Sereno

DESIGNED FOR LIVING WELL



Sereno Outdoor Sauna

Assembly & User Manual

CONTENTS

Welcome----------1
Introduction----------2
Part Check ----------3
Wood & Expectations ----------4
Assembly Instructions ----------6
Recommendation For Use ----------15
Safety ----------16
Important Safe Guards For Your ----------18
Cleaning and Maintenance ----------19
Sauna Warranty ----------20

INTRODUCTION

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of a 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 a 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

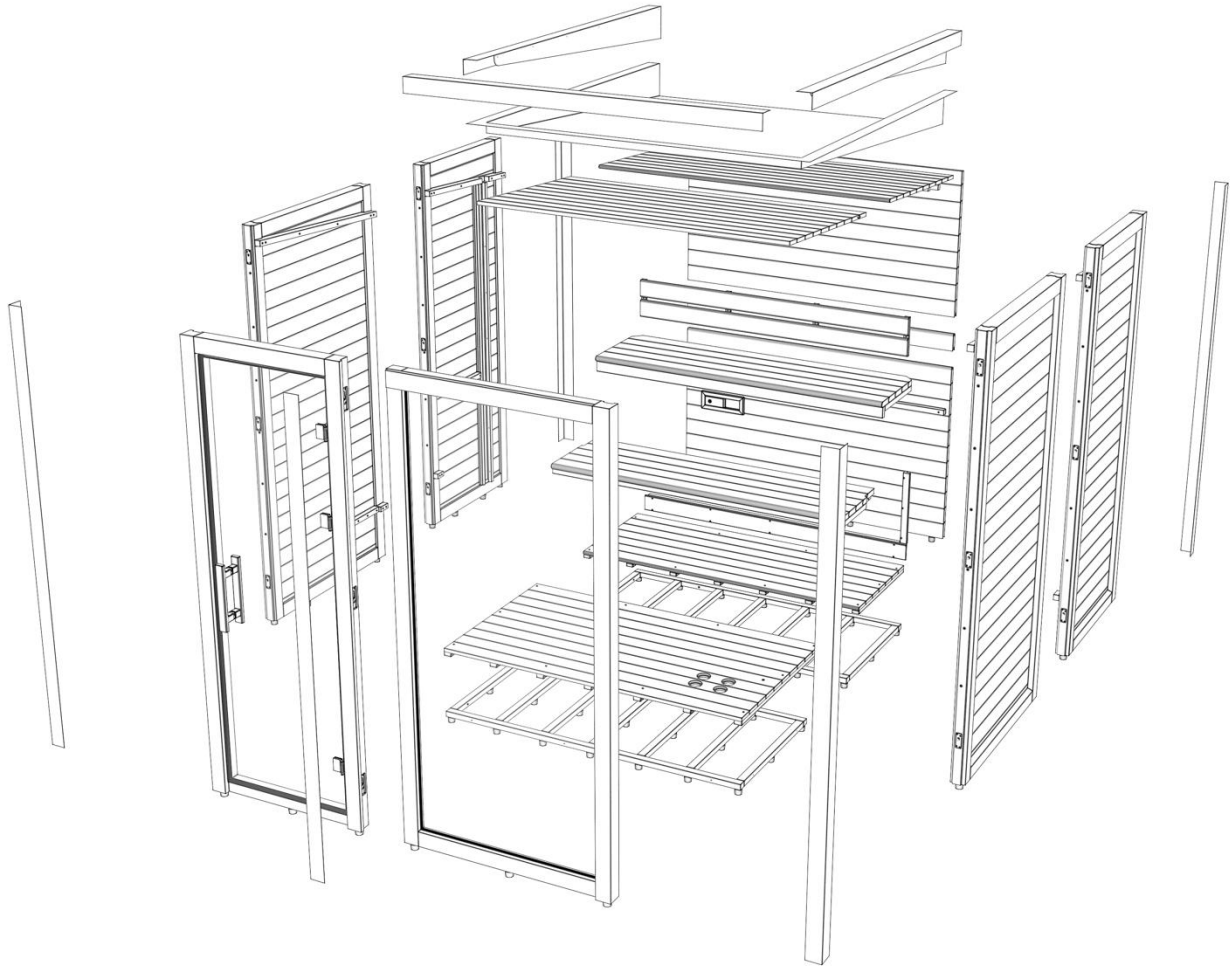
You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.

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 CHECK

Name of Parts	Size	Qty	Note
Vent cover	¢65*¢53	3	Floor panel
Steel shrapnel	67*13*1mm	15	Left & Right panel
Stainless steel cover	1855.5*177*134.5	1	Right panel
Stainless steel cover	1855.5*177*134.5	1	Left panel
Stainless steel cover	1777*155.5*80	1	Front panel
Moon nut	M8	12	Floor panel & Staves
hex nut	M8	12	
shim	M8	12	
Sharp head screws	4*40mm	50	Bench & Top panel
Sharp head screws	4*50mm	22	Fixing strip
Sharp head screws	4*30mm	15	Hinge
Sharp head screws	5*70mm	17	Top panel support
Wood cap	ouside¢18*inside¢13.2*height7	3	For handle
Flat head screws	M6*50mm	3	For handle





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 cedar is Japanese cedar, so expect there to be slight imperfections and knots, this gives the sauna its beautiful rustic look and feel. Because of the knots and being softwood, the staves will tend to bend out of line on their own. This is completely normal and will be self-corrected as the sauna is built.
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.

For installations in higher rainfall or exposed environments, we recommend applying a colour-matched cedar sealant to the vertical joints where the upright timber meets the horizontal slats. This will help improve long-term weather resistance.

When installing the roof membrane, it is essential that care is taken to achieve a fully watertight finish. Apply an appropriate roofing sealant to any potential water ingress points and ensure all membrane laps are correctly sealed using standard roofing best practices. Proper installation of the roof membrane is critical to the long-term performance and durability of the sauna.

ASSEMBLY INSTRUCTIONS

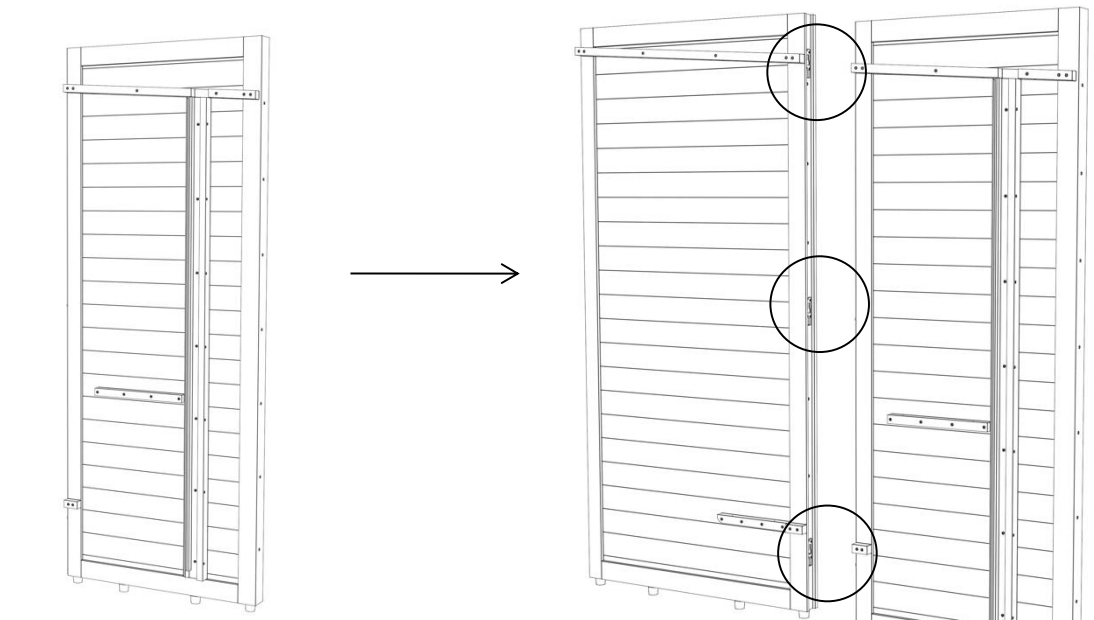
Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

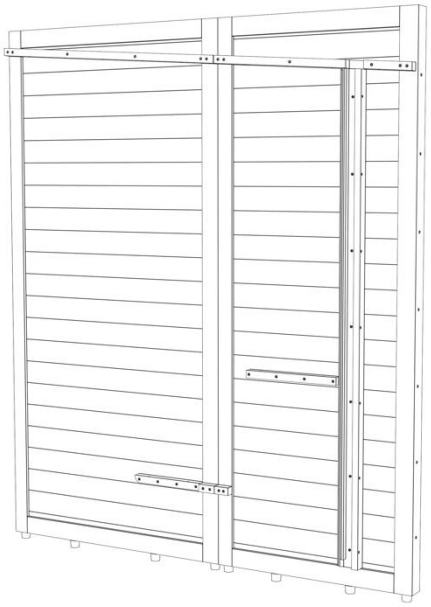
When you find a good location for your sauna, please note the following

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.

Assembly

1. Place the Left Panel-Back and Left Panel-Front on a flat, level surface with the latches facing inward. Fasten the latches to securely connect the two panels.





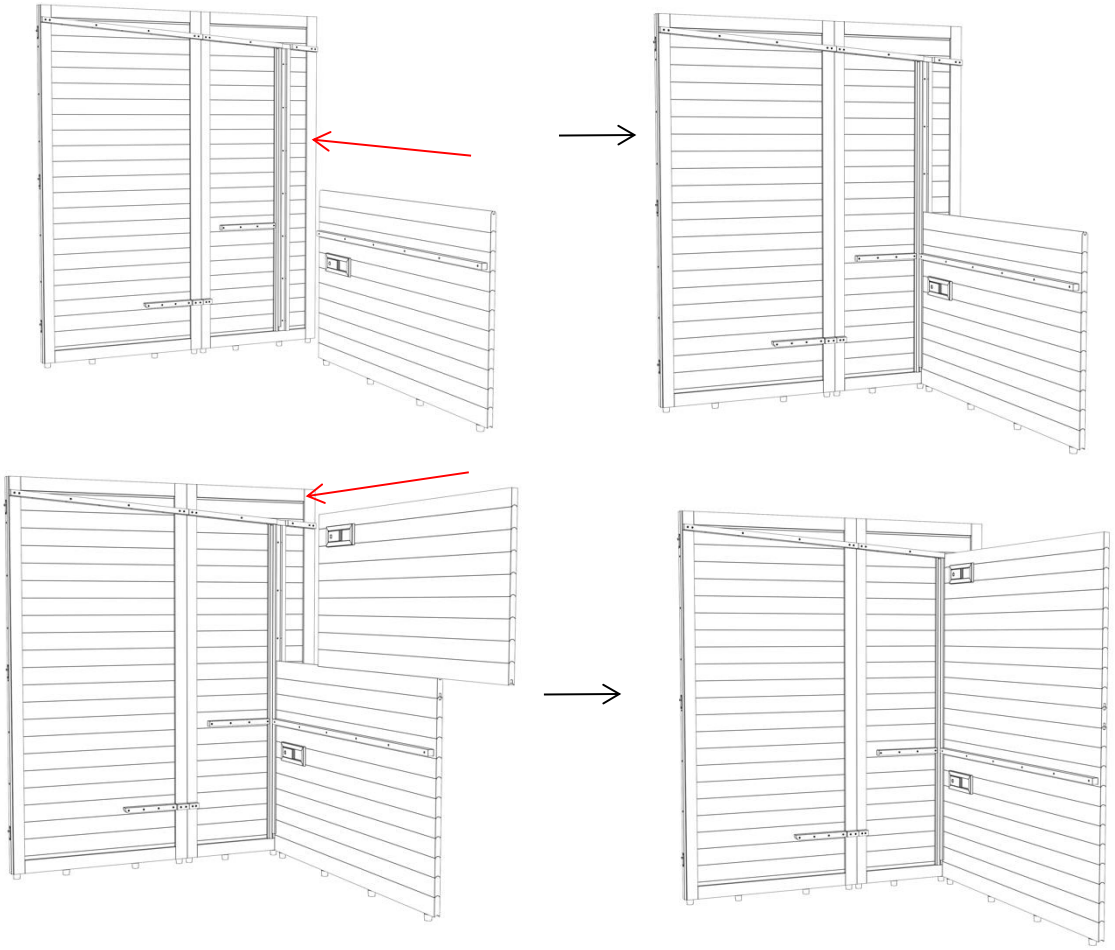
2. Install the Back Panels

① Place the Back Panel – Lower on the floor, then slide it into the groove of the Left Panel.

② Position the Back Panel Fixing Strip on top of the Back Panel – Lower.

③ Hook the Back Panel – Middle onto the Back Panel Fixing Strip, then slide it into the groove until fully seated.

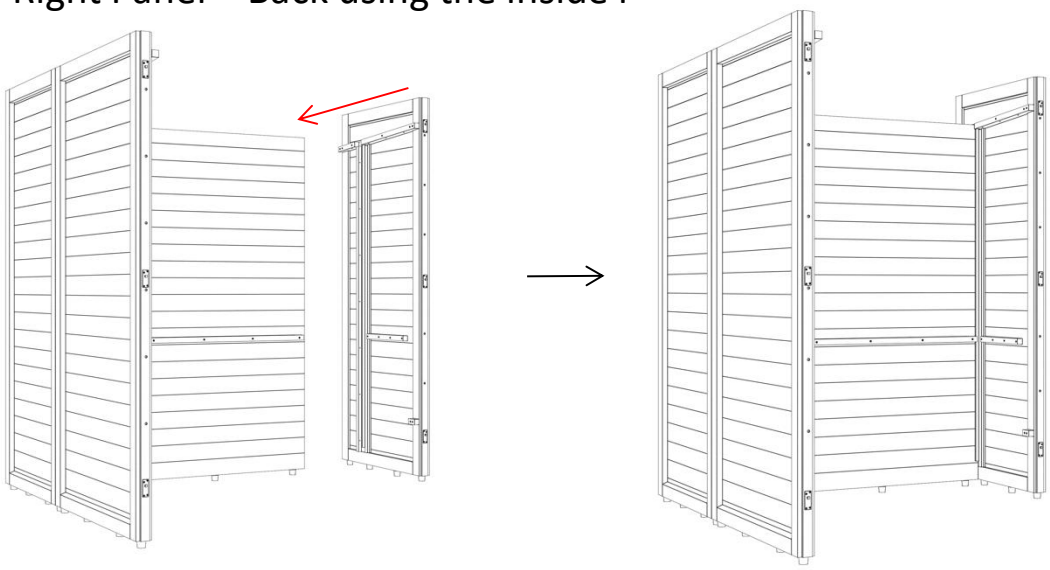
④Hook the Back Panel – Upper onto the Back Panel – Middle, then slide it into the groove until fully seated.

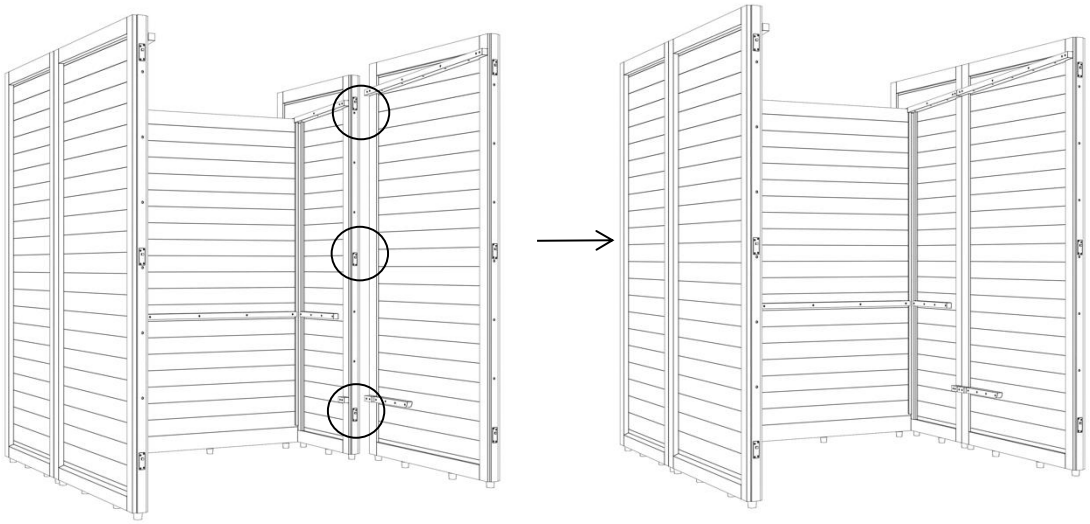


3. Install the right panels.

① Place the Right Panel – Back in position and slide it into the grooves of the Back Panels.

② Place the Right Panel – Front in position, then secure it to the Right Panel – Back using the inside latches

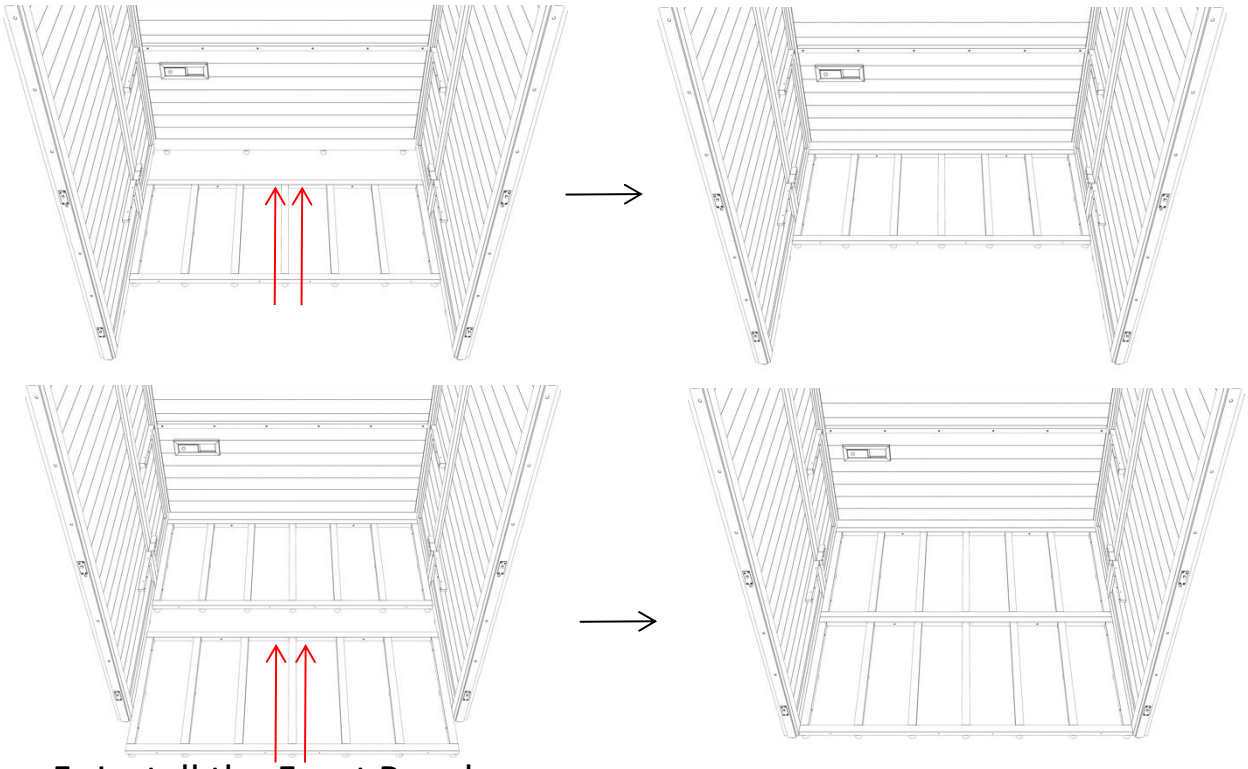




4. Install the floor base

① Place the two floor base sections on a flat, level surface, then slide them into the sauna cabin.

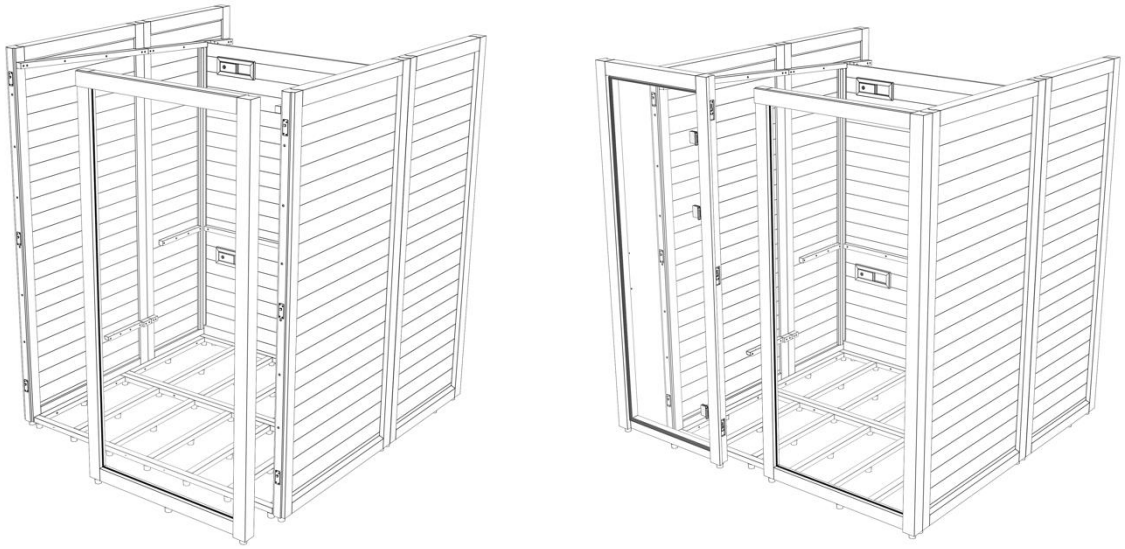
② Use the supplied screws to secure the floor base through the pre-drilled screw holes.



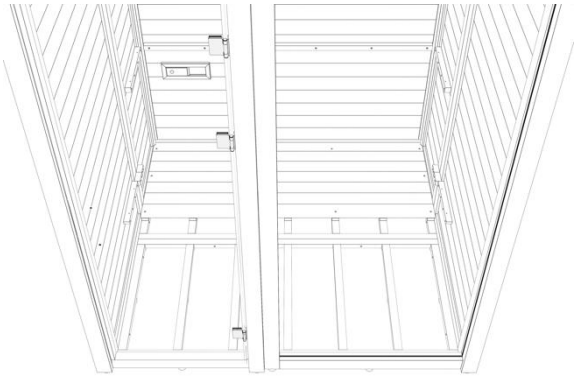
5. Install the Front Panels

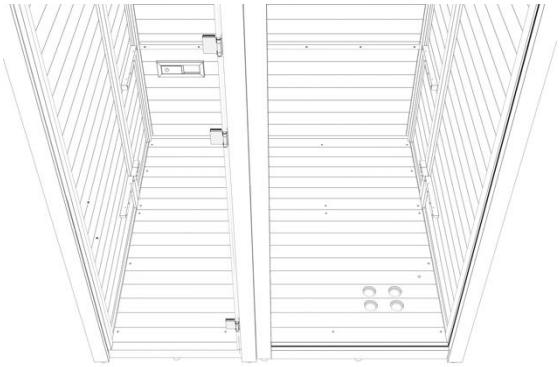
① Place the Left Front Panel and Right Front Panel in position. The inside latches are located along both side edges of the panels.

② Secure the panels together by fastening the inside latches.



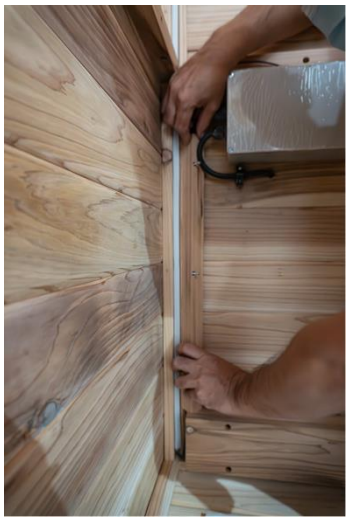
6. Install the Floor Panels
① Open the door and place the floor panels onto the floor base
② Ensure the front floor panel is installed with the drain hole on the right-hand side.





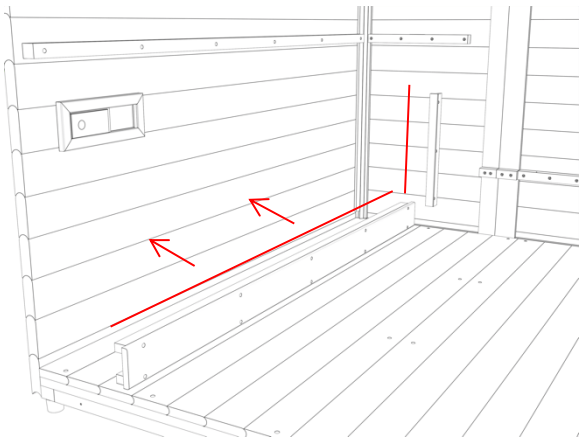
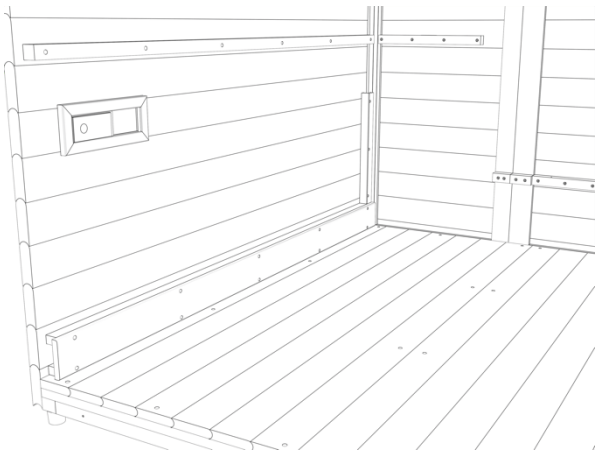
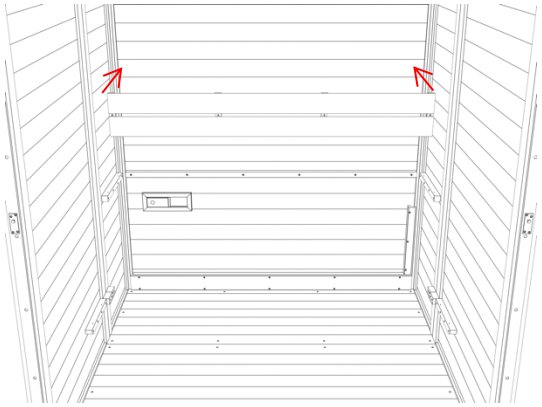
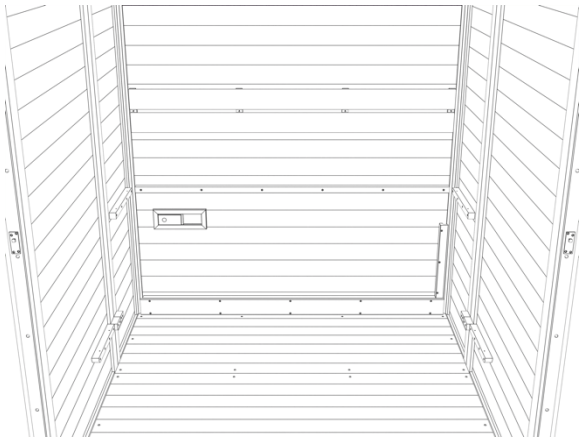
7. Install the light strip and connect it — there is an arrow mark on the black connector; align the arrows for correct connection. Then press the light strip into the slot.



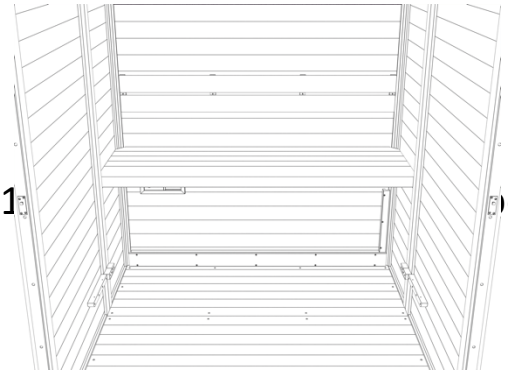
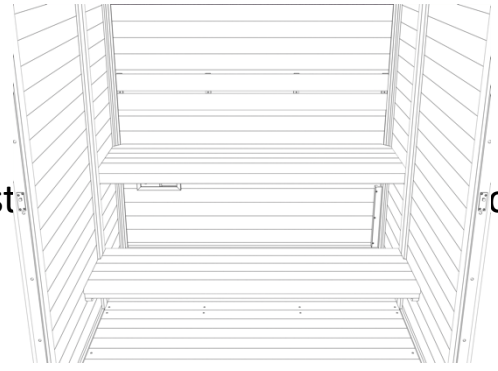


8. Install the L-Shaped Wire Cover and Backrest

① Position the L-Shaped Wire Cover and Backrest against the Back Panel.
② The L-Shaped Wire Cover should rest on the floor panel.
③ Secure both components using the supplied screws through the pre-drilled screw holes.

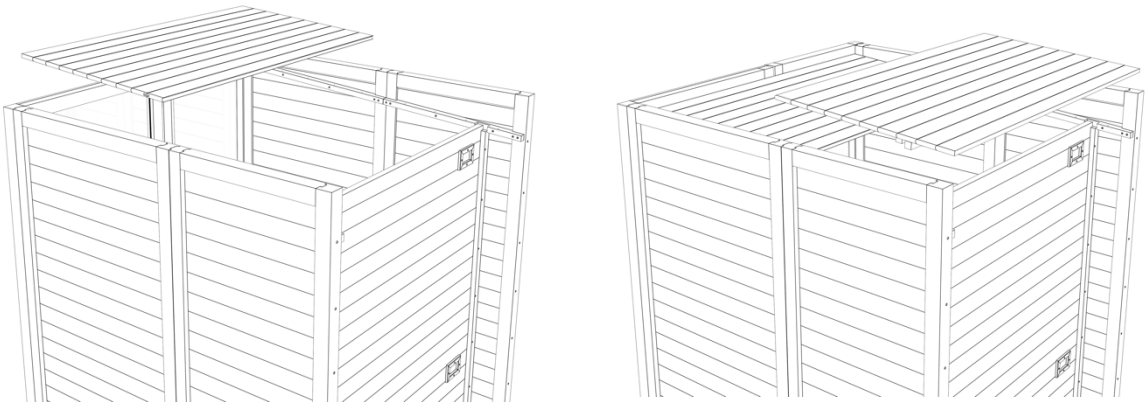





9. Install the Bench Seats
① Position the upper bench with the 45° cut corners facing the back panel to provide clearance for the LED light strips. Position the lower bench with the grooves aligned with the joints between the side panels and the back panel.
② Place the benches onto the bench supports.
③ Secure the benches using the supplied screws through the pre-drilled screw holes.

1 ort st ce

the top panel. After positioning the top panel, fasten it with screws.



11. Install the waterproof fabric

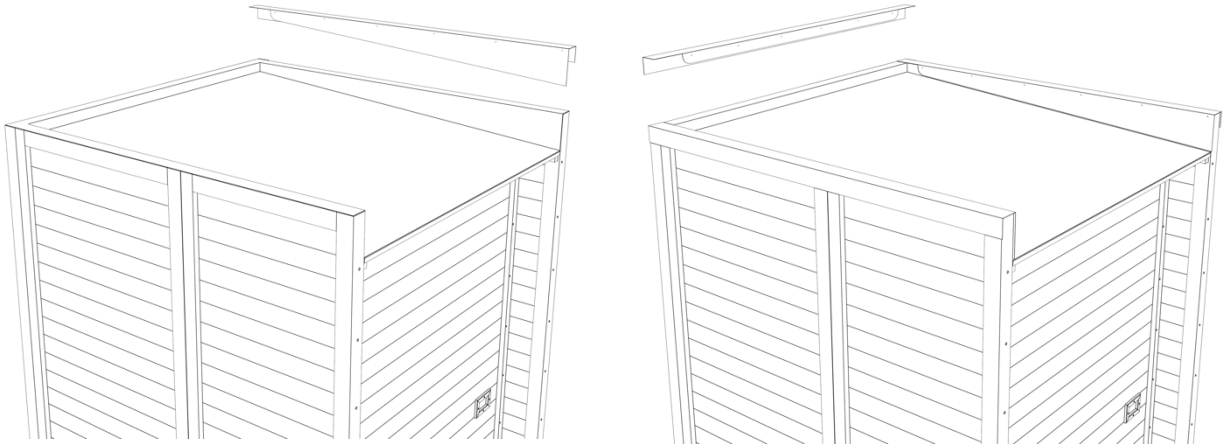
① Apply 3M tape or sealant on the top cover, then cover it with the waterproof fabric. The waterproof fabric should be laid flat over the top cover and extended to cover the raised edges of the side panels and front panel.



② Install the stainless steel covers around the edges of the

top cover and secure them with screws. Please handle carefully to ensure safety during installation and to not tear the roofing material. Apply sealant to joints.

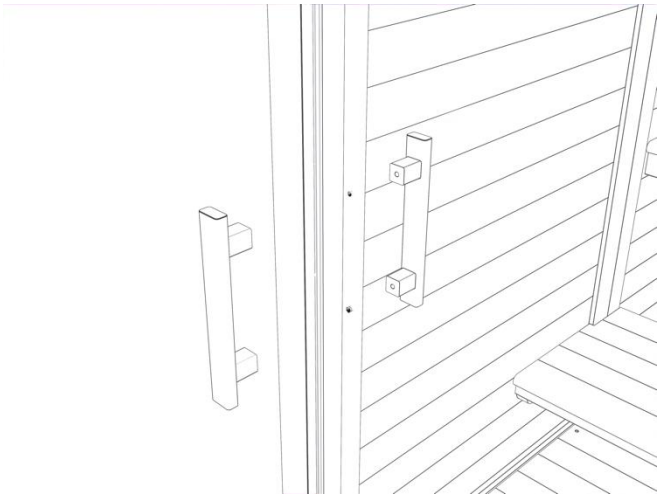


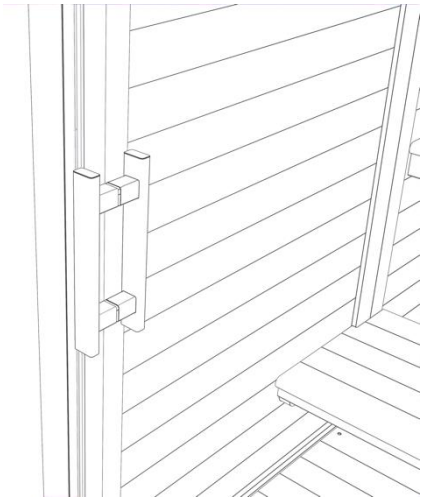


12. Install front panel stainless steel



13. Inst





14. Place the sauna heater in the designated location.
① Connect the heater wiring according to the heater installation instructions.
② Your sauna is now ready to use. Enjoy your sauna!



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 system 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. If you use cell phone,MP3,etc. Audio equipment when enjoying the sauna, suggested duration is no more than 20mins. If you find the equipment is overheated, stop using it at once.

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, exit the sauna immediately.

1. When installing and using this electrical equipment, basic safety precautions should always be followed.
2. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
4. 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.**
5. Hyperthermia Danger: Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body rises above the normal body temperature of 37°C (98.6°F). While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. 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.
6. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to serious injury, unconsciousness, or other dangerous effects.
7. 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.
8. **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.**
9. Never sleep inside the sauna while the unit is in full operation.
10. Do not use any type of cleaning agents on the interior of the sauna.
11. Do not stack or store any object on top of or inside the sauna.

12. If the power supply cord becomes damaged, it must immediately be replaced by the manufacturer, its agent, or a similarly qualified person to avoid a hazard.
13. Do not use the unit during an electrical storm, as there is a remote risk of shock.
14. Altering or tampering with any electrical connections on the power supply will void the manufacturer's warranty.
15. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when standing on wet bare feet. There is a danger of electrical shock.
16. Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.

Wood used in the sauna has natural variations in color, grain, and irregularities such as knots and fine cracks. These characteristics are part of the natural beauty of the wood and should in no way 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, 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

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. Use furniture polish to clean the exterior.
5. We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
6. Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.
7. The cabin may not be cleaned with steam cleaners, high-pressure cleaners or splashed water.
8. 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.
9. 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.

SAUNA WARRANTY

3 Year Warranty on Sauna structure, and materials.

One-year limited warranty on heater.

Limited warranty on our stove heater. We warrant our products to be free of defects in material and workmanship. Parts, which

become defective within the warranty period, will be repaired except for damage due to negligence, misuse, misapplication , unauthorized modifications, improper installation, or normal wear and tear.
We will not cover any labor costs attributable to disassembly and reassembly of the unit.
We will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

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.

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 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 from the use, installation, or servicing of the product. The purchaser is responsible for ensuring that adequate access to the equipment is provided to facilitate the performance of any necessary service. The purchaser must provide proof of the purchase date through a dated sales slip, invoice, or delivery receipt. All costs 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.

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 US EXCEPT AS SETFORTH HEREIN.

Warnings

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