



BLACKSTONE 
saunas

OWNERS MANUAL

& INSTALLATION GUIDE



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, increase in blood circulation, and stress reduction.

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 service and support. Our entire Blackstone Saunas team is looking forward to serving you!

Enjoy your new Blackstone Sauna!

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CONNECTING THE PANELS

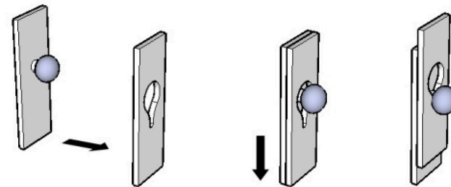
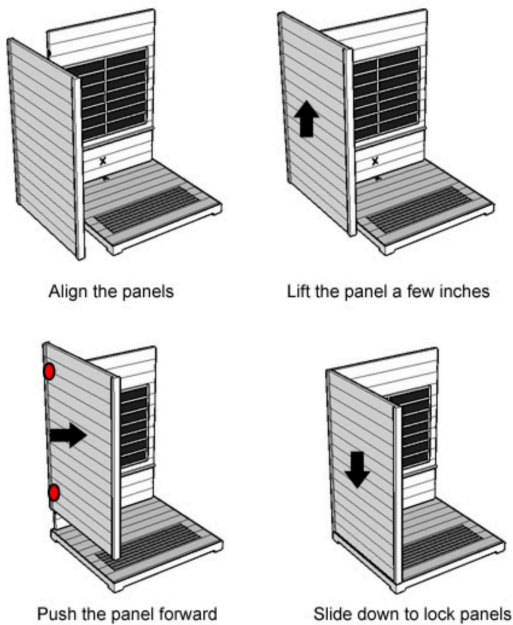
The sauna offers two types of panel locking systems to connect the different sides of the sauna. Please use the instructions below as a reference guide on how to connect the sauna panels.

INNER LOCKING SYSTEM:

The inner locking system is designed to be completely invisible when the sauna is installed. The locks are built on the side of each panel and they connect by sliding one over the other (Figure G-2).

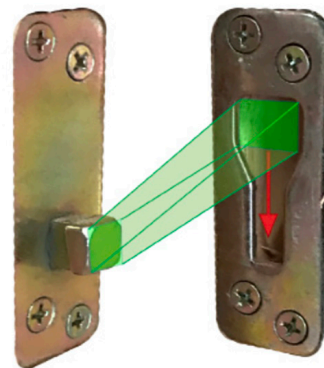
To connect two panels, follow these few steps:

1. Lift the panel with the male locks up a few inches.
2. Push it against the opposite panel; make sure to apply pressure around the top and bottom corners.
3. Slide the panel down to lock it in place. Make sure all the locks are connected (top and bottom).
4. Inspect the panels and make sure they are level (the panel tops is flat and matching).



(Figure G-2) Inner Locking System

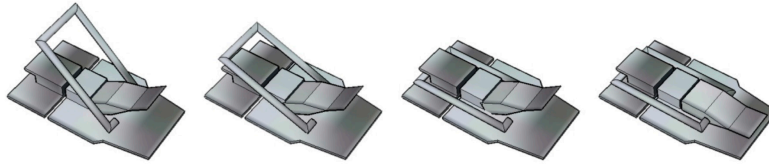
Latch System Continued on Next Page



CONNECTING THE PANELS CONT.

LATCH LOCKING SYSTEM:

The Latch Locking System is two brackets that lock together by passing the main loop over the opposite side and locking the latch (Figure G-3).



(Figure G-3) Latch Locking System

QR CODES

Throughout this manual you may notice QR codes at certain steps, these QR codes are meant to be scanned by your mobile device and it will direct you to a certain website, video or section of a video that will help in the current step you are in.

- 1) Open your phone's camera and hover over the QR code
- 2) A notification or button may appear around the code
- 3) Tap the link that appears and it will take you to the corresponding page



GIVE IT A GO!

THIS QR CODE WILL DIRECT YOU TO GOOGLE REVIEWS
TELL US WHAT YOU THINK ABOUT YOUR SAUNA?



SIGNATURE MODEL

INSTALLATION



NEED MORE HELP?

SCAN HERE TO WATCH THE INSTALL VIDEO



INSTALLATION SET - SIGNATURE MODEL

The following installation instructions apply to following models:

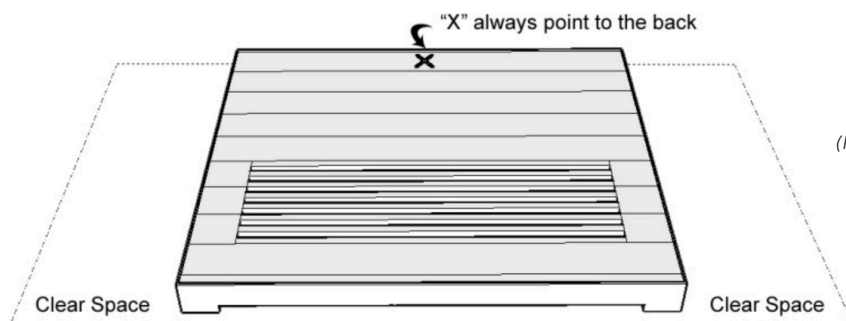
- Signature ONE
- Signature TWO
- Signature THREE

***Continue to the next section if you have a CORNER model.*

FLOOR PANEL

Place the floor panel flat on the ground in the desired location. Make sure to leave a space around the side walls for one person to stand and install the side panels (Figure A-1). You can slide the sauna around to the desired location once it's complete

***Tip: An "X" mark will point to the back of the sauna and the floor heater points to the front of the sauna.*



(Figure A-1) Floor Panel

REAR PANEL

Place the rear panel on the back end of the floor panel (Figure A-2). At this point, someone should hold the rear panel until the next connection is made.

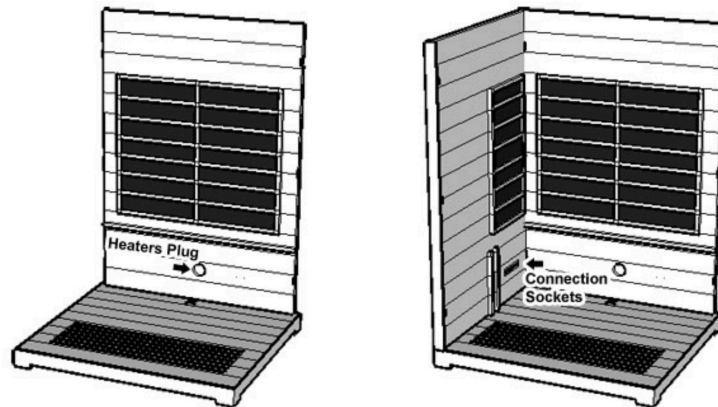
LEFT PANEL

Install the left panel (the left panel has 2-4 sockets on the lower end) as the image below shows. Make sure the top of both panels are flat and level.

Refer to "Connecting the Panels" section (page 4) on how to lock the panels together.

Reference Images on Next Page...

(Figure A-2) Back & Left Panel

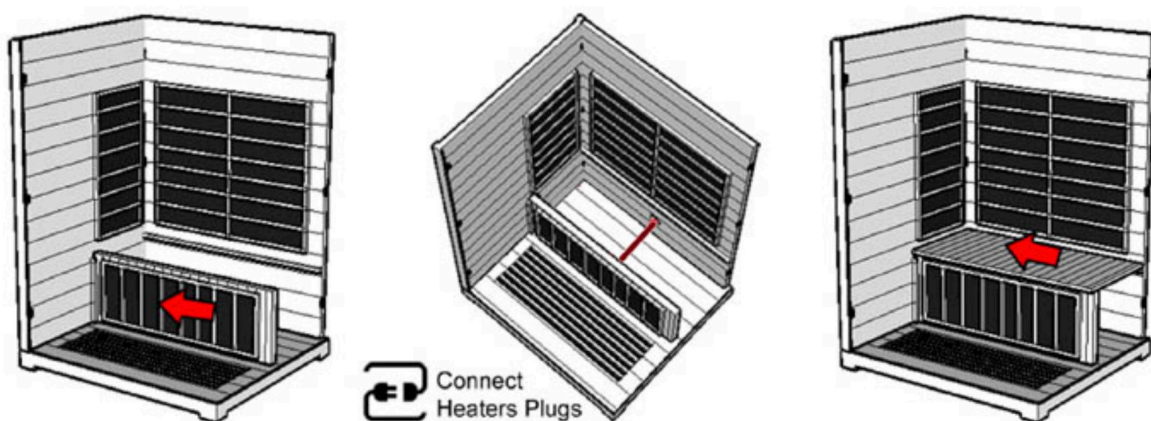


BENCH INSTALLATION

Slide the bench stand panel between the two vertical guides on the side panels. Connect the heaters' plugs under the bench to the appropriate sockets. The matching plugs and sockets are labeled alphabetically.

e.g. connect "A" plug into the "A" socket.

Install the bench top by placing it on top of the bench stand and the horizontal guide on the rear panel. Make sure the smooth and finished side is facing up and forward (Figure A-3).



(Figure A-3) Bench Installation

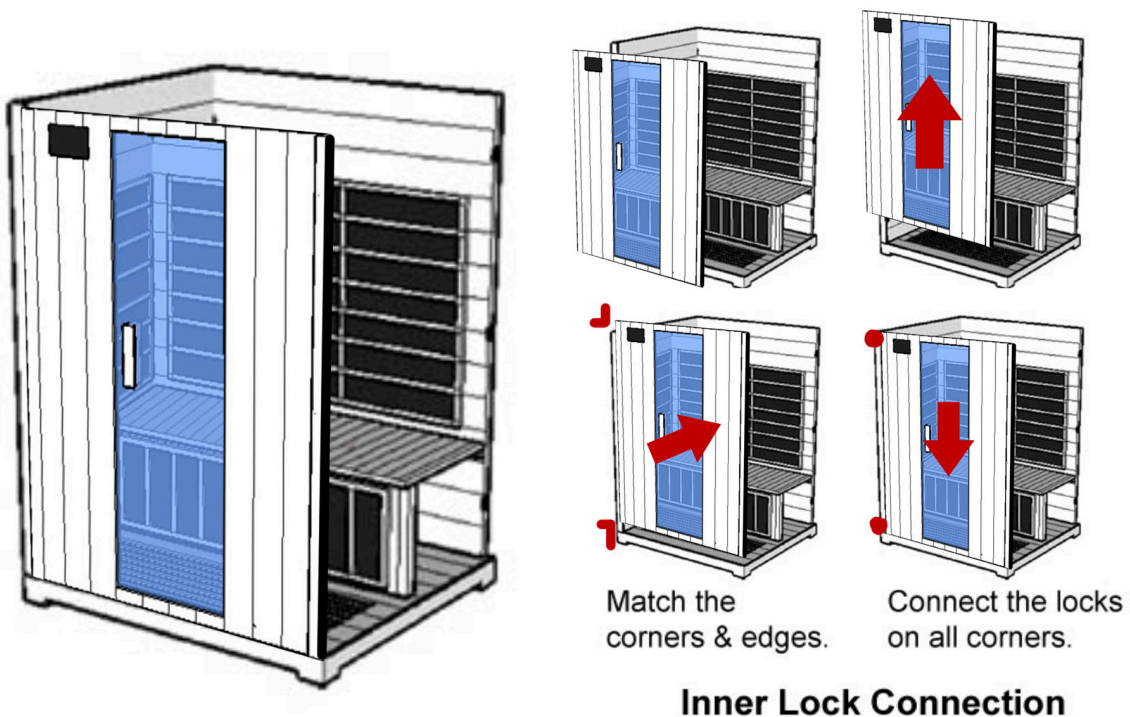
FRONT PANEL

STOP: Install the door handle before installing the front panel.

Connect the front panel to the left side panel as shown in the image below (Figure A-4).

- Make sure to align the corners of the side panel and the edges of the front panel.
- The front panel is heavy because of the glass door. At least two people are needed to lift it.
- For inner locking system, a person can stand inside the sauna to align the edges and corners of the panels.
- For inner locking system, make sure to put pressure on the top and bottom corners to ensure the locks are connecting.

Refer to "Connecting the Panels" section (page 4) on how to lock the panels together.



(Figure A-4) Front Panel



RIGHT PANEL

Install the right panel as shown in the image below (Figure A-5). Make sure the top of all the panels are flat and level.

Refer to "Connecting the Panels" section (page 4) on how to lock the panels together.

Tip: Someone can stand inside the sauna to match the bench stand with the vertical guide on the right panel and level the corners for easy installation. If the lower lock is not connecting, make sure the bench stand is not blocking the panel by aligning it with the vertical guide.



(Figure A-5) Right Panel

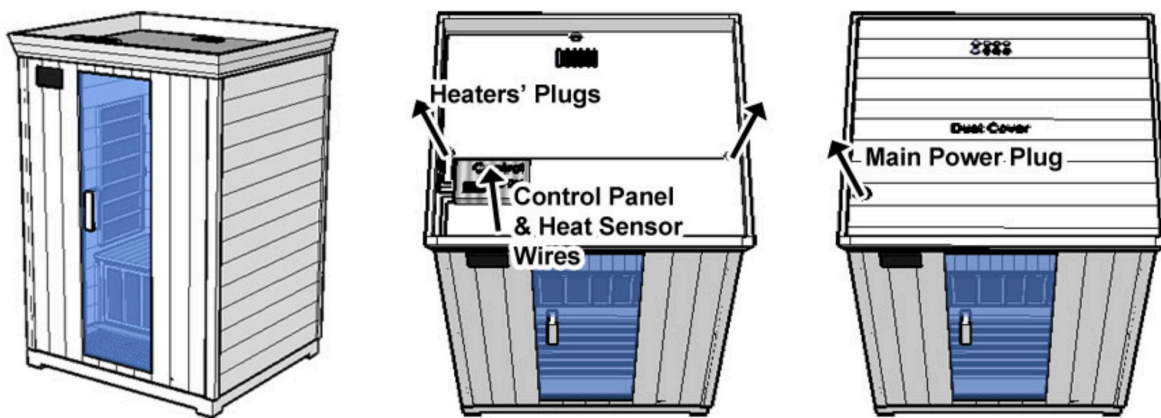
TOP PANEL

Raise the top panel over the sauna body. Insert the wires for the control panel, temperature sensor and heaters through the openings in the ceiling.

Connect the control panel wire (white ribbon) and the heat sensor (2-pin wire) on top of the sauna.

Connect the heaters' plugs to the control box. Even though the heaters' plugs might be labeled, they can connect into any sockets on the control box (Figure A-6).

Place the dust cover over the sauna roof and pass the main power plug through the opening. Make sure to match the holes for the vent on the dust cover with the saunas vent holes.



(Figure A-6) Top Panel





CORNER MODEL

INSTALLATION



NEED MORE HELP?

SCAN HERE TO WATCH THE INSTALL VIDEO



INSTALLATION SET - CORNER MODEL

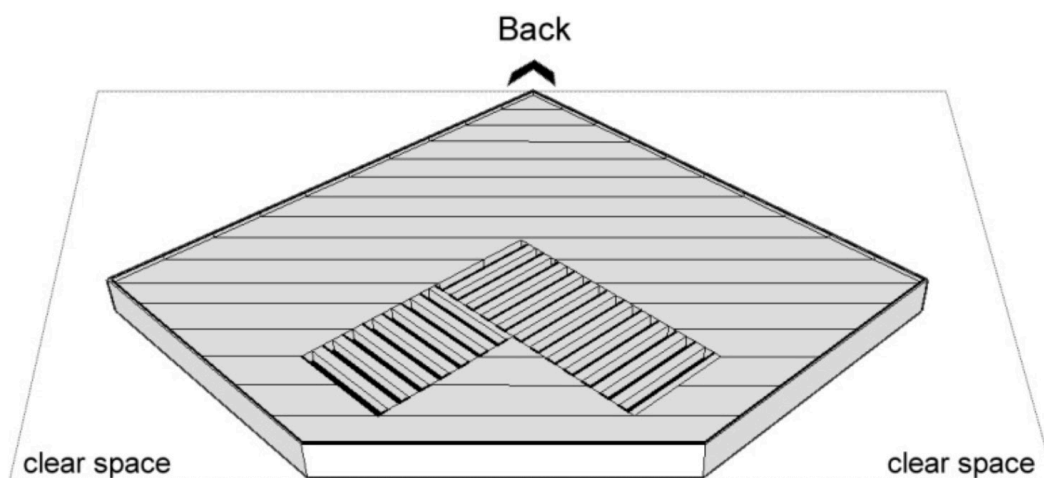
The following installation instructions apply to following models:

- Corner TWO
- Corner THREE

FLOOR PANEL

Place the floor panel flat on the ground in the desired location. Make sure to leave a space around the side walls for one person to stand and install the side panels (Figure B-1). You can slide the sauna around to the desired location once it's complete..

*** Tips: The triangle corner will point to the back of the sauna and the heater (on some models) point to the front of the sauna.*



(Figure B-1) Floor Panel



FIRST BACK PANEL

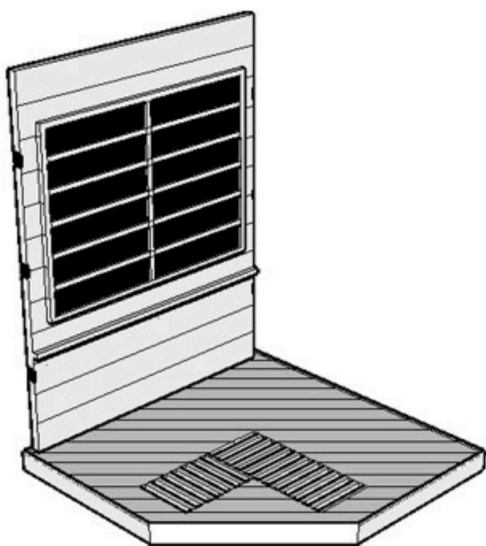
Place the first back panel on the floor panel (Figure B-2). At this point, someone should hold the back panel until the next connection is made.

- The first panel will have female locks on both sides.

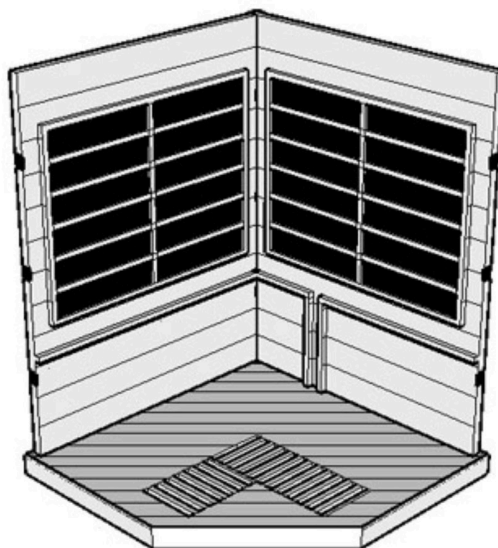
SECOND BACK PANEL

Connect the second back panel to the first panel as the image below (Figure B-3).

Refer to "Connecting the Panels" section (page 4) on how to lock the panels together.



(Figure B-2) First Back Panel



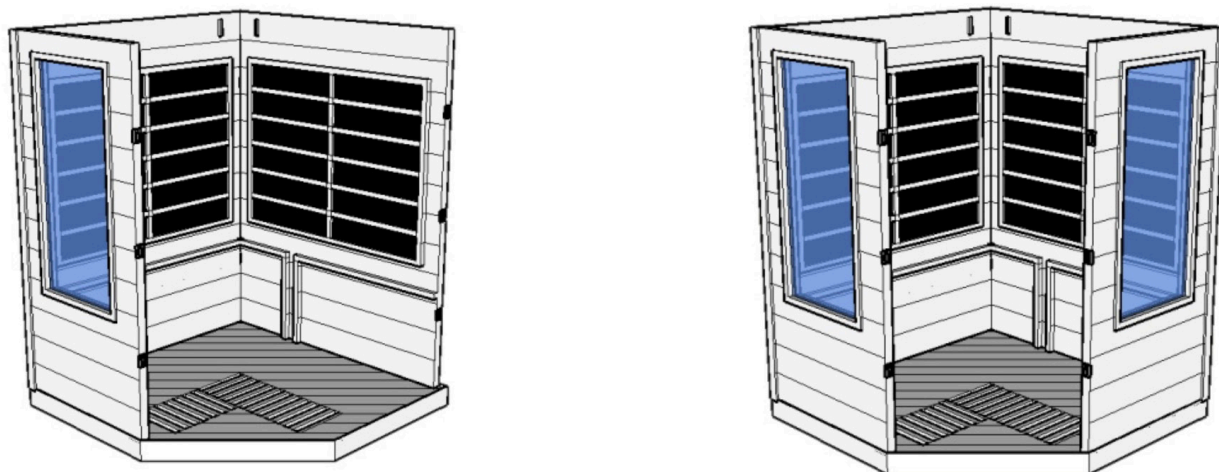
(Figure B-3) Second Back Panel



INSTALLATION - CORNER MODEL CONT

FRONT SIDE PANELS

Install the two front side panels (Figure B-4). Using the same inner locking system.



(Figure B-4) Connecting Front Side Panels



THE SIDE & FRONT WALLS

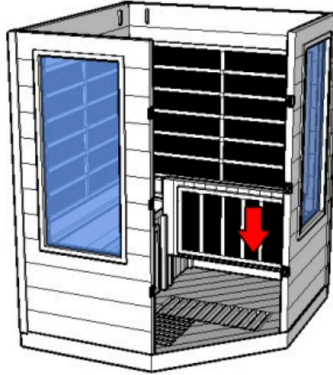
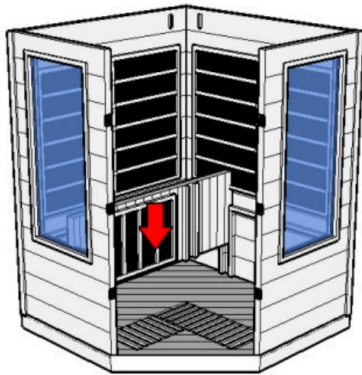
CAN BE TRICKY TO INSTALL, SCAN HERE TO WATCH
A STEP BY STEP VIDEO OF HOW WE DO IT



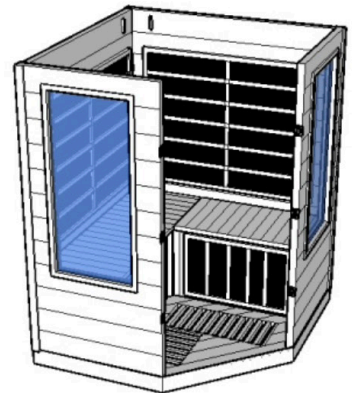
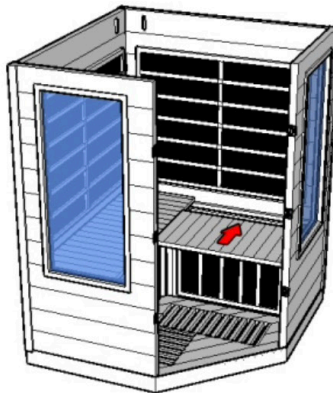
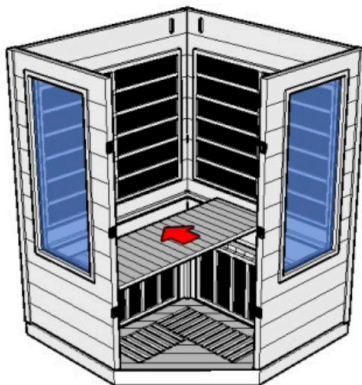
INSTALLATION - CORNER MODEL CONT

INSTALLING THE BENCHES - CONT.

Place the bench stand panels by lining up their sides with the vertical guides on the back panels. Connect the heaters' plugs to under the bench and slide the bench panel over the horizontal guide on the back panels. Make sure the smooth and finished side is facing up and forward (Figure B-5).



Connect the heaters' plugs
under the bench.

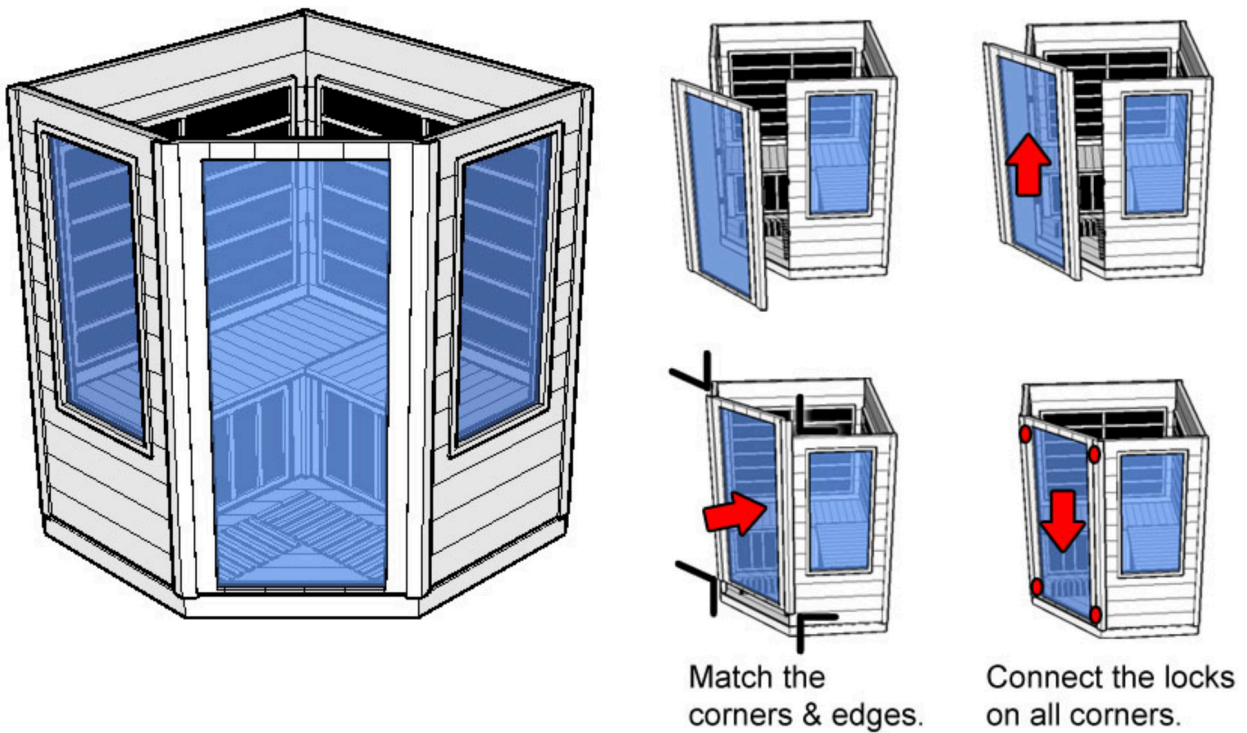


(Figure B-5) Installing Benches

DOOR PANEL

Connect the door panel to the front side panels. For the inner lock system, make sure to match the edges of the front panels to the corners of the door panel (Figure B-6).

- The front panel is heavy because of the glass door. At least two people are needed to lift it.
- For inner lock system, a person should stand inside the sauna to align the corners and edges of the panels.
- Make sure to put pressure on the top and bottom corners of each side to insure the locks are connecting, then slide down to lock into place.



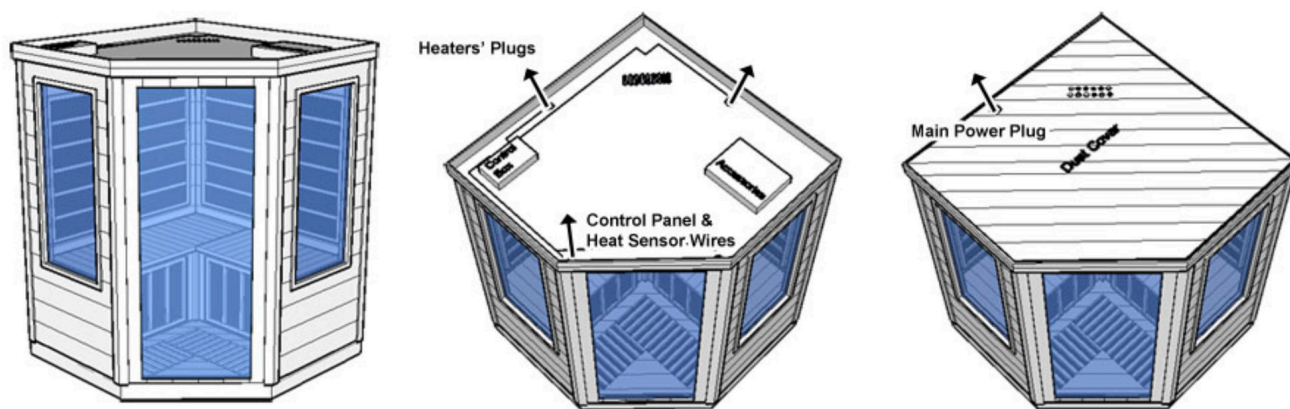
(Figure B-6) Installing door panel



INSTALLATION - CORNER MODEL CONT

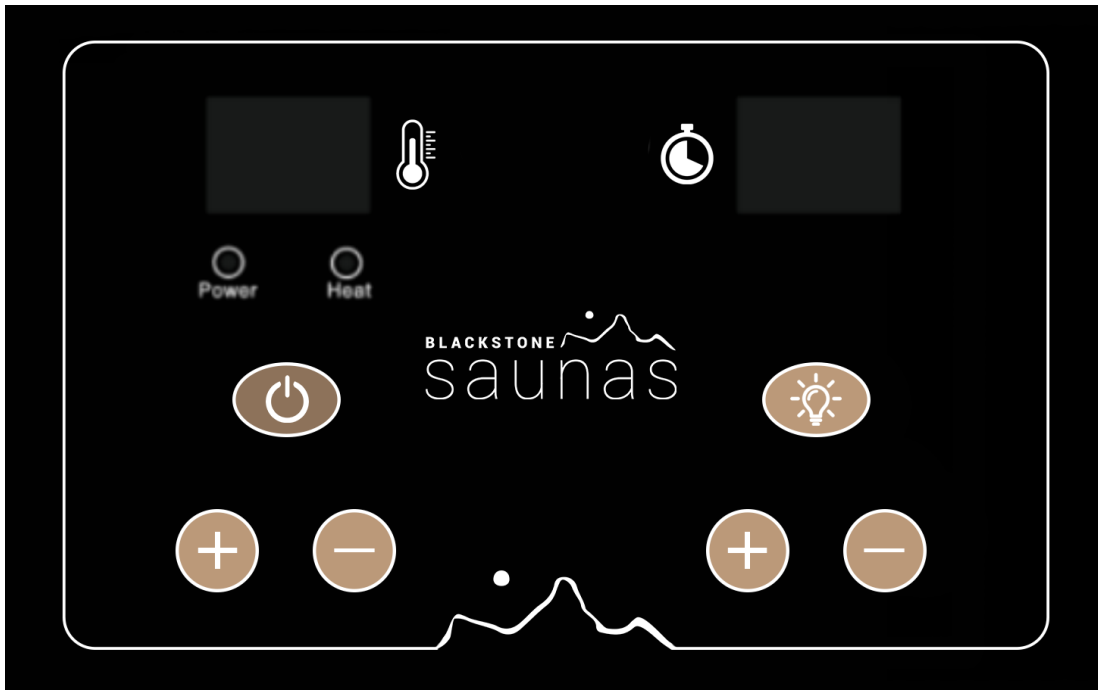
TOP PANEL

- Raise the top panel over the sauna body. Insert the wires for the control panel, temperature sensor and heaters through the openings in the ceiling.
- Connect the control panel wire (white ribbon) and the heat sensor (2-pin wire) on top of the sauna.
- Connect the heaters' plugs into the control box. Even though the heaters' plugs might be labeled, they can connect into any sockets on the control box (Figure B-7).
- Place the dust cover over the sauna roof and pass the main power plug through the opening. Make sure to match the holes for the vent on the dust cover with the saunas vent holes.



(Figure B-7) Installing top panel

KEYPAD FUNCTIONS & CONTROLS



- Turn on sauna by pressing power button.
- Set desired temperature with temperature button +/-
- Press "+" and "-" (below the power button) together to change between °F and °C
- Set the desired time by pressing "+" and "-" below the LIGHT icon
- Use the LIGHT icon to turn on the LED light inside
- When time reaches "0", all heaters will automatically shut off.
- Turn off sauna at end of session.



STEREO OPERATIONS

The stereo is an ALWAYS ON functioning system. When the sauna is on, the stereo is ready to be used. Simply connect the sauna to your phone using your phones bluetooth, then begin playing music. Your volume controls will be done on your phone.

BLUETOOTH CONNECTION

1. Go to Bluetooth settings on your mobile device
2. Click on the device named BT-SAUNA
3. Your device will automatically connect. You can now play music wirelessly from your device to the stereo



CHROMOTHERAPY LIGHTING

The chromotherapy mood lighting is controlled via a remote. First you will need to turn the power to the light ON via a small one way switch that will be found on the ceiling of the sauna in the corner. Turn that switch on and it will show a red indicator light stating it is on.

Find your remote as pictured below to function the colored LED light.

- 1) Turn on LED light by pressing -
- 2) Turn off LED light by pressing O
- 3) Move your finger around the colored dial to choose a color
- 4) Slide your finger up or down on the B slider to adjust the brightness
- 5) Slide finger up or down the M slider to adjust blink mode
- 6) Slide finger up or down the S slider to adjust the speed of blink





IONIZER OPERATIONS

The silver ionizer provided with your sauna is great for cleaning and recycling the air during and after each sauna session. It provides negative IONS to the air molecules for when you are using the sauna and also offers an O₃ (cleaning & sanitizing) setting to be used after your session.

FUNCTIONS

- Press the Button directed towards ION (a green light will turn on) this is used during your session
- Press the Button directed towards O₃ (a red light will turn on) this is for AFTER your session



THE IONIZER...

SCAN HERE FOR MORE DETAILS ABOUT INSTALLING
& USING THE IONIZER IN OUR VIDEO.



ACCESSORIES FOR SAUNA



BENCH BLOCKS

The bench braces are to rest on top of the bench and screw into the wall, this will keep the bench top in place and stop it from lifting or sliding when you sit on it.



MAGAZINE RACK

The magazine rack holds magazines or books that you can store in your sauna for easy access to reading material during your sauna session.



TOWEL RACK

The towel rack can be attached to the wall if desired. It should be installed in a location that ensures towels do not block the heating panels.



SCAN HERE...
for help with the bench blocks



SCAN HERE...
for help with the magazine rack



SCAN HERE...
for help with the towel rack



FREQUENTLY ASKED QUESTIONS

WHAT SURFACE CAN I SET MY SAUNA ON?

You can set your sauna on tile, concrete, carpet, laminate or wood. Remember to make sure that your sauna is level regardless of its location for optimal use. If placed near or on cool surfaces (like concrete and basement walls), warm-up can be impacted.

HOW LONG DOES IT TAKE FOR MY SAUNA TO WARM UP?

The controls are preset to 60 minutes at 149°F (65°C). However, the inside temperature is not intended to reach this. Our saunas are based on the infrared wavelength and not interior temperature. Allow the sauna to warm-up for 30 minutes. If located outside or in unheated garage, additional warm-up time may be required.

CAN I USE MY SAUNA EVERY DAY?

For most people, daily sauna use is okay after your body has become accustomed to infrared therapy. Drink increased amounts of water to stay hydrated. Listen to your body and stop your session if you feel any discomfort.

HOW MUCH WILL THE SAUNA COST TO RUN?

The sauna runs on a low wattage (15A or 20A) will cost little to run monthly: typically \$0.15-0.20 (15 to 18 cence) per hour. This varies with the model and local utility cost. Your utility company can help you understand a more exact per hour cost if needed.

IS IT NORMAL TO SEE CRACKS IN THE WOOD?

Yes, wood is a living material that continues to respond to climate conditions, even after being manufactured into a sauna. During normal operation, wood may crack slightly due to changes in moisture level. These cracks may appear or disappear with the changing seasons, but will not affect the structural integrity of the sauna. Our saunas are shipped around the globe, and can experience slight blemishes, scratches, or scuffs from the transit of this sauna. However, if you detect major cracking or damage that jeopardizes the functionality of your sauna, please submit pictures to blackstonesaunas.com/service

IS IT NORMAL TO FEEL COOL AIR DRAFTS?

Yes, your sauna door is not completely weather sealed to allow fresh air flow throughout the sauna as well as the fresh air vent in the ceiling. If you are running your sauna outside then we consider using a weather stripping around the glass door.

HOW DO I CLEAN AND MAINTAIN MY SAUNA?

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 (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.



OPTIMAL SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE SAUNA SESSION

- Hydrate with at least 8 oz (.24 L) of water to prepare your body for an increase in core temperature.
- Pre-heat for approx. 25-30 minutes depending on room temperature. Once the sauna patron is inside, the temperature will increase faster.
- Use towels to absorb sweat during sessions.

SAUNA SESSIONS

- Typically you can start your session when your sauna reaches 100.4°F (38°C).
- The optimal sauna experience occurs between 100.4°F (38°C) and 129°F (54°C).
- To get your body accustomed to infrared therapy, start with 20-30 minute sessions at 100.4°F (38°C) every other day.
- Gradually increase towards 45+ minute daily sessions in the optimal temperature range.*
- Don't be surprised if you don't sweat during the first few sessions.
- Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.

POST SAUNA SESSION

- Drink at least 24 oz (.7 L) of water or electrolyte to rehydrate.
- Dry off with a towel. Cool down naturally or with a refreshing shower.
- Every six months, refresh the wood by taking a high grit sandpaper and sanding down the bench top, infrared panel slats or any other spots you may see sweat stains.

**Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use immediately. If these symptoms continue, consult your physician.*



HEALTH & SAFETY

Our infrared saunas operate with the same efficacy in your home as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

IMPORTANT SAFEGAURDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not dry clothes or leave any towels in your sauna when not in use.
- Do not spray water on the far-infrared heaters. Can cause electric shock or damage.
- Do not attempt a repair without consulting Blackstone Saunas first. This can void your warranty.
- Do not place pets in your sauna
- Children under the age of 12 shouldn't use the sauna unless closely supervised by an adult.

PRECAUTIONS

Consult your physician prior to using the sauna if any of the following conditions or situations apply

- | | |
|--|-----------------------------|
| • Medications | • Pacemaker / defibrillator |
| • Open wounds/ sunburns | • Alcohol / alcohol abuse |
| • Elderly | • Fever |
| • Chronic conditions / diseases associated with reduced ability to sweat or perspire | • Sensitivity to heat |
| • Obesity or have a medical history of heart disease, low or high blood pressure, circulatory system problems or diabetes. | • Pregnancy |
| • Cardiovascular conditions | • Joint Injury |
| | • Implants |



WARRANTY DISCLAIMER

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 the 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.

- This warranty applies to all saunas sold on or after 14 July 2009.
- Please phone for details on warranties for any units purchased prior to 14 July 2009.
- The average lifetime of an infrared sauna depends on frequency of usage.
- NO RETURNS OR EXCHANGES ON ANY AND ALL PURCHASES

3 year limited warranty on heaters • 3 Year limited warranty on electronics and controls
3 Year limited warranty on cabinet • One-year limited warranty on stereo
3 Year Limited warranty on Blackstone Saunas Infrared Sauna replacement parts



TAKE NOTE

Please fill out this table and keep it with you as long as you have the sauna, this will streamline the process of communication with the Blackstone Location that you purchased from, for any warranty related issues.

| | |
|---------------------------|--|
| Date of Purchase | |
| Invoice Number | |
| Sauna Model | |
| Sauna Serial Number | |
| Date of Pick Up/Delivery | |
| Blackstone Store Location | |



ACTIVATING YOUR WARRANTY

In order for your warranty with Blackstone Saunas to be effective you need to activate it online on our website within 30 days of purchase.



ACTIVATE YOUR WARRANTY

SCAN THE CODE TO ACTIVATE YOUR WARRANTY

Your form will be sent to a Blackstone Rep to verify its information. If there is an issue you will be contacted. If you do not hear from us your warranty is active. ****Failure to activate your warranty within 30 days of purchase can result in the loss of all warranty.**



VANCOUVER

QUALICUM BEACH

EDMONTON

1-604-544-5005

1-866-755-1015

1-780-392-1985



OUR WEBSITE