



INFRARED SAUNA SYSTEM

OWNER'S MANUAL

MODELS:RC AND RCC



Welcome

Thank you for purchasing our sauna products, we congratulate you on your new path to better health. We, at Lifesmart are striving to become the best infrared sauna supplier in the country; our list of consumers increase daily and we believe your success is our success. We attribute this growth and success entirely to our customer satisfaction, the recognized health benefits, and the quality of our workmanship. At our factory, we use only the finest materials coupled with state-of-art construction and the highest safety standard in the industry.

Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared Sauna for the first time. We recommend for you to keep this manual for future reference.

Benefits:

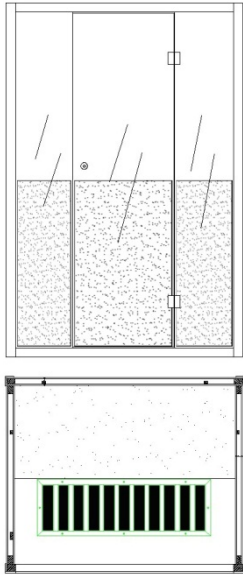
- Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Beautiful Skin
- Stress Reduction

Features:

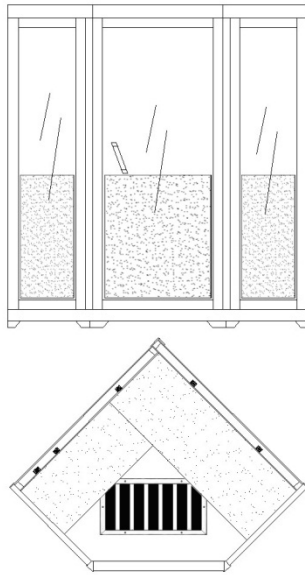
- High quality wood craftsmanship
- High quality electronic control system & digital control panel
- High quality car audio MP3-Player (optional)
- Pre-assembled board and build-in electrical elements makes the installation easy
- Accurate temperature sensor
- Energy efficient
- Comfortable backrest
- Considerate detailed designs

Model List

Royal Carbon



Royal Carbon Corner



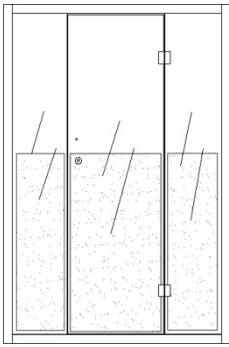
Packing List for Sauna

For any missing parts please contact your local distributor.

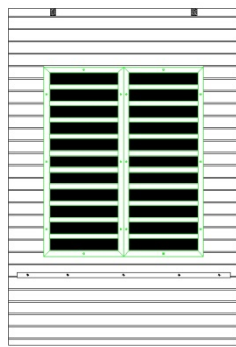
Item Number:

1. Front Panel
2. Back Panel
3. Side Panel (L)
4. Side Panel (R)
5. Bottom Panel
6. Top Panel
7. Bench Panel
8. Sitting baffle
9. MP3/Radio player
10. Spotlight

1. Front Panel



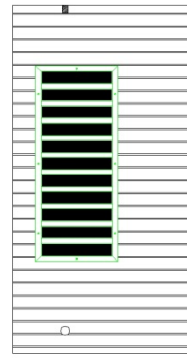
2. Back Panel



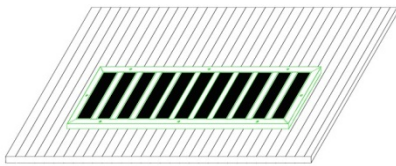
3. Side Panel (L)



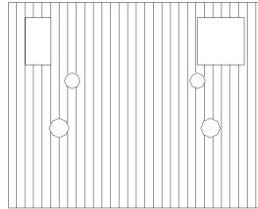
4. Side Panel (R)



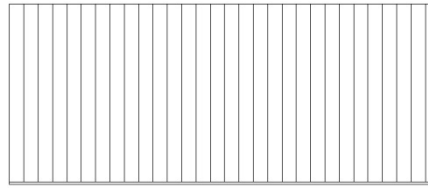
5. Bottom Panel



6. Top Panel



7. Bench Panel



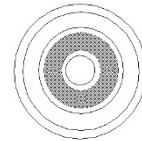
8. Sitting Baffle



9. MP3 Connector radio



10. Spotlight



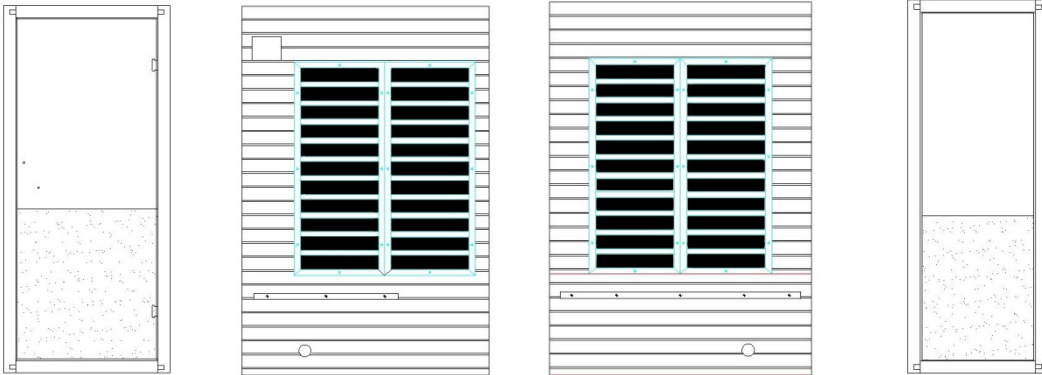
Packing List for Corner Sauna

For any missing parts please contact your local distributor.

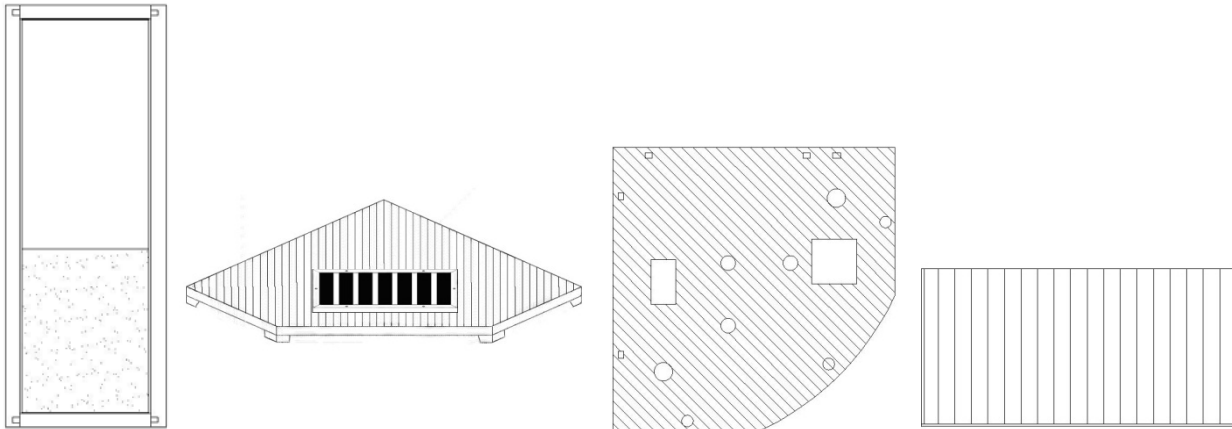
Item Number:

- 1. Front Panel
- 2. Back Panel (L)
- 3. Back Panel (R)
- 4. Side Panel (L)
- 5. Side Panel (R)
- 6. Bottom Panel
- 7. Top Panel
- 8. Bench Panel (short)
- 9. Bench Panel (long)
- 10. Sitting baffle(long)
- 11. Sitting baffle(short)
- 12. MP3/Radio player
- 13. Spotlight

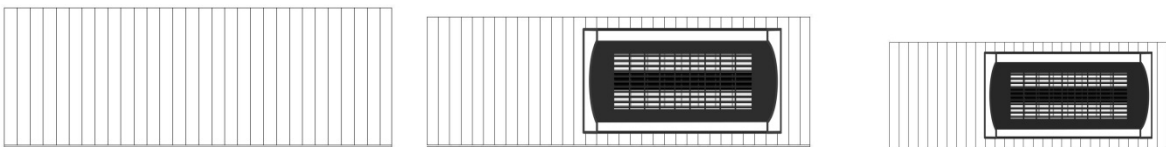
1. Front Panel 2. Back Panel (L) 3. Back Panel (R) 4. Side Panel (L)



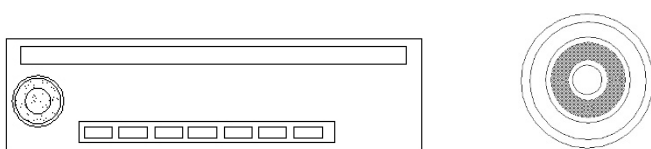
5. Side Panel (R) 6. Bottom Panel 7. Top Panel 8. Bench Panel (short)



9. Bench Panel (long) 10. Sitting Baffle (long) 11. Sitting Baffle (short)



12. MP3Connector radio 13. LED light



Installation Requirements

1. Do not plug any other appliances into the outlet with your infrared sauna.
2. Most Saunas require 220/240v power with a hard wire connection to a separate 30 or 40 amp breaker in the electrical panel. In some instances a small sauna can be plugged into a 110/120v outlet, as long as there is a #12 wire behind the plug. Please refer to your distributor for specific recommendations.
3. Install the sauna on a completely level floor.
4. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
5. Do not store flammable objects or chemical substances near the sauna.
6. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.

Assembly Instructions

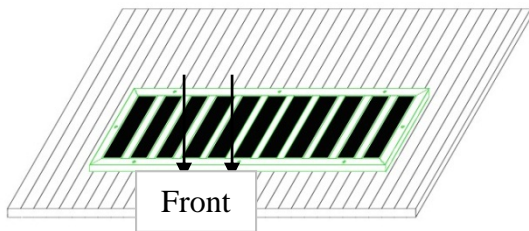
Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

<1> LOCATION OF SAUNA

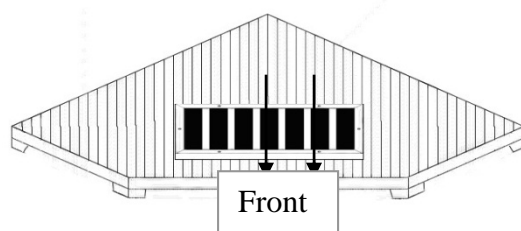
When you find a good location for your sauna, please notice the following.

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.
3. Please take out the backrest if it is behind the bottom panel.

<2> PLACING BOTTOM PANEL



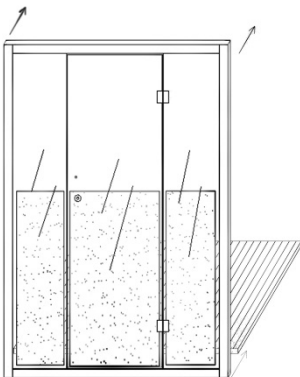
For Ref Model Series-RC



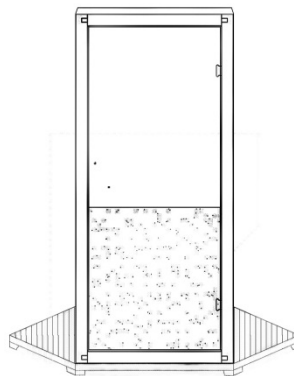
For Model Series-RCC(Corner)

Place the bottom panel on the floor. Make sure that the **FRONT** direction of your sauna room.

<3> CONNECTING FRONT PANEL TO BOTTOM PANEL

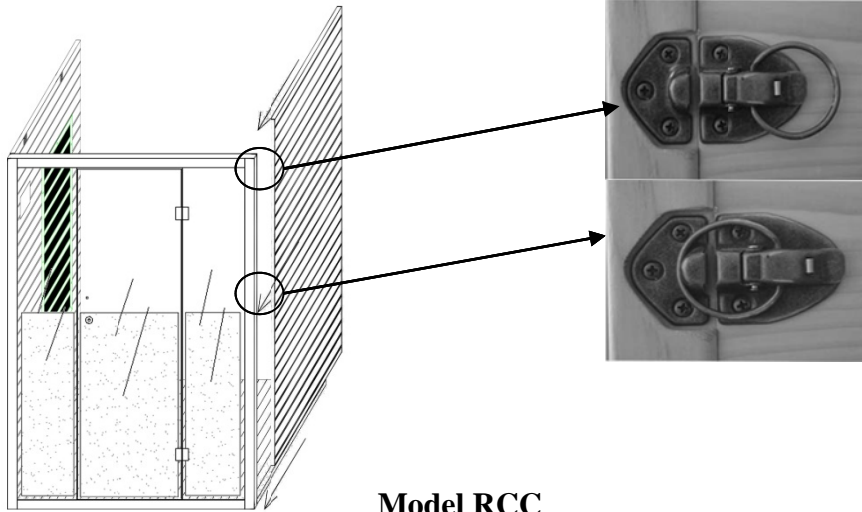


Model-RC

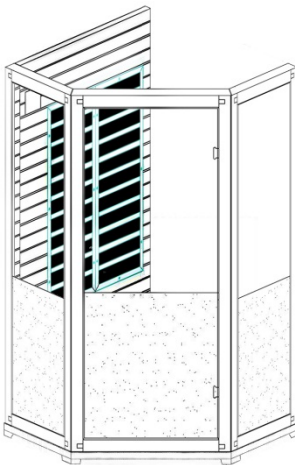
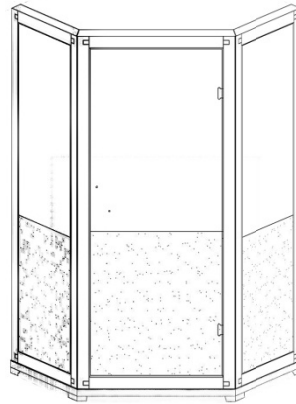
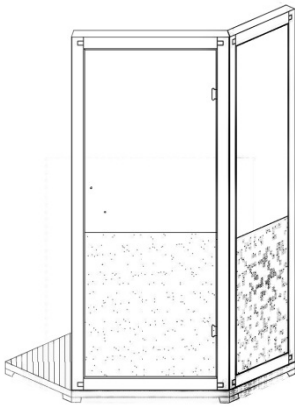


Model RCC(Corner)

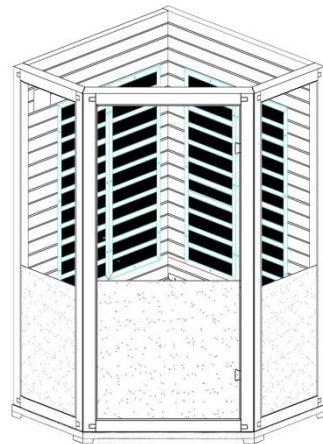
<4> INSTALLING LEFT AND RIGHT SIDE PANELS WITH BUCKLES



Model RCC

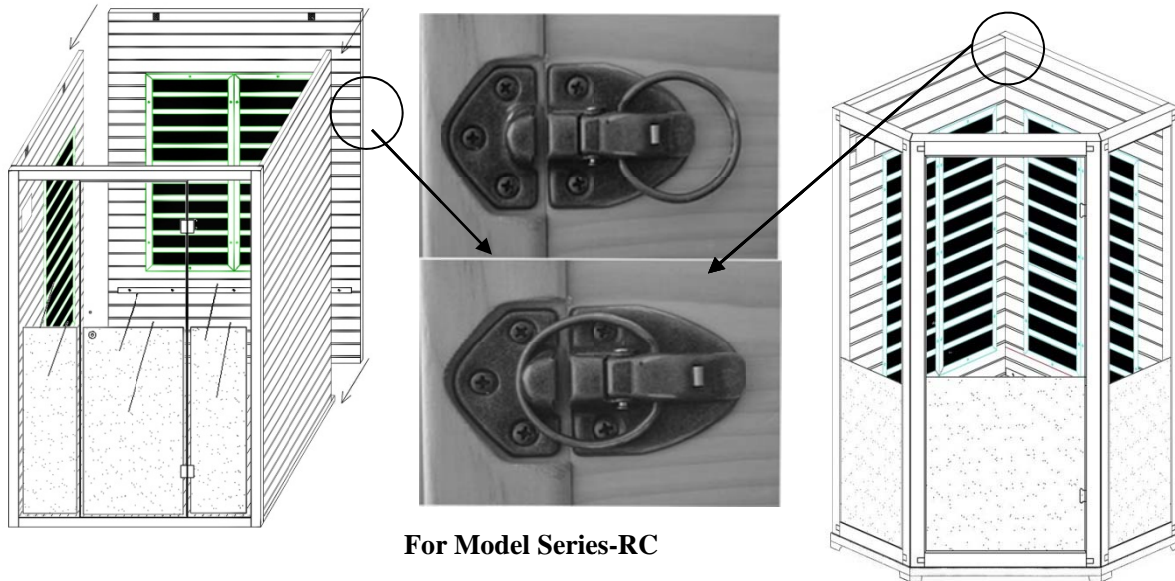


Model RCC (Corner)

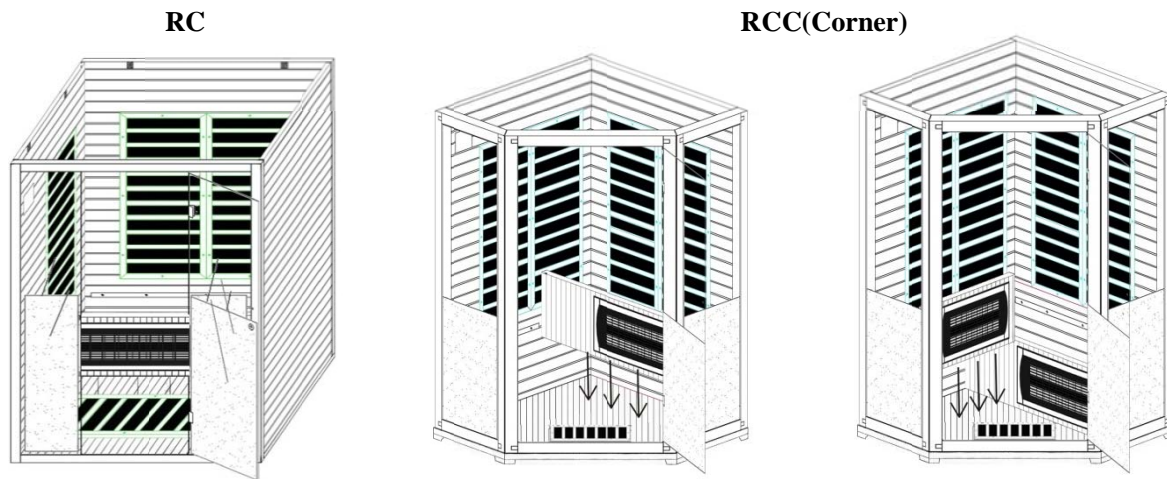


Align the front panel with side panels' corresponding outside-buckles.
Please take care of the glass door to avoid damage.

<5>INSTALLING THE BACK PANEL WITH OUTSIDE BUCKLES



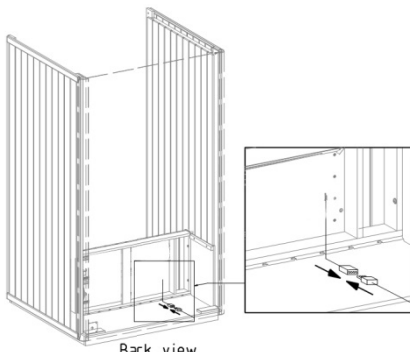
<6>INSTALLING BENCH HEATER PANEL & PLUG IN THE CABLE



Slide down the bench heater panel by lining up its sides with the vertical guides on left side panel.

1. The heater grill is facing outward (toward the front of the sauna).
2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.

Note: Place the long sitting baffle first, then place the short sitting baffle.

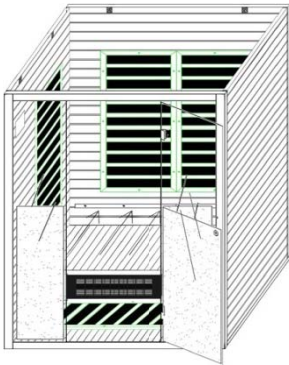


Back view

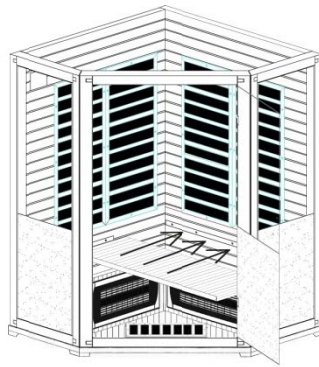
NO.1: Connect the plug of the bench heater to connector A and make sure they are tightly connected.

NO.2: Connect the plug of the floor heater to connector B and make sure they are tightly connected.

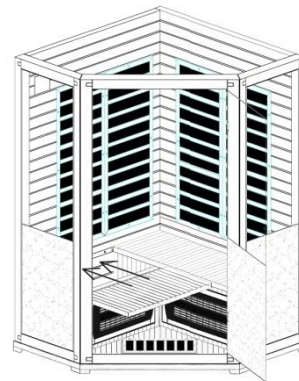
<7>INSTALLING THE BENCH



Model RC

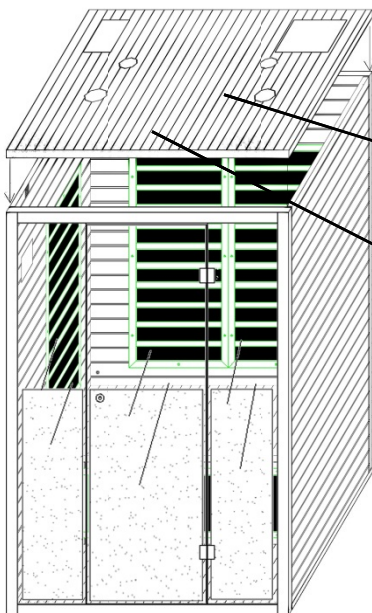


Model RCC (Corner)

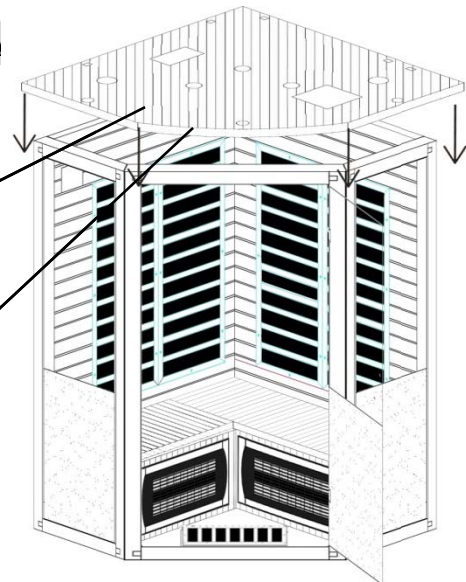
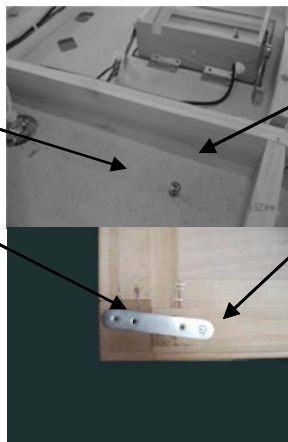


1. Install the bench by sliding it over the horizontal bench guides on the side panels.
2. Push the bench all the way in until it can touch the back panel and is securely in place.
3. Make sure of the bench position, so, that the smooth and finished side of the bench are facing up and forward.

<8> PLACING TOP PA



Model RC



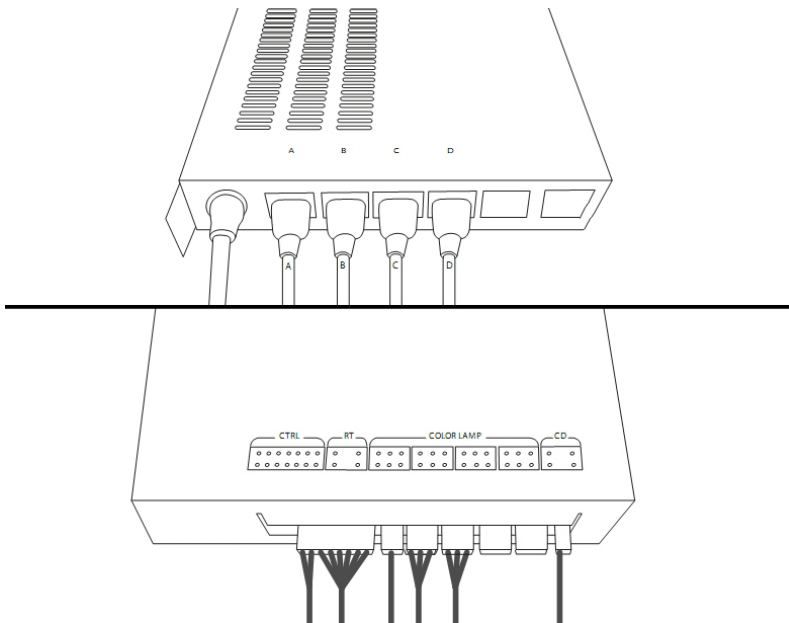
Lower the top panel onto the assembled panels.

1. Gently place the top panel onto the rest of the assembled panels. When four corners are in place, gently push down the top panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cable do not get pinched between the panels.
3. Please screw the ceiling with the side panels with 4 pieces screws that provided so that the ceiling and side panels can connect closely.

Screw the top panel by adding the four metal pieces into the four corners in order to keep its shape for long time.

<9> THE MAIN POWER CONNECTION ON THE TOP PANEL

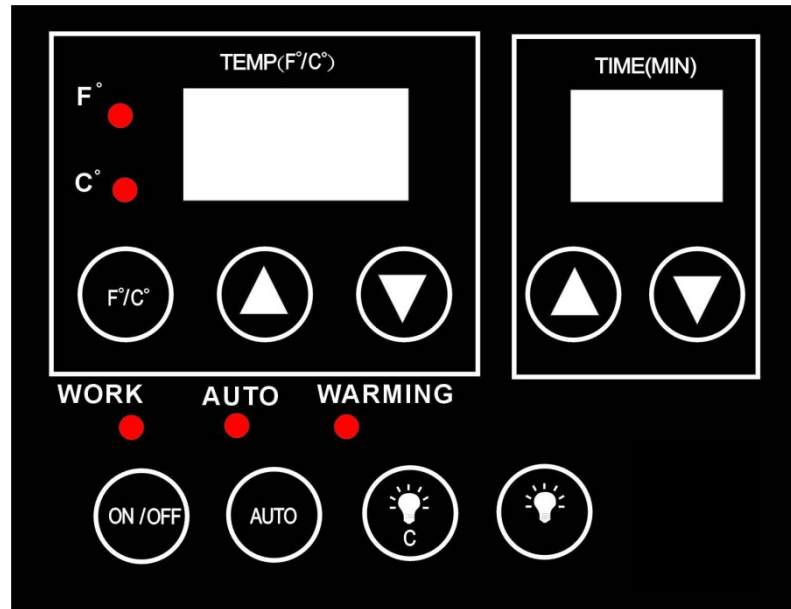
1. Connect the heater wires
2. Connect the control panel wires.
3. Check to be sure that all connections to the control box are secure.



<10> ENJOY YOUR SAUNA!

Plug in the main power cord into the wall outlet and power up your sauna. Turn on the radio, grab some towels, a glass of water and step into your sauna and enjoy the benefits of the sauna!!

Digital Control Panel Operating Instructions



1. Power on

Plug the main power cord into the wall outlet.

Press the “On/Off” button one time, the control panel is now operable, but the heaters are not on. You can now use the radio and lights.

2. Warming

Press “On/Off” button again, then the “Warming” light is on, which indicates the heaters are working. To turn off the sauna, press the ON/OFF button.

3. Lighting

The reading light can be turned on or off by pressing  button at any time, the color lights can change color by pressing the  button.

4. Pre-setting

“AUTO” button is for pre-setting the time you want your sauna to turn on. Press “AUTO” button once. Pre-set the time you want your sauna to turn on with the UP/DOWN ARROWS. TEMP UP/DOWN ARROWS are for hour setting and TIME UP/DOWN ARROWS are for minute setting. The setting range is 00:00-23:59.

5. How to use radio/MP3 connector

For more information, you can consult with the attached **radio/MP3 connector** Manual.

6. Sauna Time Adjustment

Session time can be set between 0 and 90 minutes.

- a) Press TIME UP/DOWN ARROWS to adjust time, time value will increase or decrease by 1 minute at a time.
- b) By holding down the UP/DOWN ARROWS you can speed up the rate of change.
- c) Time light will be lit to indicate changes being made to time setting.
- d) If you don't input anything during 5 seconds, the TIME DISPLAY will stop flashing, the value will be stored in memory as preset value. Then the TIME DISPLAY value will show how much time is left in your sauna session decreasing 1 minute at a time.

7. Sauna Temperature Adjustment

Session temperature can be set between 77°-158° (25°-70°)

(Recommend environment temperature is 68° (20°) and Recommend temperature settings are between 100°-130° (38°-54°)

- a) Press TEMP UP/DOWN ARROWS to adjust temperature, temperature value will increase or decrease by 1 degree at a time.
- b) By holding down the UP/DOWN ARROWS, you can speed up the rate of change.
- c) °F(or °C) will be lit to indicate changes being made to temperature setting.
If you don't input anything during 5 seconds, TEMPERATURE DISPLAY will stop; present value will be stored in memory as preset value and will be displayed at next start up. And the TEMPERATURE DISPLAY value shows the sauna room inside current temperature.
- d) During session time, when the temperature reaches the setting level on the control panel, "Warming" indicator light will be off, micro-control will force the heaters to stop heating and keep a constant-temperature status. The heaters will turn off and on periodically in order to maintain the desired temperature inside the sauna.

8. Switch between °F and °C

You can alternate between Fahrenheit and Celsius while in setting mode by pressing °F / °C buttons.

Things To Know

1. Set up the desired session temperature and time using the control panel. (suggested 100°F -130°F)
2. Allow approximately 10~15 minutes for the sauna to warm up before beginning a session.
3. Recommend sauna session use is around 30-45 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna
5. The ceiling vent can be opened at any time to for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. 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 stain or warp the wood. A shower after the session is refreshing and rinsing perspiration from the body.
8. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
9. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

Recommendation for Use

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
2. If you need more cooling, simply leave the door open until the air around you feel comfortable.
3. Drink plenty of fluids prior to, during, and after your sauna session.
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 the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
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 excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
10. 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.
11. 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.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs; massage your neck and feet, etc.
13. 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.
14. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. **Consult your physician for the proper treatment and care for this or any other conditions.**
15. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect 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 the sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.

Safety

Read all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.

1. Read and follow all instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. **Pregnant or possibly pregnant women should contact their physician prior to using the sauna.**
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37⁰C (98.6 ⁰F). While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103⁰F. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hypothermia 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.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. **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.**
9. **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.**
10. Never sleep inside the sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the sauna.
12. DO NOT stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. 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.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.
18. All natural wood articles have variations in the color, 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.

Important Safeguards For Your Sauna

1. **READ INSTRUCTIONS** -- All the safety and operating instructions should be read before the sauna is installed and operated.
2. **RETAIN INSTRUCTIONS** -- The safety and operating instructions should be retained for future reference.
3. **FOLLOW INSTRUCTIONS** -- All operating and usage instructions should be followed at all times.
4. **CLEANING** -- Unplug the sauna from the wall outlet before cleaning **DO NOT** use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. **ATTACHMENTS**-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.
6. **WATER OR MOISTURE**—**DO NOT** use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
7. **POWER-CORD PROTECTION**-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. **LIGHTING**-- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. **OVERLOADING**-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. **SERVICING**-- Always unplug your sauna from the wall outlet before servicing.
11. **REPLACEMENT PARTS**--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. **SAFETY CHECK**--Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

Cleaning and Maintenance

- Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. If the smell of the sauna is strong at first, that is normal and please open the door while the sauna is working. The smell will diminish within a weekend.
- Use furniture polish to clean the exterior.
- We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
- Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

Troubleshooting Guide

	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plug-in	1. Check for power to the outlet. 2. Check connection between power cord and main control unit.
		The fuse is burned out	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature	Problem with heater.	See Item #3.
		Incorrect setting on control panel	Reset it.
		The temperature sensor wire may be loose or broken.	Check sensor wire connection and condition. Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system.	1. Unplug sauna, check the voltage.
			2. Find the objects with problems.
			3. Replace the parts.
6	The light not working	The light bulb is burned out.	Replace light bulb.
		The bulb is not secured in the base	1. Make sure the bulb is tight enough to make good contact in the light fixture. 2. Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.
7	No sound or poor sound from speakers	The speaker is broken or speaker is loose	1. Check speaker wire. 2. Check speaker
		The wire connection is loose.	Check connectors to be sure they make good contact.
		CD-player is not turned on.	Turn on the CD-player.
		CD-player is not functioning	1. Check faceplate contact on the CD-player. 2. Check fuse in the fuse holder.

Registration

Please register your product within 30 days from the date of purchase to receive a full warranty. Registration may be done with one of the following 3 options:

- 1) Register online at www.lifesmartproducts.com (product registration tab)
- 2) E-mail us at Registration@lifesmartproducts.com (Provide the information below)
- 3) Call Technical Support at 1-866-484-2066 and provide us the following information

First Name: _____ Last Name: _____

Home Address: _____

City _____ State _____ Zip _____

Phone: _____ Fax: _____

E-mail Address: _____

Purchase Date: _____

Place of Purchase: _____

Model Number: _____

Our unit is a: 2 person? 3 person? Corner?

Serial Number: _____

1 Year Limited Warranty: LIFESMART warrants this sauna against defects in materials and workmanship on functional parts, for a period of 1 year from the original date of purchase. **Your sales receipt showing the date of purchase of the product is your proof of purchase.** Keep it in a safe place for future reference.

Manufacturer Warranty

All LIFESMART products are manufactured with the highest quality materials and are warranted to be free from defects in material and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by the LIFESMART brand name, are delivered in the continental United States, and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and/or owner transfer (unless otherwise authorized by LIFESMART, as the manufacturer). Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this LIFESMART limited warranty, and may be redirected to said retailer or third party for coverage.

Extent of Warranty

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a manufacturer/workmanship defect. Note that surface cracks are not considered defects in material or workmanship, as they are normal characteristics of all wood. Unless LIFESMART was the direct shipper, shipping damage should be addressed with the shipping company, retailer, or place of purchase, prior to making a claim to LIFESMART, as the manufacturer.

The manufacturer's sole obligation under this warranty shall be limited to furnishing the original purchaser replacement parts for units deemed *repairable* by the LIFESMART warranty department. The purchaser may also opt to ship the product to LIFESMART to have it repaired. The purchaser will be responsible to prepay any shipping charges (both ways), export taxes, custom duties and taxes, or any other charges associated with the transportation of the unit. In addition, the purchaser is responsible for insuring any parts shipped or returned, if desired. For products the warranty department deems *un-repairable, or discontinued*, LIFESMART reserves the right to issue a refurbished product, or product similar in size and functionality as a replacement for the defective unit, *if available*. All exchanged parts and products replaced under this warranty will become the property of LIFESMART. LIFESMART reserves the right to change manufacturers of replacement parts or products for use, in order to cover any existing warranty. Any parts determined defective may be returned to LIFESMART or its representatives to validate a claim. Non-Warranty replacement parts will be warranted 30 days from the time the purchaser receives them.

The purchaser must present LIFESMART with proof of purchase documents (including the date of purchase) if requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to **VOID** this limited warranty. Products, in which the serial number has been defaced or removed, are not eligible for warranty coverage. Continued...

Warranty Limitations

This warranty does not apply if the unit has been subject to negligence, fabrication, misuse, abuse, or repairs (unless authorized verbally, or in writing, by an Authorized LIFESMART Representative) alteration by non **LIFESMART** authorized personnel, inappropriate installations, or any case beyond the control of **LIFESMART**. Examples of warranty invalidation may also include, but are not limited to:

- **Use of lacquer or paints in (and around) the saunas**
- **Sauna placed on non-approved surfaces**
- **Electrical requirement deficiencies**
- **Use on Extension Cords/Timers/Surge Protectors/GFCI**
- **Outdoor applications**
- **Normal wear/tear/weathering**
- **Pet/Consumer accidents**
- **Purchases from dealers unauthorized by LIFESMART (Authorization in writing)**

Disclaimers

LIFESMART shall not be liable for any loss due to use (or misuse) of the sauna or other **LIFESMART** products or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall **LIFESMART** or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation.

Legal Remedies

This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.