

# OWNERS MANUAL

Dear Customer,

Congratulations on your purchase of an infrared sauna, the newest generation of Infrared Saunas in the world! We are confident that you will enjoy the many benefits of using your infrared sauna for years to come.

Carefully and thoroughly read this manual in its entirety before using your sauna for the first time. We recommend keeping this manual for regular review and future reference.

We attribute our growth and success as a business entirely to our customer satisfaction, the recognized health benefits of our products, and the quality of our workmanship. We use only the best materials coupled with state-of-the-art construction and the highest safety standards in the industry.

You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increase in your blood circulation when using your sauna.

Whatever your needs, we invite you to experience a personal difference with your sauna: A difference in health benefits, a difference in quality, and a difference in attitude of our team service and support.

Our entire Blackstone Saunas team is looking forward to serving your needs. Enjoy your new Blackstone Sauna!

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## POWER SUPPLY REQUIREMENTS

3. Main supply: 1 -2 person sauna 120V/15A  
3 -4 person sauna 120V/20A

20 Amp service requires #12 wire - 120/20A Breaker & Plug

## GENERAL TECHNICAL CHARACTERISTICS

1. Functions processed by microprocessors
2. Temperature adjustable from 18to 60
3. Adjustable dwell time from 0 to 60 minutes
4. Digital temperature sensor
5. Soft touch key
6. Eco Carbon or Eco Carbon Zero infrared heater

## PACKAGING AND INDIVIDUAL PANEL INFORMATION

••• 1 - 2 PERSON SAUNA WILL BE PACKED IN 2 BOXES:

*PLEASE LOCATE THE NUMBERS ON THE CARTON BOXES - THEY WILL MATCH.*

*FOR EXAMPLE: "NO.001 1 OF 2" FIT "NO.001 2 OF 2" ON CARTON PACKAGE.*

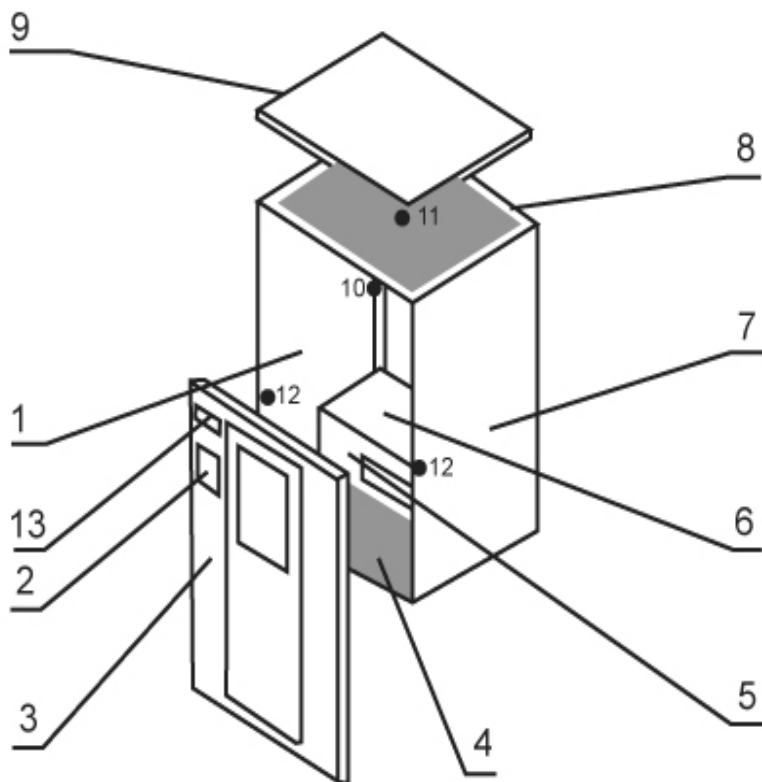


••• 2 PERSON CORNER MODELS, 3-4 PERSON SAUNAS WILL BE PACKED IN 3 CARTONS




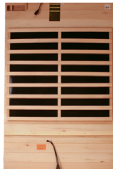







*PLEASE LOCATE THE NUMBERS ON THE CARTON BOXES - THEY WILL MATCH.*

*FOR EXAMPLE: "NO.001 1 OF 3" FIT "NO.001 2 OF 3" FIT "NO.001 3 OF 3"*





1	LEFT SIDE PANEL	8	BACK PANEL
2	DIGITAL CONTROL PANEL	9	TOP PANEL
3	FRONT PANEL		
4	BOTTOM PANEL	11	LIGHT
5	BENCH HEATER PANEL	12	CUP HOLDER
6	PENCH PANEL	13	CD PLAYER
7	RIGHT SIDE PANEL		

Front Panel	Bottom Panel
	
Top Panel	Back Panel
	
Side Panel Left	Side Panel Right
	
Bench Panel	Bench Heater Panel
	
Control Panel	CD Player
	
Light	
	

## BEFORE YOU START INSTALLATION

- a. Do not plug any other appliances into the outlet with your sauna.
- b. Install the sauna on a leveled surface. Uneven surfaces may cause issues to installation process
- c. Your sauna is designed to be installed indoors in a dry environment. If your sauna is exposed to moisture the warranty may be voided

## WHAT YOU WILL NEED TO GET STARTED

Assembly of your sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service or local dealers.

## TOOLS REQUIRED

**A.** #2 Phillips-head (“crosshead”) screwdriver

**B.** Step stool

## • • • INSTALLATION INSTRUCTIONS

### (1) LOCATION OF SAUNA

When determining a location for your sauna, please keep in mind the following:

1. The Main Power Cord on your sauna must be easily accessible.
2. The location must be dry and leveled.

### (2) PLACING BOTTOM PANEL

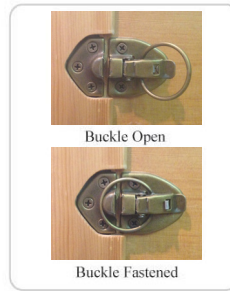
Place the Bottom Panel on the ground and make sure that the “FRONT” sticker is facing the direction where the front of your sauna would be.



Front

### (3) PLACE THE BACK PANEL ON THE BOTTOM PANEL

Place the Back Panel on the Bottom Panel by lining up the Back Panel on the back side of the Bottom Panel. Keep in mind that the Back Panel will need to be supported until the Side Panels have been installed in place.



### (4) CONNECTING SIDE PANELS

1. Each Side Panel has a white label to identify which side it is. The panel with “LEFT PANEL” label should be placed on the left side when facing your sauna from the front.



### (5) INSTALLING BENCH HEATER PANEL

Slide down the Bench Heater Panel by lining up its sides with the Vertical Guides on each Side Panel.

1. Bench Heater Panel must be positioned so that the “TOP” sticker is facing up and the heater facing outward.

#### (6) PLUGGING BENCH HEATER CABLE

Plug in the Bench 7 floor Heater Cables to the Outlets located on the Back Panel. Make sure connections are secure.



#### (7) INSTALLING BENCH PANEL

Install the Bench Panel by sliding it over the Horizontal Guides on each Side Panel. Make sure to position the Bench so that the “BACK” sticker is facing back, the smooth and finished sides of the Bench are facing up and forward.

#### (8) CONNECTING FRONT PANEL

Place the Front Panel onto the recessed area where the “FRONT” sticker is. Align latches with both Side Panels and secure in place by fastening the latches. Make sure the side panels are completely seated to the front panel before fastening the latches. Damage to the latch can occur if forced.

#### (9) PLACING TOP PANEL

1. Open doors on the front Panel.
2. Put the Top Panel on the assembled panels.

*THE TOP PANEL MUST BE POSITIONED SO THAT THE OVERHANG IS FACING FORWARD*

3. Plug the heater wires through the holes in the Top Panel
4. Gently place the Top Panel onto the rest of the assembled panels. When all four corners are in place, gently push down the Top Panel until it is snugly fit over the rest of the panels.
5. Make sure that the cables around the corners do not get pinched between the panels.





## (10) POWER SUPPLY CONNECTIONS

The power supply connector connects the heaters to the control panels. If you miss one the heaters on that panel will not work

1. These wire connections are located on the top of the TOP panel
2. Connect all of the connetores. (example below)



## (11) CONNECT THE CONTROL WIRE ON CONTROL PANEL.

1. located out the top of the left side panel or out the stereo access panel. Plug the 7 pin's plug onto the 7 pin's socket on the top panel



## (12) STEREO CONNECTIONS

*All wiring from the ceiling's Power Board should be draped inside the top Panel. Firstly plug the Connector pin to the socket on the back of the CD player (You can pull out by pressing the top of the connector pin) and then the plug of the antenna.*



#### (15) DOOR HANDLE INSTALLATION

Use #3 Phillips-head (“crosshead”) screwdriver to tighten bolts on door handle. Make sure to place the handle without finish on the inside.



CORNER UNIT INTALATION CONTINUED ON NEXT PAGE

## ••• INSTALLATION - CORNER MODEL ONLY



Place the bottom panel on the ground.



Connect the right back panel to the bottom panel by lining up the back panel on the groove of The bottom panel. Align buckles on both panels and fasten them, if applicable.



Connect two back panels by lining up buckles and fasten them securely in place.



Install the right heater bench first by sliding it over the horizontal bench guides. And then install the left heater bench. Continue to install right and left benches. Push the benches all the way in until they touch the back panel and are securely in place. Continue by placing the front panel in place



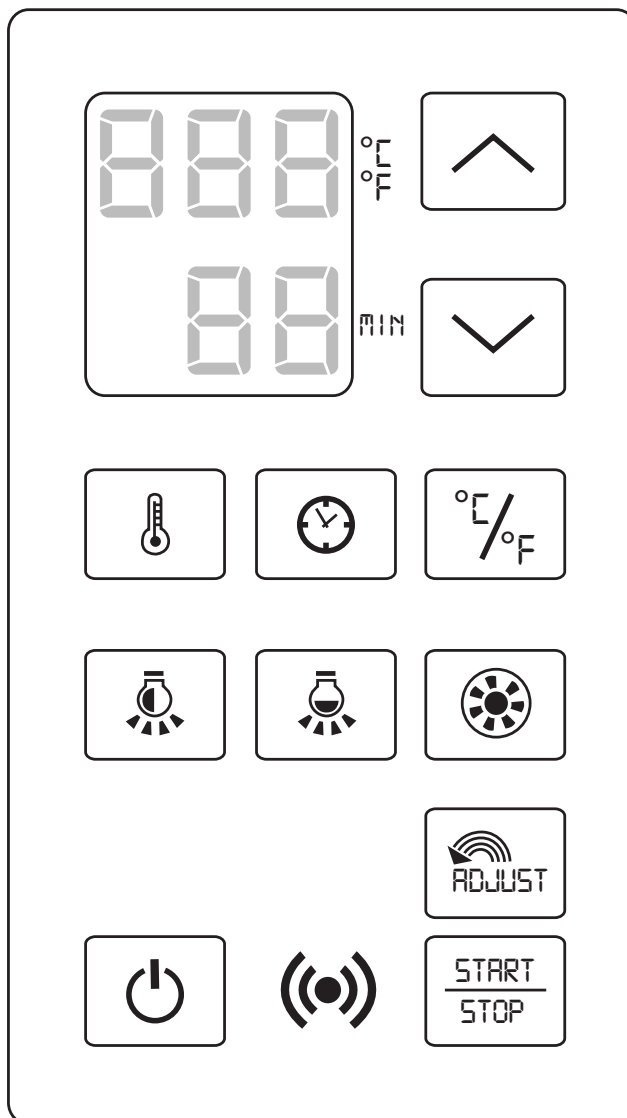
Connect the side panels (Left & Right) to the back panel using sliding hinges. Each side panel has a white label to identify which side it is. The panel with "LEFT" label should be placed on the left side when facing your sauna from the front. The panel with "RIGHT" label should be placed on the right side when facing your sauna from the front.



- (A) The top panel must be positioned so that cables on the top panel are in the front left corner, right above the CD Player.
- (B) Gently place the top panel onto the rest of the assembled panels. When all corners are in place, gently push down the top panel from the outside corners until it is snugly fit over the rest of the panels
- (C) Be sure cables in front left corners do not get pinched between the panels.

## ... DIGITAL CONTROL OPERATING INSTRUCTIONS

### DIGITAL KEYPAD INSTRUCTIONS



#### A) START-UP

1. Press POWER button to turn the power on, POWER INDICATOR turns on and control LED's will flash

#### B) SET THE TEMPERATURE AND TIME

1. While LED is flashing press the Clock and adjust the time with ▲ or ▼
2. Change the Temperature by clicking the thermometer icon and adjust the temperature by using the ▲ or ▼

#### 3. PRESS START/STOP BUTTON TO HEAT

Once you have adjusted the time and temperature, click the START/STOP button to switch the sauna to heating mode. You will see a purple icon light up next to the START/STOP button and the LCD will stop flashing.

#### C) TURN OFF YOUR SAUNA

Press POWER button again to turn off your sauna.

#### D) SWITCHING BETWEEN °C AND °F

When in the state of non-flashing mode, press °C/°F button, you can alternate between double-digit Centigrade and three-figure Fahrenheit. The °C/°F indicators will be lit accordingly.

#### E) READING LIGHT & OUTSIDE LIGHT



Outside Light Icon



Inside Light Icon



Color Light Icon

#### F) INSIDE CONTROLLER

most units come with an additional control panel on the inside, the operation method is just the same as the outside control panel.

## ENJOYING YOUR SAUNA


### ••• INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician. If you feel light-headed or heat-exhausted during a session, exit your sauna immediately.

1. Set the temperature to a comfortable level, normally, 40-50°C.
2. Allow approximately 8-15 minutes for your sauna to warm up before beginning a session.
3. Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 60 minutes.
4. When the temperature reaches the setting level, the heaters will turn off and on periodically to maintain the desired temperature level inside of your sauna.
5. The front door/window and/or ceiling vent can be opened at any time to introduce fresh air into your sauna.
6. Infrared's unique property of direct penetration into the body without heating the intervening air in-between allows sauna users to enjoy all of its benefits while the door or window of a sauna is open for ventilation.
7. Please drink some water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
8. Choosing to take a hot shower or bath prior to your sauna session will further promote perspiration. However, dry off thoroughly before going into your sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. To absorb perspiration and keep your sauna tidy during the session, place a towel on the bench and floor of your sauna. Keep one towel handy to wipe excessive sweat from your body.

### ••• HOW TO USE YOUR NEW SAUNA

- 1) To regulate the temperature inside your sauna during your session, use the roof vent or the door window (by setting it at an angle).
- 2) If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- 3) Drink some fluids prior to, during, and after your session.
- 4) If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.

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- 5) To utilize your sauna's heat therapy effect, give your hair a hot oil treatment while in your sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
  - 6) Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
  - 7) Be sure to towel off excess sweat during your session to help the body perspires more freely.
  - 8) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
  - 9) Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
  - 10) Do not eat anything at least an hour before your sauna session. It is better to go in your sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
  - 11) To make the most out of your sauna session, work your muscles while in your sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
  - 12) You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
  - 13) At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
  - 14) Consult your physician for the proper treatment for this or any other conditions.
  - 15) To treat your ankles and feet more effectively, you must elevate them while inside your sauna. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.
  - 16) After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in your sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

### ... WARNINGS

*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!*

### ... SAFETY INSTRUCTIONS

- a. To avoid fire, do not dry clothes or leave any towels in your sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements. While in your sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until your sauna is shut off and the bulb is cool
- c. Do not spray water on the far-infrared heaters. This activity may result in electric shock or damage to the heater elements.
- d. Do not use your sauna if you have any of the following conditions:
  - 1) Open wounds
  - 2) Eye diseases
  - 3) Severe sunburns
  - 4) Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years of age may use your sauna under the supervision of adults.
  - 5) If suffering from a disease directly related to temperature, seek the advice of a doctor before use.
  - 6) Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using your sauna.
  - 7) Persons using medications should consult a physician before using your sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
  - 8) Do not place pets in your sauna.
  - 9) Do not use your sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during your sauna session may lead to unconsciousness.



## ... LIMITED WARRANTY

We warrant your sauna to be free of defects in material and workmanship.

1) Heaters	36 months
2) Workmanship	36 months
3) Electrical Components	36 months
4) Radio/CD player	12 months

### 3 Year Limited warranty on Blackstone Saunas Infrared Sauna replacement parts

Blackstone Saunas warrants its products to be free of defects in material and workmanship. Blackstone Saunas will replace parts, which become defective within the warranty period, except for those parts damaged due to abuse, improper installation, misapplication, misuse, negligence, power surges, normal wear and tear, or unauthorized modifications. Any parts claimed to be defective must be shipped, freight prepaid, to Blackstone Saunas and the repaired or replaced product will be returned to the sender freight collect, labour charges will apply. When sent to Blackstone Saunas, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim.

This warranty extends only to the original purchaser and terminates upon transfer of ownership. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or excessive heat, power surges, and other hazards of nature. Blackstone highly recommends owners use high-grade power surge protectors on their saunas. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it, nor for injury to any person, any claims for damages arising from the use, installation, or servicing of the product.

The purchaser is responsible for providing adequate access to the equipment for performance of any necessary service. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling your sauna including the freight charges to and from customer shall be at the customer's expense. Jurisdictional provision: the laws of the Province of British Columbia control the provisions of this document. By accepting this warranty, the buyer subjects themselves to jurisdiction of the laws of the Province of British Columbia and agrees that place of suit shall be in Qualicum Beach, British Columbia, Canada. Blackstone Saunas attaches to each sales slip a warranty card, which must be completed and returned to Blackstone Saunas within thirty (30) days from the date of purchase of the Blackstone Saunas product. Failure to return the warranty card within thirty (30) days of purchase will void this warranty without any further notice.

Blackstone Products are for indoor use only. If the product is in an outdoor environment, the warranty is void regardless of any warranty cards. There shall be no warranties or obligations, express or implied hereunder, specifically excluding any implied warranty of merchantability or fitness for a particular purpose, other than specifically described herein. No liability shall accrue to Blackstone Saunas except as set forth herein. In home warranty available in some areas for an additional cost.

## ... FREQUENTLY ASKED QUESTIONS

IF THE SUPPLY CORD IS DAMAGED, IT MUST BE REPLACED BY THE MANUFACTURER, ITS SERVICE AGENT OR SIMILARLY QUALIFIED PERSONS IN ORDER TO AVOID A HAZARD.

*PS: MAKING SURE SHUT OFF ELECTRICITY BEFORE YOU DOING IT.*

### 1. THE SOFT KEYS DO NOT WORK

Unplug sauna, wait a minute, and plug back into power source.

### 2. THE HEATER DOES NOT HEAT

	PROBLEM	EXPLANATION	SOLUTION
1	Part of the heater does not heat up	Heater is defective	Replace heater
		A portion of the heater is not connected well or is burned out	Connect them tightly
2	The Entire Room does not heat up	The relay is damaged	Replace the relay
		The control panel is damaged	Replace control panel
		The plug is not plugged in	Re-plug in the machine
3	Bench Heater does not heat up	The bench heater cable is not plugged tightly into the outlet on the back panel	Plugged tightly

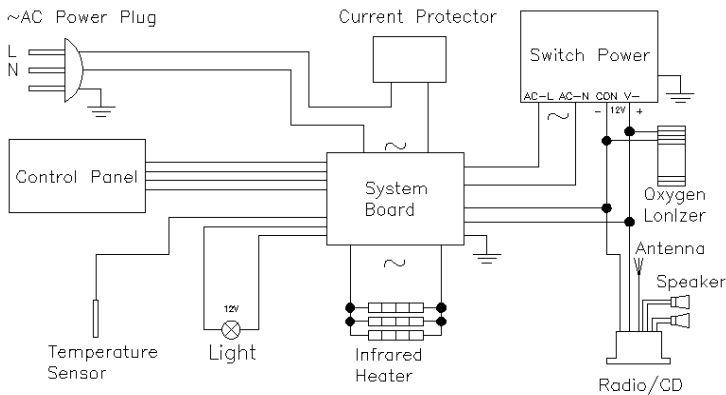
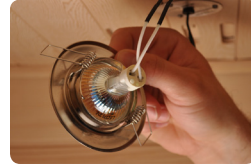
## ... MAINTENANCE

1. Clean the faceplate with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary. Clean your sauna room with a wet cotton towel, and then dry with a clean dry towel. Do not use benzene, alcohol, or strong cleaning chemicals on sauna. We recommend using ten drops of tea tree oil in a large spray bottle of water. Simply spray the sauna down after use (and with unit turned off) and leave the doors open.

*NOTE: ANY CHEMICALS THAT CAN DAMAGE THE WOOD MATERIALS WILL DAMAGE YOUR SAUNA AND THE PROTECTION LAYER THAT IS ON THE WOOD.*

### ... CHANGE THE BULB

Push down the bulb together with the cover from the top panel, and then pull down the plug. Take off the metal pin around the bulb while also take down the broken bulb, next, put a new bulb into the original place, put on pin and install onto the top.



Circuit Diagram

For your record, please complete the following information. You will need to refer to this information when calling the manufacturer for customer assistance.

Date of Purchase	
Date of Delivery	
Model Number	
Serial Number	
Dealer Information	

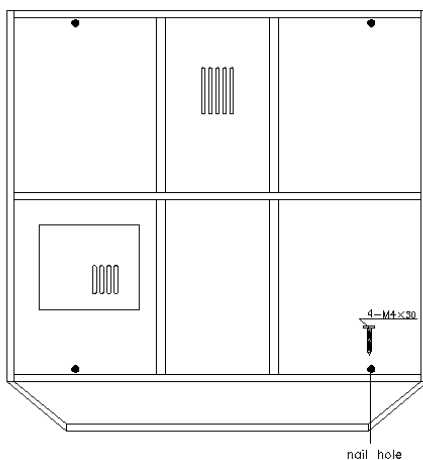
## ••• SECURING THE ROOF

THE BELOW PICTURES ARE THE TOP PANEL OF YOUR SAUNA

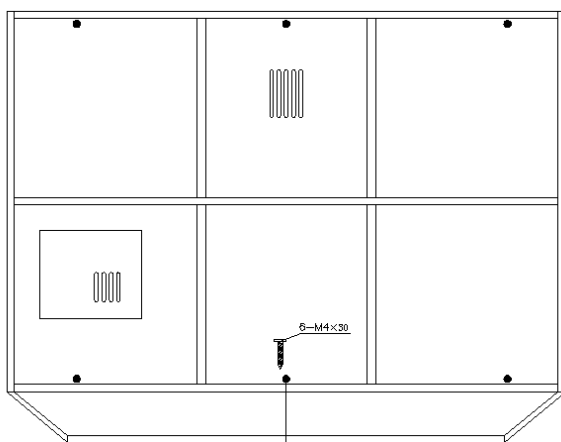
The solid cycles are the nail holes on the top panel of your sauna, need knocking in nails (Size:4-M4X30).

*NOTE: ONE PERSON MODELS DO NOT HAVE NAIL HOLES ON YOUR SAUNAS*

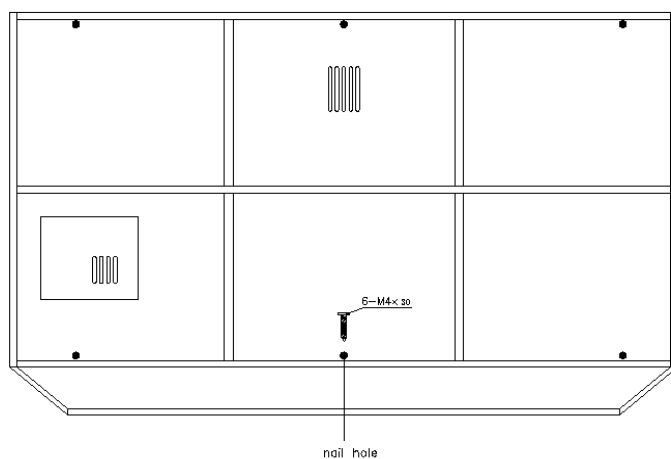
### ONE PERSON MODELS



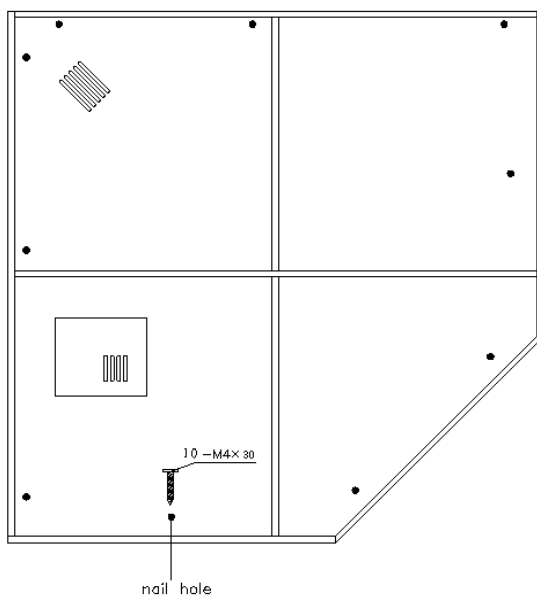
### TWO PERSON MODELS



## FOUR PERSON MODELS



## 3 PERSON CORNER MODELS





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