



Indoor Far-Infrared Sauna Owner's Guide

Congratulations on your purchase! Your Indoor Far-Infrared Sauna is designed to provide you with a relaxing and rejuvenating experience. This guide will help you get the most out of your sauna.



1 Installation Guidelines

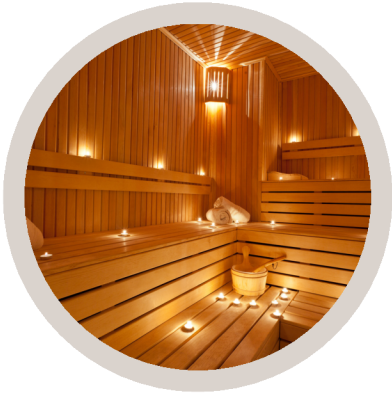
- Location: Choose a dry, well-ventilated space with enough room around the sauna for proper airflow.
- Electrical Setup: Far-infrared saunas typically require a standard 120V outlet. Ensure the circuit can handle the sauna's power requirements.
- Ventilation: Although far-infrared saunas produce less steam, proper ventilation is still important to maintain air quality.



2 Operating Your Sauna

- Preheating: Turn on the sauna and allow it to preheat for about 15-20 minutes. Far-infrared saunas typically operate at lower temperatures (120-150°F).
- Session Duration: Start with 20-30 minute sessions. Far-infrared heat penetrates the skin more deeply, so shorter sessions are often effective.
- No Water Needed: Unlike traditional saunas, you don't need to pour water on rocks. The infrared heaters provide consistent, gentle warmth.

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3 Maintenance and Care

- **Cleaning:** Wipe down the interior after each use with a damp cloth. Avoid using any harsh chemicals that could damage the infrared panels.
- **Heater Maintenance:** Check the infrared panels regularly for any signs of wear or damage. Replace panels as needed to ensure optimal performance.
- **Wood Treatment:** Use a mild wood preservative recommended by the manufacturer. Do not paint or stain the interior wood.



4 Safety Precautions

- **Stay Hydrated:** Drink water before, during, and after your session to prevent dehydration.
- **Temperature Control:** Use the built-in thermostat to monitor the heat level. Never exceed the recommended temperature settings.
- **Supervision:** Keep children and pets away from the sauna when in use, and never allow unsupervised use.



5 Troubleshooting

- **Sauna Not Heating Properly:** Check the electrical connection and thermostat settings. Ensure that the infrared panels are functioning correctly.
- **Excessive Heat:** If the sauna overheats, turn it off immediately and allow it to cool down before investigating. Check the thermostat and ventilation.

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6 Warranty and Support

- Stay Hydrated: Drink water before, during, and after your sauna session to prevent dehydration.
- Temperature Control: Never exceed the recommended temperature for your sauna. Always use the built-in thermostat to monitor the heat level.
- Supervision: Never allow children to use the sauna unsupervised. Always ensure that someone is nearby in case of emergency.
- The Waterworks provides warranty service as directed by manufacturer. Destination fee, fuel and technician labor may not be included in warranty coverage.

Need Service or Have Questions?

We are here to help.

Phone: 907-563-3848

Text: 907-563-3848

Email: service@alaskaspa.com

*The Waterworks makes no written or oral representations for warranty or service. Warranty is between owner and manufacturer. Please see your manufacturer owners manual for full warranty details. R.Q3.2024

