TheraSauna®
The Original Patented
Dry Infrared Health Sauna
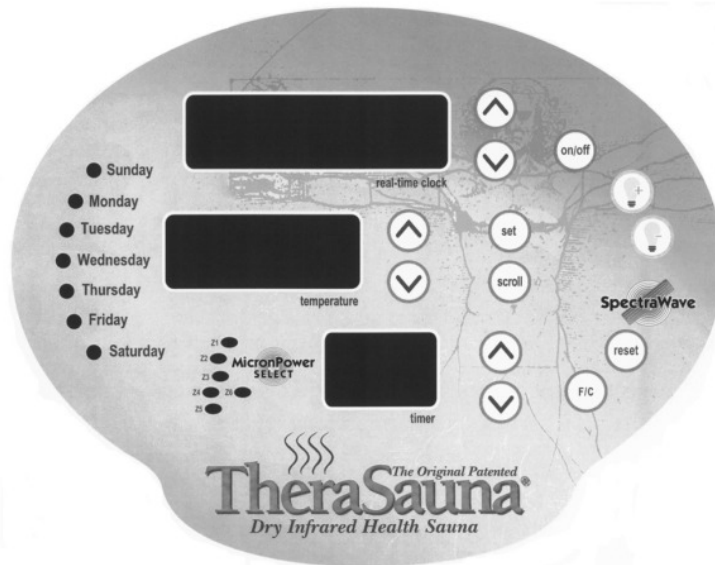
QCA Spas
"A Step Ahead Since 1966"

Micron Power Select Manual

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2007 THERASAUNA® CONTROLS

Please read the ENTIRE manual BEFORE programming.

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*Quick, Quick Start Option: - **You've just assembled the sauna and want to test it without going through and programming the 7 day start-up times.**

*Sauna should be set for 150 degrees and 60 minutes and run for an hour prior to initial use.

1. Press the "ON" button. The Backlight will appear on the left side of the TheraSauna® logo at the bottom of the control panel.
2. Use the "UP/DOWN" arrows by the temperature pad and set desired temperature (up to 150˙)
3. Use the "UP/DOWN" arrows by the timer pad and set the timer (60 minutes maximum)
4. Press the "ON" button
5. The sauna is now heating and the Backlight is scrolling from left to right across the TheraSauna® logo
6. Temperature display will flash alternately between the sauna's current interior temperature and the desired set temperature.
7. If you want the SpectraWave™ feature to function, press the SpectraWave™ button after the sauna has reached set temperature.

You are welcome to sit in the sauna while it is warming up or you may wait until the sauna reaches your desired interior temperature and then enter. Proper far infrared sauna use, encourages entering the sauna after 10 minutes have elapsed, for a pleasurable sauna experience. Within 10 minutes of warm-up, you have the full benefit of infrared emanating from the TheraMitters™. You may exit the sauna before your timer has run down to 0. Pressing the OFF button will end a session early.

 (The TheraSauna® warms up at approximately 1 degree per minute. This varies based on the sauna's location, the current room temperature of the sauna, and other contributing factors; i.e., the roof vent is open or closed)

SPECIAL NOTE (AFTER YOU HAVE PROGRAMMED YOUR 7 DAY SCHEDULE per page 6 instructions) . . .

After completion of a sauna session, you must push the "SET" button (from the Off Mode) to return the sauna to the Standby Mode in order for your pre-programmed 7 day schedule to operate as planned,. The Standby Mode is indicated by the Backlight flashing with the full TheraSauna® logo lit up. If you do not return the sauna to the Standby Mode, the automatic timer operation will not turn the sauna on as programmed. Keep this in mind when using the sauna for a walk-in session and be courteous to other programmed sauna users.

GENERAL OVERVIEW & PROGRAM DEFINITIONS

THERASAUNA® MODES OF OPERATION

Program Modes are highlighted in Red & Definitions are highlighted in Blue

Backlight: The Backlight is a light that appears at the bottom of the control panel through the TheraSauna® logo. The Backlight is an indicator of the program mode that you have entered.

- Backlight Off: Sauna is off
- Backlight Full Flashing: Light is flashing indicates **Standby Mode**
- Backlight Center: Sauna is waiting to be programmed
- Backlight Left: Light is in the left position indicates a **Program Mode**
- Backlight Scrolling: Light is scrolling left to right indicates **Running Mode**

Backlight Center: Control panel Backlight is lit in the center position only and not flashing. This allows you to program your 7 days and set your MPS zones. **See instructions on page 6.**

Backlight Fully Flashing: The TheraSauna® must be programmed first in order to reach **Standby Mode. Standby Mode** is activated after you program your daily settings and the sauna is waiting to warm up at the designated times. When control panel Backlight fully flashes, the TheraSauna® is waiting to perform a pre-set program. **See the instructions on page 6** for "Set the TheraSauna® to Selected Day/Time" for details in how to reach this mode.

Backlight Left: Control panel Backlight is lit on left side. Desired temperature and timer can be set. **See instructions on page 5.**

Backlight Off: Control panel Backlight is off, but the real-time clock and temperature will display. You can set the current day of the week and the real-time clock to the current time. **See instructions on page 5.**

Backlight Scrolling: Control panel Backlight will scroll left to right indicating the TheraSauna® is heating. **See the instructions on page 5.**

Default Settings: Factory pre-set default settings are 12:00 p.m. for the real-time clock, 60 minutes for the timer, and Fahrenheit degrees.
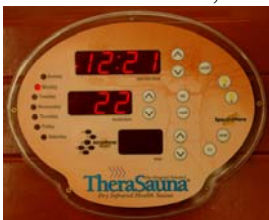
F/C Button: Changes the temperature from Fahrenheit readings to Celsius readings. If indicator light is lit, you are in Fahrenheit; a number from 32˙ to 150˙ will be displayed. If you are in Celsius, a number from 0˙ to 65˙ will be displayed. You can change this setting when the sauna is off.

Light Button: The sauna's interior light can be illuminated by pressing the plus or minus button to reach your desired intensity level.

Micron Power Select™ (MPS):   This allows for zone control preferences. You may want the TheraMitters™ on your back to be hotter than the TheraMitters™ by your feet or vice versa. This feature allows for personalized settings for multiple users in one session. The person on the right can set their TheraMitters™ to be warm while the person on the left can set them to be hot. The TheraMitters™' zones can be set on a scale from 0 to 15. The highest setting of 15 represents

100% power/volts coming to the TheraMitters™; whereas a 1 would represent approximately 7% power to the TheraMitters™ in that zone. **See instructions on page 7 for programming zones.** The Micron Power Select™ is not the same as utilizing the SpectraWave™ function. See definition for SpectraWave™ for details.

Power Failure: If the TheraSauna® experiences a power failure (i.e., electrical storm) or you unplug it {once it has been programmed}, the TheraSauna® has a back up memory for the programs, but the current time and day will have to be reset.

Quick Quick Start: You want to use your sauna without programming a day of the week or time. **See instructions on page 2 for details**.

Reset: The reset button changes a daily pre-programmed time and temperature back to the factory default settings (12:00 p.m. and 60 minutes)

Settings (Programmed): If you wish to view the times, temperatures, and days of the week that you have previously programmed into your sauna's memory, you have two options:
- The Backlight is off, you must press the "SET" button twice and then use the "SCROLL" button to view your programmed days.
- If the Backlight is flashing, you can just press the "SET" button once and then "SCROLL" to view your daily settings. When you are finished reviewing your settings, you must press the "ON" button to return to **Standby Mode (Flashing Backlight)**.

You can use the **Reset** button at this time while reviewing your programs, if you would like to make changes.

SpectraWave™ Function: This allows the sauna to scroll through the infrared spectrum by randomly changing the output of the TheraMitters™ every two minutes. You can see this visually by seeing the red indicator bar change every two minutes on the Micron Power Select windows, as it scrolls through the various zones. **See the instructions on page 9.**

StableHeat System: This is the TheraSaunas® patented system at work. Once the TheraSauna® reaches your programmed or set temperature; for example 120˚F, rather than shutting itself off completely to cool down (like competitor's saunas), the StableHeat System's Computer Control Center takes over to reduce the output going to the TheraMitters® thus bringing them to the 8-10 micron level. As the Computer Control Center reduces output to maintain the set temperature, this enables the TheraMitters™ to produce far infrared in the 8-10 wavelength. Due to the mass of our solid ceramic TheraMitters™, the variable output of the StableHeat system's computer commands will allow you the full sensation and comfort of an infrared sauna session. No other sauna in the world has the technology or capability to perform this function with TheraSauna® holding 5 patents in 131 countries. Therefore, you are getting the full benefit of infrared for your entire TheraSauna® session. This is amazing!

Troubleshooting Tips: See the tips at the end of this manual.

Zones: When programming the Micron Power Select™ function, the TheraMitter™ panels have been assigned a corresponding zone number. See the chart under "Setting Micron Power Settings" **on page 9**. A Zone is considered the TheraMitters™ contained in one panel (this varies from one to two TheraMitters™ per zoned panel). If a sauna does not have the 6th zone (TS4544 or TS5651), you will not need to program Zone 6 in your Micron Power Select™ settings.

*GETTING STARTED (Off Mode/Backlight Off)
*Setting current time and day of the week

- Plug TheraSauna® into 20 amp receptacle (TheraSauna® 1 person, 15 amps.)
- The sauna will display the current interior room temperature of the sauna, the time will appear as 12:00, the day will read as Sunday, and degrees will be in Fahrenheit.
- To change the time and day, be sure the TheraSauna® is in **Off Mode/Backlight Off**.
  - ➢ To change the real-time clock, while in the **Off Mode/Backlight Off**, press the "UP/DOWN" arrows next to the real-time clock display until current time appears. The time can be changed by 1 minute increments for each press of the button or if you hold the button (after 5 single increment changes) it will begin changing by 5 minute increments.
    - ✓ When the red indicator light appears next to the real-time clock, you are setting the time for P.M.
    - ✓ If there is no red indictor light next to the real-time clock, you are in A.M.
  - ➢ To set the day, while in the **Off Mode/Backlight Off**, press the "SCROLL" button until the red indicator light is lit by the current day of the week.

Short Cut for TheraSauna® Use
(Backlight Left, control panel Backlight is lit on left side of the TheraSauna® logo)

- Begin this sequence with the sauna in the **Off Mode/Backlight Off**
- Turn on the TheraSauna® by pressing the "ON/OFF" button once. Backlight will now appear in the left only position. (Real-time clock cannot be changed in this mode)
- Set the temperature by using the "UP/DOWN" arrows located next to the temperature display until desired sauna session temperature is reached (32˙ to 150˙ F or 0˙ to 65˙ C). The temperature can be changed by 1 degree increments for each press of the button or if you hold the button (after 5 single increment changes) it will begin changing by 5 degree increments. If you go above 150˙, it will jump to 32˙. If you go below 32˙, it will jump to 150˙.
- Set the sauna session timer by using the arrows located next to the timer display. The time can be changed by 1 minute increments for each press of the button or if you hold the button (after 5 single increment changes) it will begin changing by 5 minute increments. If you try to advance above 60, it will jump to 0. If you try to go below, 0, it will jump to 60 minutes.
- Once the timer and temperature are set, press the "ON/OFF" button to run the program, **Running Mode/Backlight Scrolling** in motion left to right.
- TheraSauna® will start heating and will be ready for use.
- If you wish the SpectraWave™ feature to operate, press the SpectraWave™ button after the sauna has reached desired temperature.
- To end the session, press the "ON/OFF" button, or let the time run out.

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*Upon exiting a completed sauna session, press the "ON/OFF" button to turn the sauna off (no backlight) or let the timer run down for automatic shutoff. Remember to press the "SET" button from the **OFF Mode** to return the sauna to the **Standby Mode/ Backlight Fully Flashing** so that it will perform pre-set daily programs for future sauna users.*

To Set the TheraSauna® to warm-up on a Selected Day/Time (Backlight Center, control panel Backlight is lit only in the center of the TheraSauna® logo)

- While TheraSauna® is in the **Off Mode/Backlight Off**, press the "SET" button and the control panel Backlight will flash fully through the TheraSauna® logo.
- Press the "SET" button a second time and the control panel **Program Mode/Center Backlight** will stay on in the center position only.

IMPORTANT NOTE: If you do not want the sauna to automatically warm-up on a specific day (for example only 5 of the 7 days of the week), just leave the timer set to zero and the sauna will skip that day when the program is running.

- The day will default to Sunday. Now set the temperature, timer, and real-time clock for your desired Sunday sauna sessions. To program your chosen warm-up days and times, press the "UP/DOWN" arrows next to the real-time clock; then press the "UP/DOWN" arrows next to the temperature, an finally the "UP/DOWN" arrows next to the timer.
  - The temperature can be set anywhere between 32˙ to 150˙ degrees Fahrenheit. You can change the temperature to Celsius by pressing the F/C button. Celsius settings are between 0˙ and 65˙ degrees. The temperature can be changed by 1 degree increments for each press of the button or if you hold the button (after 5 single increment changes) it will begin changing by 5 degree increments. If you go above 150˙ , it will jump to 32˙. If you go below 32˙, it will jump to 150˙.
  - The timer can be set from 2 to 60 minutes. The time can be changed by 1 minute increments for each press of the button or if you hold the button (after 5 single increment changes) it will begin changing by 5 minute increments. If you try to advance above 60, it will jump to 0. If you try to go below, 0, it will jump to 60 minutes.
- Press the "SET" button to save information to Sunday.
- Press the "SCROLL" button to switch the days to Monday and so on, and follow previous steps to program remaining days of the week. Don't forget to press "SET" after each day of the week to enter your settings into the Memory.
- To exit the **Program Mode**, press the "ON/OFF" button once.
- The Backlight will fully flash, to indicate that the sauna is in a waiting status (**Standby Mode/Backlight Flashing**) to run the program you set for specific days and times.

After programming all 7 days, if you wish to view your settings, see **Settings Programmed instructions on page 4** of the General Overview Definitions for details.

Setting <u>M</u>icron <u>P</u>ower <u>S</u>ettings (MPS)

Side Note:

The Micron Power Select™ will only perform its function when the TheraSauna® is running/heating, but it must be programmed when the sauna is in the **Off Mode/ Backlight Off**. Once the MPS power settings have been programmed they will remain in memory indefinitely until you reset them.

- While TheraSauna® is in the **Off Mode/Backlight Off**, press the "SET" button and the control panel Backlight will fully flash.
- Press the "SET" button a second time and the control panel Center Backlight will stay on.
- Press the "SPECTRAWAVE" button.
- The Micron Power Select™ diagram shows when each TheraMitter™ zone (Z1 through Z6) is active with a red indicator light. This feature allows programming of the intensity of each TheraMitter™ zone, which ranges from 0 (lowest) to 15 (highest). The 15 would represent 100% of the available power reaching the TheraMitters™ in that zone. Whereas, a setting of 1 would represent a cut in power/volts so that only approximately 7% power is reaching the TheraMitters™ in that zone. **See the Zone table for details on page 8.**
- Press the "SCROLL" button to select which zone is being programmed.
- Once a zone is selected as indicated by the red light, press the "UP/DOWN" buttons located next to the timer screen until desired intensity level is reached on the timer screen. With 15 representing 100% full power to the TheraMitters™ and a setting of 1 indicating only 7% power.
- Press the "SCROLL" button to move to the next zone for programming and repeat steps until each zone is programmed.
- When all zones have been set, press the "SPECTRAWAVE" button, then the "ON/OFF" **once** to exit the **Programming Mode,** which will return the sauna to the **Standby Mode/Backlight Fully Flashing**. If you press the "ON/OFF" button again, no Backlight (sauna is off) will be visible and the sauna will not warm-up on your pre-selected days and times.
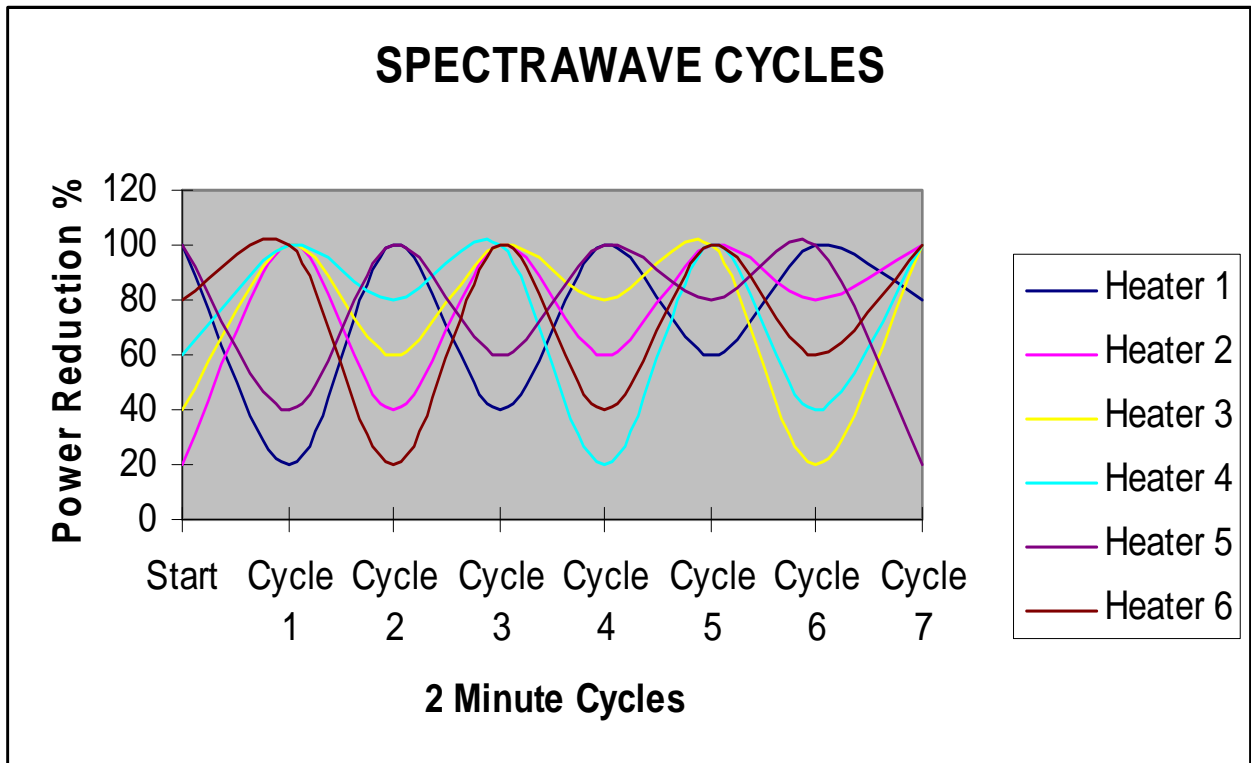
SPECIAL NOTE:

- The MPS zones when programmed, will override your preset temperature settings on your display. If you set the sauna to heat to 125˙ F, but then cut the power to all your zones and program them to only a level 2, the sauna will not reach 125˙ F.

ZONE CHART FOR MICRON POWER SELECT™ FUNCTION

Choose a number between 0 and 15
0 representing a cooler setting (0% power)
15 representing the hottest setting (100% power)

MPS Level	% of Power to TheraMitter™ Zone
15	100%
14	93%
13	87%
12	80%
11	73%
10	67%
9	60%
8	53%
7	47%
6	40%
5	33%
4	27%
3	20%
2	13%
1	7%

SPECTRAWAVE CYCLES

These Zones are labeled as if you were outside the sauna and facing it.

{Basically starting left and working around walls counterclockwise and ending under the bench}

Be Advised: If you set the Zones for a lower power level such as 4, this will override a temperature setting of 125˙ and prevent the sauna from reaching set temperature.

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
TS4544	Front Wall Left	Back Wall Left	Back Wall Right	Front Wall Right	Bench	N/A
TS5651	Front Wall Left	Back Wall Left	Back Wall Right	Front Wall Right	Bench	N/A
TS7951	Front Wall Left	Back Wall Left	Back Wall Center	Back Wall Right	Front Wall Right	Bench
TS7552	Left Wall Side Left	Left Wall Side Right	Right Wall Side Left	Right Wall Side Right	Bench Right	Bench Left
TS6238	Left Wall Side Left	Left Wall Side Right	Right Wall Side Left	Right Wall Side Right	Bench Right	Bench Left

Using the SpectraWave™ Feature

To utilize the SpectraWave™ feature, begin with the sauna in the **Off Mode/Backlight Off** and push the "ON/OFF" Button twice. One push of the "ON/OFF" Button changes the Backlight to the left position and the second push of the "ON/OFF" Button will change the sauna to **Running Mode/Backlight Scrolling**. When the TheraSauna® is in the **Running Mode/Backlight Scrolling**, press the SpectraWave™ button. Every two minutes, the sauna will cycle to a new set of power settings in a range of 100% to 20% so that you experience the entire SpectraWave™. You can see this by watching the red indicator bars in the Micron Power Select™ windows as they will scroll from one zone to the next every two minutes. This is a different feature than the MPS program, which allows you to set personal preferences for the TheraMitter's™ output. In a half hour session, the SpectraWave™ feature will cycle through near, middle, and far infrared wavelengths. This will give you the full benefit of the spectrum. The cycles repeat every 14 minutes.

In the table below, is an example of what the SpectraWave™ can do. The SpectraWave™ has preset power settings that it will scroll through every two minutes for each TheraMitter™ panel/zone. These will change to the next Cycle every 2 minutes as indicated by the red indicator bar in the MPS zone windows on the digital control read out. This is what the SpectraWave™ accomplishes:

TheraMitter® Panel 1	100%
TheraMitter® Panel 2	20%
TheraMitter® Panel 3	40%
TheraMitter® Panel 4	60%
TheraMitter® Panel 5	100%
TheraMitter® Panel 6 if applicable	80%

CYCLE 1

TheraMitter® Panel 1	20%
TheraMitter® Panel 2	100%
TheraMitter® Panel 3	100%
TheraMitter® Panel 4	100%
TheraMitter® Panel 5	40%
TheraMitter® Panel 6 if applicable	100%

CYCLE 2

TheraMitter® Panel 1	100%
TheraMitter® Panel 2	40%
TheraMitter® Panel 3	60%
TheraMitter® Panel 4	80%
TheraMitter® Panel 5	100%
TheraMitter® Panel 6 if applicable	20%

CYCLE 3

TheraMitter® Panel 1	40%
TheraMitter® Panel 2	100%
TheraMitter® Panel 3	100%
TheraMitter® Panel 4	100%
TheraMitter® Panel 5	60%
TheraMitter® Panel 6 if applicable	100%

CYCLE 4

TheraMitter® Panel 1	100%
TheraMitter® Panel 2	60%
TheraMitter® Panel 3	80%
TheraMitter® Panel 4	20%
TheraMitter® Panel 5	100%
TheraMitter® Panel 6 if applicable	40%

CYCLE 5

TheraMitter® Panel 1	60%
TheraMitter® Panel 2	100%
TheraMitter® Panel 3	100%
TheraMitter® Panel 4	100%
TheraMitter® Panel 5	80%
TheraMitter® Panel 6 if applicable	100%

CYCLE 6

TheraMitter® Panel 1	100%
TheraMitter® Panel 2	80%
TheraMitter® Panel 3	20%
TheraMitter® Panel 4	40%
TheraMitter® Panel 5	100%
TheraMitter® Panel 6 if applicable	60%

CYCLE 7

TheraMitter® Panel 1	80%
TheraMitter® Panel 2	100%
TheraMitter® Panel 3	100%
TheraMitter® Panel 4	100%
TheraMitter® Panel 5	20%
TheraMitter® Panel 6 if applicable	100%

Troubleshooting Tips:

1. Unplugging the sauna will reset the Time and Day of the Week to the factory default settings. It will not erase your daily programs and MPS settings.

2. One push of the Reset button (from any mode) will clear the memory program established for Sunday. It will not reset your other day of the week programs or your MPS settings. The Reset button will cause Sunday's program to revert to factory default settings.

3. In the **Off Mode**, one push of the "ON/OFF" button, will light the Backlight on the left.
    - The second push of the "ON/OFF" button will scroll the Backlight (**Running Mode**).
    - The third push of the "ON/OFF" button will turn the sauna off.

4. From the **Standby Mode** (the Backlight flashes), one push of the "ON/OFF" button will turn the sauna off.

5. When programming the MPS settings, the zones do not scroll in numeric order (Z1, Z2, Z3, Z6, Z4, and Z5)

6. For your pre-programmed daily settings to begin as scheduled, you must leave your sauna in **Standby Mode** (the **Backlight flashing**). You reach the **Standby Mode** by pressing the "SET" button.

7. Setting the MPS zones will override the temperature settings on the controls.

8. MPS settings will also override the SpectraWave™ function so that every 2 minutes as the SpectraWave initiates its next sequence, it will use the power settings from the MPS program you initiated.

9. If you do not want to program the TheraSauna® to come on all 7 days, maybe only 5 days, leave the "timer" setting set to zero for that day of the week. This will prevent it from turning on for the specified day.

10. If you wish to change the temperature while the sauna is running/heating, do not hold the "UP/DOWN" arrow button to change the temperature. Push the button to change one degree at a time.

11. If you lock up the digital panel, unplug the sauna's electrical power cord, wait 10 seconds, and plug it back in again. You, of course, will have to reset the display to the current day and real-time clock.

12.   If you wish to activate the SpectraWave™ feature, it is best to wait until the sauna has reached desired temperature. The SpectraWave™ feature may inhibit the sauna from heating quickly.

If <u>after reading this entire manual</u>, you require assistance, please call our Corporate Headquarters and ask for the Service Department, (866) 472-2772. Before you call, you must have your Serial Number, Date of Purchase, and Place of Purchase information readily available for quick reference.   Our Service Technicians cannot help you without this important information.

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