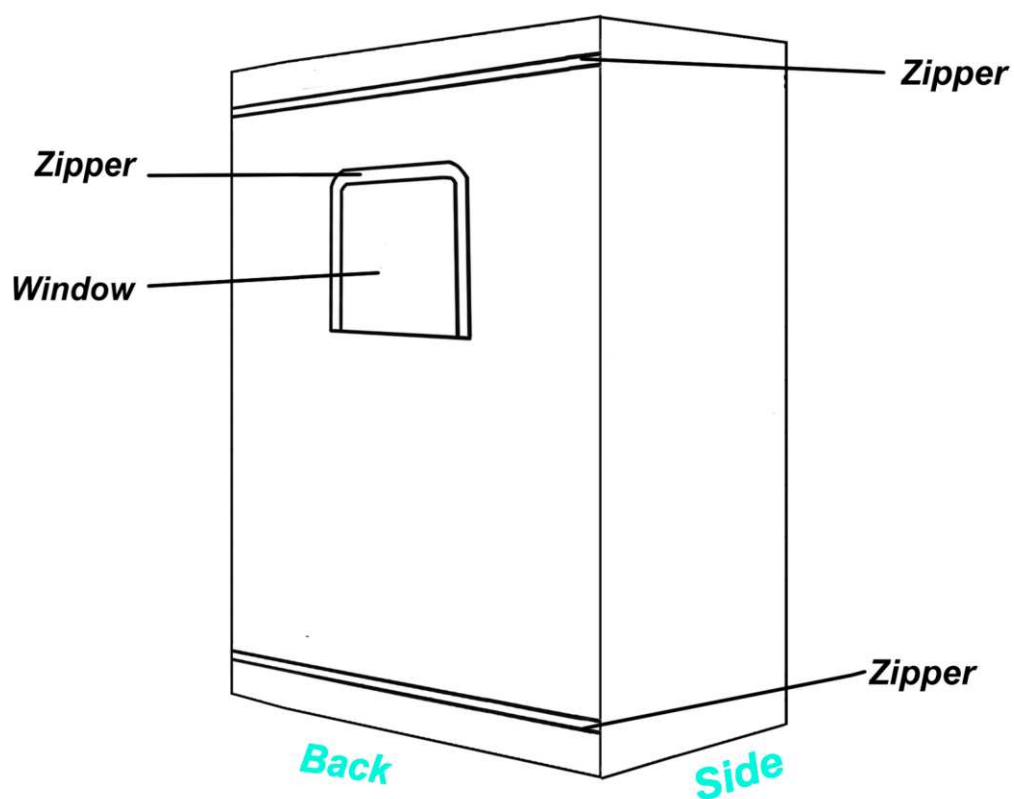
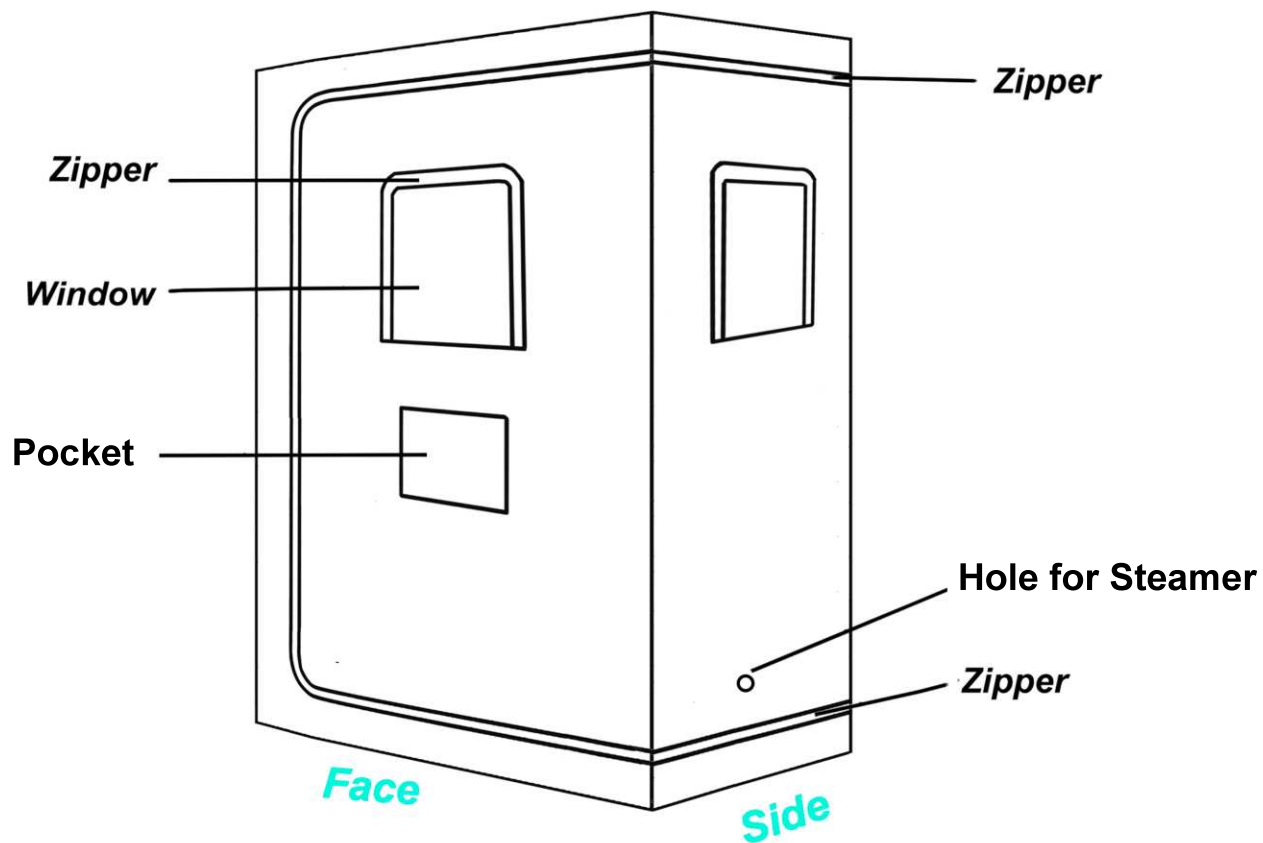
Power Output : 1500 Watt

Level Choose : 1-9 Levels

Adjustable Time Setting : Up to 95 Minutes

Maximum Temperature Reached: 51°C (123.8 °F).

PRODUCT SCHEMATIC DIAGRAM



INSTALLATION OF SAUNA TENT

Detachable frame assembly

A  76.2cm × 8

B  56.2cm × 8

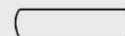
C  74.6cm × 4

D



Right Angle Connector × 8

E



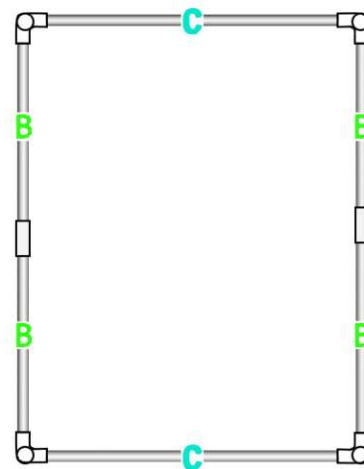
Straight Connector × 8

Before starting the assembly, sort the rods by length (put rods of the same length together, from longest to shortest) and place them according to the table.

Step 1

Assemble the bottom of the sauna frame

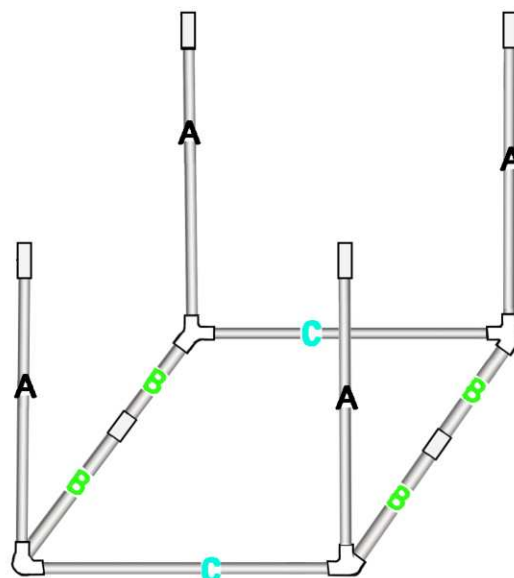
- B × 4
- C × 2
- D Right Angle Connector × 4
- E Straight Connector × 2



Step 2

Assemble the height of the sauna frame

- A × 4
- E Straight Connector × 4

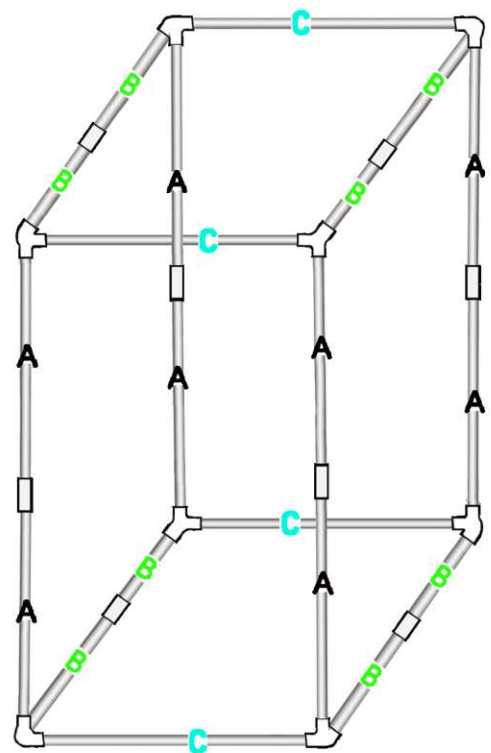


INSTALLATION OF SAUNA TENT

Step 3

Assemble the top of the sauna frame, repeat the step 1

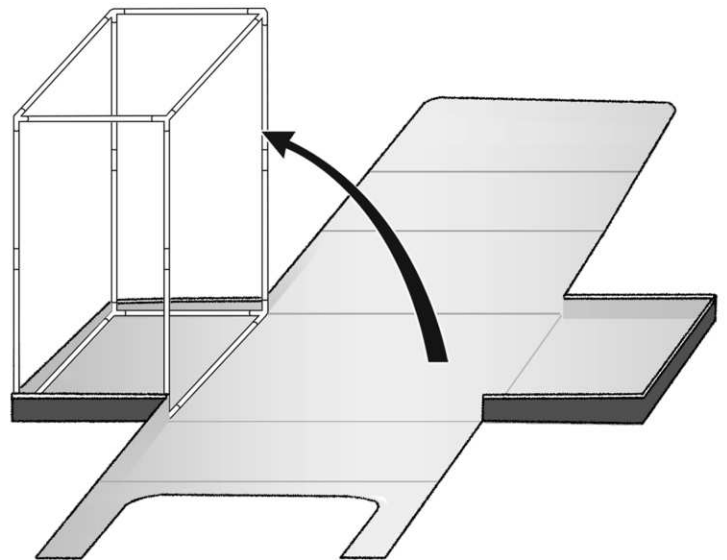
- A *4
- B *4
- C *2
- D Right Angle Connector *4
- E Straight Connector *2



Step 4

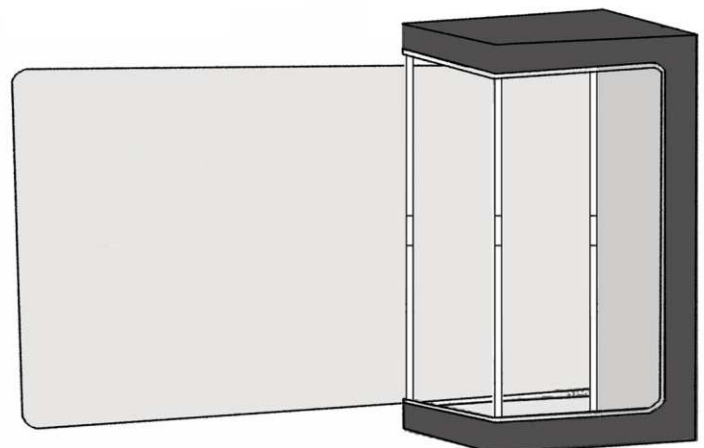
Assemble the sauna tent's outer tarp.

Unzip the sauna tent's outer tarp and lay it flat on ground. Lift up the sauna frame and place the bottom of the frame into the bottom of the tarp, then pull the top of the tarp over the top of frame.



Step 5

Pull up all zippers, the sauna room is assembled.



Warranty Information

- 1.**Under normal use, the product is covered by a 3-month free warranty from the date of purchase.
- 2.**Non-warrantable cases: damage caused by human error (e.g., cutting, tearing), natural disasters, malfunctions due to non-compliance with the instruction manual, expired warranty, or lack of purchase proof.
- 3.**After-Sales Process: For warranty claims or missing accessories, please contact customer service and provide the order number, defect description, and photos. Contact the store customer service for replacement or replenishment of accessories.