



Owner's Manual



Operating Instructions for your Health Mate® Far Infrared Sauna

Guidelines and Helpful Tips

Congratulations on your purchase
of your Health Mate® Far Infrared Sauna.

We are confident that you will enjoy
the many benefits for years to come.
Carefully read this manual before using your
Health Mate® Sauna for the first time.

We recommend keeping this manual for review
and future reference.



The Pioneer in Infrared Sauna Therapy

Health Mate®

“The Pioneer in Infrared Sauna Therapy”

Dear Customer,

Thank You for choosing Health Mate® Far Infrared Sauna.

Since 1979 Health Mate® has grown to become the largest manufacturer of far infrared home saunas in the world. We attribute this growth and success entirely to our customer satisfaction, the recognized health benefits and the quality of our craftsmanship. At Health Mate®, we use only the finest materials combined with state-of-the-art construction and the highest safety standards in the industry. This allows us to proudly extend a lifetime warranty on all Health Mate® Far Infrared Saunas.

You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using your Health Mate® Far Infrared Sauna.

Whatever your needs, we invite you to experience the difference with Health Mate®: A difference in health benefit, a difference in quality and a difference in attitude of our team service and support.

We hope you will enjoy your Health Mate® Far Infrared Sauna and we look forward to serving your needs.

Sincerely,

*Health Mate® Family
HM® Headquarters, PLH Products Inc., California*



Table of Contents

- A. Installation and Maintenance _____ 4
- B. Getting Started _____ 5
- C. Helpful Tips for Enjoying Your Sauna Sessions _____ 9
- D. Safety Precautions for Your Health Mate Sauna _____ 11
- E. Troubleshooting Guide _____ 13
- F. Optional Accessories: a. Outdoor Cover _____ 15
 - b. Multi Color LED Light _____ 17
 - c. Accessories in Western Red Cedar _____ 18
- G. Limited Warranty _____ 20

The information contained in this manual is subject to change without notice.



A. Installation and Maintenance

1. Choosing a Location

In **determining a location** for your Health Mate Infrared Sauna, there are **two important things** to keep in mind: First, the sauna should always be **placed on a level surface**. Second, the sauna must be **placed in a dry area**.

The installation requirements for your Health Mate Infrared Sauna are as follows:

1. Your Health Mate cabin is intended to be a **self-contained and freestanding unit**. It must not be built into to any structure.
2. There should be a **minimum** of 5-inches / 12,5 cm **clearance from the wall on all sides** of the unit to allow easy access to the main power cord.



Moisture may cause damages to the interior and exterior of the sauna. Basement, attic, garage, playroom, spare bedroom, new extension and garden chalet are just a few of possible locations for your sauna. Health Mate's beautiful and simple cedar wooden exterior will compliment the interior of your house beautifully.

If you prefer an outdoor environment, you must use a cover (see page 15) to protect your sauna. Do not place the sauna on a surface that easily gets wet. Place the sauna on a deck to protect it from moisture on the ground.

2. Cleaning and Maintenance

1. Before using your Health Mate Infrared Sauna for the first time, **clean the inside of the sauna with a damp cloth**. When cleaning the exterior, use a furniture polish.
2. **We recommend turning the sauna on for the maximum time and temperature** in order to burn off any factory dust prior to using the sauna **for the first time**.
3. Scratches and stains on the inside of the sauna can be removed by simply using a fine grade sandpaper over the damaged area.
4. **A customized Health Mate Sauna Cover is available as an accessory** for all models except for saunas with outside halogen lights. Use of this protective storage cover will not only preserve the natural beauty of the sauna, but will also help in maintaining years of continuous enjoyment.
5. We recommend applying a heavy furniture polish to the outside of the sauna before putting the (optional) cover on. Use of a polish will create a barrier for better protection.

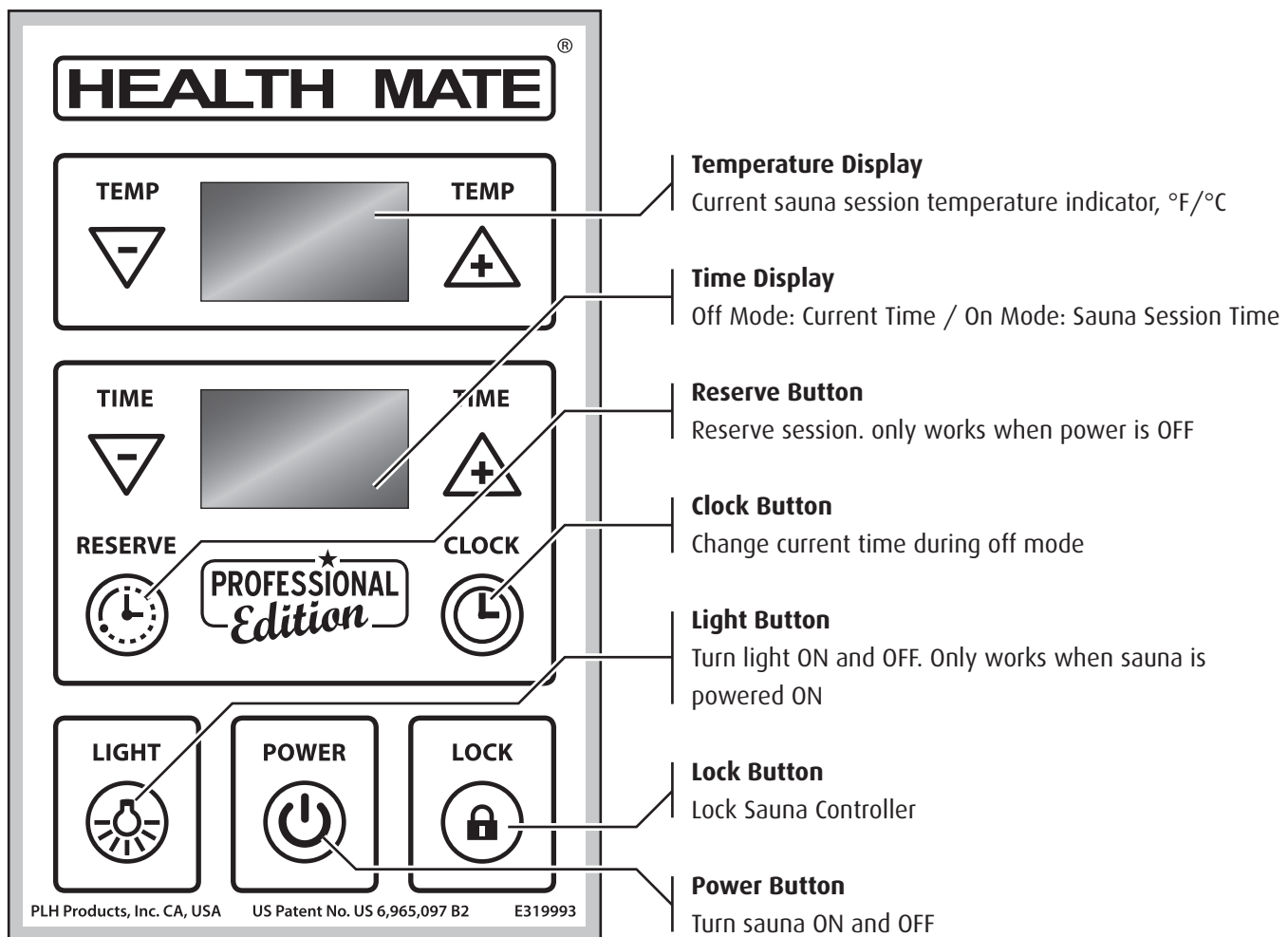
B. Getting Started

1. Preparing for Your First Infrared Session

1. **Review all health and safety instructions.** If in doubt as to the advisability of using your infrared sauna, consult with your physician.
2. The interior & exterior of the Health Mate Infrared Sauna is made of the finest Canadian Western Red Cedar.

It is very aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of usage, first wipe the wood with a damp cloth to minimize the aroma.

2. Digital Control Panel



Please read the next pages carefully, to learn more about the operation of your Health Mate sauna.


 **Controller is touch sensor type so please do not press the controller too hard!**


3. Powering up Your Health Mate Sauna

1. **Plug in the power cord** to the electrical outlet. All lights on LED Control Panel will flash once.
2. During OFF mode, **only Health Mate logo and Current time will be on.**

4. Setting Current Time for Your Health Mate Sauna

1. When power is turned OFF, time will be displayed.
2. During OFF mode, press Clock button 2 times and time on display will start to flash.
3. When the clock has been set to desirable time, wait 3 seconds and clock is set.
4. Current time can only be displayed in 24-Hour mode.

TIME  **Adjusting Hours**
Change by 1 hour by pressing the button once.

TIME  **Adjusting Minutes**
Change by 1 minute by pressing the button once.
Change by 10 minutes by holding the pressed button.

5. Starting up Your Health Mate Sauna

1. **Press and hold the Power button** (about 5 seconds) to start up your Healthmate Sauna.
2. **Temperature display** will indicate current cabin temperature. If the temperature in the cabin is below 30°C/90°F, the display will show *LO*.
3. **Time display** will indicate sauna session time. When time button is pressed, it will change time by five minutes. Minimum session time is 5 minutes and maximum session time is 60 minutes.
4. The light button will be lighted to indicate inside lamp is turned on. Press again to turn off lamp.


6. Setting up Your Health Mate Sauna Session (time and temperature)


How to setup your Health Mate Sauna's session time


1. Press *Time+* or *Time-* button to adjust sauna session time.
2. Session time will change by 5 minutes. Time can be set between 5 and 60 minutes.


How to setup your Health Mate Sauna's session temperature

1. Press *Temp+* or *Temp-* button to adjust sauna session temperature.
2. Fahrenheit Mode (°F): Temperature will change 5°F when *Temp* button is pressed.
Temperature = minimum 90°F and maximum 170°F.
3. Celsius Mode (°C): Temperature will change 1°C when *Temp* button is pressed.
Temperature = minimum 30°C and maximum 75°C.

TIME  **Reducing session time**
Each press of the button will shorten your session time by 5 minutes

TIME  **Extending session time**
Each press of the button will extend your session time by 5 minutes

TEMP  **Lowering temperature**
Each press of the button will lower the temperature by 1°C or 5°F

TEMP  **Increasing temperature**
Each press of the button will increase the temperature by 1°C or 5°F

7. Changing Between Celcius and Fahrenheit

1. Press the **Power** button to turn sauna on.
2. Press **Temp-** and **Temp+** together and hold for **5 seconds** until display shows *F-C*
3. Press **Temp-** or **Temp+** button to change to the desired mode (°F or °C).
4. Press **Temp-** and **Temp+** button together. The display will now show *OST*.
5. Press **Temp-** and **Temp+** button together again. The display will now show *S-L*.

6. Press **Temp-** and **Temp+** button together once more. The display will now show the current temperature.


If the display shows *S* and the controller is beeping:


Repeat steps 2 - 5. Press the *Temp -* or *Temp +* button until it shows *L*.

Then press the *Temp -* and *Temp +* buttons together to show the current temperature..

8. Scheduling Your Future Health Mate Sauna Session

1. When in **OFF** mode, press **Reserve** button twice and display will flash.
2. Use **Time+** (minutes) and **Time-** (hours) to set the time for your future sauna session.

TIME
 Setting the hour
 Each time you press this button, time is adjusted by one hour.

TIME
 Setting minutes after the hour
 Press once to change time by one minute.
 Each time you press and hold the button, time will change by ten minutes.


3. Once the desired time is set, wait for 3 seconds and time will be set automatically.


4. When a sauna session time is scheduled, the *Reserve* button will light up, during OFF mode .
5. To check your scheduled session, press *Reserve* button once. Your reserved time will appear for a short moment.
6. To cancel your scheduled session, simply press the *Power* button and turn on the sauna.
7. Your scheduled sauna session will begin with a beeping sound that lasts for 5 seconds.
8. Your **scheduled sauna session is automatically set to 30 minutes**. The temperature is set to your last sauna session temperature.

Time and temperature can be changed during your scheduled sauna session.

9. Locking the Control Panel of Your Health Mate Sauna

1. Press **Lock** button and **Temp-** button together and hold for **5 seconds**.
2. You will hear a beep and **LOCK** will appear on the upper right corner of the time display.
3. During Lock mode, all buttons will be locked and the *Lock* button will light up in a blue color.
4. To release, press both **Lock** and **Temp-** buttons together and hold for **5 seconds**.
5. Your sauna can be locked during On and Off mode.

TEMP
 To lock and unlock your sauna
 Press both buttons in for 5 seconds

LOCK


10. Changing the Settings During Your Sauna Session

1. When sauna is turned on, inside light will light up automatically. **To turn off the light**, simply press the light button.
2. If you want to **change the temperature** during your current session, Press *Temp+* or *Temp-*. When your sauna is in Celcius mode, temperature will change by 1°C. In Farenheit mode, temperature will change by 5°F.
3. If you want to **change the session time** during your current session, simply press *Time+* or *Time-*. Time will change by 5 minutes.
4. If you want to **turn off the sauna in the middle of a session**, press and hold the power button and your sauna will turn off.

When your sauna session is over *End* will flash on time display and **you will hear 3 beeps**. The sauna will turn off automatically after 5 seconds.



Time (not sauna session time) **is not displayed when your sauna is in session**. During your session you can only see the countdown of your session time.



The Reserve and Clock button are not functional when your sauna is in session.

11. Using the Multi Color LED Light > see optional accessories on page 17

12. Error Codes

EO EO: Temperature Sensor Disconnected.

ES ES: Temperature Sensor Short Circuit.

IN CASE OF AN EO OR ES ERROR CODE, PLEASE CONTACT CUSTOMER SERVICE FOR FURTHER ASSISTANCE*

OHT OHT: Inside Sauna Temperature is over the limit (180°F/82°C).

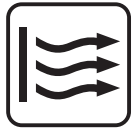
OHR OHR: Inside of Controller is overheated (180°F/82°C).

OHT and OHR error will be resolved automatically. During OHT and OHR error, your sauna will automatically shutdown and go into a cooldown period.

(*) Contact Information for Customer Service (PLH Products, Inc.) :

- Toll Free Phone No. in the U.S.A. : _____(800) 946-6001
- Telephone No. : _____(714) 739-6600
- Fax No. : _____(714) 739-6607
- Email : _____support@healthmatesauna.com

C. Helpful Tips for Enjoying Your Sauna Sessions




Your Health Mate Infrared Sauna is equipped with special infrared heaters. Infrared heat waves reach the body directly without having to heat the intervening air inside the sauna. With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas. Because the infrared heat energy is warming the body directly (and not the air, walls, and fixtures within the sauna), lower temperature settings can be used to achieve results in short sessions starting from 20 to 30 minutes.


1. Preparing for Your Infrared Session

1. Review all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician.


2. The interior of the Health Mate Infrared Sauna is made of the finest Canadian Western Red Cedar. It is very aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma.

3.  Always **drink plenty of water**, before, during and after a session. Doing so will replenish fluids lost during perspiration.

4. Do not eat anything at least an hour before your sauna session. It is better to **go in the sauna on an empty stomach**. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.

5.  **Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration.** However, dry off thoroughly before going into the sauna because excessive water will leave stains and might warp the wood.

6. Provide at least 2-3 towels. One towel folded over several times for added cushioning on the bench. Another towel on the floor to absorb extra sweat. And a third towel to wipe off sweat.


7.  **Start up your sauna and select the desired session temperature and time** using the control panel (see page 6 and below).


8. Allow approximately 10 to 15 minutes for the sauna to warm up before beginning a session (warm up time is subject to the air temperature and is different for each model).

2. Setting Session Time and Temperature

Your body will probably need a few weeks to fully adapt to a regular use of your Health Mate sauna.

Here are some **average guidelines to set the time and temperature**, once you are used to the sessions:

1.  **TIME:** Noticeable results are usually obtained with sessions of **at least 30 minutes**. For **therapeutical use**, it is advised to do sessions of **45 minutes and more**.

2.  **TEMPERATURE:** Depending on your condition and personal preferences, session temperature is usually set between **120°F/50°C and 140°F/60°C**. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

Always make sure you feel comfortable at all times!

When using your Health Mate sauna for the first time:

- ▶ **Do not do more than three sessions a week during the first four weeks.** You can do daily sessions after six weeks, if desired.
- ▶ **If you do not feel comfortable or relaxed during a session, lower the temperature** and/or open the door of the cabin.
- ▶ **Recommended schedule and settings for starters:**

	TIME	TEMPERATURE
week 1	20 min	120°F/50°C
week 2	23 min	120°F/51°C
week 3	26 min	125°F/52°C
week 4	29 min	125°F/53°C
week 5	32 min	130°F/54°C
week 6	35 min	135°F/55°C


3. Useful Information and Tips for During Your Sauna Session

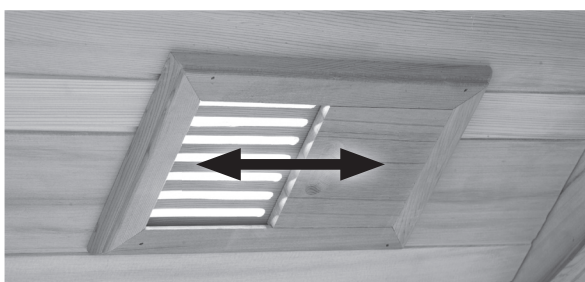
1. Make sure you have a **towel on the floor and on the bench of the sauna to absorb perspiration.**



In order to maintain a clean and pleasant atmosphere inside of your sauna, do not leave damp towels on the bench or floor. Remove them immediately after the session is over.

2. Perspiration should begin within 10 to 15 minutes after stepping into the unit.
3. Be sure to **towel off excess sweat** during your session to help the body perspire more freely.
4. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside of the sauna.

5.  The **ceiling vent on the top panel can be opened** at any time **to introduce fresh air** into the sauna.



6. **If you feel the need for more cooling, simply leave the door open** until the air around you feels comfortable enough.
7. **Do not put any lotions or oils on the body or face** prior to using the sauna. This may block the pores and hinder perspiration.

8. **Essential oils** can help you to find more tranquility during your session.







You can use our ceramic **aromatherapy cup** (optional accessory) to evaporate your favorite oils.



9. **To make the most out of your sauna session, work your muscles while in the sauna.** Stretch your arms, legs etc. to help relieve sore and tense muscles, massage the affected areas while in the sauna. If you wish to achieve a deep heating effect to a specific area, move it closer to a heater.
10. **Relieve your ankles and feet more effectively, you must elevate them while inside the sauna.**
11. **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.
12.  Do not forget to **drink plenty of water**, before, during and after a session to replenish lost fluids through perspiration.
13. 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 the sauna with the door open and let your body cool off.** Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

D. Safety Precautions for Your Health Mate Sauna




1. General Safety Precautions

- **READ INSTRUCTIONS**
Carefully read all safety and operating instructions before operating your sauna.
- Retain these safety and operating instructions for future reference.
- **Do not smoke or light any fire inside your sauna.**
- To reduce the risk of injury, **do not allow small children to use the sauna** unless they are closely supervised at all times.
- Do not use the sauna immediately after hard exercise.** Wait at least 30 minutes to allow your body to cool down completely.
- Exercise care when entering or leaving the sauna.
- Never sleep inside the sauna** while the unit is in full operation.
- **Unplug the sauna from the wall outlet before cleaning.**
Use a damp cloth for cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna.
- Do not use this product near water**, for example near a bathtub, in a wet basement or near a swimming pool.
- Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
- **The sauna must be placed under an awning or overhang** to prevent heavy rain falling directly onto the roof or outdoor cover.
- Do not stack or store any objects on top of or inside the sauna.


2. Medical and Health Related Precautions

- **If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.**
- Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. **Pregnant or possibly pregnant women should consult their physician prior to using the sauna.**
- The use of alcohol, drugs, or medications** prior to or during the sauna session may lead to unconsciousness.
- 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 the sauna.**
- Persons using medications should consult a physician before using the sauna** since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
- 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. **Consult your physician for the proper treatment and care for this, before your start using your sauna.**
- HYPERTHERMIA DANGER**
 Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F/37°C.
While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F/39,4°C. **Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting.** The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

3. Power Supply Related Precautions

1. **Dry your hands before handling electrical controls.** Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
2.  **Your sauna is intended for use with a 3-wire properly grounded power socket.**
Do not defeat the safety purpose of the supplied line cord and plug.
3. **This product should be operated only from the type of power source indicated on the marking label.** If you are not sure of the type of power supplied to your home, consult your local power company.
4. Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.
5.  **For added protection during a thunder storm,** or when it is left unattended and unused for long periods of time, **unplug it from the wall outlet.**
6. **Do not overload wall outlets and extension cords** as this can result in a risk of fire or electrical shock.
7.  **Always unplug this product from the wall outlet before servicing the product.**
8. **Do not remove power supply covers.** No user-serviceable parts are located inside the power supply.
9. **We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI)** device in any potentially wet locations.

4. Warranty Precautions

1. **When replacement parts are required, be sure to use replacement parts specified by the manufacturer** or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards and will void the manufacturer's warranty.
2. If the power supply cord becomes damaged, it must immediately be replaced by the manufacturer or its agent or similarly qualified person to avoid hazard.
3. **Altering or tampering of any electrical connections** on the power supply will void the manufacturer's warranty.
4. **Do not attempt any repair without consulting the manufacturer first.** Unauthorized repair attempts will void manufacturer's warranty.
5. Your Health Mate sauna is made of the finest Canadian Cedar. **All natural wood products have variations in the color, the grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.**
6.  Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.

E. Troubleshooting Guide

PROBLEM	SOLUTION
There is no power to the sauna	Check to make sure that the main power cord is plugged into the wall outlet.
	Make sure that the house circuit breaker for that outlet is not tripped.
	Reset the circuit breaker switch and high limit switch located on the power supply (See page 14)
	Lift open the wooden power supply cover located at the lower right corner of the front panel. Make sure the female end of the main power cord is plugged into the male outlet on the power supply.
The reading light is not working	Check if the light has been manually turned off by pressing the "LAMP" button on the keypad while the sauna is turned on. The lamp will only operate while the sauna is turned on.
	Disconnect the main power cord from the sauna and change the light bulb. Access the bulb by removing one or two of the lens mounting screws located at each corner of the light fixture, and then lifting off the lens. Replace the bulb in a 120-Volt sauna with a 120-Volt/60-Watt bulb. 230-Volt saunas require a 230-Volt/60-Watt bulb (220-Volt or 240-Volt bulb is okay).
Rear heaters (side heaters on XSE-4) and bench heater(s) produce no heat	Lift up the bench panel and check to see that the power cable from the floor panel is plugged into the male outlet on the rear panel.
	Lift open the wooden power supply cover located at the lower right corner of the front panel. Check to make sure that the power cord coming from inside the front of the bottom panel (with male plug) is plugged into the female outlet on the power supply.
Bench heater produces no heat	The bench heater cable is not plugged tightly into the receptacle (outlet) on the wall under the bench.
	Round plug must be rotated clockwise to lock into place.
Bench heater is not as hot as front and rear heaters	The bench heater is operating correctly. It is intentionally designed to produce less heat compared to the other heaters.
Radio/CD player is not working	Make sure that the radio faceplate is seated properly.
	Check the fuse behind the radio (Please refer to the radio owner's manual on how to remove it).
The CD player is on, but no sound comes from the speakers	Open the wooden access cover on the top of the roof, in the front left corner. Make sure both of the speaker cables are plugged into the speaker jacks correctly.
	Refer to the instruction manual for the CD player and check to see that the volume is not turned all the way down, or that fader control is not set all the way to "Rear".
Sound only comes from one speaker	Make sure both of the speaker cables are plugged into the speaker jacks.
	Refer to the instruction manual for the CD player and check to see that the sound balance on the stereo is not set all the way to one side.
CD is playing correctly, but the radio doesn't tune in stations clearly	Extend the antenna and orient it so that the reception is clear.
	Open the wooden access cover on the top of the roof. Make sure that the antenna cable is plugged into antenna jack as far as it will go.
All other Radio/CD player problems	Unplug the sauna, wait 10 minutes, then plug back in.

More on troubleshooting ↪

PROBLEM	SOLUTION
Digital controller display is showing an error code and will not start	Unplug sauna, wait one minute, and then plug back into power source. Try the procedure 3 times.
Wrong A.C. Power cord (female end of power cord does not match the male end of cable on sauna)	The power cord and the cable in the sauna floor near the power box do not attach or connect to each other. They both plug into the power supply located below the front heater (under a wooden cover).
ALL 230-VOLT MODELS: the control panel comes on and appears to work, but the temperature only goes up a few degrees no matter how long the sauna has been on for. The light turns on sometimes or not at all, and is not very bright	The sauna is connected to a 120-volt line instead of 230-volt.
House circuit breaker is tripping	Check that the amperage of the breaker corresponds with the amperage rating of your sauna.
	Make sure that the circuit is not overloaded by having too many appliances on one circuit.



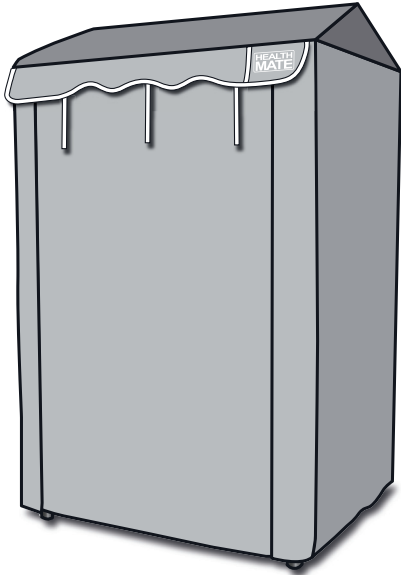
Be sure to use replacement parts specified by the manufacturer or have the same characteristics as the original parts only when replacement parts are required for your sauna. Unauthorized substitutes may result in fire, electrical shock or other hazards. **Misuse or unauthorized repairs/alterations will void warranty on your sauna provided by the manufacturer.**

Please contact the manufacturer with questions regarding customer service and troubleshooting.

F. Optional Accessories: a. Outdoor Cover [only available in the U.S.A.]

1. General Information

The Health Mate sauna cover is designed to provide your sauna with extra protection against moisture and wind. It allows access to the sauna without having to remove the cover, and it comes with a 5-year limited warranty.



IMPORTANT:

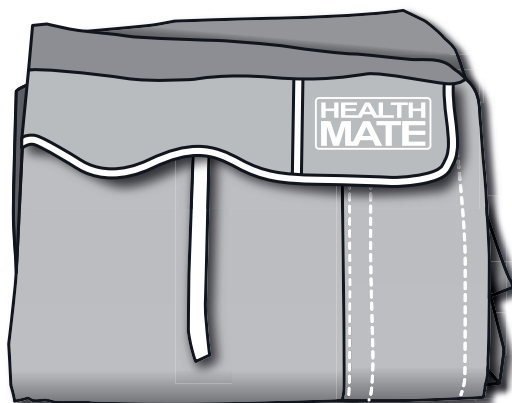
1. The **roof peak** must always be standing in the form of a letter 'A'.
2. **The sauna must be placed under an awning or overhang** to prevent rain falling directly onto the roof.
3. **Place a deck** to protect the sauna from moisture on the ground.
4. The **snap buttons** must be clipped on at all times.
5. The **zippers must be closed** when the sauna is not in use.
6. If your sauna is equipped with **exterior light, make sure it is turned off at all times** when the outdoor cover is installed.



The warranty on your sauna may become void if the cover is not properly installed or maintained.

Please follow these instructions step by step to install your outdoor cover.

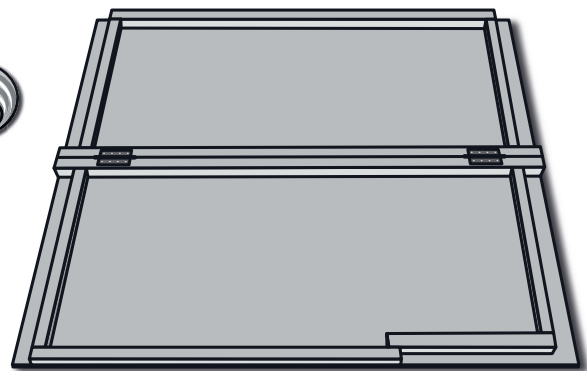
2. Check for Parts



Sauna cover



Snap-screws



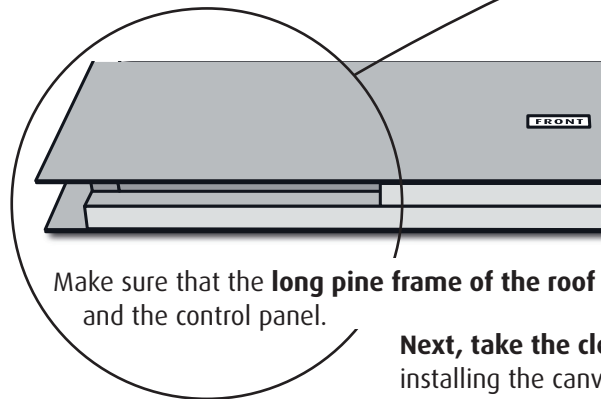
Wooden roof peak

Tools: the only tool you need is a Phillips screwdriver

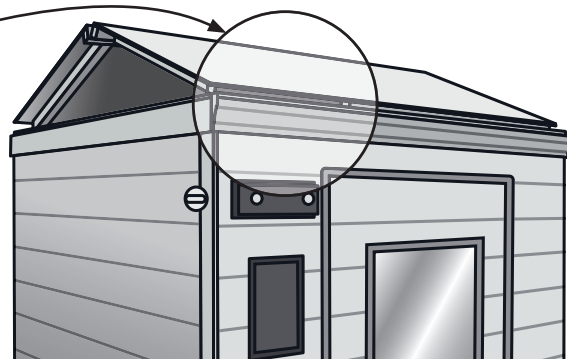
3. Place the Roof Peak and Prepare the Cover

Carefully place the roof peak on top of the sauna.

The roof peak must form a triangle when you see it from the side of the sauna.



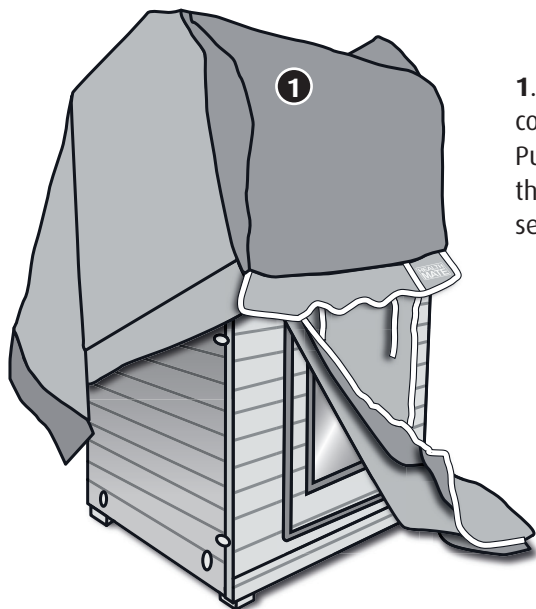
Make sure that the **long pine frame of the roof peak** marked as "FRONT" has a cut off section above the CD player and the control panel.



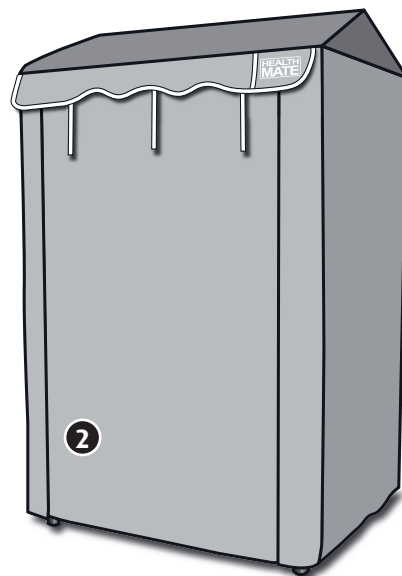
Next, take the clear plastic lining and cover the roof peak completely prior to installing the canvas cover.

Now **unfold the sauna cover and open the zippers** on the front section of the cover.

4. Put the Cover Over the Sauna



1. Take the back section of the cover and put it over the sauna. Pull the cover slowly down from the back while lifting up the front section.



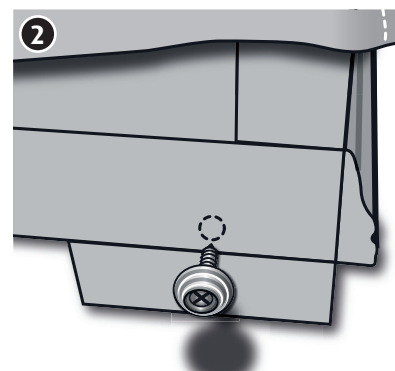
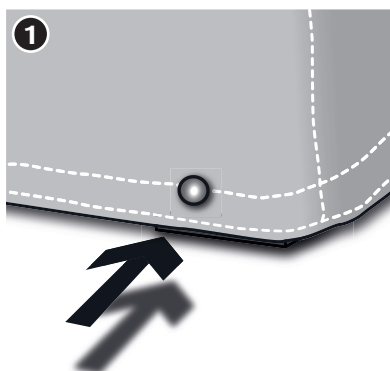
2. Line up the seams with the edges of the sauna. Close down the zippers.

5. Attach the Cover on the Sauna

1. Tap hard on the snap buttons at each side of the cover, with the back of your screw driver to leave a mark on the wood.

2. Lift up the cover and screw on the snap-screw at the center of the mark.

Lower down the cover of both sides and snap the buttons on until you hear a click.




F. Optional Accessories: b. Multi Color LED Light

Multi Color LED Light Remote Controller Operating Instructions



1. Press the **On** button **to turn on** your color light. The starting light color is White.
2. Press the **Off** button **to turn off** your color light.
3. When the color light is on, press the **Manual** button to **change the colors** of your color light manually.
4. When the color light is on, press the **Auto** button to **change the colors automatically** in sequence.
5. Press the **-** and **+** button to **change the brightness of your color light**.

 **COLOR SEQUENCE:**
White → Red → Yellow → Orange → Green → Cyan → Blue → Purple → Pink

F. Optional Accessories: c. Accessories in Western Red Cedar



Health Mate® sauna's, as well as their accessories in Western Red Cedar are FSC and PEFC certified.

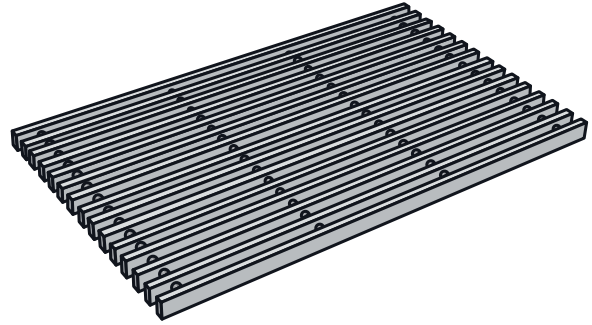
This means that these products are produced with respect for the highest ecological, social and ethical standards.

1. Sauna Doormat

Dimensions (width x depth x height): 45 x 90 x 4 cm

The floormat is designed to be put outside in front of your sauna door.

This accessory does not need any assembly.



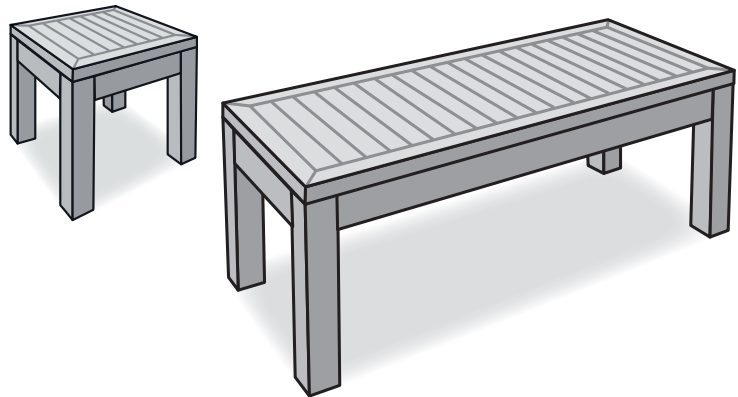
2. Benches

Dimensions (width x depth x height):

1. Small bench: 40 x 40 x 45 cm

2. Large bench: 99 x 40 x 45 cm

The benches are easily assembled with a Phillips screwdriver and a wrench.

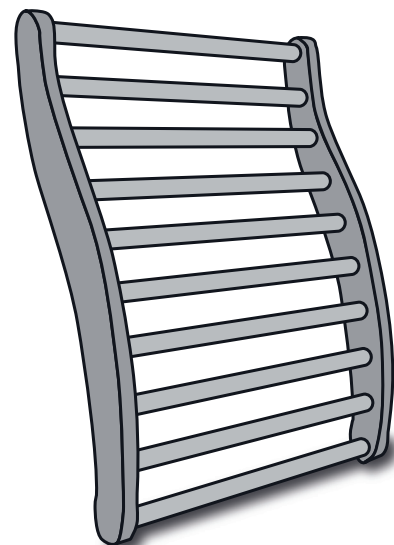


3. Ergonomic Backrest

Dimensions (width x depth x height): 45 x 6 x 50 cm

The ergonomic backrest gives extra support to your back in any desired angle.

This item does not need any assembly.

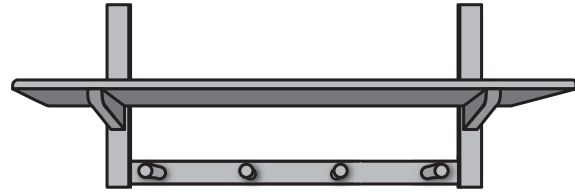


4. Shelf With Clothes Hanger

Dimensions (width x depth x height): 80 x 24 x 30 cm

This accessory can be easily assembled with a Phillips screwdriver.

The shelf is simply attached on the outside of your sauna, with two metal hooks between the roof and wall top.



IMPORTANT NOTE
Not all accessories are available in each country.
Please contact your local dealer for more information

G. Limited Warranty

PLH Products, Inc. warrants the Health Mate Infrared Saunas to be free of defects in material and workmanship.



- 1) Heaters: Lifetime
- 2) Workmanship: Lifetime
- 3) Electrical Components: 5 years

4) Audio Components: 1 Year

This warranty extends only to the original retail purchaser of the sauna and terminates upon transfer of ownership. It does not extend to commercial or institutional use or installation (Heaters: Lifetime, Workmanship: 1 year, Electrical Components: 1 year, CD Player: 1 year for commercial or institutional use). The sauna must be purchased and installed in the United States and Canada within one year of manufactured date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.

This warranty is void if the sauna has been altered, misused, or abused. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner. The sauna must be placed under an awning or overhang to prevent rain falling directly onto the roof.

PLH Products, Inc. shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall PLH Products, Inc. or any of its representatives be held liable for injury to any persons or damages to any properties. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Specifications are subject to change without notice.

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

Date of Purchase: _____ **Date of delivery:** _____

Model Number: _____ **Serial number:** _____

Dealer Information (Name & Telephone): _____

Contact Information for Customer Service (PLH Products, Inc.)

Address: 6655 Knott Ave, Buena Park, CA 90620

Toll Free No.: (800) 946-6001

Fax No.: (714) 739-6607

Email: support@healthmatesauna.com

www.healthmatesauna.com

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The information contained in this manual is subject to change without notice.



The Pioneer in Infrared Sauna Therapy