

# Portable Far-Infrared(FIR) Sauna Box

## Use Guidelines

- 1.Sauna box is not the medical equipment, can not be used for medical purpose.
- 2.Pregnant and patients must ask for doctor's permission before they use the sauna box.
- 3.Stop using immediately once you feel uncomfortable,dizzy or sleepy.
- 4.Make sure the power was turned off when folding the sauna box.
- 5.Staying in the sauna box too long will cause excessive heat. The suggested time is 30 minutes.
- 6.Let the sauna box heat up for 5 minutes before you go inside of the box.
- 7.It is better to drink 300cc to 500cc water before you go inside of the box.
- 8.Pull out the power plug after every use.
- 9.Avoid the water areas in case of electric shock attack.
- 10.Make sure the electric cord is far away from the heating resources
- 11.Stop using immediately once the wires or plugs are damaged
- 12.Don't pull the wires with too much force.
- 13.Any repairment should be operated by the professional personnels.

**Note:** People under 18 yeas old are not suitable to use the sauna box

Sauna box should not be used under the following conditions

People suffering from heat disease and other cardiovascular diseases

People suffering with hypertension , hypotension

Pregnant,patients with disordered nerve system.

People already drank too much alcohol or beverage.

People who are not advised by doctor using the sauna box.

People suffering from serious cold

## How to use the remote controller

- 1, Press the power button. Then the timer will display 40 minutes and the Temp. Level will display Level 1. All the displays are default settings. You can change them as you want.
- 2, Temp: There are 1-6 levels for you to choose. In winter time, we normally choose Level 5-6. Level 1-2 are used for elderly or physically weak people.
- 3, Timer: 0 to 40 minutes. Press the arrow buttons to increase or decrease 5 minutes every time.

## How to Install:

Make sure there is no sharp knife, needles and other sharp stuffs around the sauna box when you are doing the installation or dismantle. In case the sharp stuffs will break the sauna box.

A. Keep the far-infrared heating boards straight up and open the sauna room

B. Put remote control into the front bag of the sauna box.

C. Zip up the zipper at the bottom of the box from the back to front

D. When you use it, bring foldable chair into sauna room.

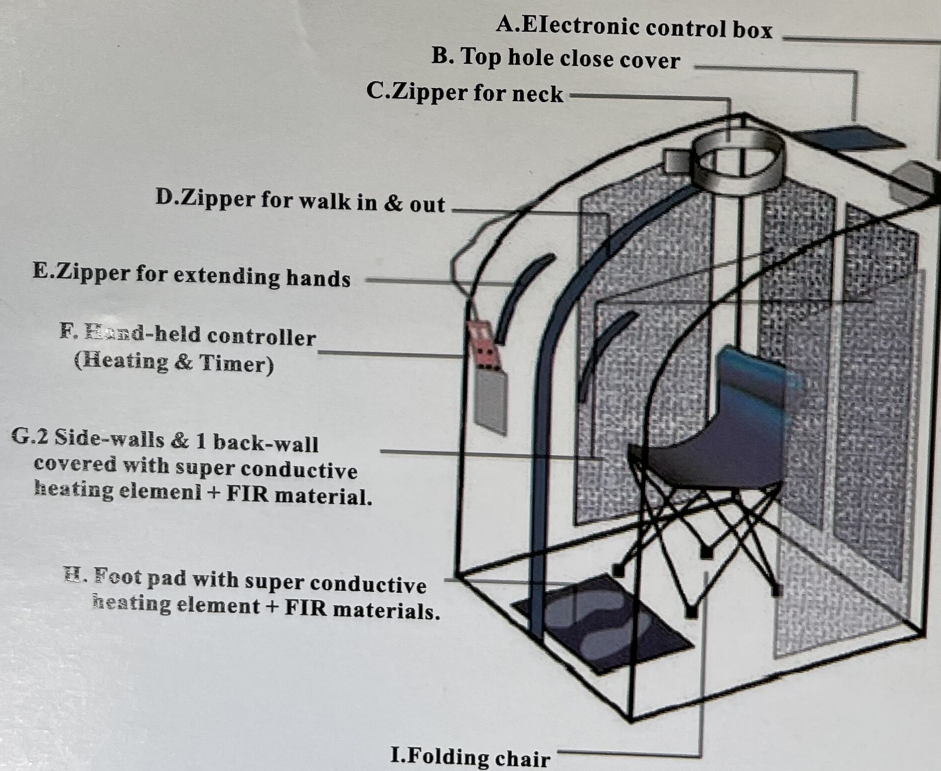
## Sketch Map of Installation for Reference



## Instruction for far-infrared(FIR)sauna box

Model	DDIS-07
Power supply	AC220V/50HZ ( ) AC110/50HZ( ) AC230V/60HZ( )
power	600W
Inside temperature	40-70C degree 1-6grade to adjust temperature
Safety measures	Overheating temperature protection
Time	5-40 minutes
Dimension when unfolding	H80*W70*L80CM
Dimension when folding	H70*W12*100CM
Weight	10KG/UNIT
Power consumption	Low

## Components lists of assembling



## Features and Specification

There is one heating panel at the back of the sauna box and two heating panels at the left side and right side of the sauna box.

When the temperature of far-infrared heating board goes up to 60 C degrees(140 F degree),it will release 95% of the heat.

It only takes 5-7 minutes to reach the constant temperature of 60 C degrees(140 F degree).

Under the normal circumstances , the volume of perspiration will reach 500 cc after staying in the sauna box for 10 minutes.

Easy to install and dismantle.

Easy to clean and low maintenance.

It is very light,only about 10 kgs, portable for use it at any place.

1-6 grade to adjust temperature.

## Contrast between far-infrared sauna box and steam box

Function Style	Heating resource	Specification	Noise	Deficiency After using	Time for Folding and unfolding	Places for using
FLR Sauna	High tech Super thin Heating panel	Far Infrared spectrum	No	DRY Easy to clean	1 minute	Bedroom Or Lounge
Steam Sauna	Normal Steam	Nothing special	Yes	Moist, Fungal, Hard to clean	Over 15 minutes	Bathroom