

SERENE LIFE SLISAU30BK USER MANUAL



SereneLife

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SLISAU30BK

Compact & Portable Sauna System
Deluxe Personal Therapy Detox Heated
Home Sauna Steaming Spa

USER MANUAL

READ AND FOLLOW ALL INSTRUCTIONS

1. This sauna is not a medical equipment and is not intended for medical purposes.
2. Check with your doctor before using this sauna when pregnant or if under medical care.
3. Stop using the Sauna immediately if you feel discomfort, nausea, or sleepy.
4. Do not plug in while folded for storage.
5. Staying too long in the sauna can cause overheating. Recommended 30 minutes per day, and do not use it for more than 3 times per week.
6. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
7. Children should be supervised to ensure that they do not play with the appliance.
8. It is recommended that the infrared cabin should not be used within 24 hours after. UV radiation exposure from artificial sources or sun-bathing.
9. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should seek medical advice before use of infrared warming cabins.
10. When persistent erythema (reddening of the skin lasting more than a day) and netlike colour changes persist after regular exposure to infrared radiation, exposure should not be repeated and medical advice should be sought to prevent development of erythema ab igne.
11. If you are a person with compromised heat pain sensation or under the influence of alcohol or tranquilizers you should not use infrared warming cabins.



NOT recommended for use by anyone under 18 years of age.

DO NOT use the Sauna under any of the following Health Conditions:

- Any type of respiratory condition
- Anyone with a heart condition
- High or low blood pressure
- Pregnancy

- Any skin disease or disorders
- After or during drinking alcohol or alcoholic beverages
- Check with your doctor regarding the use of this product.

WARNING: (PLEASE READ CAREFULLY BEFORE USING SAUNA)

- Unplug the power cord after each use.
- Do not use in or around water due to danger of electrical shock.
- Keep the electrical cord away from heat sources.
- Never operate the unit if the cord or plug has been damaged.
- Do not pull on the electrical cord.
- Any repair must be performed by manufacturer, its service agent or similarly qualified person.

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body 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:

- Failure to perceive heat
- Failure to recognize the need to exit the room
- Unawareness of impending hazard
- Fetal damage in pregnant women
- Physical inability to exit the room
- Unconsciousness.

WARNING



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

FUNCTIONS & FEATURES

- When Sauna box heats up to 55°C (131°F), FIR materials emits, 95% of its energy.
- It takes 5 minutes to reach 55°C (131°F) constant temperature.
- Low cost to operate.
- Depending on individual , the volume of perspiration can be 500 cc. with 10 minutes use.
- Only a minute to set up or to close down. No mess to clean up. Just wipe with a damp cloth.
- Light weight only 10-11Kgs. Dry and portable. Suitable to use anywhere.

FEATURES:

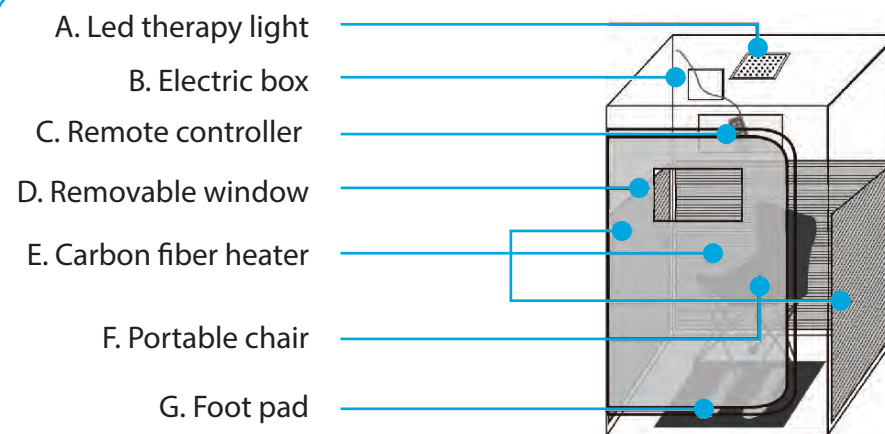
- Easy Access Sit-in Steam Sauna Design
- Compact Spa Size Perfect for In-Home Use
- Detoxifying & Soothing Infrared Heated Body Therapy
- Portable, Personal Home Sauna Style
- High-Powered Heating Element
- Includes Foldable Chair for Comfortable Seating
- Energy & Power Efficient Design, Low-cost Heating Sauna
- Convenient Hand Access Zippers for Book/Magazine Reading
- Wired Controller For Timer & Auto Heat Setting
- Integrated Foot Pad Heating Mat
- Used For Personal Health, Detox, Weight Loss, Fatigue & Stress Relief

WHAT'S IN THE BOX:

- Home Sauna Tent
- Foldable Chair
- Heated Foot Pad

TECHNICAL SPECS:

- Power Output: 1300 Watt
- Steam Sauna Heating Element: Carbon Fiber Heating Panels
- Maximum Temperature Reached: 140° Fahrenheit (60° Celsius)
- Adjustable Time Setting: Up To 60 Minutes
- Construction Materials: Oxford Fabric, Aluminium Insulated Film, Metal Alloy Frame
- Power Cord Length: 5.3' ft.
- Power Supply: 120V
- Total Assembled Sauna Size (L x W x H): 35.4" x 35.4" x 70.9" -inches



- A- Led therapy light
- B- Electric box
- C- Remote controller
- D- Removable window
- E- Carbon fiber heater
- F- Portable chair
- G- Foot pad

HOW TO ASSEMBLE

Please keep away from sharp objects that may damage the unit when handing the set up or close down of the sauna equipment.

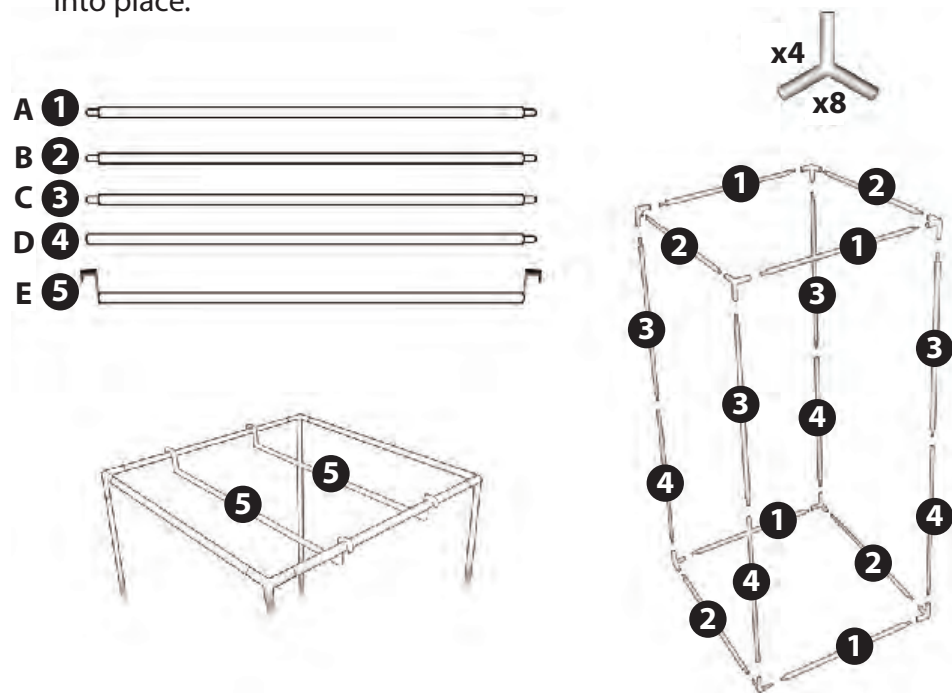
1. Unfold both side-walls off the FIR Sauna box to let it stand upright.
2. Close the zipper from the bottom of the back-wall to the front end, and place the foam floor cushion in place, with the glossy side facing upward.
3. The wired foot pad, with its footprint facing upward, should then be placed on the cushion the front near the front end.
4. Put the folding chair on the rear part of the cushion. The unit is ready for use.
5. Please note that while handling the setup of close down, always keep away from sharp objects that may damage the unit. Reverse the procedures outlined above for setting up if packing the sauna away.

INSTALLATION PROCEDURES

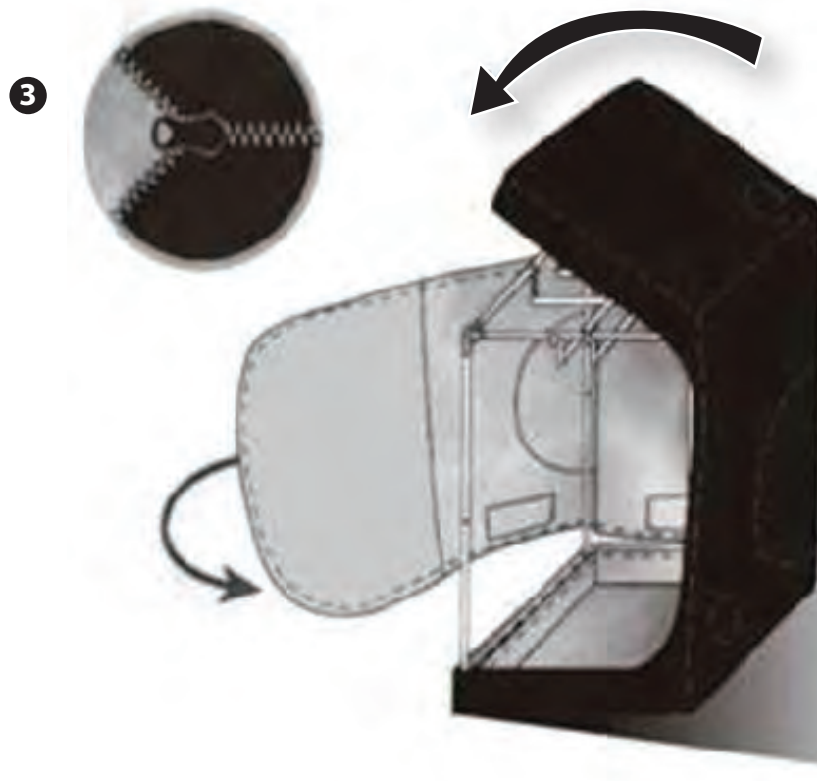
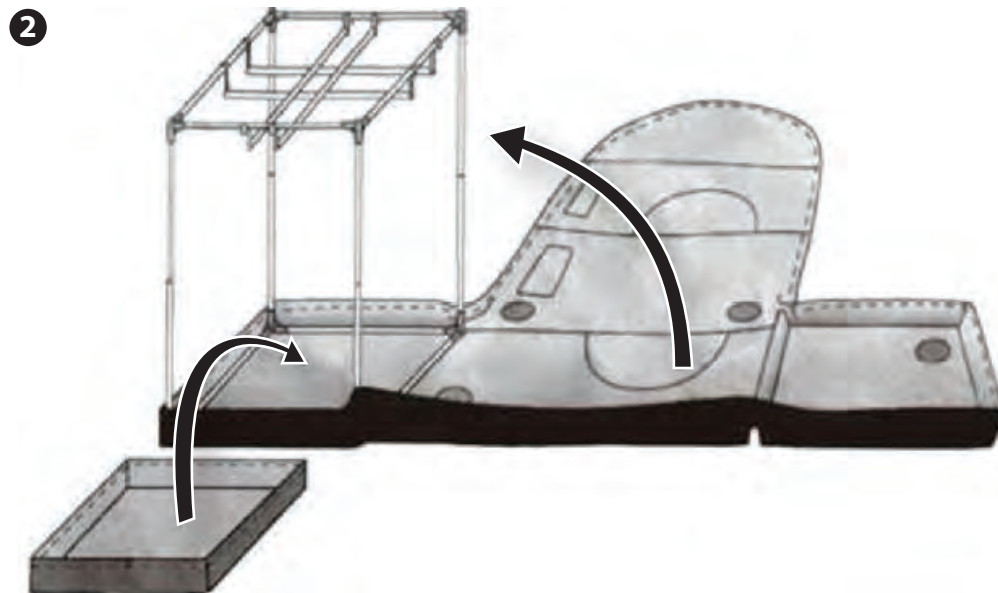
1. To open the Sauna Box, put the PE-foam on the bottom and lay the folding chair in the housing. Build the Sauna Box inside the wall to keep it standing.
2. Plug the power cord into the power socket.
3. Using the Hand-held controller to set up the time and temp.
4. It is suggested that pre-heat the Sauna Box and the foot pad for five minutes. Use of the footpad depends on individual preference.
5. When all the time and temp has been set up, a suggestion is to drink a cup of 300-500 cc's of water. Then sit in the Sauna, close the zipper and relax.
6. After using the Sauna, unplug and pull out the power cord.

ASSEMBLY INSTRUCTIONS

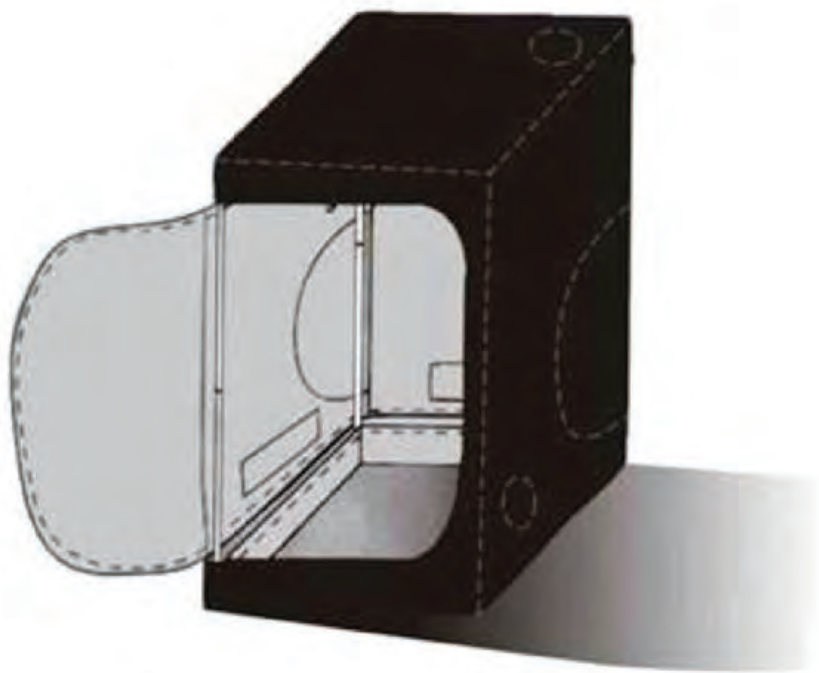
- 1 Connect the sauna tent framework ensuring that the poles are seated properly in the corner connectors. It may be necessary to gently twist the poles back and forth until the connection tabs pop-out and lock into place.



Pull the sauna tent outer canvas over the constructed framework.



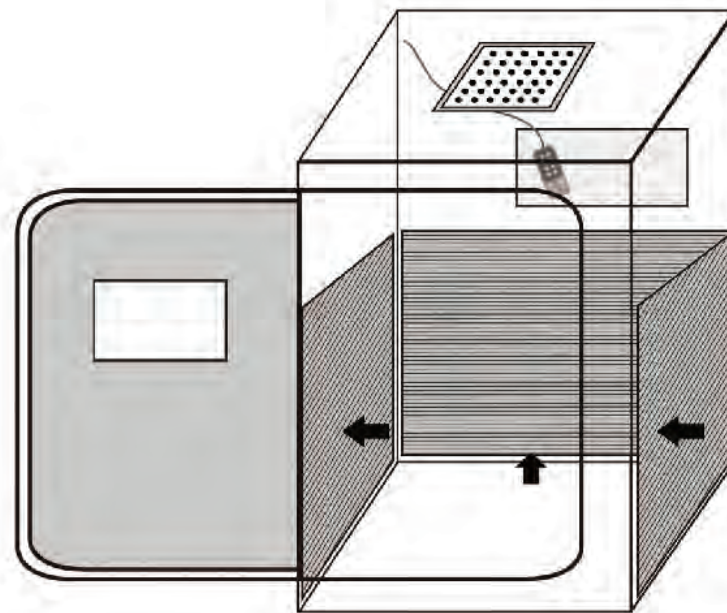
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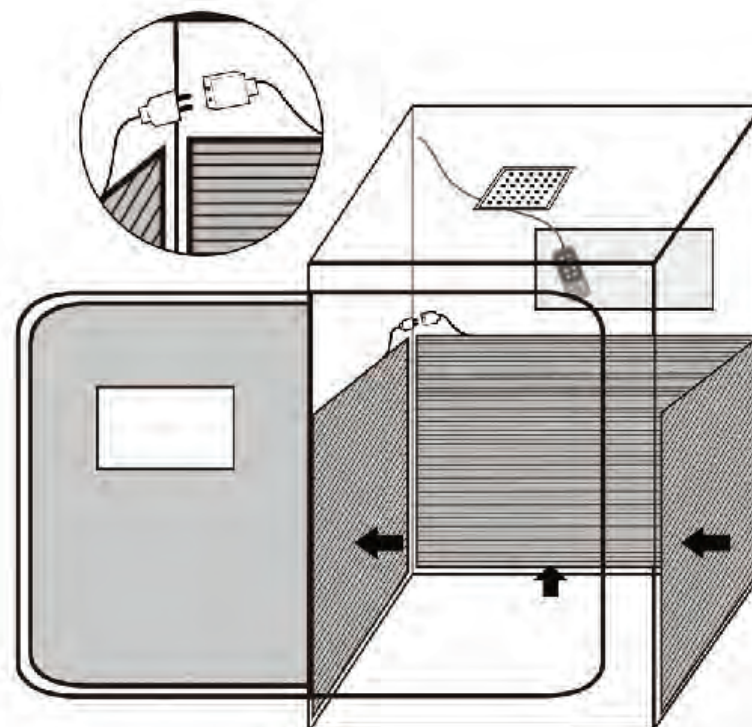
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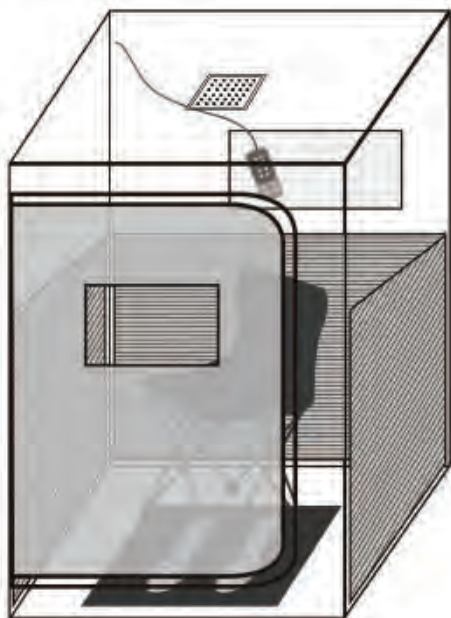


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HAND HELD CONTROLLER FUNCTION ILLUSTRATION

1. Press **ON/OFF** key to start the instrument.
The indicating led light will be on.
2. Press **FOOT** key to heat the foot bottom.
The indicating led light will be on.
3. Press **SET** key to set temperature,
then press (▲) or (▼) to adjust temperature.
4. Press **SET** key again to set time,
then press (▲) or (▼) to adjust the time.
5. **TIME**: totally 0-60 minutes, 1 minute will
increase or decrease for each press of
(▲) or (▼) key.



Hand-Held Controller

CLEANING & STORAGE OF SAUNA

1. Dry any water from the PE-foam in the Sauna box after using.
2. Open the zipper to ventilate. Wait until heat has dissipated to pack and store.
3. Use clean damp cloth to wipe off, and then fold. No need to wash.

HOW TO ADJUST HEAT FOR FOOT PAD

1. For "**Low Heat**" press the button once, you will see it flash slowly on the remote.
2. For "**Medium Heat**" press the button again, and you will see it flash quickly on the remote.
3. For "**High Heat**" press the button again, and you will see the light staying on this time.
4. For "**No Heat**" press the button one more time, and you will see the light turn off.

WARRANTY CONTENTS



Do not use the sauna for over 30 minutes per day and for more than 3 times a week.

1. The warranty period is valid for 1 year from date of purchase.
2. If the unit requires repair, please contact our service center.
3. If the repair was caused by the following situations, you will be charged for material replacement only.
 - a. Improper use and operations.
 - b. Operating device without complying on required working voltage.
 - c. Reassemble after the supplier's installation.
 - d. Damaged by nature, disaster or fire.

Questions? Issues?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com