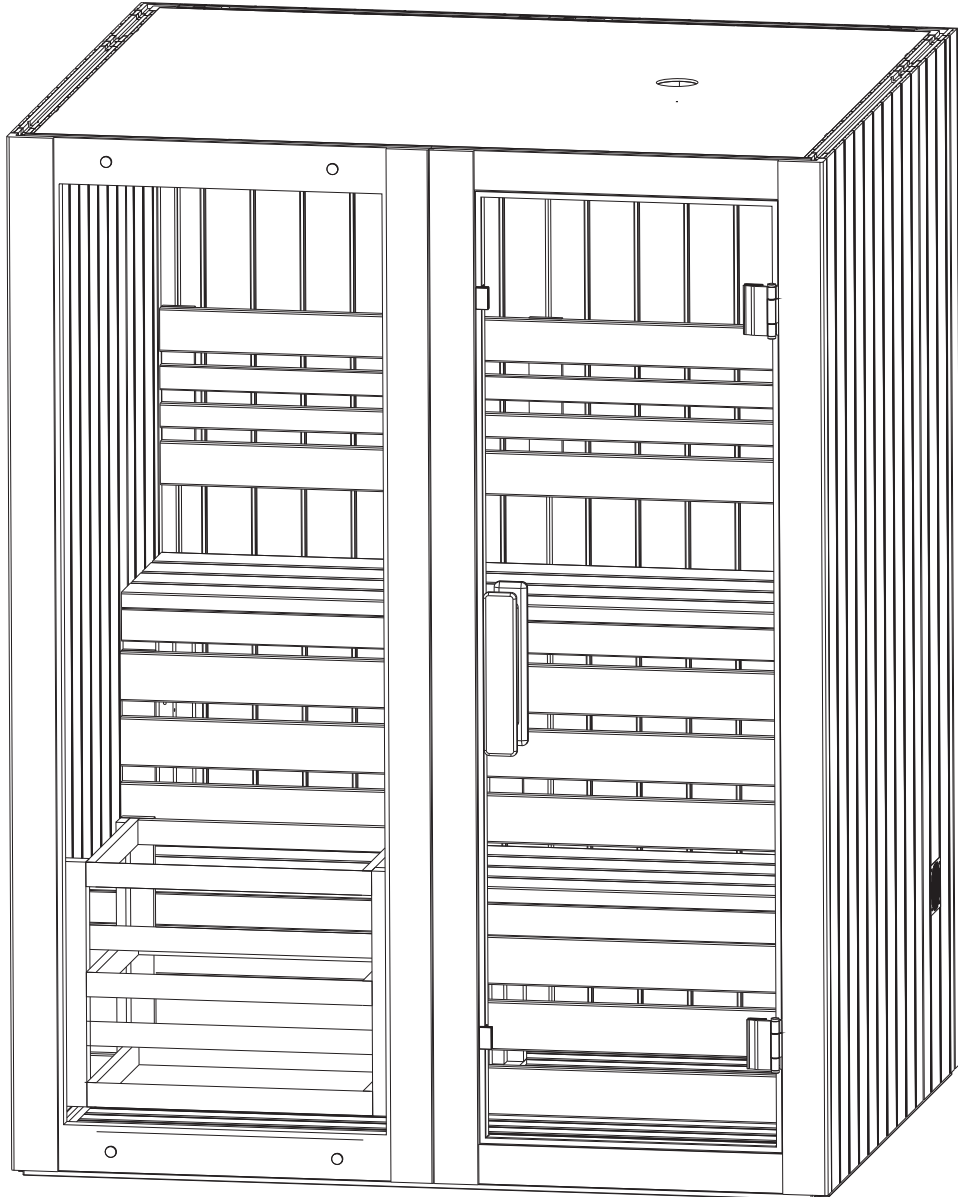


# ALEKO® Indoor Sauna

[www.AlekoProducts.com](http://www.AlekoProducts.com)



User's Manual for 3-Person Sauna

# Introduction:

Instructions before assembly:

- (1).At least two people are required to assemble the sauna.
- (2).Mounting location: check whether the ground or platform is horizontal, and slight slope will not affect the mounting and use of sauna, but if the slope is evident, a shim is needed to keep the sauna level.
- (3).All screw heads to mount sauna must be completely in wood to avoid burns during use. If you want to mount accessories provided by other companies to the sauna, try to avoid metal accessories, or insulate them.
- (4).Please find qualified electricians to install the electrical elements in sauna.

## 1.Tools we provide

Rubber hammer ×1

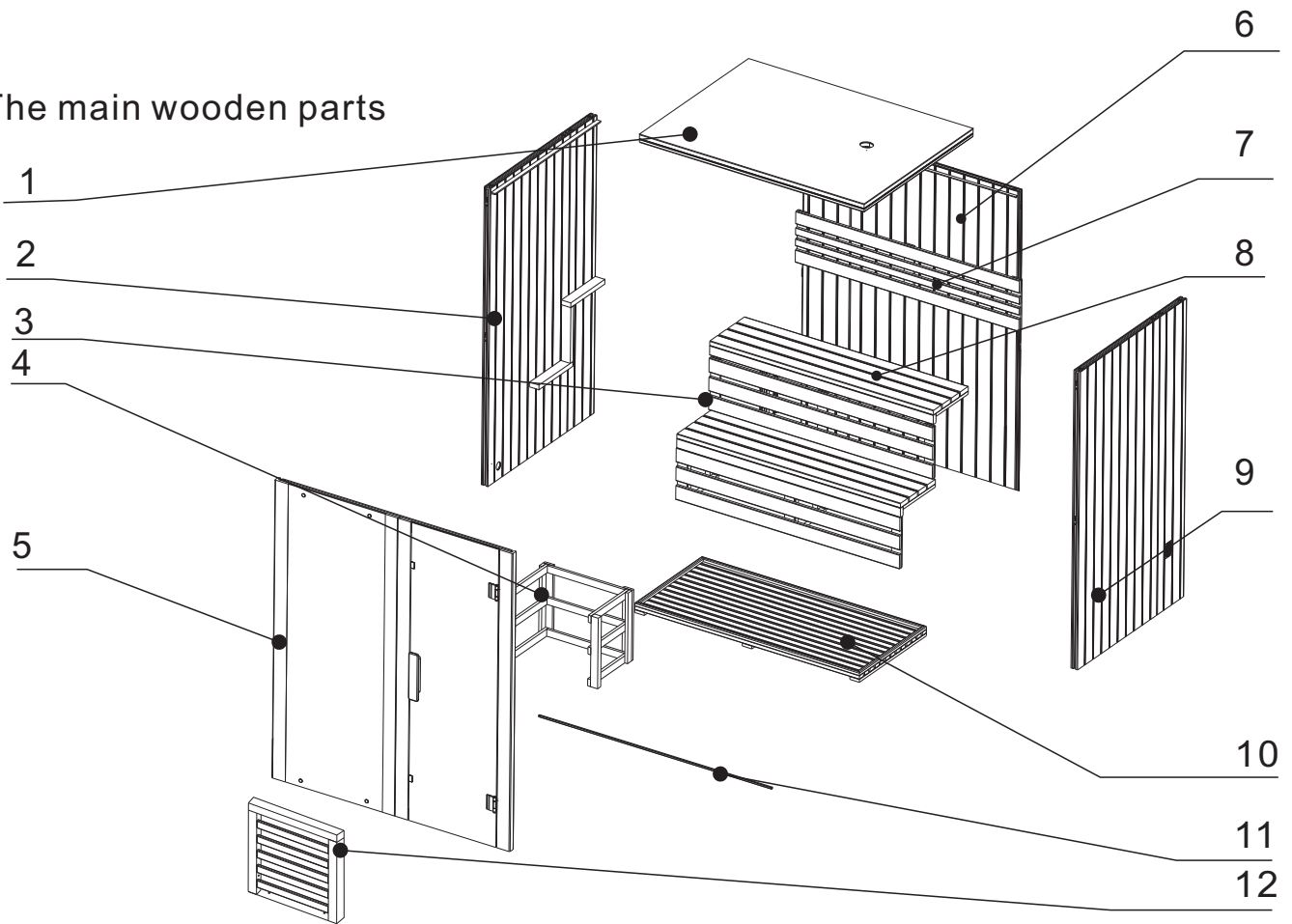

## 2.Tools you need to prepare

Electric drill × 1	Measuring tape × 1	Spirit level × 1	Pencil × 1
			

## 3.Parts list

Basic configuration				
No.	Name	Dimension	Unit	Model No
				TC3/TH3
1	Sauna heater (recommended)		Pc	4.5kw/1
2	4L bucket		Pc	1
3	Sauna stone		kg	20
4	Thermometer and hygrometer		Pc	1
5	Ladle		Pc	1
6	Glue		Pcs	2

## The main wooden parts



S/N	Name	Quantity
1	Top panel	1
2	Left wall	1
3	Stool decorating board	2
4	Heater fence	1
5	Front wall	1
6	Back wall	1
7	Backrest	1

S/N	Name	Quantity
8	Bench panel	2
9	Right wall	1
10	Bottom board	1
11	Bottom connection bar	1
12	Fence of decoration board	1

## Installation steps for sauna room

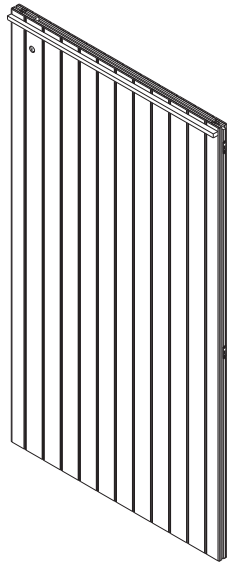
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Tools:



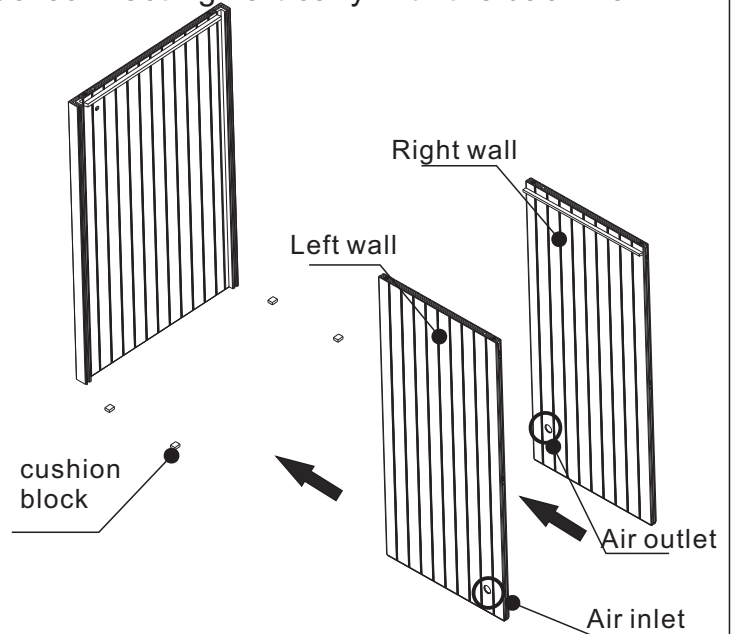
## 1、 Back wall installation

1-1 : Back wall components



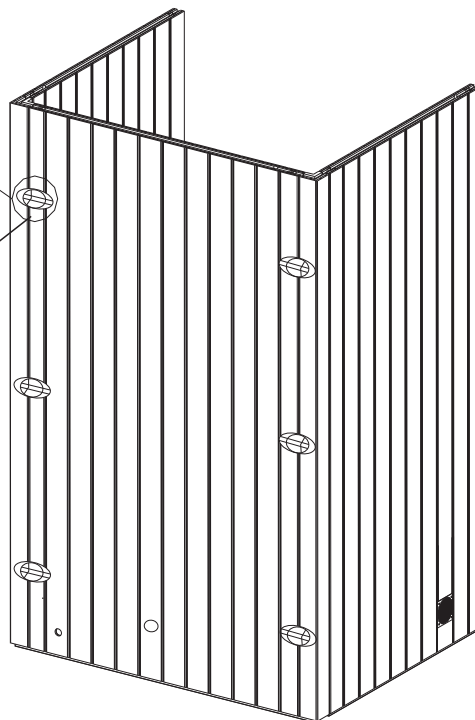
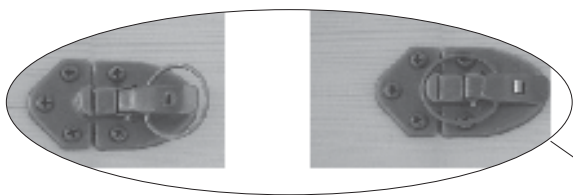
Hold up the back wall

1-2: Hold up the left and right walls, making it 90° connecting vertically with the back wall.



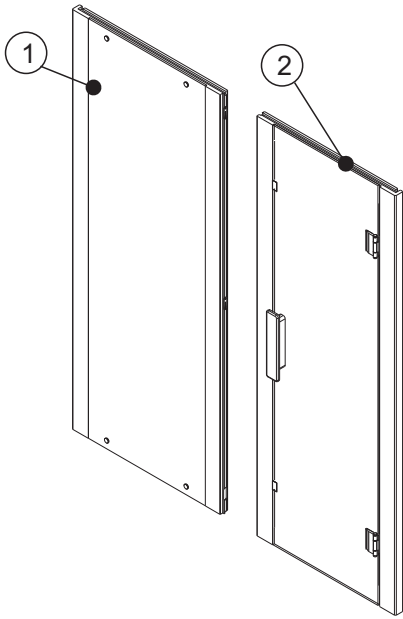
Note: After it is connected and when the installation is difficult to complete, use the glue hammer to tap for adjustment.

1-3: Install the lock catch of the back wall and left and right walls.



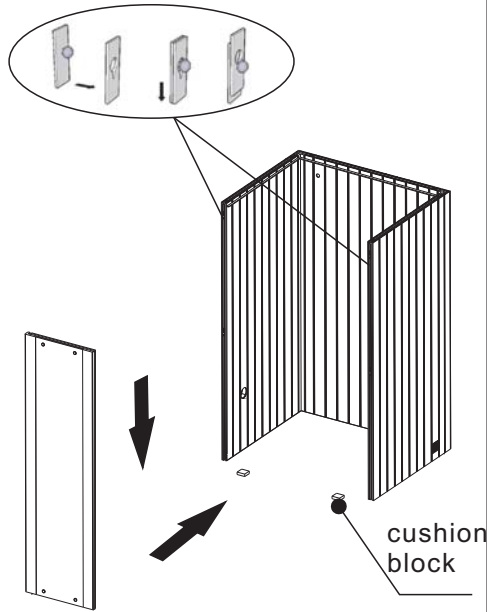
## 2、 Front wall installation

2-1: Front wall installation.



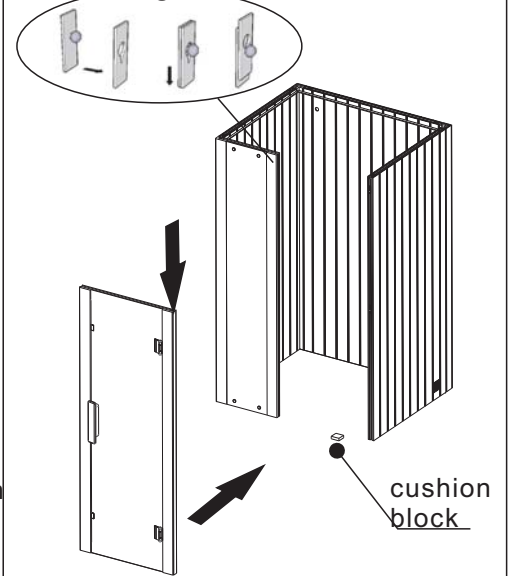
- 1. Fixed glass window
- 2. Switch glass door

2-2: Install and fixed glass window .



Connect and fix with the hidden catch of the glass window and on the left wall

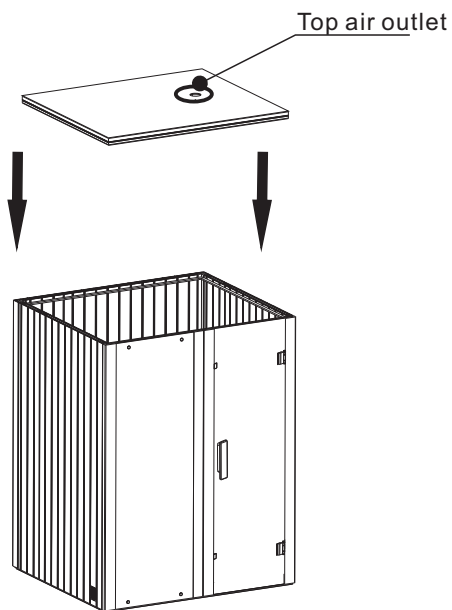
2-3: Install the switch glass door , making it align with the hidden catch of the fixed glass window and the right wall.



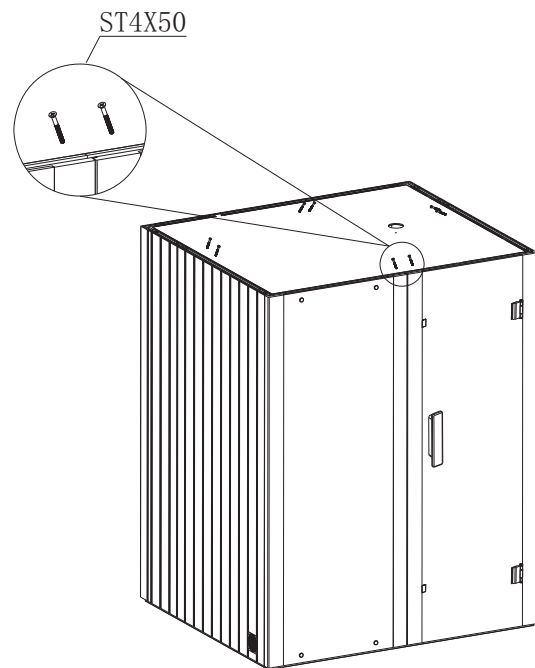
Note: After it is connected and when the installation is difficult to complete, use the glue hammer to tap for adjustment.

## 3、 Top panel installation

3-1: Installation figure of top panel



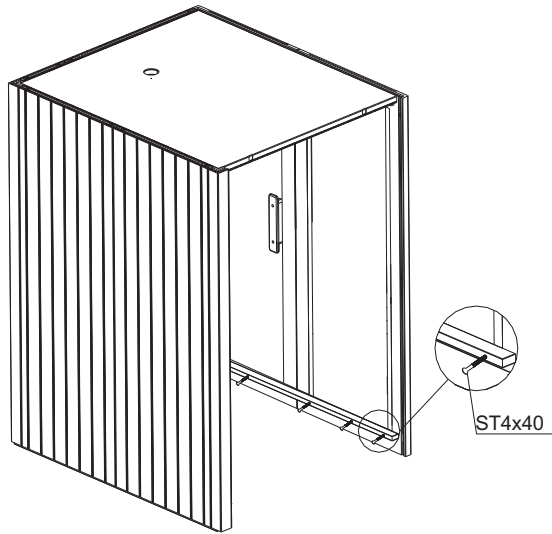
3-2: Fix top panel around with screws



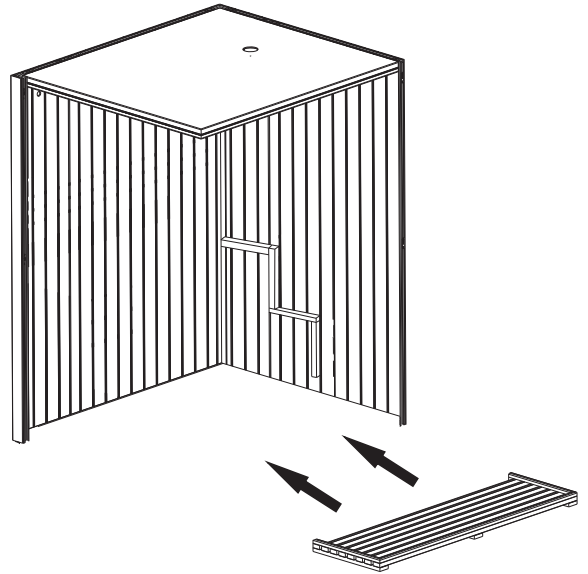
## 4、 Bottom board installation

Check whether the ground is flat before installation. Please install it on flat ground.

4-1: Install the bottom connection bar.

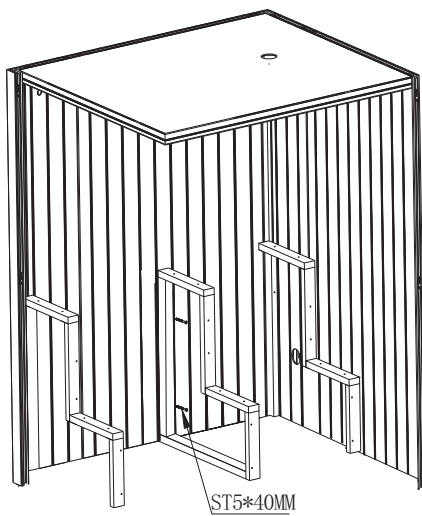


4-2: Place the bottom footboard.

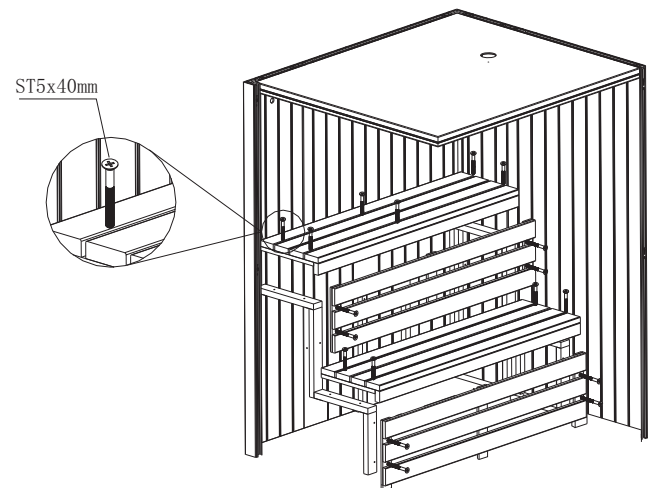


## 5、 Bench and backrest installation

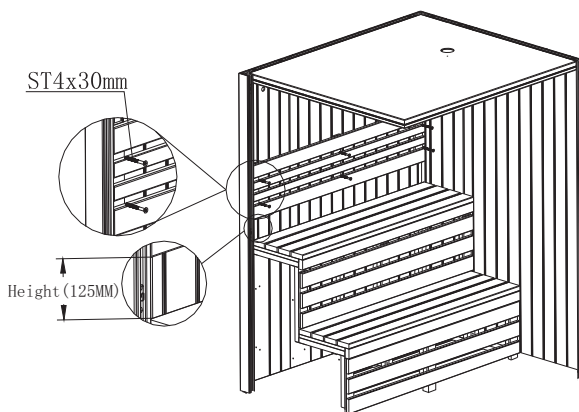
5-1: Installation figure of Bench feet



5-2: Installation figure of bench.

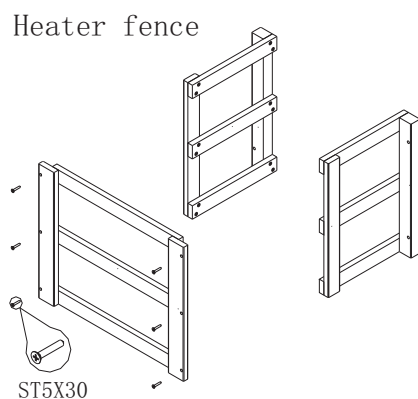


5-3: Installation figure of backrest.

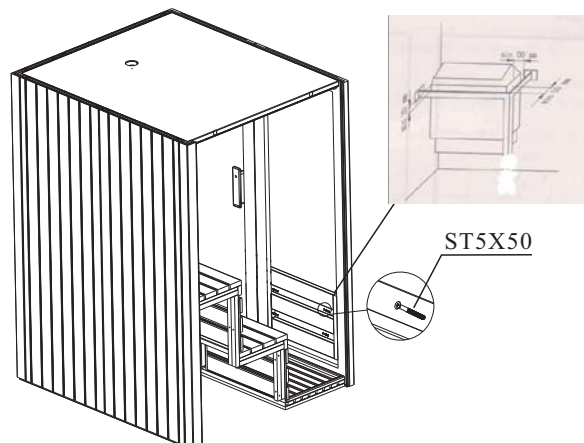


## 6、Sauna heater guard and other accessories installation

6-1: Assembly figure of heater fence

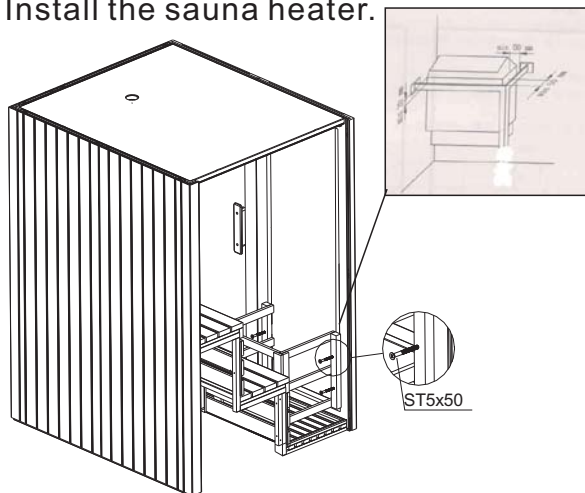


6-2: Install the fence of decoration board



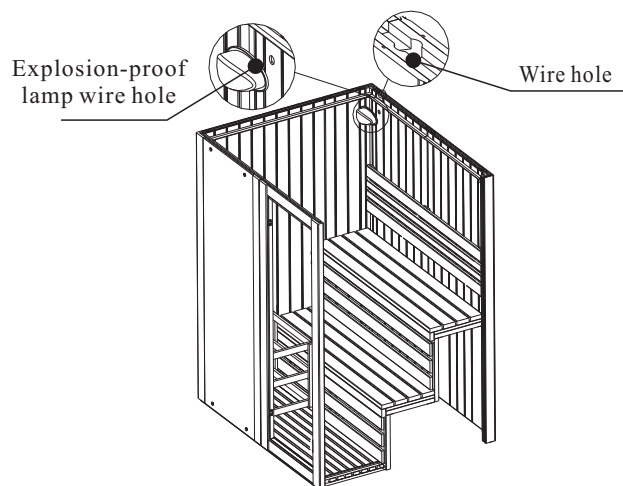
Note: Please make sure the fence of decoration board and heater fence have the same height, that meant it should be raised up with the heater as well as the heater fence.

6-3: Install the sauna heater.

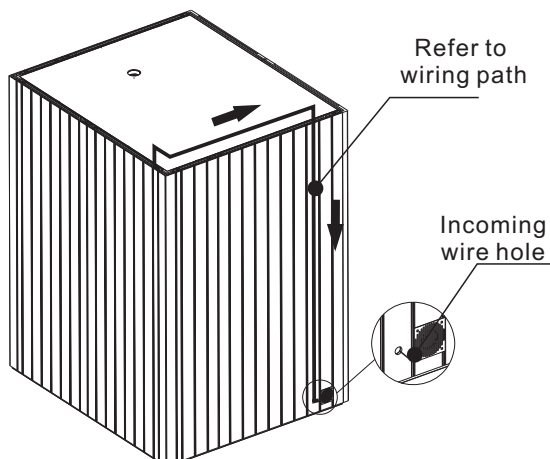


Note: When the heater is installed on the wall beyond the ground, and the fence shall be raised up with the heater. The details are shown in the above figure.

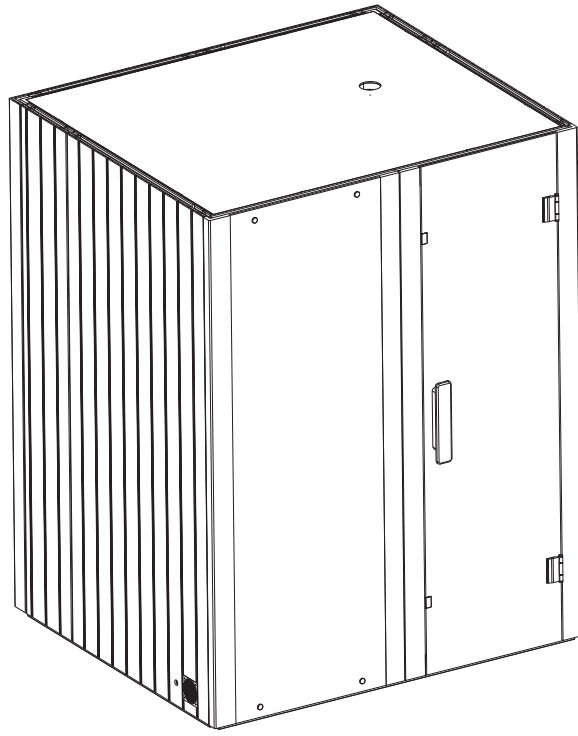
6-4: Explosion-proof lamp installation:



6-5: The lamp line can be led along the lamp line tube. The user can adjust the time it leads out from the bottom according to the real situation.



# Sketch after installation





## 7、Instructions on use, maintenance and attentions

### Use:

- (1) Start the sauna heater, set the constant controller at the temperature you need, turn on the switch to preheat it for 30-60 minutes, and 60°C -80°C is usually recommended (area from stool to head). For the first use, start from a lower temperature, and then adjust it according to how your body can withstand (generally speaking, it is 80-85°C for dry steaming, and can also be higher, while it is usually 45-60°C for wet steaming (in the steam room)).
- (2) The difference between “dry steaming” and “wet steaming”: "dry steaming" requires no pouring water over the heated stones to make room humidity under 10%. If you like dry steaming, you may choose some books you like to read, and enjoy good time in sauna. "Wet steaming" has higher humidity which is over 35%. Most customers prefer wet steaming, for it gives waves of steam shock to relieve fatigue, clean the skin and waste in the body, thus benefiting both the body and the spirit.
- (3) Before entering the sauna, please take off clothes, glasses, jewelries, leave mobile phones and other things outside, and then take a quick shower or bath.
- (4) It is usually 5-15 minutes each time.
- (5) After entering the sauna, you can soak in the swimming pool, wipe your body with snow, and take a shower to cool your body for 10-20 minutes.
- (6) The so called “steam shock” means pouring water over the heated stones in the sauna to generate a lot of steam and heat instantly. The steam and heat create a special environment in which the body experiences shocks, also known as “steam shock”.
- (7) If you re-enter the sauna room, you may find there are droplets on the sauna stone condensed from steam. If water overflows from the heater to the ground, it means you have used it for too many times, although it has no harm to your heater and sauna room.
- (8) After the last entry into the sauna, you should rest for at least 20 minutes. First take a shower with soap and warm water, then with cold water to close your skin pores. Put on clothes when your body temperature completely cools down. (Children must be accompanied by parents for the use of sauna)

### ! Maintenance:

- (1) It is recommended to regularly clean up the sauna, keep it ventilated, and check whether wires for electrical appliances are aging or damaged.
- (2) It is recommended to oil-coat the sauna room every year; you can choose the wood wax coating service provided by the Company when the product leaves the factory.
- (3) It is recommended to lay a carpet at the door to keep the floor clean.
- (4) For daily maintenance, it is recommended to wipe out stubborn dirt in the sauna with sandpaper.
- (5) It is recommended to regularly replace sauna stones. Generally speaking, sauna stones need replacing after 500 hours (>500 hours) of use.

### ! Important:

- (1) Don't take sauna bath after excessive eating and drinking or if you cough seriously. Patients diagnosed with serious heart disease and hypertension should pay special attention for the use of sauna.
- (2) During use, don't pour water on sauna stones when any part of your body is above the sauna stones to avoid possible burn by the steam.
- (3) When there is a failure in electrical appliance, please stop using it and have it repaired by professionals.