

The background of the cover is a blurred photograph of a sauna's interior. It shows wooden benches and a wooden lattice ceiling. A dark, semi-transparent diagonal shape cuts across the image from the top-left to the bottom-right. The text is centered horizontally and partially overlaid by this diagonal shape.

SAUNA OWNERS
MANUAL

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WELCOME TO YOUR NEW SAUNA

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!



POWER SUPPLY REQUIREMENTS

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 INFORMATION

1. Functions processed by microprocessors
2. Temperature adjustable from 18 to 60 Celsius (64 to 151 Fahrenheit)
3. Adjustable dwell time from 0 to 90 minutes
4. Digital temperature sensor
5. Easy to use touch keypad
6. Eco Carbon infrared heaters

PACKAGING INFORMATION

****1 Person Packaged in TWO boxes****

Please locate the letters on the boxes, it will show A.& B. to let you know which box is which.

****2 Person Packaged in THREE boxes****

Please locate the letters on the boxes, it will show A,B,C, to let you know which box is which.

****3 Person Packaged in FOUR boxes****

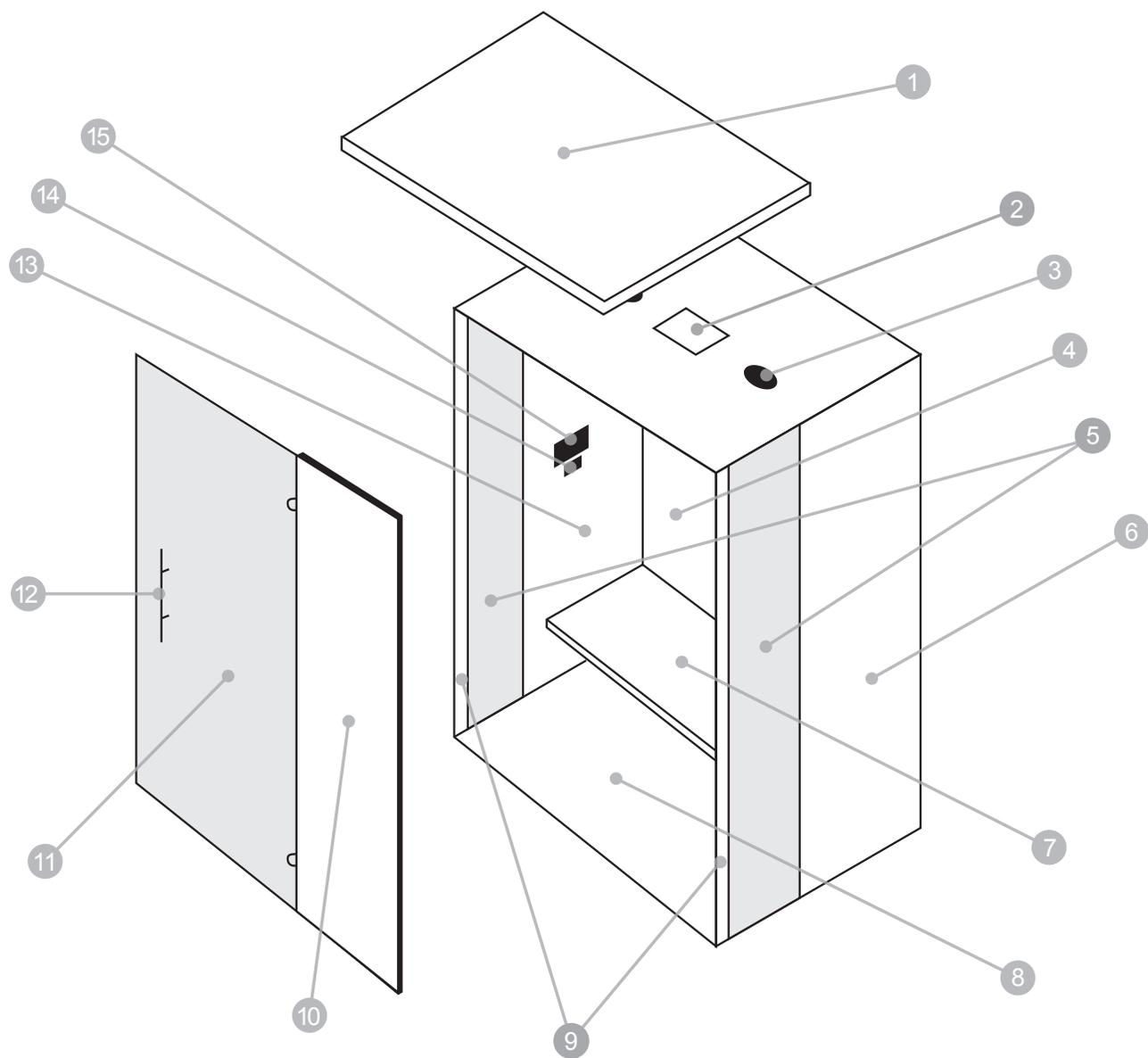
Please locate the letters on the boxes, it will show A,B,C,D to let you know which box is which.

****4 Person Packaged in FOUR boxes****

Please locate the letters on the boxes, it will show A,B,C,D to let you know which box is which.

Please open the boxes in a large empty space and empty the contents separately so you can see that you have all the pieces!

DIAGRAM OF SAUNA COMPONENTS



1	Roof/Top Piece	9	Corner Section Pieces
2	Chromotherapy Light	10	Front Panel (Pre-attached to Door)
3	Speaker (2 Speakers Total)	11	Glass Door (Pre-attached to Front Panels)
4	Back Wall Panel	12	Door Handle
5	Glass Inserts (2 Pieces Total)	13	Left Side Panel
6	Right Side Panel	14	Blue tooth Stereo
7	Bench	15	Control Keypad
8	Floor/Base Section - With Heater		

LIST OF CONTENTS

FLOOR PIECE ROOF PIECE BACK WALL



GLASS INSERTS RIGHT PANEL LEFT PANEL CORNER PIECES



BENCH FRONT WALL W/DOOR DUST COVER DOOR HANDLE



STEREO KEYPAD IONIZER



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 the installation process.
- c. Your sauna is designed to be installed indoors in a dry environment. If your sauna is exposed to moisture the warranty will be voided.

... WHAT WILL YOU 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 ("cross-head") 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 THE 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.



3 ... PLACE BACK PANEL ON 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

Each side panel has a white label to identify which side it is. The left panel should be placed on the left side of the sauna (from looking directly at it)

* When connecting the walls, use the locking pins (as seen in figure 1) Insert the square pin into the hole and slide the wall down to lock it into place.

* Make sure you are connecting all male and female connections (black plugs) as you go through the install as seen in (Figure 2)

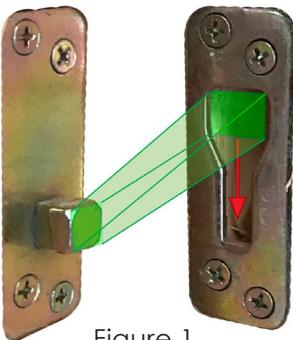


Figure 1



Figure 2

5 ... INSTALLING BENCH



Slide the bench into place resting on the supports on both the left & right walls. Once it is in place you will need to screw in 2 of the medium length screws into the bench to secure it to the frame as seen in Figure 3.



Figure 3

6 . . . INSERTING GLASS WINDOWS

To insert the glass windows on either side of the sauna, place the pane of glass into the cut out inserts in the floor and the cut out insert in the wall to hold it in place.

** (Have someone hold the glass so it does not break.)*



7 . . . CONNECTING CORNER PIECES

Once the glass has been set in place, connect the small corner pieces. There will be a slit on one side of each corner piece, this slit is where the glass window will insert, to give it more stability.

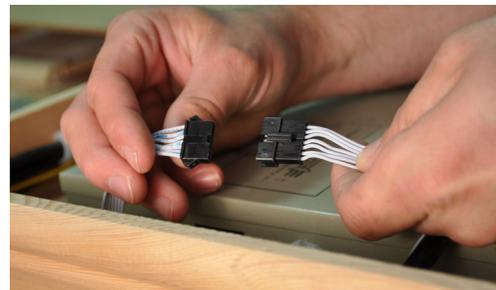
7 . . . CONNECTING THE FRONT WALL WITH DOOR

Once the corner pieces have been installed, the front wall with the door is next. Make sure you have at least two people to pick up and carry the door and support it from swinging open and breaking. Use the same hook latch method as in step four to attach the front wall to the corner pieces.



8 . . . INSTALLING THE ROOF / TOP PANEL

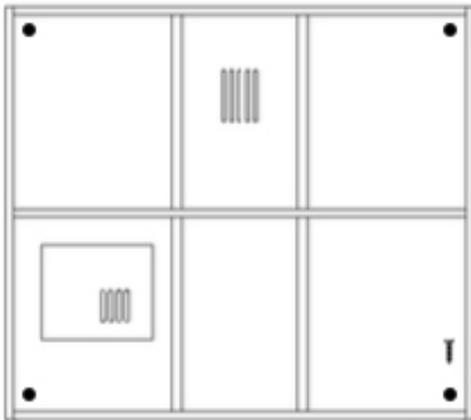
(Have at least 2 people to complete this process). Open the door to the sauna, Lift the roof into place by having someone guide from outside while you walk into the sauna to lift from inside. Rest down the roof onto the walls. Continue by inserting all hanging cords from the walls through the holes in the roof. **Make all roof top connections.**



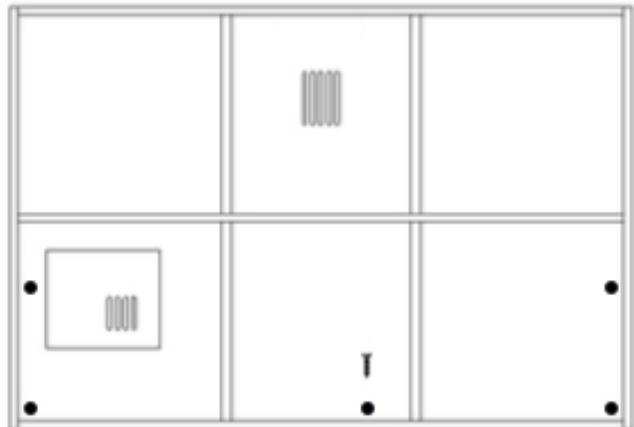
9 ... SECURING THE ROOF TO THE FRAME

Once the roof connections have been fed through the holes, make sure the roof is sitting aligned with the walls. Locate the bolt holes in the roof that are used to secure the saunas frame to the roof. Use the long silver bolt screws in these hole.

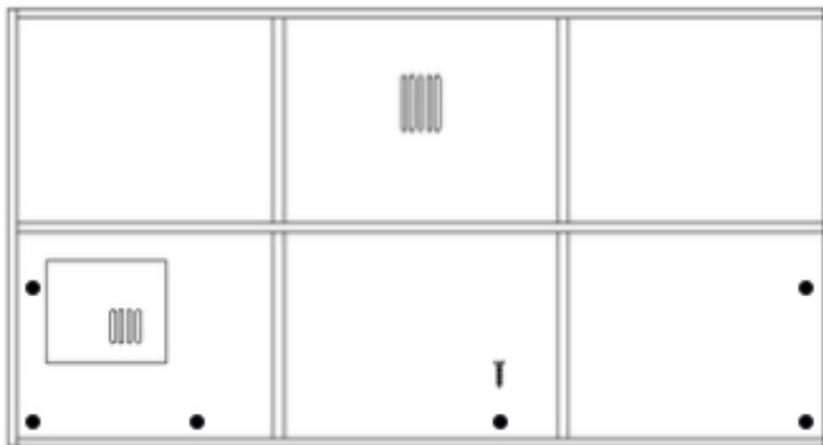
** Different sized saunas will have a different amount of bolts. Photo below refers to the roof of the Modern 4 with six bolts. (Modern 1 has four bolts) (Modern 2 has five bolts) (Modern 3 has six bolts) ** **DIAGRAMS BELOW**



ONE PERSON



TWO PERSON



THREE & FOUR PERSON

10 . . . MAKING CONNECTIONS

As the installation has been going, you have been connecting all black cords that supply power to the heaters. Make sure all connections on the roof are made between the keypad & stereo (Figure 4) Power cords (Figure 5) and antenna connection (Figure 6).



Figure 4



Figure 5



Figure 6

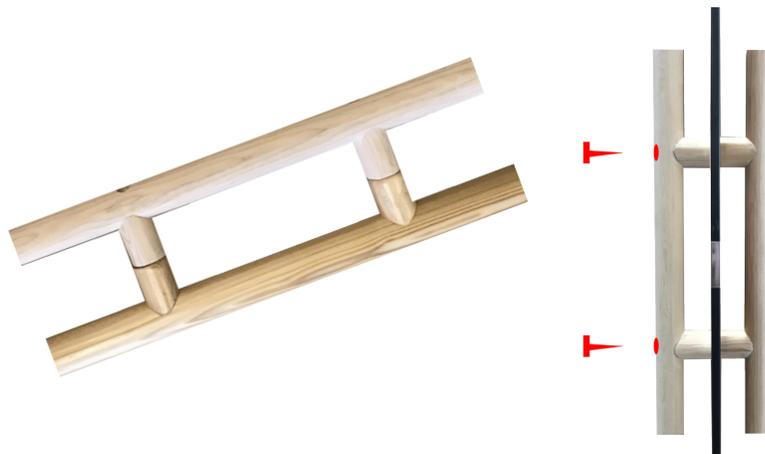
11 . . . ADDING DUST COVER

Once all connections are made, continue by placing the thin wooden dust cover on the roof. Feed the main power cord through the circle hole and connect it to the wall. Once the dust cover is down, secure it with the small screws into the frame of the roof.

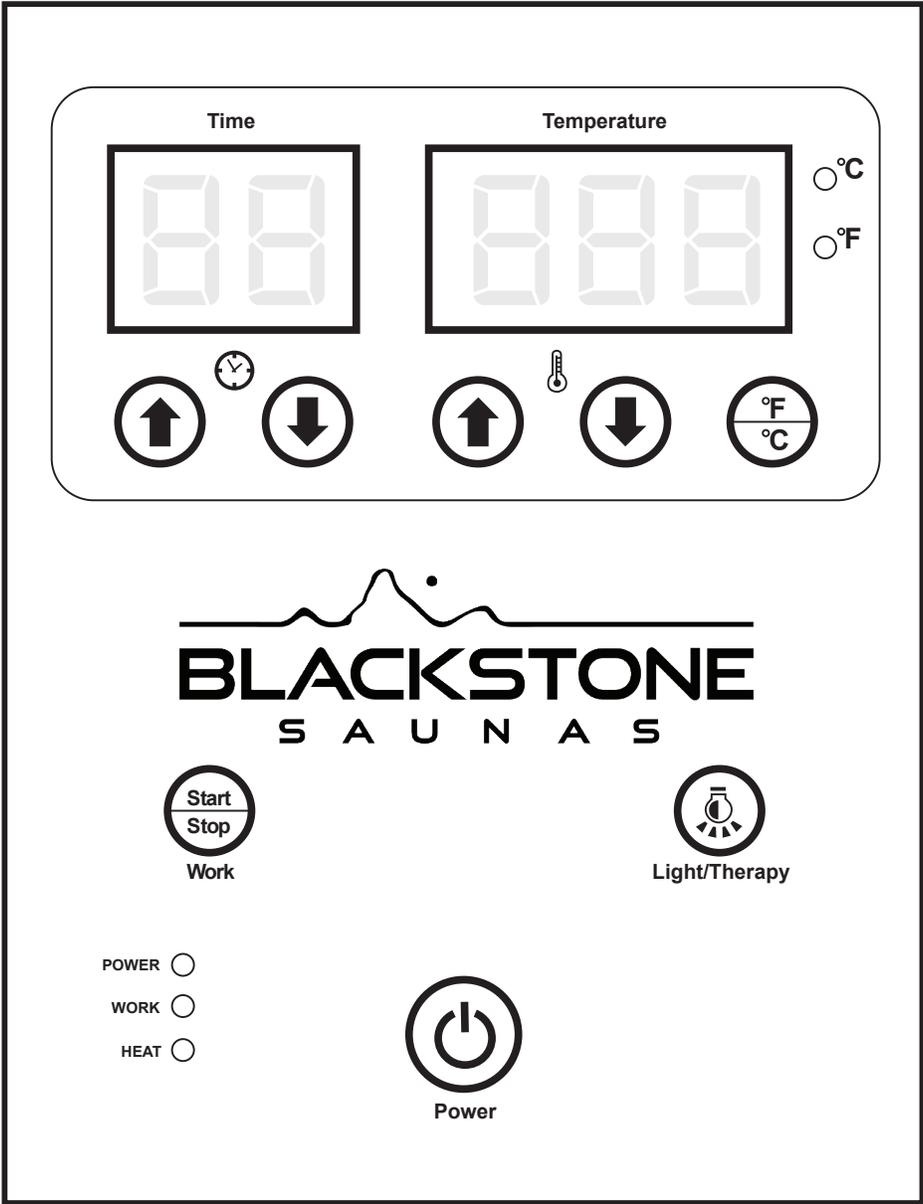


11 . . . ATTACHING DOOR HANDLE

When installing the door handle, make sure that the un-finished handle is on the inside of the sauna. Use the bolts supplied and place each handle on either side of the door, align with the holes in the glass and use a screw driver to tighten the handles.



DIGITAL KEYPAD



INSTRUCTIONS CONTINUE ON NEXT PAGE...

DIGITAL KEYPAD - CONTROL OPERATIONS

A . . . START-UP

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

B . . . SET THE TEMPERATURE AND TIME

1. While LED's are flashing press the ▲ or ▼ arrows under the clock screen to set the time. (Max 90 Minutes).
2. To change the Temperature press the ▲ or ▼ arrows under the Temperature screen to adjust the heat. (Max 151°F / 66°C)

C . . . PRESS START/STOP BUTTON TO HEAT

Once you have adjusted the time and temperature you wish to have your sauna at, press the START/STOP button. The WORK and HEAT light will turn on and the LED's will stop flashing and the sauna will begin to heat.

*** If the LED numbers are flashing, this shows the desired time and temperature.. If the LED numbers are not flashing, this is showing the current time and current temperature.*

D . . . SWITCHING BETWEEN °C AND °F

When in the state of non-flashing mode, press °C/°F button, you can alternate between Celsius and Fahrenheit.

E . . . CHROMOTHERAPY LIGHTING

The saunas are equip with a reading LED light that also doubles as a chromotherapy light. Pressing the LIGHT button once will turn on a reading light. Pressing the LIGHT button continuously will circle through the various LED color options.

F . . . TURNING OFF YOUR SAUNA

When you have completed your sauna session, simply press the power button and everything will shut off. If you forget to shut down manually, the sauna will shut its self down after the timer has run out.

***You will get a 5 minute warning beep when there is only 5 minutes left on the timer.*

STEREO OPERATIONS



... BUTTONS

1. Press the Power button to turn on/off the stereo.
2. Use the MOD button to switch 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. Find the device named CAR BT, click on this name
3. Your device will automatically 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 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.

HOW TO USE YOUR NEW SAUNA - CONT

- 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.
- 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 hair.
- 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.
- 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 will feel uncomfortable sitting in a sauna on 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 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, 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

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 location that you purchased your sauna from, for any warranty related issues.

Date Of Purchase	
Invoice Number	
Sauna Model	
Sauna Serial Number	
Date of Pick Up/Delivery	
Blackstone Location	



VANCOUVER, BC

9355 198st Langley, BC V1M 3J9
604-544-5005

EDMONTON, AB

6734 75th St. NW Edmonton, AB T6E 6T9
780-392-1985



QUALICUM BEACH, BC

148 Fern Rd. E. Qualicum Beach V9K 1T2
250-752-1015