BLACKSTONE SAUNAS

# OWNERS MANUAL

## & INSTALL 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 noticable effects on pain relief, weight control, skin stimulation, increase in your 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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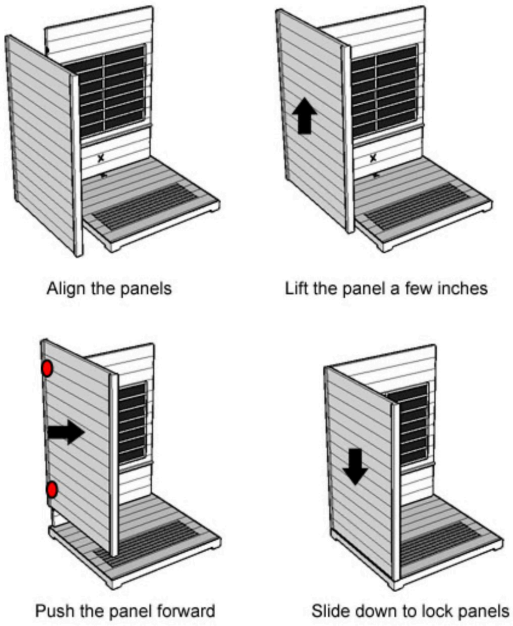
# CONNECTING THE PANELS

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

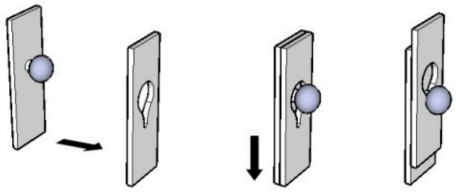
## INNER LOCKING SYSTEM:

The inner locking system is designed to by 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).

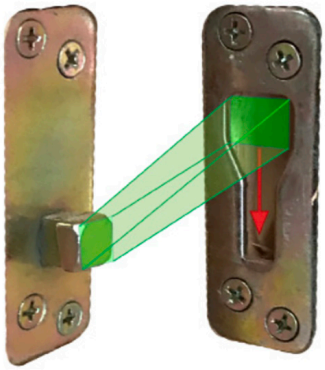



***To connect two panels, follow these few steps:***

1. Lift the panel with the male locks a up 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 leveled (the panels top is flat and matching).



*(Figure G-2) Inner Locking System*

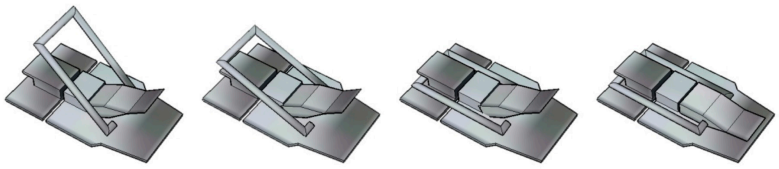


*Latch System Continued on Next Page*

## CONNECTING THE PANELS CONT.

### LATCH LOCKING SYSTEM:

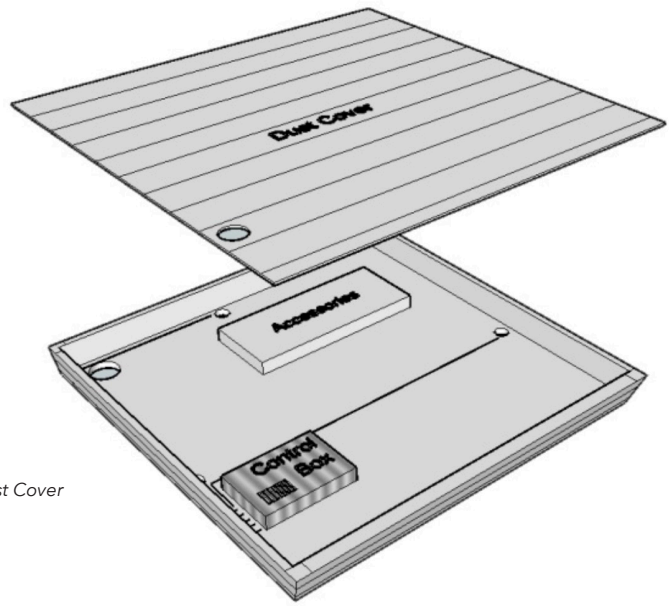
The Latch Locking System is two brackets that lock together by passing the main loop over the opposite side and locking the latch (Figure G-3).



*(Figure G-3) Latch Locking System*

## WHERE TO START

Lay the boxes down flat in a clear space and open them and unload the contents carefully. It is best to take out each peice of the sauna and take them to the location of install. The accessories and smaller parts may be located under the dust cover in the roof panel. It can be found in the box that includes the top and bottom panels (Figure G-4)




*(Figure G-4) Roof Panel with Dust Cover*

# CLASSIC MODEL

INSTALLATION

# INSTALLTION SET - CLASSIC MODEL

The following installation instructions apply to following models:

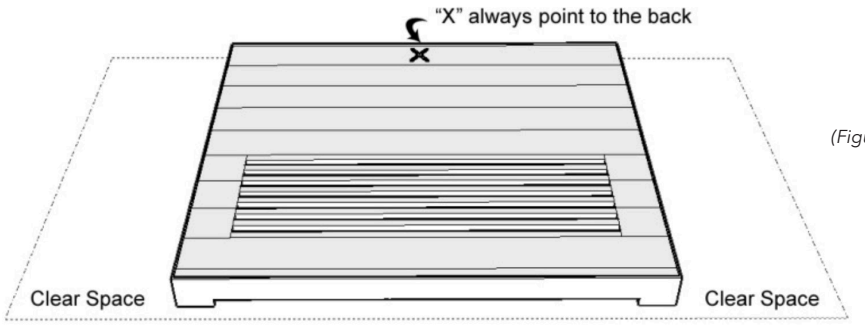
- Classic ONE
- Classic TWO
- Classic THREE

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

## FLOOR PANEL

Place the floor panel flat on 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 easily slide the sauna around tot he 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

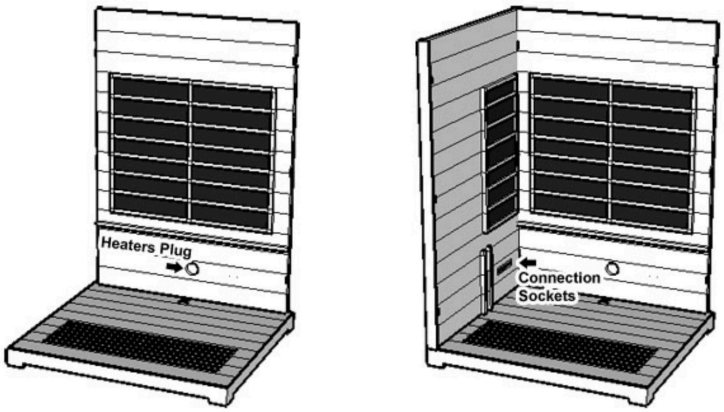
Place the rear panel on the back end of the floor panel (Figure A-2). At this point, someone should hold the rear panel until the next connection is made.

## LEFT PANEL

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

*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).

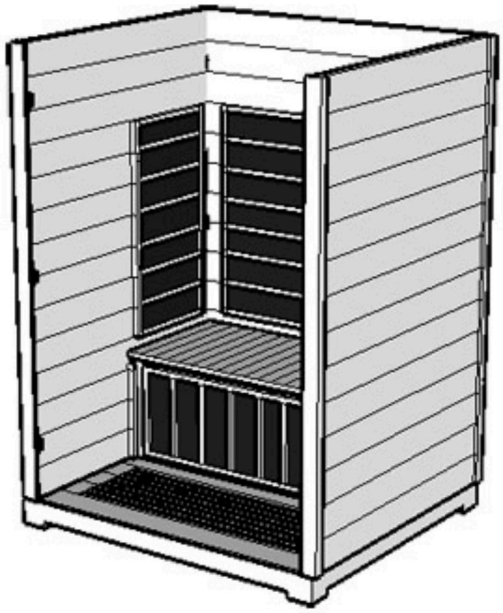
*(Figure A-3) Bench Installation*

## RIGHT PANEL

Install the right panel as the image below (Figure A-4). Make sure the top of all the panels is flat and leveled.

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-4) Right Panel*

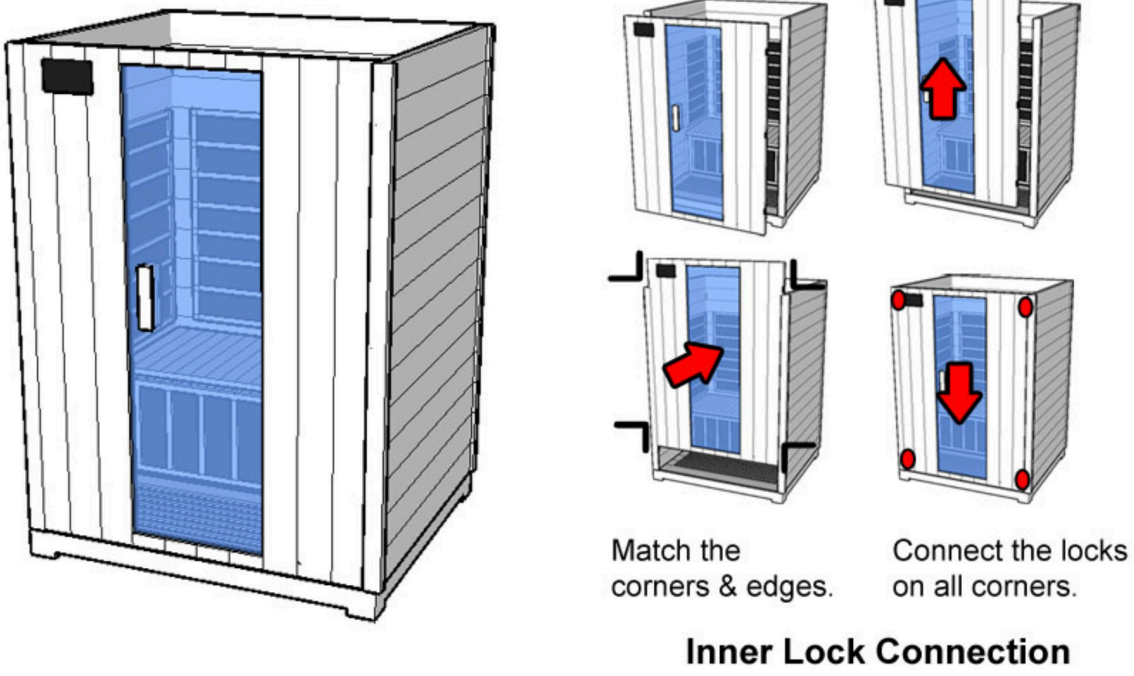
## FRONT PANEL

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

Connect the front panel to both side panels as in the image below (Figure A-5).

- Make sure to align the corners of the two side panels 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 of each side to insure the locks are connecting.

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




*(Figure A-5) Front Panel*

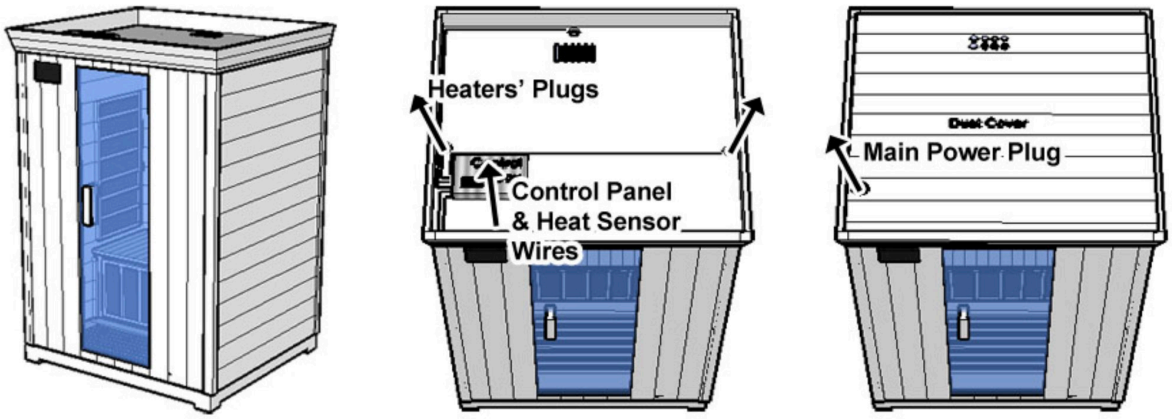
## TOP PANEL

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 into 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

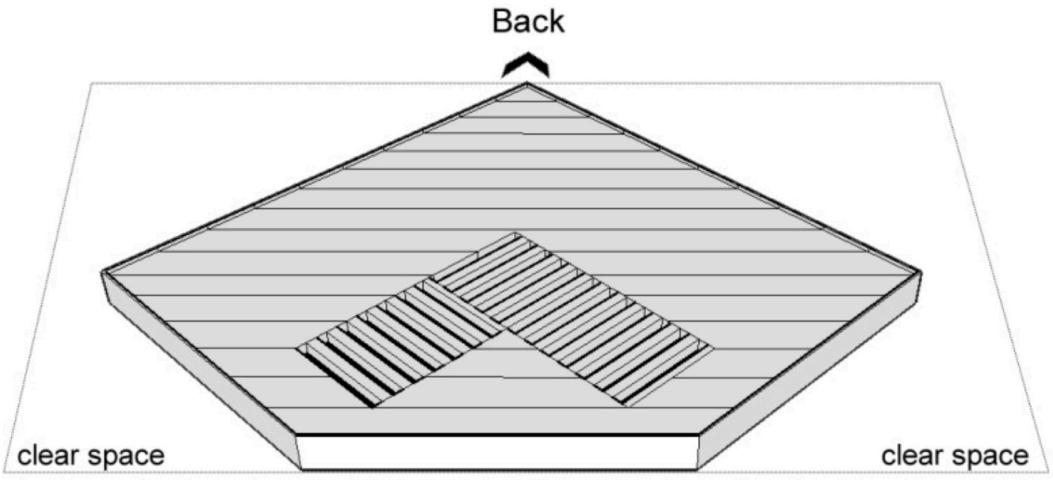
The following installation instructions apply to following models:

- Corner TWO
- Corner THREE

## FLOOR PANEL

Place the floor panel flat on 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 once it's complete next to a wall.

*** 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

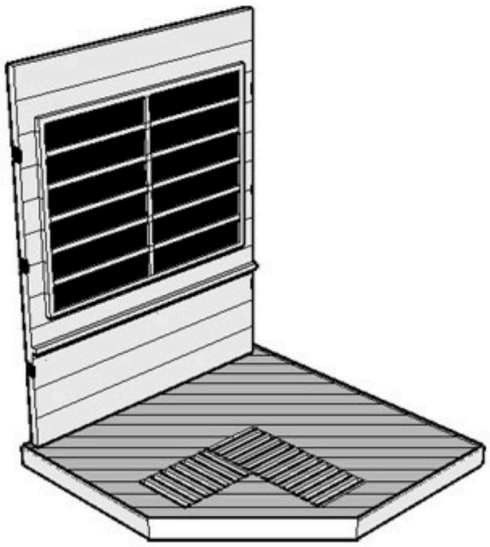
Place the first back panel on the floor panel (Figure B-2). At this point, someone should hold the back panel until the next connection is made.

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

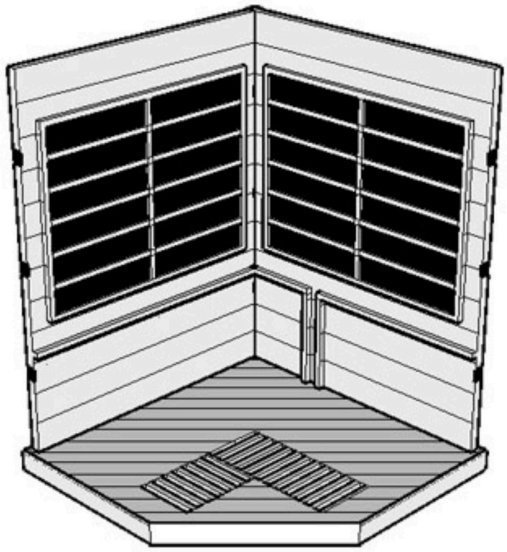
## SECOND BACK PANEL

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.*



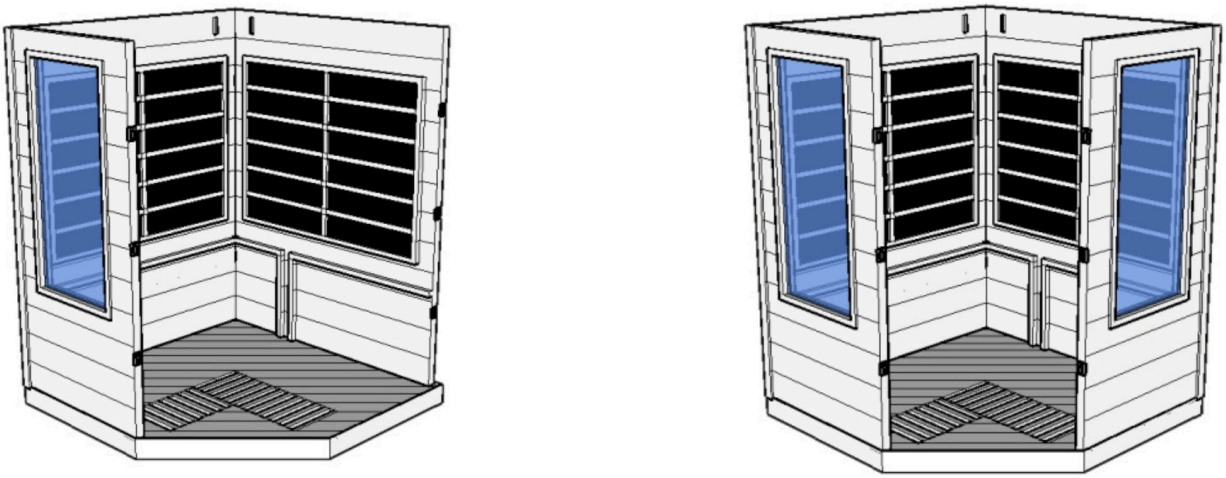
*(Figure B-2) First Back Panel*



*(Figure B-3) Second Back Panel*

## FRONT SIDE PANELS

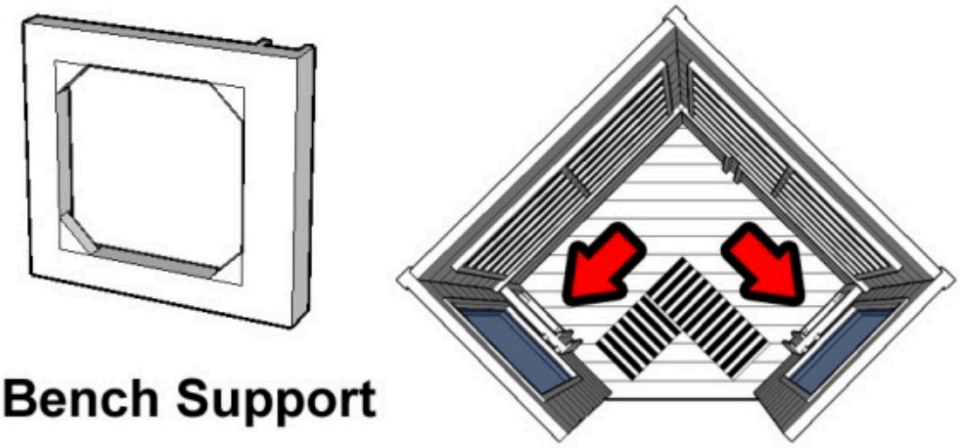
Install the two front side panels (Figure B-4). Using the same inner locking system.



*(Figure B-4) Connecting Front Side Panels*

## INSTALLING THE BENCHES

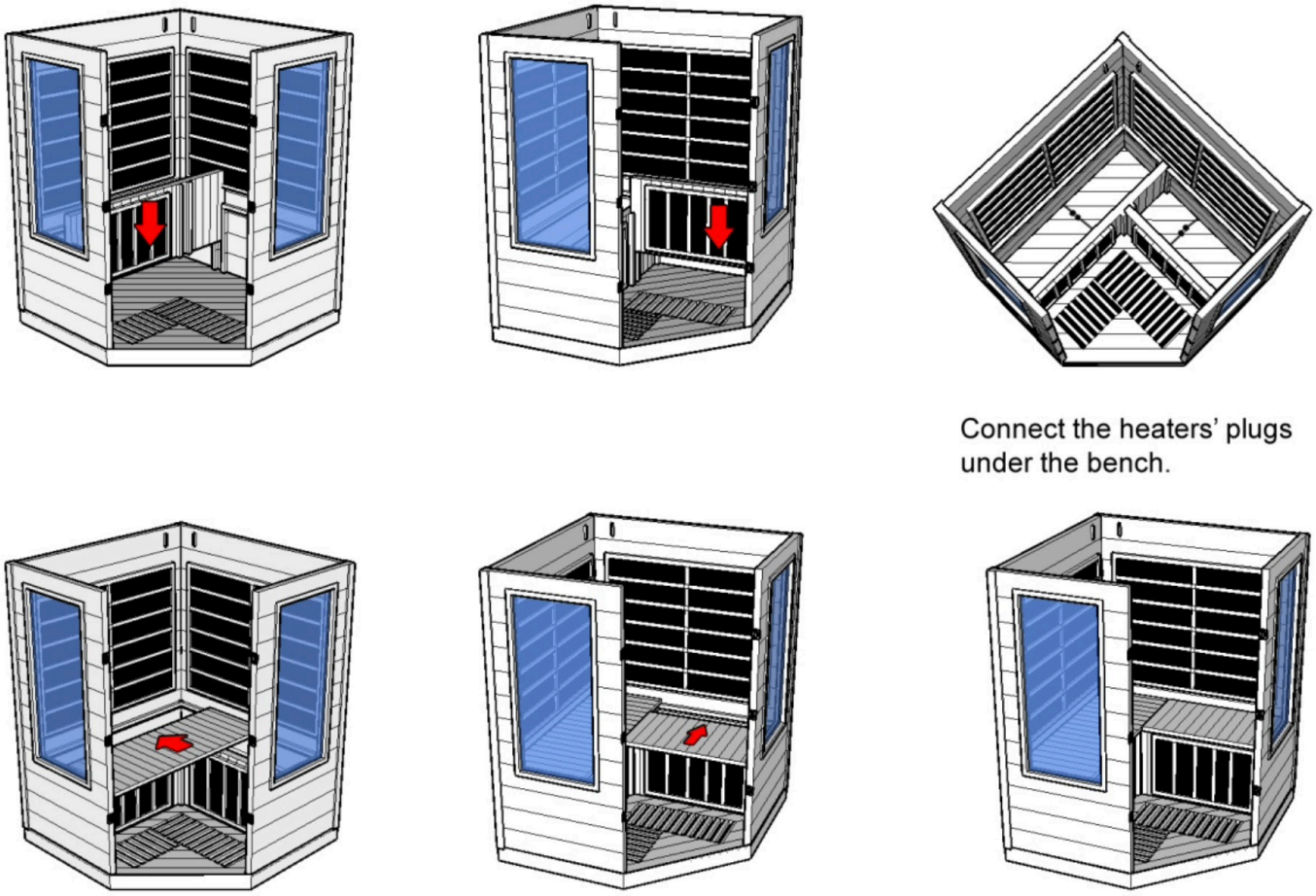
Some saunas will include a square bench support. Place it in next to the windows of the front side panels (Figure B-5).




*(Figure B-5) Bench Supports*

## INSTALLING THE BENCHES - CONT.

Place the bench stand panels by lining up its side 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-6).

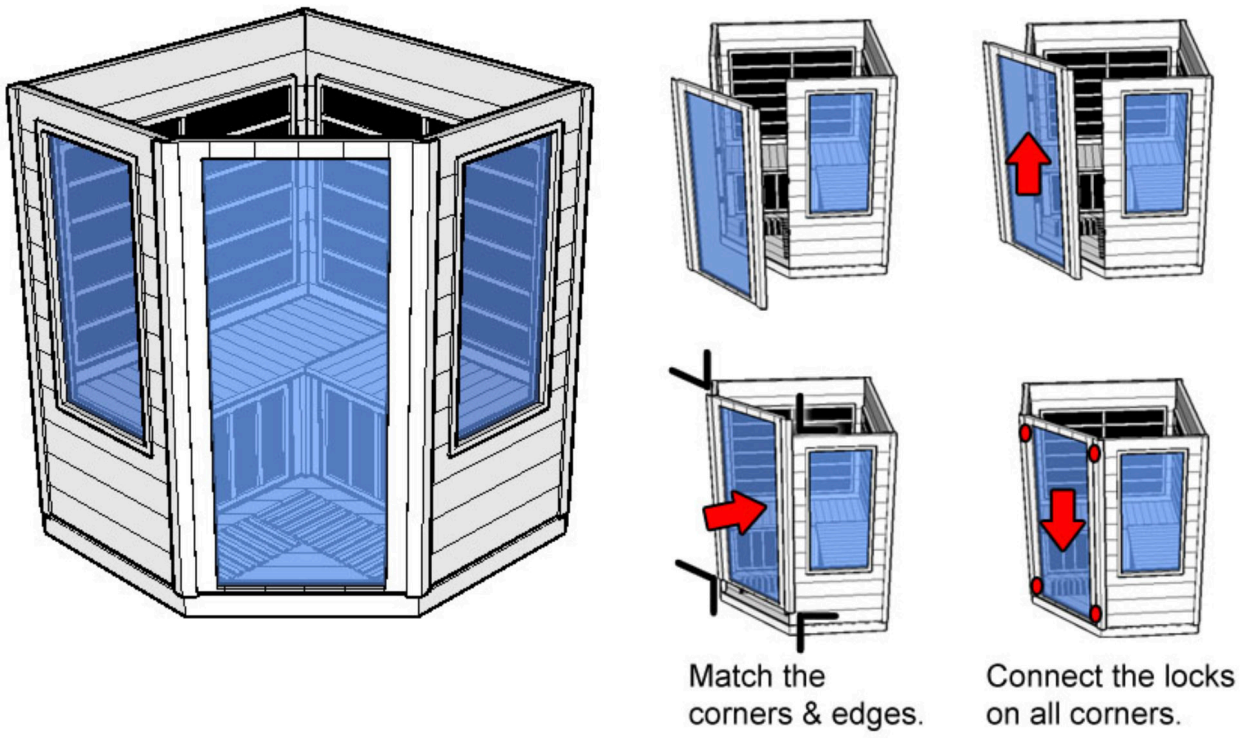



*(Figure B-6) Installing Benches*

## 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-7).

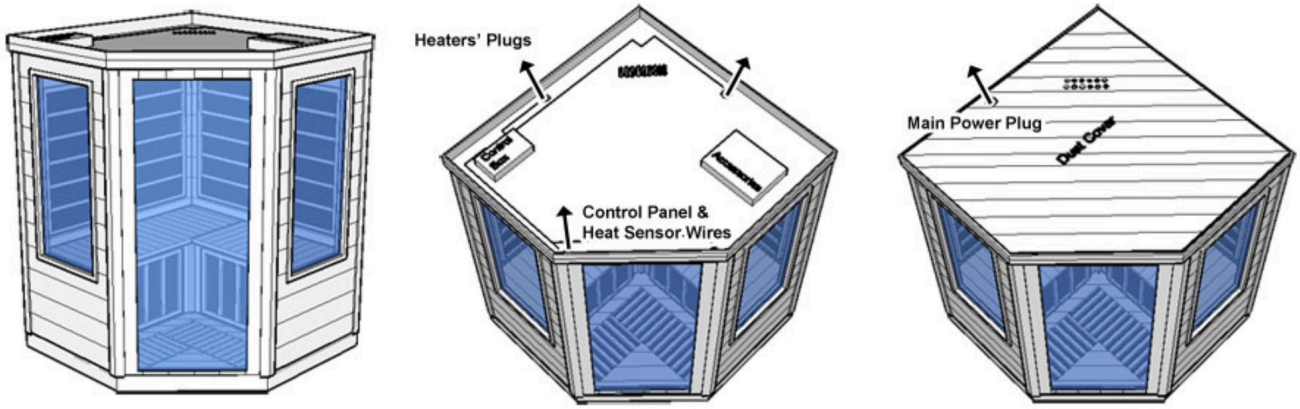
- The front panel is heavy because of the glass door. At least two people are needed to lift it.
- For inner lock system, a person should stand inside the sauna to align the corners and edges of the panels.
- Make sure to put pressure on the top and bottom corners of each side to insure the locks are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




*(Figure B-7) Installing door panel*

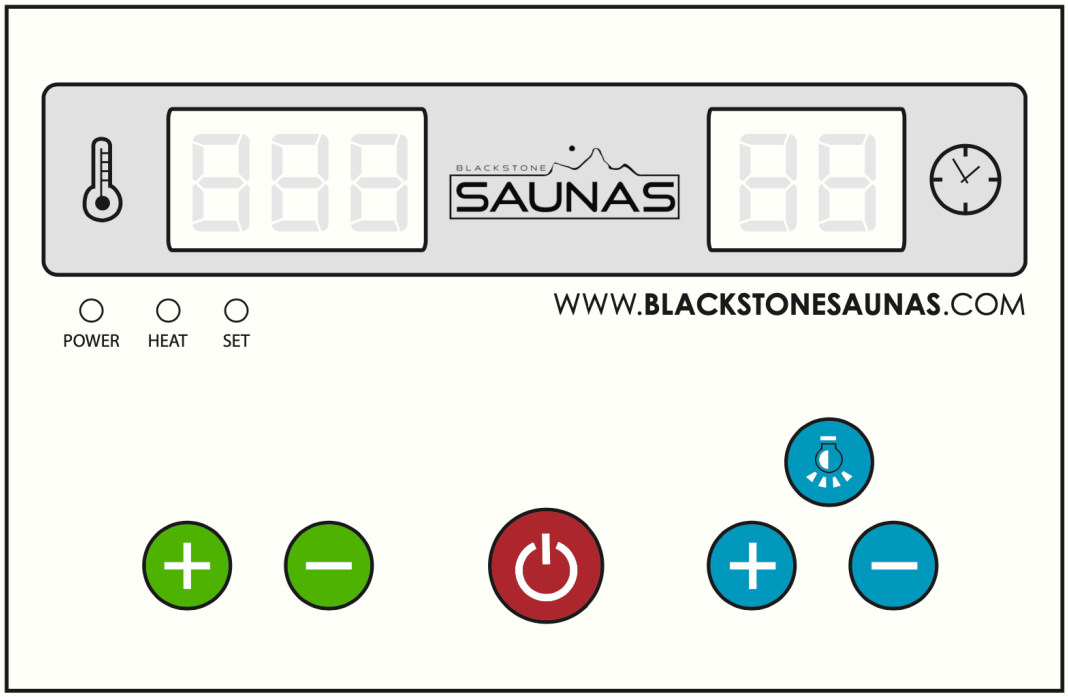
## TOP PANEL

- 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 into the control box. Even though the heaters' plugs might be labeled, they can connect into any sockets on the control box (Figure B-8).
- 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-8) Installing top panel*

# KEYPAD FUNCTIONS & CONTROLS




1) Turn on sauna by pressing red power button.

2) Set desired temperature with Temperature button +/-

3) Press "+" and "–" above Temperature together to change between °F and °C

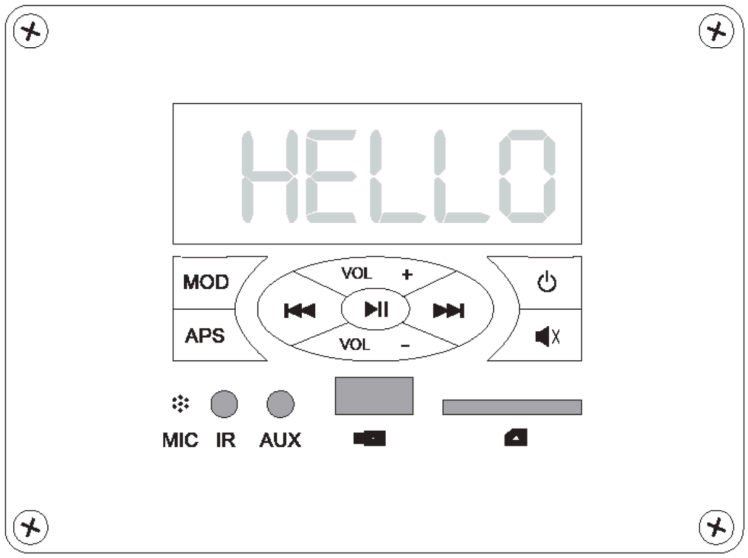
4) Set desired time by Time button.

5) Use the LIGHT icon to turn on the LED light inside

6) When Time reaches "0", all heaters will automatically shut off.

7) Turn off sauna at end of session.

# STEREO OPERATIONS




## BUTTONS

1. Press the power button to turn on/off the stereo.

2. Use the MOD button to swtich between radio & AUX

3. VOL + increases the volume, VOL - decreases the volume 4. Use skip buttons to change song or tune stations.

5. Mute button will silence music playing

## CONNECTIONS

1. Connect the AUX cord to the outlet on the stereo to play from a device

2. Connect a USB pre loaded with music in the USB slot to play your music

3. Connect a Memory Card pre loaded with music in the slot to play your music

## BLUETOOTH CONNECTION

1. Go to bluetooth settings on your mobile device

2. Click on the device named CAR BT

3. Your device will automaticlly connect and the stereo mode will change to BT 4. You can now play music wirelessly from your device to the stereo

# 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 20-25 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 interven- ing 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.

# TIPS FOR USING YOUR 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) To utilize your sauna's heat therapy effect, give your hair a hot oil treatment while in your sau- na. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse hair.

3) To help relieve sore and tense muscles, massage the affected areas while in sauna.

4) 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.

5) 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 will feel uncomfortable sitting in a sauna on a full stomach.

6) 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.

7) 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.

8) 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.

9) Consult your physician for the proper treatment for this or any other conditions.

10) To treat your ankles and feet more effectively, 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.

11) 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 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 the 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 influence. The use of alcohol, drugs, or medications prior to or during your sauna session may lead to unconsciousness.

# 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, ex- cept for those parts damaged due to abuse, improper installation, misapplication, misuse, neg- ligence, 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 num- ber 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 surg- es, 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 pro- vision: 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 com- pleted 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 pur- chase 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

BLACKSTONE SAUNAS

## MAINTENANCE

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 a after use (and with unit turned o ) 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.**

## 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 | |

## ACRTIVATING 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.

1) Go to www.blackstonesaunas.com/warranty

2) Click the "ACTIVATE MY WARRANTY" button

3) Complete the online form & questions

4) 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.*