

HOW TO USE THE SAUNA CONTROLS

THREE STEPS TO BEGIN YOUR SAUNA SESSION

1. Turn ON the Sauna – Press the **POWER** button.
2. Select the desired **TEMPERATURE** and **TIME** – With the Up/Down buttons.
3. Confirm settings – Press the **POWER** button again to start the sauna programme.

The HEATING light will turn on/off automatically as needed to regulate the temperature $\pm 3^{\circ}\text{C}$.

TEMP

- Min 40°C . Temp won't drop below 40°C .
- Max 70°C .
- We recommend between 55°C – 65°C .

TIME

- Add time as needed by pressing up arrow.
- Heaters will turn off when time reaches 00.
- We recommend 15-20mins for your first sauna. Working up to 30-35 minutes.

LIGHT

- Cycle through colours for your desired light therapy.

If you need help at any time, please let us know by using the help button provided.