

**TheraSauna**[®]
The Original Patented
Far Infrared Health Sauna

Assembly Manual



Owner's Manual and Assembly
For Model TS6439

CONGRATULATIONS!

Your recent purchase of a TheraSauna® is a step towards a lifetime of better health and well-being. Health and medical experts agree TheraSauna® is one of the finest products of its kind worldwide. We welcome you to the TheraSauna® family and wish you many years of enjoyment.

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TS4746 Straight
Bench



TS5753 Straight
Bench



TS8454 Straight
Bench



TS7754 Opposite
Facing

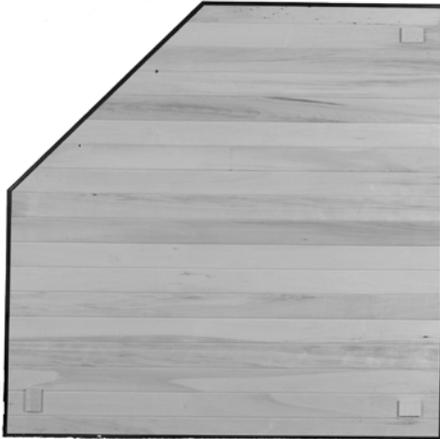


TS6439 Corner
Unit

Before assembling your TheraSauna® please check the parts you have with the enclosed parts list.

Parts List

Figure 1



Face Up

Bottom/Floor

Quantity 1

Figure 2



Sauna control box will face out.

Right Back Wall

Quantity 1

Figure 3



Left Back Wall

Quantity 1

Figure 4

Left Side Wall

Quantity 1

Sauna wall has a sticker designating “right or left”

When installed this panel will face into the sauna.



Left side wall

Figure 5



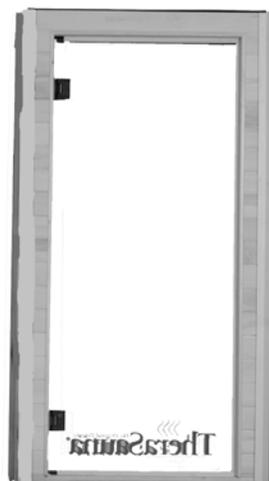
Outside View

Front Wall

Quantity 1

TheraSauna® front wall pictured will differ slightly from TS4746, TS5753, TS8454 & TS7754 models.

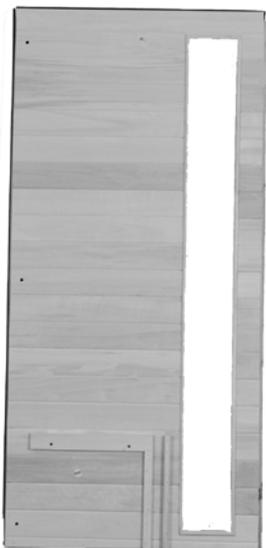
Figure 5



Inside View

Finished side will face out.

Figure 6



Right side wall

Right Side Wall

Quantity 1

Sauna wall has a sticker designating "right or left"

When installed this panel will face into the sauna.

Figure 7

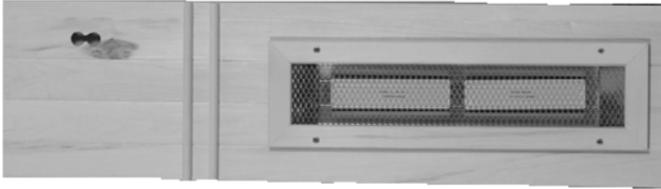


Knob faces inside of TheraSauna®

Roof

Quantity 1

Figure 8

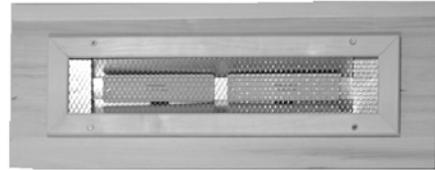


Front view

Left Bench Support Panel

Quantity 1

Figure 9

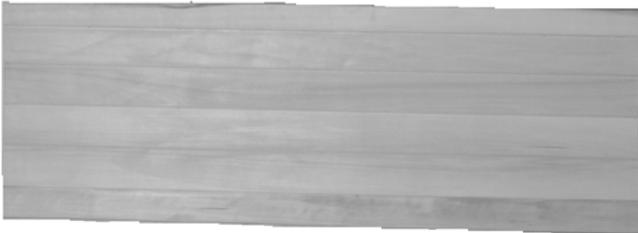


Front view

Right Bench Support Panel

Quantity 1

Figure 10



Left Bench

Quantity 1

Figure 11



Right Bench

Quantity 1

Reversible bench, one side is contoured for sitting. The other side is flat for lying down.

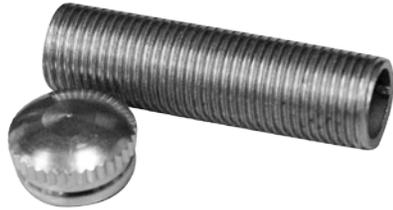
Serial number is on the flat side underneath of the bench.

Figure 13



Light Fixture
Quantity 1

Figure 14



Light Mounting Screw
Quantity 1

Figure 15



Bolts
Quantity 11

Figure 16



Hex Wrench
Quantity 1

Figure 17



Door Handle
Quantity 1

SAUNA LOCATION

The TheraSauna® should be installed only inside a home or other enclosed structure with a flat leveled floor and a 20 Amp dedicated outlet in close proximity. Saunas must be directly plugged into woutlets; no extension cords should be used. Select a location that will be convenient for you and will provide you with maximum accessibility. Outside placement will void the warranty.

WARNING!

This unit is manufactured for **indoor** use only. **No water** should come in contact with the TheraMitters™ (heaters). Failure to limit use to the indoors and/or water contact on the TheraMitters™ of the unit will **void** the warranty.

Always consult a physician before beginning a sauna program.

Drinking water while using the TheraSauna® is encouraged to help with detoxification.

WARNING: For your own safety ... prolonged use in temperatures that are warmer than normal body temperature can result in a dangerous condition known as HYPERTHERMIA. The causes, symptoms, and effects of hyperthermia are described as follows:

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal temperature of 98.6°F (37°C). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:

- (1) Failure to perceive heat
- (2) Failure to recognize the need to exit the sauna
- (3) Unawareness of impending hazard
- (4) Fetal damage in pregnant women
- (5) Physical inability to exit the sauna
- (6) Unconsciousness

WARNING – the use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

See the following website for some doctor's protocols: www.lifestylelaboratory.com and www.sauna-protocols.html.

FOR YOUR SAFETY

1. Electrical and/or Light Receptacles shall not be installed inside the TheraSauna® room.
2. Do not add any locking or latching systems to the door of your TheraSauna®. Malfunction of which could cause entrapment inside the sauna.
3. The TheraSauna® comes with a sliding roof vent to provide proper ventilation to allow in fresh air if so desired. Keep vent closed when heating sauna.

ASSEMBLY TIPS

All assembly instructions are included with your TheraSauna®. The following are tips for safely and correctly assembling your TheraSauna®:

1. This sauna will require at least two people to assemble. Panels can weigh up to 100 lbs.
2. When picking up the side panels or roof, do not pick them up along the thin trim pieces as they may crack. Also, when putting the walls together, be gentle and do not push too hard on these trim pieces.
3. When assembling the walls, do not over tighten the bolts until after you put the seat panel in place. By leaving the bolts and side panels a little loose, you can put the bench support panel and seat panel in without scraping the inside walls of the side panels. Once the seat is in place, you can snugly tighten all bolts.
4. If you need to move an assembled sauna, you should only push against the bottom floor section of the TheraSauna®. Do not push against the sidewalls.
5. Install half-moon light as desired, with glass shade facing up. When considering your choice for a light bulb for your new TheraSauna®, keep in mind that the light bulb operates on a dimmer-controlled switch. A standard 60 watt incandescent bulb is the recommended style or an incandescent bulb that is designed to be used with a dimmer switch. We do not suggest using a compact fluorescent bulb as they do not operate correctly with a dimmer and may cause damage to your sauna's light control switch. See manufacturer's warning on the fluorescent bulb package, "*Not intended for use with electronic timers, photo cells, or with dimmers.*"

ASSEMBLY INSTRUCTIONS FOR THERASAUNA®



1. Place base/floor (Figure 1, page 3) on a solid flat level surface with 5 supporting blocks down. Note: The three *small* blocks on the top of the base go towards the back.
2. Stand right back wall (Figure 2, page 3) on the right back top edge of base with channeled top up. Make sure to center wall along back edge of base. Note: Base should extend out from each end of wall.
3. Stand left back wall (Figure 3, page 3) on the left back top edge of base with channeled top up at a 90° angle to the right back wall. Insert three furniture bolts (Figure 15, page 6) through holes in the left back wall and screw into the right back wall (do not tighten bolts.) Hex wrench (Figure 16, page 6) is provided.
4. Insert the left bench support (Figure 8, page 5) into the slot of the right back wall (Figure 2, page 3).
5. Find the 2 cords with plugs sticking out from the hole in the bottom center of the left back wall (Figure 3, page 3). Connect one of the plugs, making sure all colors match up, to the receptacle on the side of the heater box of the left bench support (Figure 8, page 5). Connect the other plug to one of the cords sticking out of the bottom center of the right back wall (Figure 2, page 3).
6. Insert the left bench (long bench) (Figure 10, page 5) into the slot of the left back wall and on the top of the left bench support.
7. Place the left side wall (Figure 4, page 3) on the left front side of sauna base. Line up the left side bolt holes with the bolt holes on the left end of the left back wall (Figure 3, page 3). Insert three furniture bolts. (Do not tighten bolts.)
8. Place the front door panel (Figure 5, page 4) on the front of sauna base. Lift front door panel 2" above the base to allow the hinge clips on the left side to lock into the hinge clips on the right side of the left side wall (Figure 4, page 3). Slide the wall down into position. Note: Make sure the panels are securely locked at top and bottom.



Fully Assembled
TheraSauna.

9. Place the right side wall (Figure 6, page 4) on the right front side of base. Lift the right side wall 2" above the floor to allow the hinge clips on the left side to lock into the hinge clips on the right side of the front door panel (Figure 5, page 4). Slide the wall down into position. Note: Make sure the panels are securely locked together at top and bottom. Line up the three bolt holes on the right side of right side wall with the bolt holes on the right end of right back wall (Figure 2, page 3). Insert three furniture bolts. (Do not tighten bolts.)
10. Insert the right bench support (Figure 9, page 5) into the slot of the left bench support and the slot in the right side wall. Connect the remaining cord plug into the side receptacle of the bench support heater. Slide the remaining bench (Figure 11, page 5) into the slot of the right back wall and on top of the right bench support.
11. Insert two furniture bolts into the threshold on the inside bottom of door opening. Note: Some adjusting may be necessary to line up holes of threshold and threshold receivers. Tighten bolts with hex head wrench provided. Proceed to tighten all bolts securely all the way around the sauna.
12. Set roof (Figure 7, page 4) on sauna with finish side down, make sure the top trim extends down over walls all the way around.
13. Install light plug connector on light (Figure 13, page 6) into connector coming out of right back wall. Screw securely to the wall with light mounting screw (Figure 14, page 6). See instructions included in light box.
14. All TheraSauna's are equipped with an LED. perimeter light system.
 - a. Locate the plug coming out of the roof panel (110Volts). Plug into wall outlet.
 - b. To turn on the lights, wave your hand in front of the motion detector located on the top of the sauna by the left side of the door.
15. Wave your hand in front of the motion detector to turn it off.

USE

Always consult a physician before beginning a sauna program. You may wish to begin with shorter sessions, 10 – 20 minutes, in the TheraSauna® and work up to 30 – 60 minutes per session, as you feel more comfortable and familiar with the effects. Begin at a lower temperature setting and work up to one that is comfortable for you.

ELECTRICAL POWER REQUIREMENTS

TS6439 – 110V-125V – 20 Amp 60 Hz dedicated wall receptacle.

NOTE: 120V systems require a *minimum* of 110V while under load

Overseas Units – 230V 7.5 Amps 50 Hz dedicated wall receptacle.

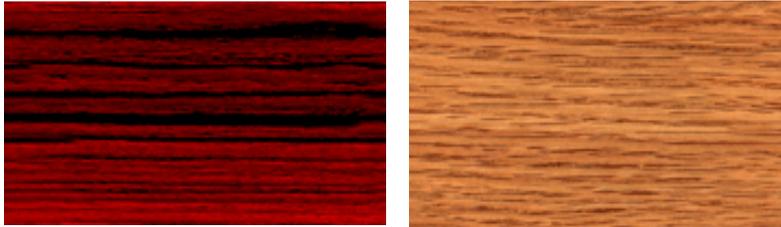
Power Cord Plug	20 amp
Configuration	TS6439



WOOD CHARACTERISTICS

Each tree has its own characteristics that are unique to it alone. These features include differences in color and grain directions that are produced by nature in every tree. These variations create the beauty and style found in fine wood.

Since these differences in texture and grain affect the final finish, it is impossible to guarantee an exact match in finish between any two pieces, even though identical finishing processes are applied.



We have used a uniform finish on the natural woods in this TheraSauna® and we hope that you will appreciate and enjoy its beauty.

HELPFUL HINTS FOR SAUNA USE

Drink liquids prior to, during and after your sauna session. Water works just fine. Use the best quality water available to you. Eating a piece of fruit is helpful to replace potassium. The typical American diet can replace phosphorous which is lost through perspiration. Magnesium is replaceable through green leafy vegetables or supplementation. (Some facts about Gatorade: the “energy” Gatorade supplies to muscles is SUGAR. The “fluids” are water. And the “minerals” are salt (110mg of sodium and 97 mg of chlorine), 25 mg of potassium and 24 mg of phosphorous. Americans eating an average diet of commercial food already consume too much salt and phosphorous. While many people could use a little more potassium, there is more than 25 mg in a TABLESPOON of orange juice.

If you shower or bathe before your Infrared Sauna session, you may sweat more: try it with and without first bathing or showering to see which you prefer. Have 2-3 towels available during your session. Sit on one towel folded over several times for added cushioning. Use another towel on the floor to absorb extra sweat. A third towel can be draped over the knees may provide comfort and is useful to towel off sweat during your sauna session.

As you become more heat conditioned you may wish to increase the length of your sessions to 40 minutes or longer. This is especially useful if desiring to heat soft tissues to their optimal temperature prior to stretching to attain a non-elastic, lasting elongation. Obviously, you will need to rehydrate very thoroughly and be sure to properly support your mineral balance. Consult your doctor about your individual usage. Many users report that they feel increasingly comfortable with longer sessions, some as long as 1 ½ hours. On other days these same people “feel finished” with their session after 30-40 minutes of usage. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable.

THERASAUNA® DISCLAIMER

Disclaimer

QCA Spas, Inc. (manufacturer of TheraSauna®) and its affiliates do not provide medical advice, education or treatment. The information contained in this manual is for general information purposes and is not intended to address individual medical conditions. Infrared heat may not be right for you and the information herein should not be relied upon in making decisions about your health. Always consult your physician for medical advice.

Warning

Elderly persons, infants, and anyone subject to heart disease, diabetes, high or low blood pressure, strokes, epilepsy or similar afflictions should not use the infrared sauna before consulting a physician. Unsupervised use by children should be prohibited. Never use the infrared sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medication of any kind or being treated by a physician for any reason, consult your physician prior to use of the infrared sauna.

QCA Spas, Inc. does not warrant results and cannot be liable for personal injury or health conditions resulting from use. The TheraSauna® is not intended for commercial use. We reserve the right to make changes to the sauna at any time, without notice, in cabinetry, materials, color, finish, design, specifications, and equipment.

 **WARNING**

REDUCE THE RISK OF FIRES

Do Not Install Closer Than 102mm or 4 inches
To A Vertical Surface

 **WARNING**

REDUCE THE RISK OF ELECTROCUTION

Disconnect All Supply Connections Before Servicing
This Appliance Has 1 Supply Connection

 **WARNING**

REDUCE THE RISK OF ELECTRIC SHOCK

Do Not Operate Unless Guard Is In Place

CAUTION

REDUCE THE RISK OF FIRE

Do Not Place Combustible Material On Heater At Any Time

WARNING

REDUCE THE RISK OF OVERHEATING

1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
2. Supervise children at all times.
3. Check with a doctor before use if pregnant, in poor health, or under medical care.



Intertek

This symbol designates that these saunas are listed by Intertek Testing Services NA Inc. for use in the United States and Canada.