



# Far Infrared Sauna Dome

## Operating Instructions

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- ※ **Elderly Persons, Children and those require medical care must consult with physician before entering Relax Sauna!**
- ※ **Elderly Persona, Children and those require medical care must use Relax Sauna under supervision of another adult!**

## **MANUFACTURE WARRANTY CARD**

Item	<b>Relax Far Infrared Reclining Sauna</b>
Model	<b>FIR9009C</b>
Name	
Address	
Telephone	
Fax	
E-mail	
Expiry	<b>One year Manufacture Warranty</b>
Purchase Date	
Distributor Stamp:	

1. We sincerely provide the best service to you. Please complete the warranty card and retain it with this Operating Instructions.
2. Within the warranty period, we will not provide free repair service if the following conditions happen:
  - a) Damage caused by improper usage (not in accordance to this operating instructions manual)
  - b) Damage caused by repairs, modifications or dismantling of the product without consent from the manufacturer/distributors.
  - c) Damage caused by accident, fire, flood or any natural disaster.
  - d) Warranty is void if the trademark or purchase date is altered or missing.
3. Please keep this warranty card carefully as it will not be reissued.
4. 1 Year Manufacture Warranty expired 1 year from the date of purchase.

## FIR Semiconductor Technology:

Product	 <p>Relax Intelligent semiconductor technology</p>	<p>Others</p>  +  +  <p>Heating Coil      Carbon Impregnated      Ther mostat</p>
Features	<ul style="list-style-type: none"> <li>• Direct electrical supply of FIR (heat) energy, no heating coil</li> <li>• Unlike ceramic impregnated, no need to change plate or refill over time</li> <li>• Auto temperature-control, thermostat not needed</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Heating coil:</b> 600 - 700 °C, reliant on thermostat</li> <li>• <b>Thermostat:</b> not 100% safe, risk of fire</li> <li>• <b>Ceramic impregnated:</b> Benefits reduced over time, need for change of plate every 1000 hours. Can one remember after 999 hours?</li> </ul>
Wavelength	4 ~ 14 microns	2 ~ 50 microns
Usage	Convenient, no need to remove clothing	Need to remove clothes

## Important User Information:

- ❖ Please read this instruction book carefully before using the appliance.
- ❖ Please follow the guidelines strictly and do not use the Far Infrared Sauna except as specified.
- ❖ Elderly Persona, Children, People require medical care must consult with doctor before use.
- ❖ If any symptoms of uncomfortable occur. **Stop using immediately** and consult with physician.
- ❖ After Sauna session, **MUST rest** before take shower and **Avoid Cold** shower.
- ❖ Drink Water before and after Sauna session
- ❖ Long term users should take **supplements/ mineral** to boost up nutrition.

## **Guidelines on usage:**

- People with special medical problems should consult their doctors before using.
- Usage recommends time is based on individual comfort level and can be adjusted accordingly. The recommended time is 20 -30 minutes per session.
- However, for user who needs more time to adjust to Relax Far Infrared Ray, please keep the session short (about 5-15 minutes) and after resting for 10 minutes, continue a second session for another 5-15 minutes at the first few weeks. This is not uncommon for people who do not have regular exercise and people who do not perspire easily.
- We do not encourage you to use perspiration amounts as a gauge of the sauna's effects. If the body's condition is improved, a proper amount of sweat will naturally occur.
- **During the session should the user feel that his feet is too hot, it could be that the sauna cover is too close to the wall. Move the cover further away from the wall.**
- After each FIR sauna session

## Installation:

1. Spread the sauna's mat flat on the floor before placing the air/water pillow at its other end for the head (away from the radiator).
2. The cord should be straightened and the controller placed near the user (as shown in fig. 1).
3. For use, pull the cover right up to your neck (as shown in fig. 2) before switching on the device.



**Fig. 1**



**Fig. 2**

## Guidelines on Maintenance:

- After a period of usage, vacuum the air filter locate at the rear of FIR Blower.

## **Contraindications:**

- **DO NOT** use the Sauna Dome under the following conditions:
  - Pregnancy
  - Insensitive to Heat
  - Suffer from deep cut, Fresh wound or any sign of internal bleeding
  - Under the influence of alcohol
  - Under Doctor's instructions not to use Sauna
  - Sustained serious bone breakage or undergone major surgery
  - Infant Baby
  - After heavy meal
  
- **People with medical problems should consult with doctor before use.**
  
- **Elderly, Cardiovascular Conditions, and Chronic Conditions patients, should use sauna under supervision of medical profession and keep the session short (5-10 minutes) until the user is accustomed to FIR Sauna**
  
- **For diabetes and users with poor circulation (cold feet, icy hand), use less than 10 minutes per session for slower start in the first 3 month.**

- For cleaning and maintenance, use a soft and damp cloth to wipe. Use only mild and organic cleaning liquid if necessary. **DO NOT** attempt to clean the sauna with any chemical detergent.
- For personal hygiene, place towels around neck and on the Sauna Mat, and wash towels frequently.
- Use the appliance on an even floor and beware of sharp objects that can damage the cover/mat.
- Remove all metal objects (e.g. Necklace, watch, and ring) from body before use.
- The titanium oxide-coated semiconductors are naturally anti-bacteria; all you need to do is switch the sauna on for 2 to 5 minutes after use each time to help remove any unpleasant smells.
- Use the Controller Switch to turn on and off the power. Turn the timer clockwise to the time desired. **Do not turn it anti-clockwise.** Allow the timer to stop automatically.
- For better maintenance of the appliance, let it rest for 20 minutes after a continuous use of 60 minutes.

**Do NOT turn timer counter clockwise!!!**



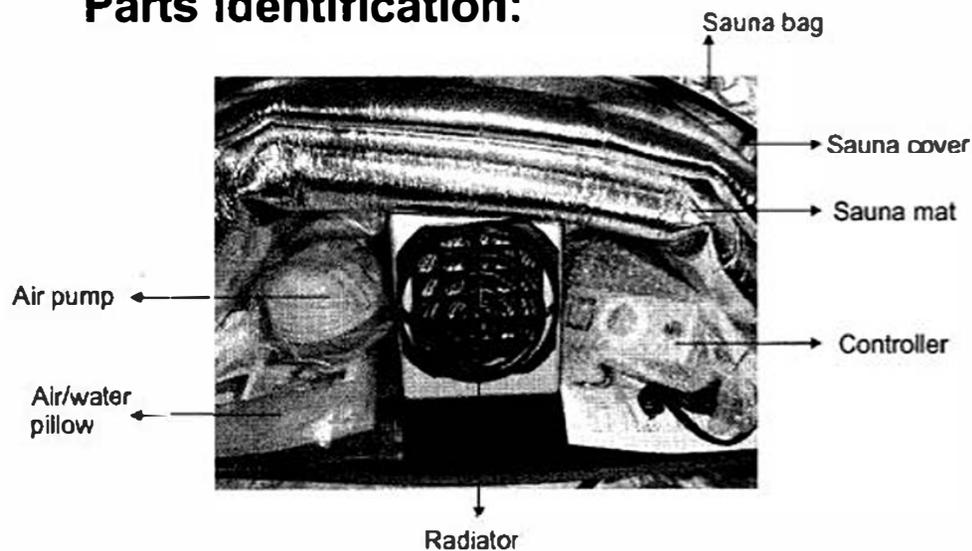
## **Caution:**

### **Beware of the following Electrical Safety Precautions**

- Do not share the outlet with any other electrical device.
- Use only **AC 120V 15A outlet**.
- Do not touch the controller, AC outlet and plug with wet hands.
- As the Relax Reclining Sauna is an electric appliance, under No Circumstances, **DO NOT** use Relax Sauna in places with **high humidity or direct water contact**, such as bathroom, pool side, and ..., so as to avoid electric shock.
- When the appliance is switched on, do not twist, pull or bend the electric cord. Do not put any heavy object on the cord.
- In case of defect occur, please switch off the product and remove the plug. Contact customer service center immediately!!
- It is dangerous to make any alterations or modifications to the appliance's specifications.
- The FIR Heater should not directly against the wall. **At least 8 inch away from any object is required.**
- Do not touch the FIR blower, as it will be hot during the sauna session.

- The occurrence of red spots and itchiness is normal in that it is only a transitional phase in the process of detoxification. When toxins are unable to be carried away by the body's blood stream, they appear as red spots on the skin. Areas more affected than others are often an old injury. Different individuals experience different and normally in 2 weeks, the sort of reaction will clear. **Keep the session short at begin if red spots occurs.** If ever if your skin itches, avoid scratching.
- Not everyone will experience the dizziness but even if you do, **sit on a chair and take a break.** This is same reaction as intense exercise since body may not adjust to the change right away.
- For Long tem users, take supplements/ mineral to boost up nutrition.

## Parts Identification:



## Specifications:

<b>Model</b>	FIR Reclining Sauna	<b>Size of Sauna Cover</b>	65x26x19(h)inch
<b>Size of mat</b>	78 x 36 inch	<b>Size of Sauna box (bag)</b>	33x9x20(h)inch
<b>Voltage</b>	AC 120V	<b>Power</b>	1000W
<b>Cord</b>	Plug to controller: 90 inch Controller to radiator: 80 inch	<b>Weight</b>	18lbs

- o Lie down and raise the legs for about 5 to 10 minutes.
- o **Do not take cool shower, use air conditioner, or fan right after sauna section!!!**
  
- o User should consume 2 cups of water before and after using the FIR sauna. User with large amounts of perspiration should replenish electrolyte, drinks that are rich in positive ions. Suitable multi-vitamins are recommended too.
  
- o At any point in time should the user feel very uncomfortable, stop using immediately, rest and consult a doctor if necessary.
  
- o Regular use of the Lying Sauna is like having regular exercise. Even better, The Lying Sauna will not cause body injury, which may occur in physical exercises. Even the wheel chair bound can enjoy sauna sessions and gain benefits.

***We congratulate you on your purchase of the FIR Sauna Dome and wish you good health with regular use of the sauna.***

***Please consult your distributor or our Service Center for further enquiries in relation to the use of the Sauna Dome.***