HEKLA

Cabin

Assembly & User Manual

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WELCOME

Thank you for purchasing our sauna products. We are striving to become the best sauna supplier in the world, 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 sauna every day. Now you can enjoy the great benefits of heat within the privacy of your own home.

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

Benefits:

- 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

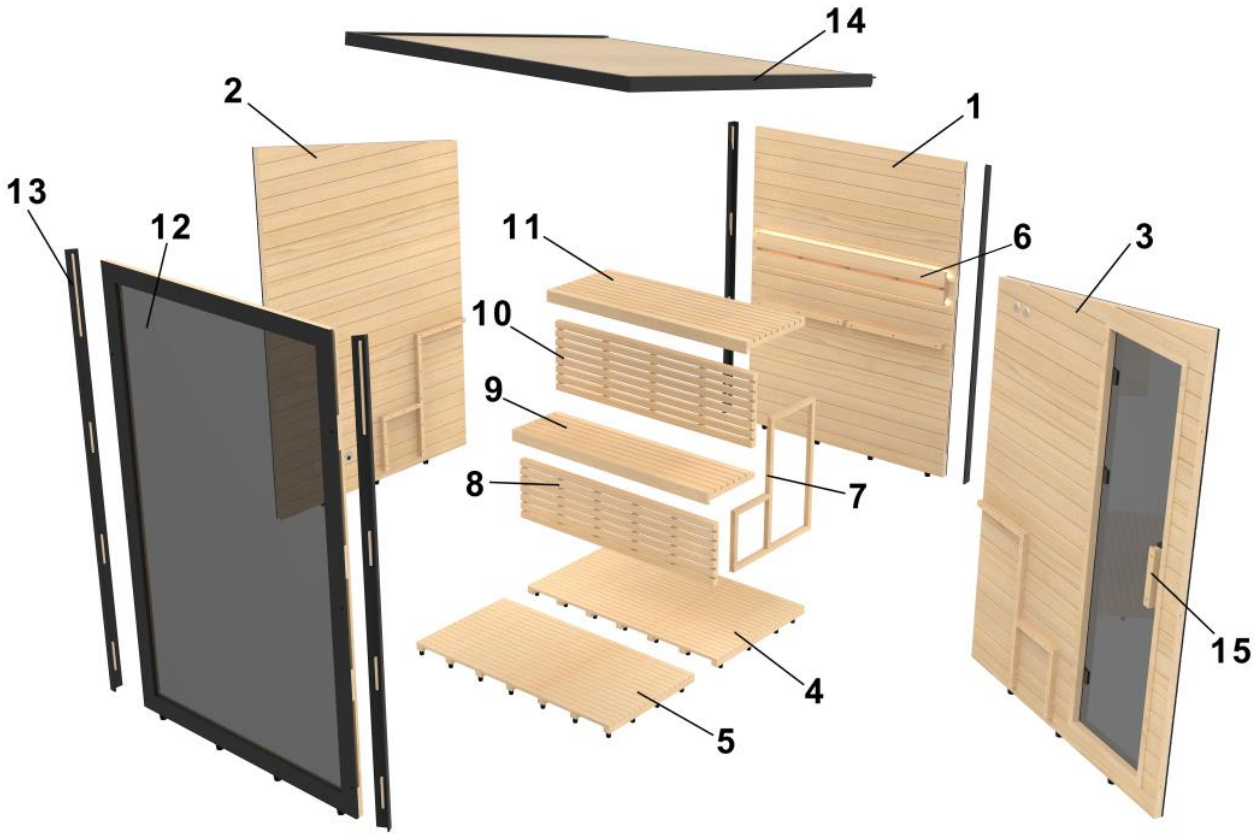
You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.

Features:

- High quality wood craftsmanship
- High quality electronic control system
- Pre-assembled board and build-in electrical elements makes the installation easy
- Energy efficient
- Considerate detailed designs

PARTS LIST

Name of Parts	Size	Required Qty	Packed QTY	Note
Outside handle	250*100*40mm	1	1	For door handle
Inside handle	250*45*35mm	1	1	
Big wooden cover	φ18*φ13.2*7	2	3	For door handle*2,spare*1
Flat head screws	4*40mm	38	38	For top panel*16, bench*8, door handle*2, backrest*5, front bench panel*4, bench support*3
Flat head screws	6*50mm	14	15	For door handle*2, front panel*6,back panel*6
316 Black Flat head screws	3*30mm	Cabin:28 Mini Cabin:26	30	For top panel L shape cover*26(mini cabin) top panel*28(cabin),remote control stand*2,spare*2
Sandpaper	240 #	1	1	For maintaince
Sandpaper	320 #	1	1	
Black lacquer	25ML	1	1	
T-shaped silicone strip	Black 16*11mm	1	1	For glass door
Black rubber feet	Ø39*31	16	16	
Flat head screws	5*50	16	20	For side panel rubber feet *16,spare 4
Small wooden cover	¢ 15* ¢ 9.5*10	9	10	For bench*4,backrest*5,spare*1
Remote control	12V	1	1	
Flat head screws	4*30	6	8	For Thermometer+Hygrometer, timer*6,spare*2
Sharp head screws	3*16	152	152	For bitumen
Waterproof fabric	3.5m	1	1	For top panel
Bitumen A	1000*325	16	16	
Bitumen D4	50*325	6	6	
Bitumen D5	50*325	8	8	
Bitumen F3	550*325	6	6	
Bitumen F7	550*325	8	8	
Vent metal cover	65*53	8	8	For Vent
Wire cover	65*53	2	2	For stove wire



No.	PART DESCRIPTION	QTY
1	Back panel	1
2	Left panel	1
3	Right panel	1
4	Back floor panel	1
5	Front floor panel	1
6	Backrest	1
7	Seat support	1
8	Lower front bench support	1
9	Lower bench	1
10	Upper front bench support	1
11	Upper bench	1
12	Front panel	1
13	Tirm strip	4
14	Top panel	1
15	Door handle	1

WOOD & EXPECTATIONS

1. This Sauna is designed for outdoor use.
2. The lumber is naturally resistant to the elements. Rain and sun will not damage the wood, although natural weathering and coloring of the wood will occur over time.
3. The wood used in this sauna is a natural material. As a result, slight imperfections, variations in grain, and small knots may be present, which contribute to the sauna’s natural and rustic appearance.
4. Properly assembled, you should not experience water dripping into the sauna.However, you will experience water seepage, especially on the top and sides of the sauna. This is because of the porous characteristics of the wood and due to the ball-and-socket profile design of the staves.
5. Water seepage WILL NOT hurt the sauna and in most cases will dry quickly in the hot, dry environment when the sauna is in use. If you wish to keep your sauna completely dry at all times, then you should place it under a covering or structure with a roof. Light sanding will help to alleviate water stains.

Installation Requirements

1. Do not plug any other appliances into the outlet with your sauna.
2. The cabin must be erected on a level surface. A distance of at least 5cm from the wall must be maintained.
3. Do not store flammable objects or chemical substances near the sauna.
4. Comply with the regulations applicable at the installation location.
5. We do not recommend using an extension cord for your sauna. Please plug the sauna directly into the wall receptacle.
6. For your own safety, consult your supplier in the event of problems that are not explained in sufficient detail in the installation instructions.

* Manufacturer reserves the right to change the specifications.
* All designs and specifications are for reference only and is subject to change without prior notice.
* Correct specifications depend on the actual model.

Assembly Instructions

Assembly of your sauna requires a minimum of 2~3 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

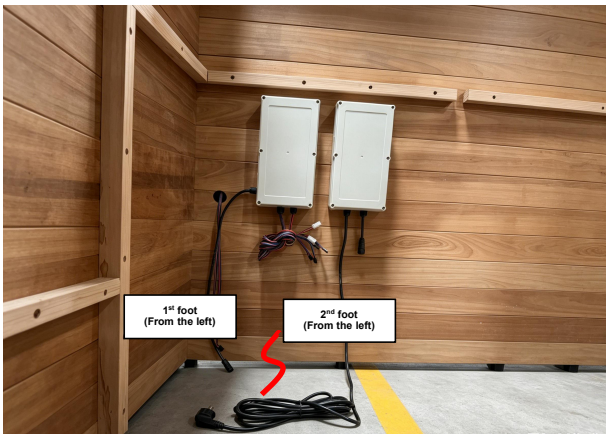
<1>LOCATION OF SAUNA

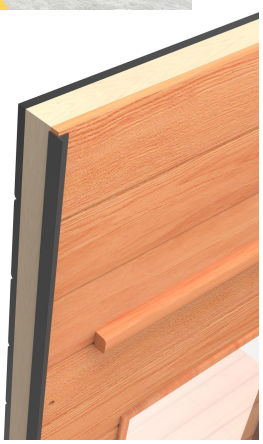
When you find a good location for your sauna, please note the following:

1. The main power cord on the sauna must be easily accessible.
2. The sauna location must be level.

<2> Placing back panel

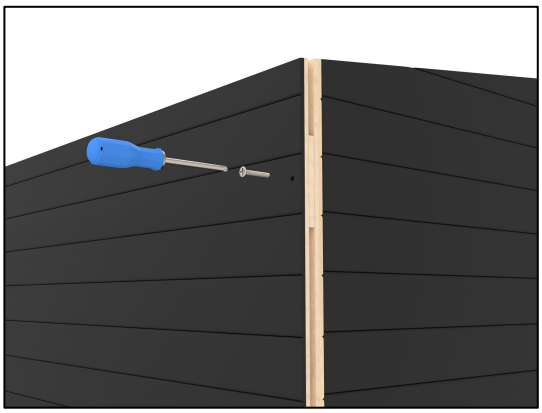
1. Attach the rubber feet to the bottom of the back panel using the provided 5 × 50 mm screws.
2. Simply place the back panel on a flat level surface.
3. The control box and power cord are pre-installed on the back panel. Before placing the back panel in position, ensure the power cord is routed through the gap between the first and second rubber feet (from the left).
4. Attach the T-shaped silicone strip along the left and right sides of the back panel. Press it firmly into place from top to bottom to ensure it is evenly fitted with no gaps or twisting. Each side uses one strip; cut each strip to 1990 mm using scissors before installation.





<3> Install the left panel

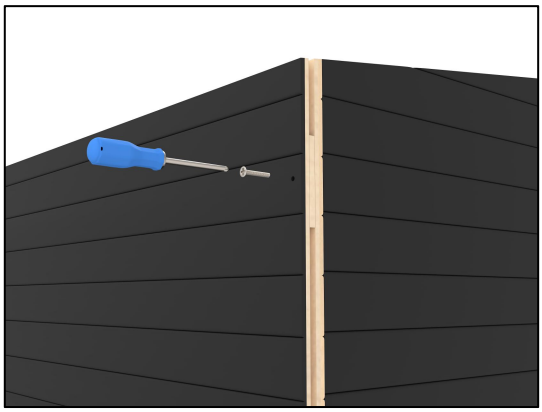
1. Attach the rubber feet to the bottom of the left panel using the provided 5 × 50 mm screws.
2. Place the left panel against the back panel.
3. Secure the left side panel to the back panel using the provided 6 × 50 mm screws.



<4> Install the right panel

1. 1.Attach the rubber feet to the bottom of the right panel using the provided 5 × 50 mm screws.
2. Place the right panel against the back panel.
3. Secure the right side panel to the back panel using the provided 6 × 50 mm screws.

* CAUTION: When moving the panel, handle it carefully to avoid damaging the glass.



<5>Place the back floor panel

*The back floor panel has a wire access hole located at the top corner for power cable routing.

1. Place the back floor panel on the floor inside the sauna base. Ensure the panel is positioned with the cable pass-through hole located at the left rear corner.
2. Carefully route the power cord through the designated hole.
3. Then slide the back floor panel forward until it is firmly pushed against the back panel.

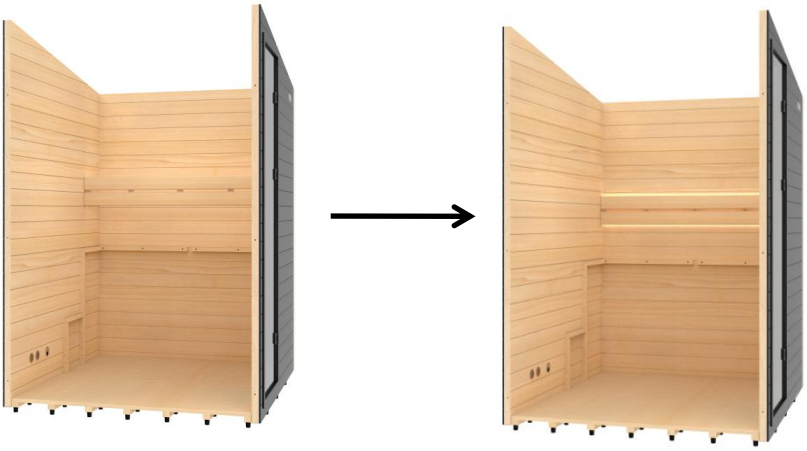
<6> Place the front floor panel

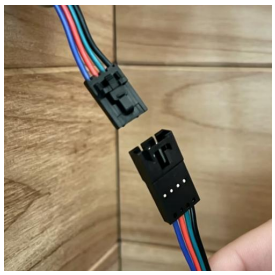
*The front floor panel features a 25mm drainage hole located on the middle-left side, on the same side as the stove ventilation opening, for efficient water drainage.

1. Place the front floor panel on the floor inside the sauna base.
2. Slide the front floor panel forward until it is firmly pushed against the back floor panel.

<7>Install the backrest

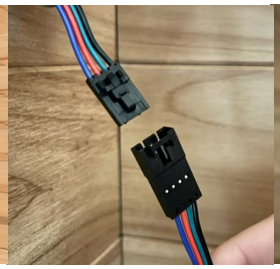
1. Position the backrest in place, ensuring it is installed in the correct orientation with the LED light strip facing upward. Secure the backrest using 5pcs 4 × 40 mm screws.
2. Connect the LED strip connector.
3. Then cover the screw holes with the wooden caps.

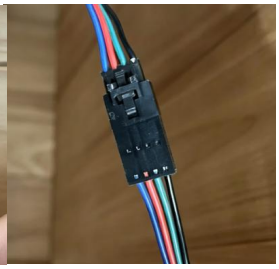




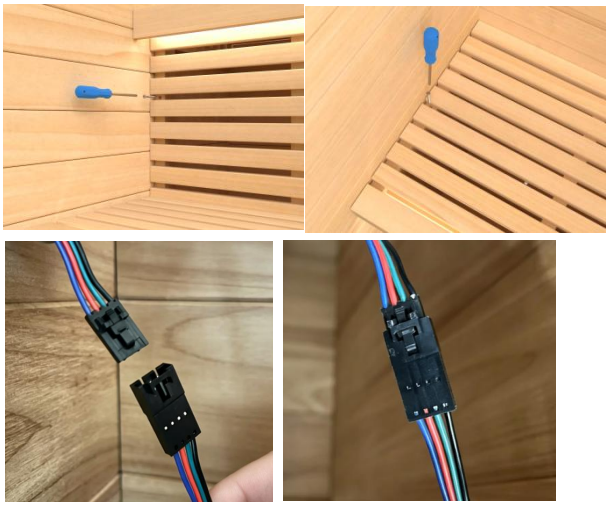
<8>Place the bench and bench support

1. Install the seat support and secure it with 3pcs 4*40mm screws.
2. Install the lower front bench support and bench , secure it with 4*40mm screws.
3. Install the seat board and secure it using 4pcs 4*40 mm screws.
4. Connect the LED strip connector as shown.



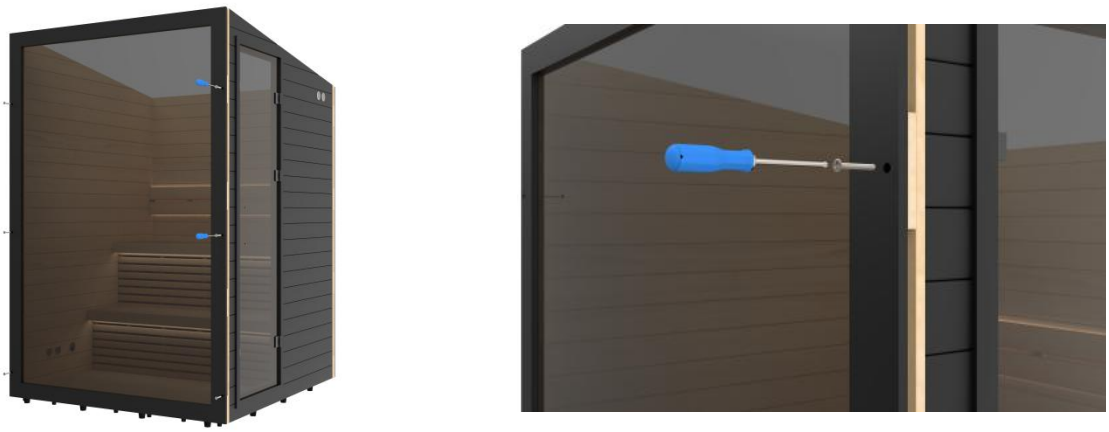


5. Install the upper front bench support and bench , secure it with 4*40mm screws.
6. Connect the LED strip connector as shown.



<9>Install the front panel and frame

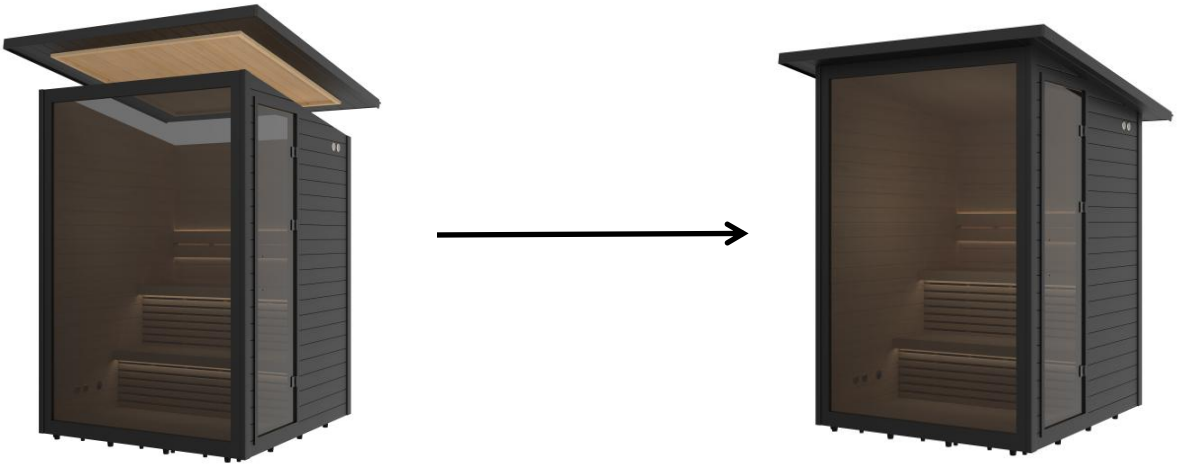
1. Attach the T-shaped silicone strip along the left and right sides of the back panel. Press it firmly into place from top to bottom to ensure it is evenly fitted with no gaps or twisting. Each side uses one strip; cut each strip to 2220 mm using scissors before installation.
2. Install the front panel and secure it with 6*50mm screws.
3. CAUTION: When moving the left side panel, handle it carefully to avoid damaging the glass.



4.There are four banding strips provided—one for the front, rear, left, and right sides. Attach each banding strip by hooking it over the joint between the side panels. Make sure each strip is securely fitted.

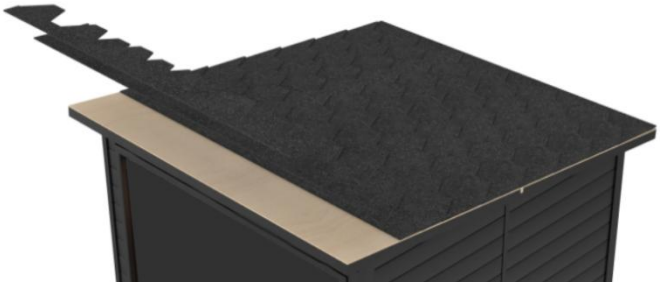
<10>Install the top panel

1. Place the top panel in position.
2. Make sure all panels fit tightly together with no gaps. Secure the top panel using 6 pcs 4*40 mm screws. The top panel has pre-drilled holes; simply install the screws in the provided locations.

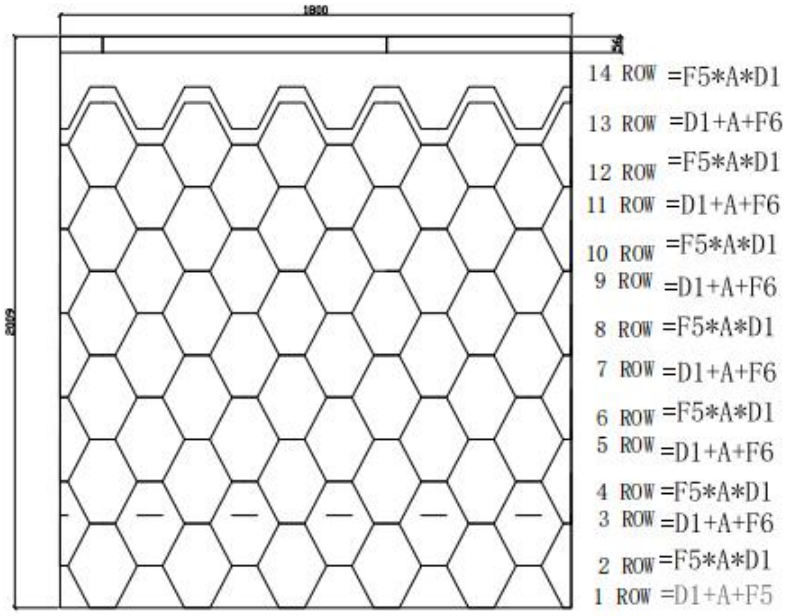


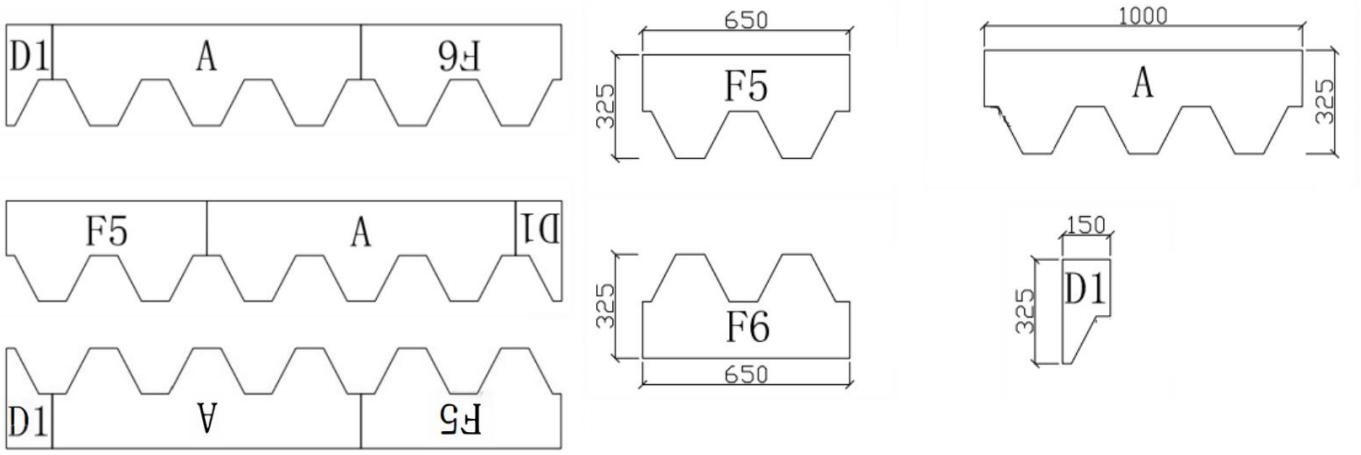
<11>Bitumen installation

1. Unpack the bitumen roof tiles and sort them according to their shape and installation position.
2. Position bitumen along the drip edge, making sure the flat part of the segment is flush with the bottom of the drip edge. Secure these using a staple gun. BE SURE TO STAPLE & SCREW AT THE TOP OF THE RIDGE SO IT WIL BE COVERED BY THE NEXT LAYER. Use 3 -4 of the provided 3x16mm screws to secure each segment in place.

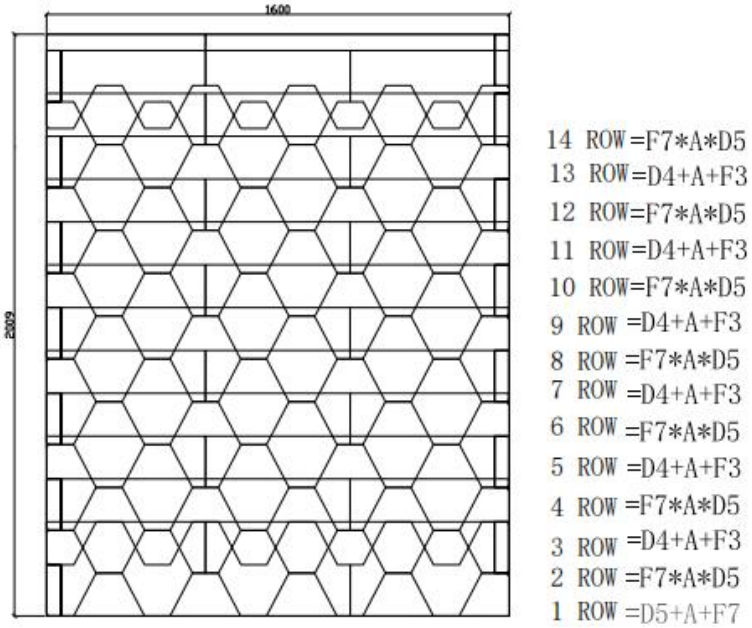


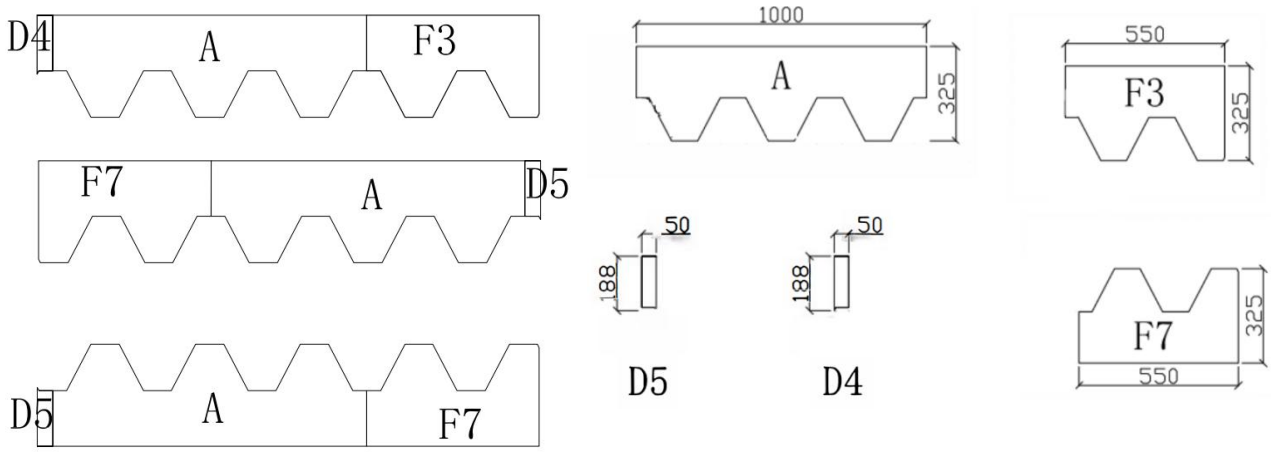
Cabin sauna





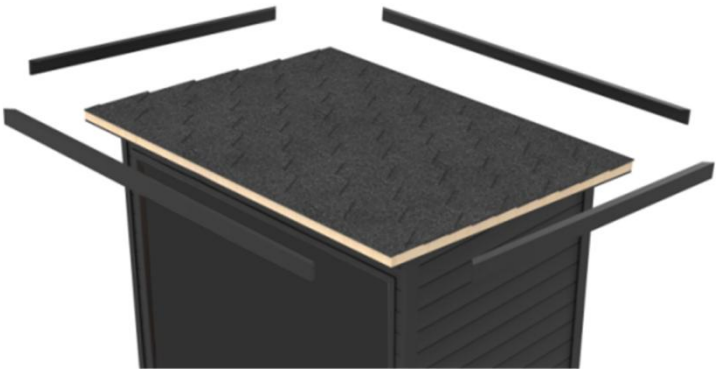
Mini cabin sauna





<12>Install the tirm strips

Install the trim strips along all four edges using the provided 3 × 30 mm screws. Align each trim strip with the pre-drilled pilot holes and secure it by driving the screws into the pilot holes.



<13>Install the door handles

1. Attach the door handles through the glass door frame using the provided 4*40 mm door handle screws. The wooden handle should be positioned on the inside of the sauna to prevent it from becoming hot during use.
2. Please ensure that the door handle covers and rubber gaskets are installed together with the handles. These components act as a protective layer between the handles and the glass, helping to prevent scratches and damage to the glass surface.

OPERATING RECOMMENDATION

1. To regulate the temperature inside the sauna during your session, use the roof vent or open the door to circulate the fresh air.
2. If you are still feel too hot, simply leave the door open until you feel comfortable.
3. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
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 be useful to wipe 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 the sauna.
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 your body to cool off. When you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body.

SAFETY

Read all health and safety instructions. If in doubt as to the advisability of using your sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, leave 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.
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 pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. 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 370C (98.6 0F). While Hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 1030F. 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 leave, unawareness of impending hazard, fetal damage in pregnant women, physical inability to leave 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 with 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 has 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.

* These statements have not been evaluated by the Food and Dug Administration.These statements are for informational purposes only and should not be used as the basis for medical counseling. This information is not intended to diagnose,treat cure, or prevent any disease. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage or injury caused directly or indirectly by the information contained herein.

IMPORTANT SAFE GUARDS 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.
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 the 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 operating condition.

CLEANING AND MAINTENANCE

1. Your sauna is made of the Natural wood. All wood products have variations in the color, grain, and may have irregularities such as knots, fine cracks and wood natural oil stain. These reflect the natural beauty of the wood and should not be considered defects.
2. Before using your sauna for the first time, clean the inside of the sauna with a damp cloth.
3. The interior of the Sauna is made of the natural wood. It is 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.
4. We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
5. Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.
6. The cabin may not be cleaned with steam cleaners, high-pressure cleaners or splashed water.
7. The wood may appear rough and hoarse caused by dampness sometimes. To smooth the affected areas, the sandpaper or gritty sponge can be used, always sanding in the direction of the grain.
8. The wood is a solid nature wood, minor cracks,wood natural oil stain or warping might happen due to seasonal humidity changes. This is a natural process and not a defect of the material.
9. Only repair professionals can operate maintenance process.
10. Ensure unplug the sauna cabin before maintenance.

SAUNA WARRANTY

1. One-year limited warranty of your sauna.
2. Sauna replacement parts come with a limited warranty. We warrant its products to be free of defects in material and workmanship. Parts, that become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.
3. Labor costs associated with the disassembly and reassembly of the unit are not covered under this policy. We will not be responsible for labor costs of the routine maintenance,adjustments or alterations to the calibration of the electrical devices.
4. All parts claimed to be defective must be shipped to us with freight prepaid. The repaired or replaced product will be returned to the sender on a freight-collect basis. When returning the product to us, it must be accompanied by the sales receipt or other proof of purchase date, along with the sender's name, mailing address, daytime telephone number, and any additional information pertinent to the claim.
5. This warranty is granted solely to the original purchaser and shall be void upon transfer of ownership. This warranty shall not apply to any product or component used for industrial, rental, club ,or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, or improper installation, including, but not limited to, exposure to fire, excessive heat, and or other hazards of nature. Under no circumstances will shall the manufacturer be liable for any special or consequential damages arising from the use of the product, components, or any parts attached, or installed with it thereto. Nor shall the company be liable for injury to any person, or for any claims for damages arising form the use,installation,or servicing of the product. The purchaser is responsible for providing ensuring that adequate access to the equipment so that is provided to facilitate the performance of any necessary service. The purchaser must establish provide proof of the purchase date through a dated sales slip, invoice or deliver receipt, the date of purchase. All costs for removing and reinstalling associated with the removal and re-installation of the sauna, including the freight charges to and from customer, shall be at the customer's expense.
6. Regardless of the warranty card being returned within the specified time period, 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 our except as set forth herein.

* The warranty for our saunas is strictly limited to one year and applies exclusively to residential use. Any commercial application, outdoor installation, improper usage, or continuous operation exceeding 3,000 hours will render the warranty void and may result in safety risks or compromised performance.

HEKLA

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