HEKLA

Infrared 130

Assembly & User Manual

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WELCOME

Thank you for purchasing our sauna products, we congratulate you on your new path to better health. We are striving to become the best infrared sauna supplier in the world; our list of consumers increase daily and we believe your success is our success. We attribute this growth and success entirely to our customer satisfaction, the recognized health benefits, and the quality of our workmanship. At our factory, we use only the finest materials coupled with state-of-art construction and the highest safety standard in the industry.

You will be surprised at the noticeable effects of pain relief, weight control, stress reduction, skin stimulation due to an increased blood circulation when using the sauna.

INTRODUCTION

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared Sauna for the first time. We recommend for you to keep this manual for future reference.

Benefits:

- Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Beautiful Skin
- Stress Reduction

You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.

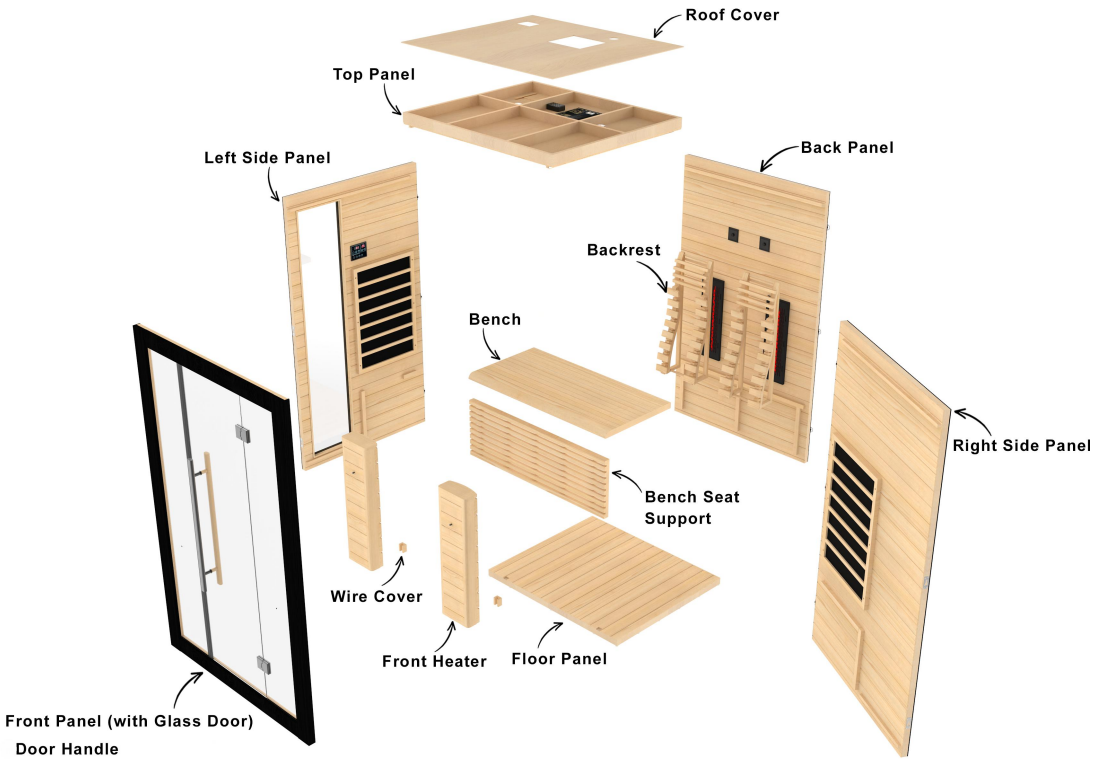
Features:

- High quality wood craftsmanship
- High quality electronic control system & digital control panel
- Preassembled board and build-in electrical elements makes the installation easy
- Accurate temperature sensor
- Energy efficient
- Considerate detailed designs
- Reading light inside

PARTS CHECK

Screws	Size	Required QTY.	Packed QTY	Remark
Connection piece	80*16mm	2	3	For Connection piece 1. For Connection piece*2,spare*1 2.For Sharp head screws*8,spare*2
Sharp head screws	3*30mm	8	10	
Outside metal door handle	15*30*800mm	1	1	For door handle 1.For flat head screw*2,spare*1
Inside wooden door handle	800*35*20mm	1	1	
Door handle cover	40*¢18.5	2	2	
Flat head screws	6*75mm	2	3	
Mirror screw	20mm	2	2	For Front heater 1. For flat head screw*1,spare*1 2.For wire cover screw*2,spare*1
Flat head screws	M6*30mm	2	3	
Ring washer	¢20¢6	2	2	
Plastic tube	6.5*10*100mm	0.016	0.016	
Wire cover	47*75*30mm	2	2	
Wire cover screws	3*40	4	5	
Sharp head screws	4*40mm	18	20	For bench*2,backrest*8,top panel*8,spare*2
Sharp head screws	4*30mm	8	10	For bench seat support*4,backrest*4,spare*2
Sharp head screws	3*20mm	20	22	For roof cover*20,spare*2
Wood cap	ouside¢15*inside¢9.5*height 10	6	8	For bench*2,backrest*4,spare*2

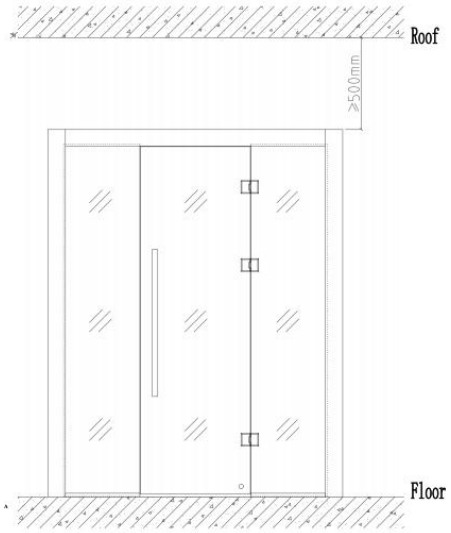
PARTS CHECK



No.	PART DESCRIPTION	QTYS
1	Floor panel	1
2	Front panel	1
3	Left side panel	1
4	Right side panel	1
5	Bench seat support	1
6	Bench	1
7	Back panel	1
8	Top panel	1
9	Roof cover	1
10	Door handle (Outside metal, inside wooden)	2
11	Backrest	2
12	Front Heater	2
13	Wire cover	2

INSTALLATION REQUIREMENTES

1. Do not plug any other appliances into the outlet with your infrared sauna.
2. The cabin must be erected on a level surface. A distance of at least 5cm from the wall must be maintained.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.
6. Installation and connection of the electrical parts (control unit,heater,etc.) may only be performed when the power supply is disconnected.
7. Comply with the regulations applicable at the installation location.
8. We do not recommend using an extension cord for your sauna. Please plug the sauna directly into the wall receptacle.
9. For your own safety, consult your supplier in the event of problems that are not explained in sufficient detail in the installation instructions.
10. A minimum clearance of 500 mm is required above the sauna. This space is necessary for top panel wiring connections and for the installati on of the top panel and roof cover.



* Manufacturer reserves the right to change the specifications.

* All designs and specifications are for reference only and is subject to change without prior notice.

* Correct specifications depend on the actual model.

ASSEMBLY INSTRUCTIONS

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

When you find a good location for your sauna, please notice the following.

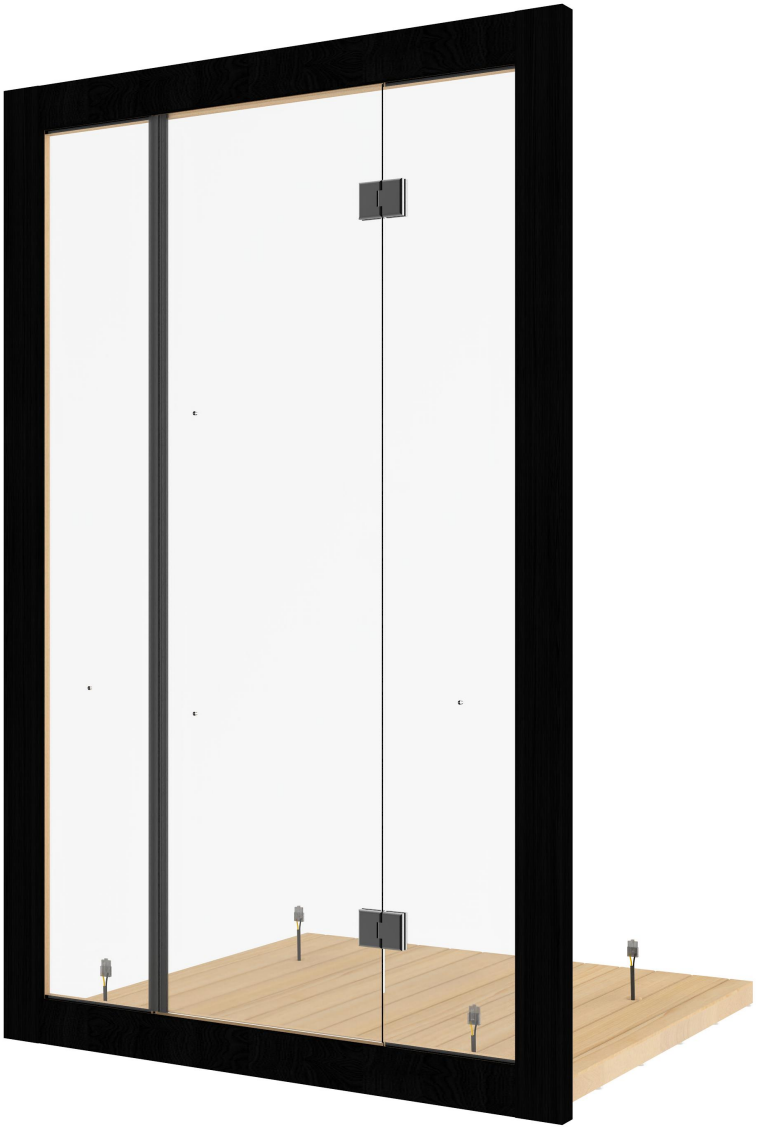
1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.

1. Simply place the floor panel on a flat level surface.The floor panel has a label marked “Front”; this indicates the front side of the sauna.

ASSEMBLY INSTRUCTIONS

2. Place the front panel up against the ahead side of the floor panel.

Handle the glass carefully to avoid damage during installation.



ASSEMBLY INSTRUCTIONS

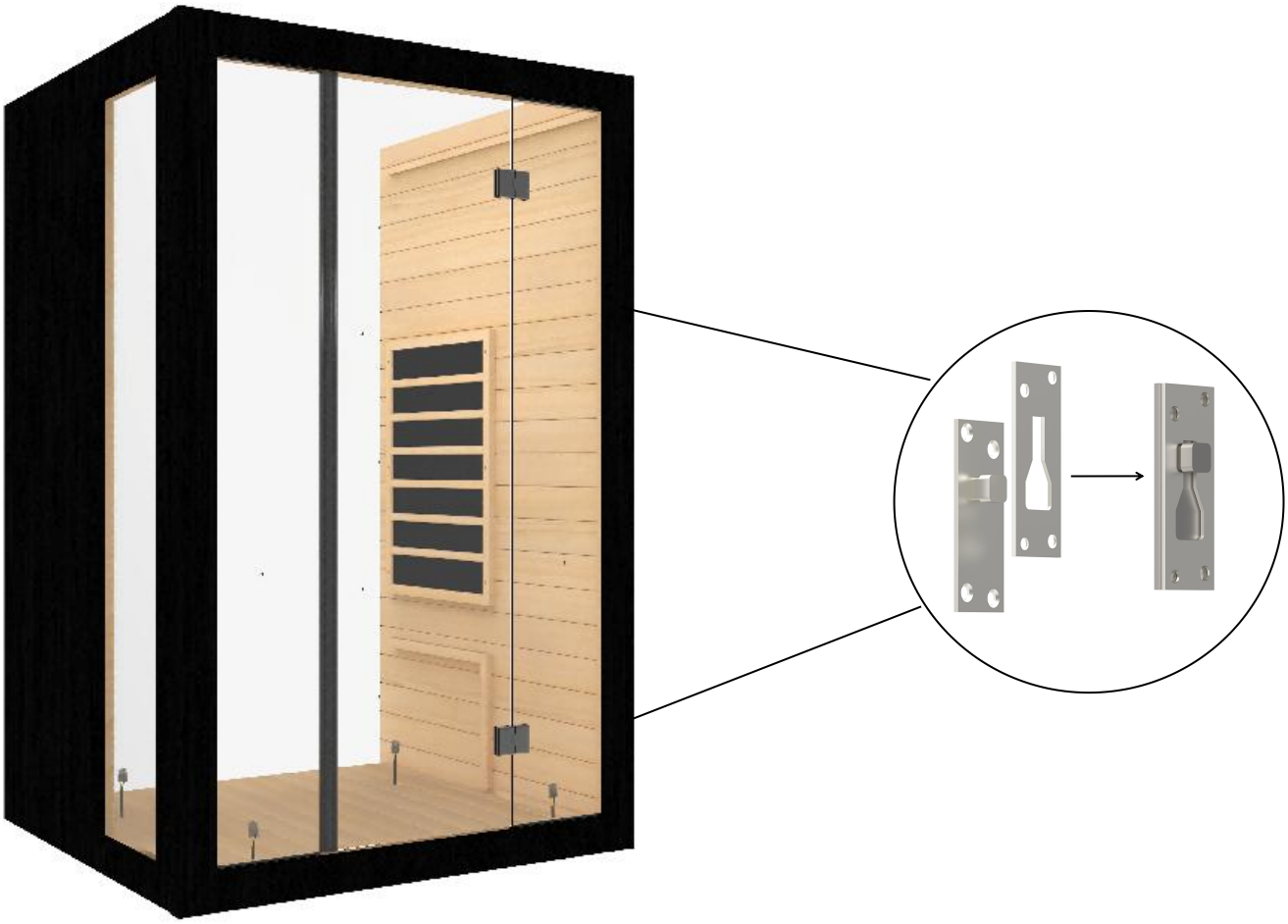
3. Place the left panel up against the side of the floor panel and latch to the back panel.

Latch left panel to front panel. (Latches on the inside of the panel)

ASSEMBLY INSTRUCTIONS

4. Place the right panel up against the side of the floor panel and latch to the back panel.

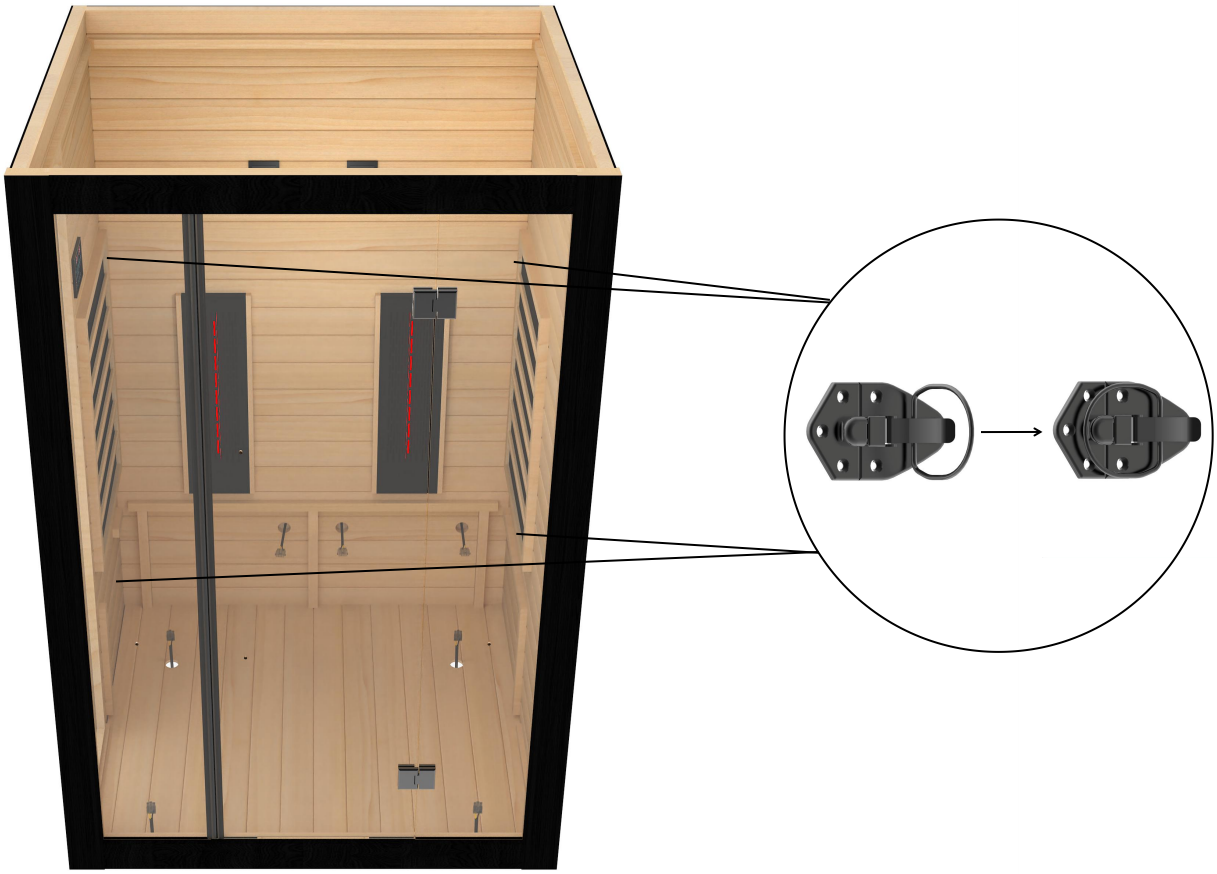
Latch right panel to front panel. (Latches on the inside of the panel)



ASSEMBLY INSTRUCTIONS

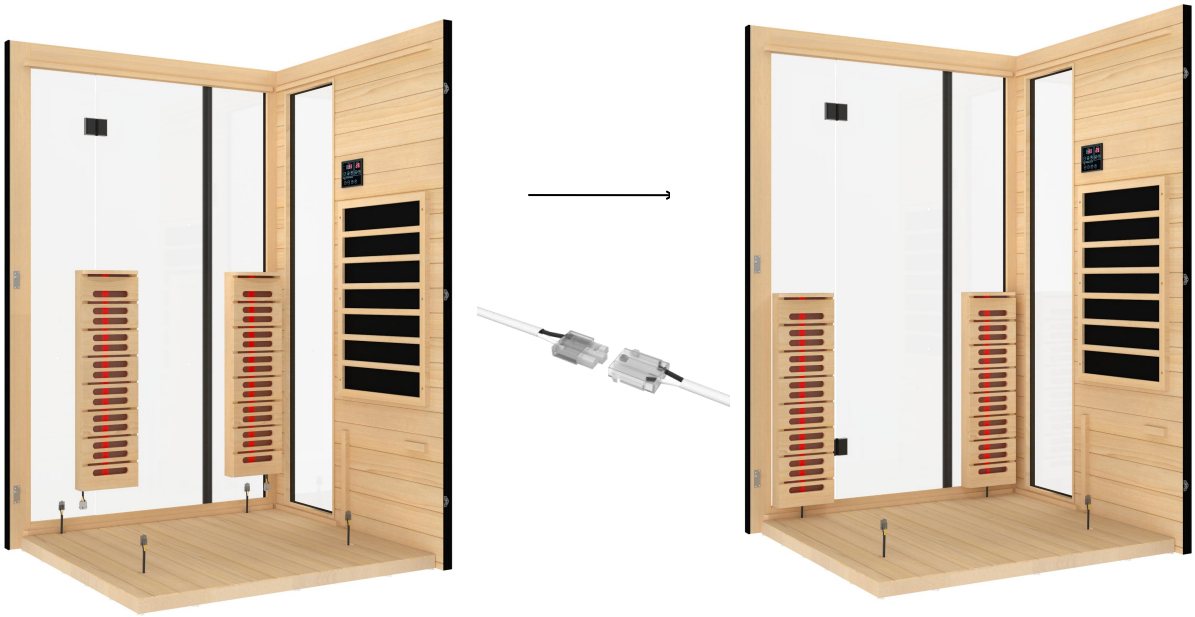
5. Place the back panel up against the side of the floor panel and latch to the back panel.

Latch back panel to left & right panels. (Latches on the outside of the panel)



ASSEMBLY INSTRUCTIONS

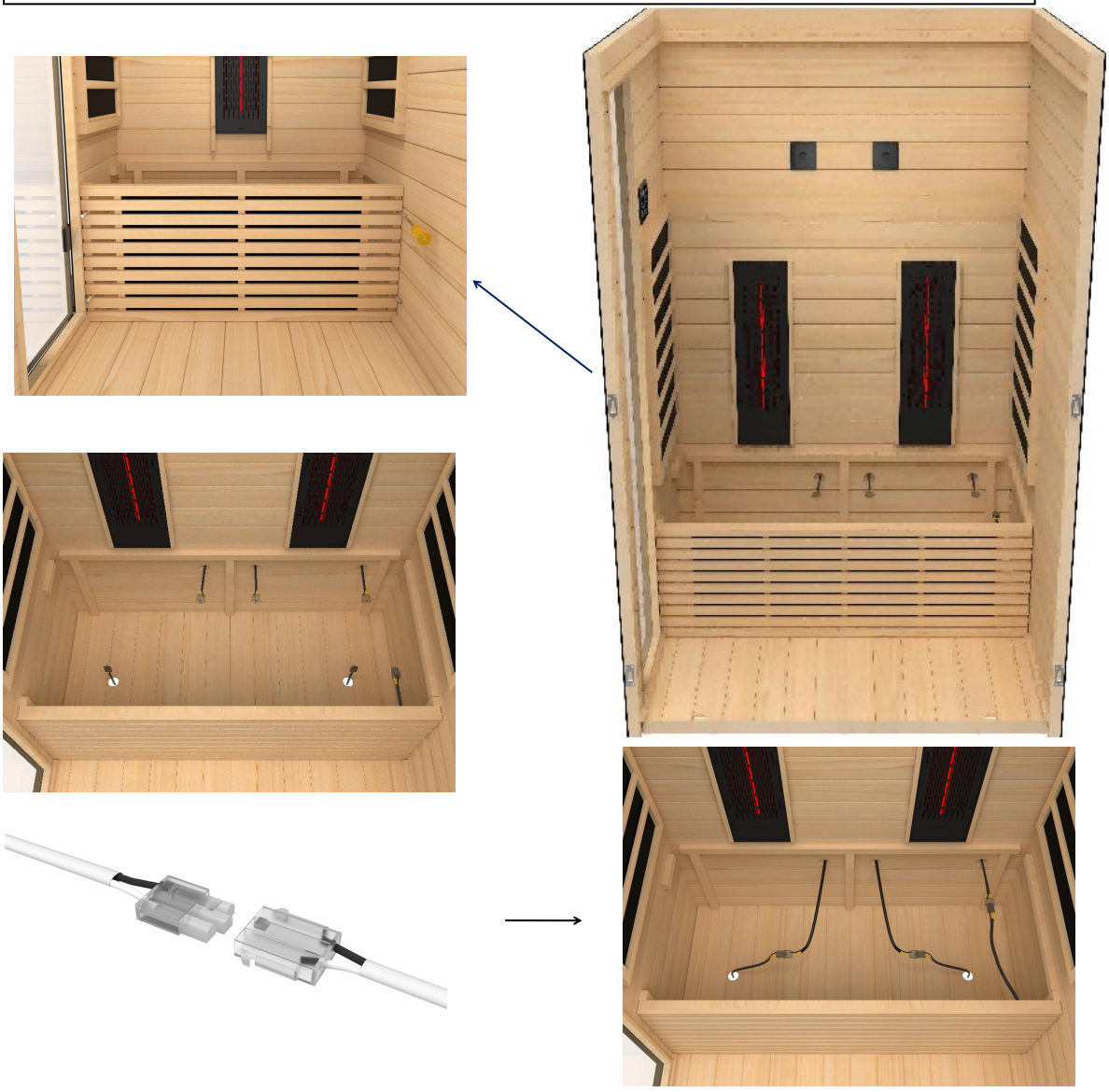
6. Install the front heater. According to the front heater position, insert the plastic tube into the hole of the glass first. Then, place a ring washer on both the inner and outer sides of the glass hole. On the outer glass, put the black mirror screw base. After positioning the front heater, secure it with 2pc 60x30mm flat head screw. Cover the screws with the black mirror screw covers.Then connect the wires from the bottom panel to the front heater before proceeding with further assembly.After connecting the wires, tuck them back into the opening in the bottom panel, then cover the exposed wires with the wire cover. Secure the wire cover using pc. (3x40mm) screw.



ASSEMBLY INSTRUCTIONS

7. Slide down the Bench Seat Support panel by lining up its sides with the vertical guides on the inside of the left & right side panels. Make sure the heater grill is facing towards the front of the sauna. Push the Bench Seat Support panel all the way down until it's touching the floor panel and securely in place. Screw the bench seat support using 2pcs 4x30mm screws from the front side. Connect the heater cables as follows: the cable from the back panel to the floor panel, and the cable from the front bench panel to the floor panel.
Note:The outlet from the back panel may need removing from the hole.

Tip: To make bench installation easier, temporarily release the outer latch between the rear panel and left side panel to create a small gap. Refasten the latch after installation.



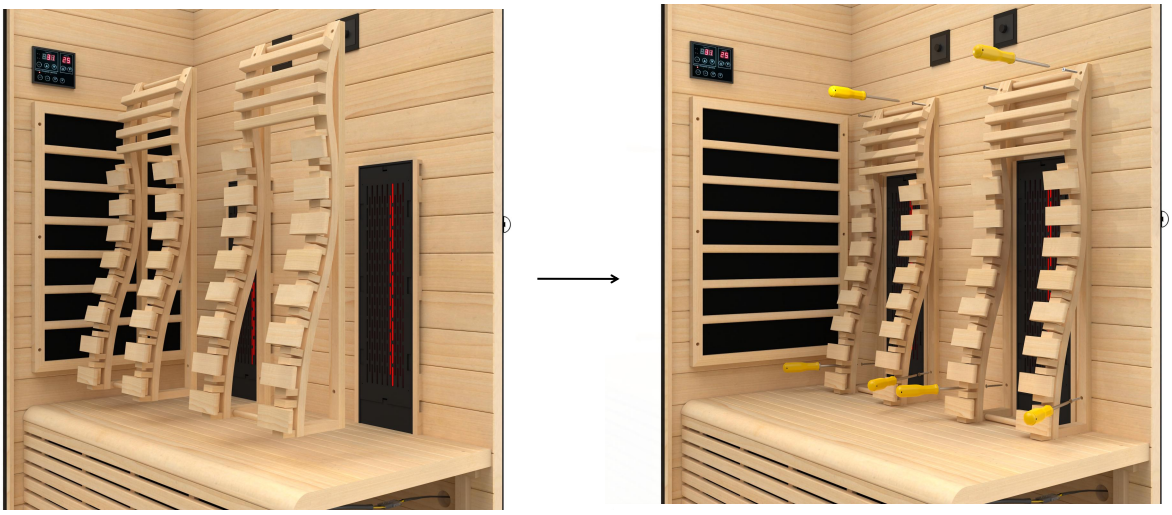
ASSEMBLY INSTRUCTIONS

8. Place the Bench inside the sauna on the bench seat supports, be sure to push the bench seat firmly against the back panel. Screw the bench seat into the left and right supports using 2 pcs 4x40mm screws. There are two pre-drilled holes located at the bench to guide the mounting screws. After tightening the screws, cover them with the provided 2 pcs wooden caps.

→

ASSEMBLY INSTRUCTIONS

9. Use 8pcs 8*40mm screws to fix the backrest. Cover the two screws on top of the backrest with the provided 4pcs wooden caps.

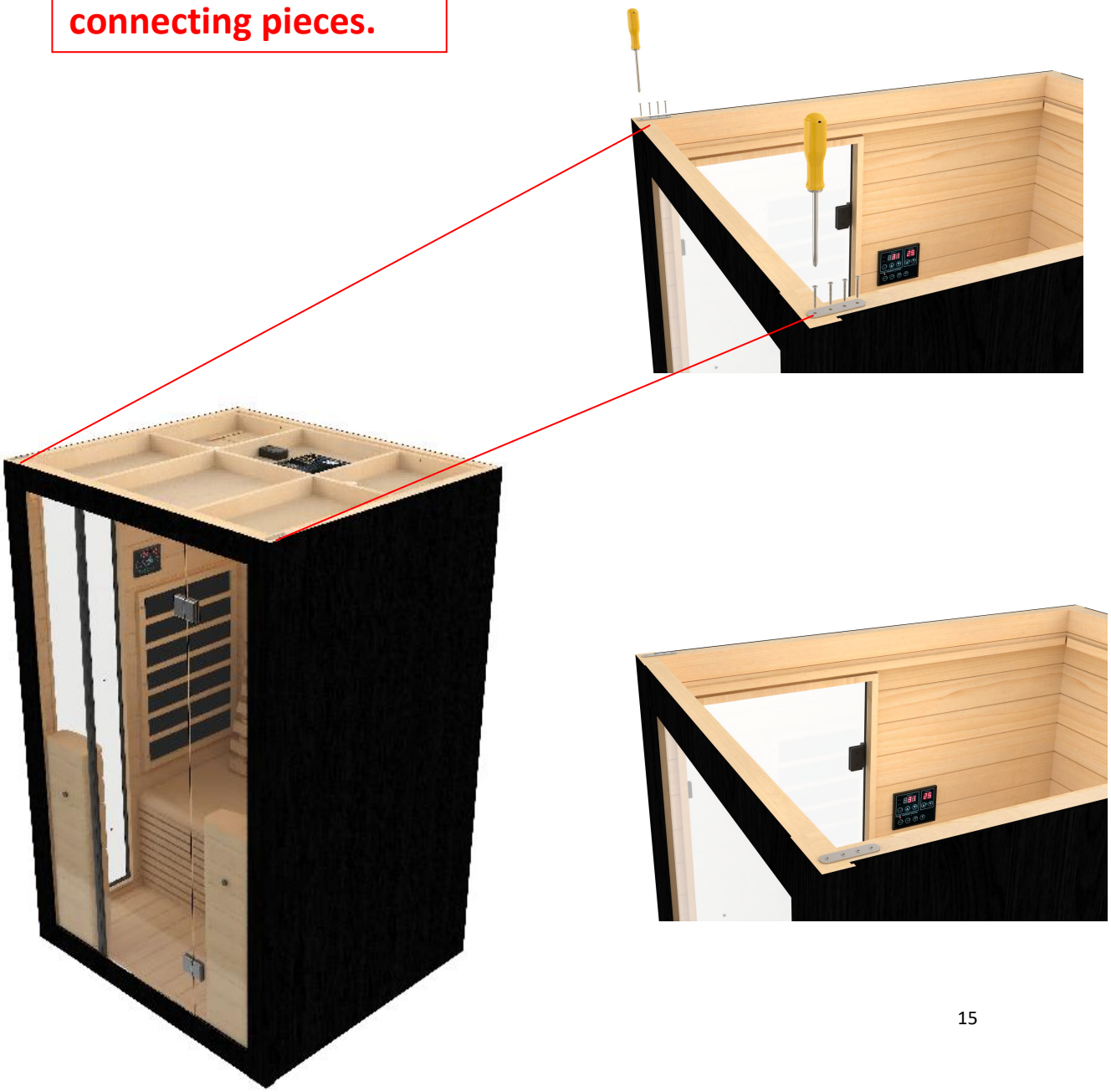


ASSEMBLY INSTRUCTIONS

10.Place the top panel. Feed the cables through the provided holes in the lid as shown, to allow the lid to sit flush.Use 8 pcs 4x40mm screws to fix the top panel to the side panels, then use 8pcs 3x30mm screws to secure the connection piece onto the front and side panels. Make sure there are no gaps between the front panel and the side panels.

NOTE:

Need to be fixed with connecting pieces.

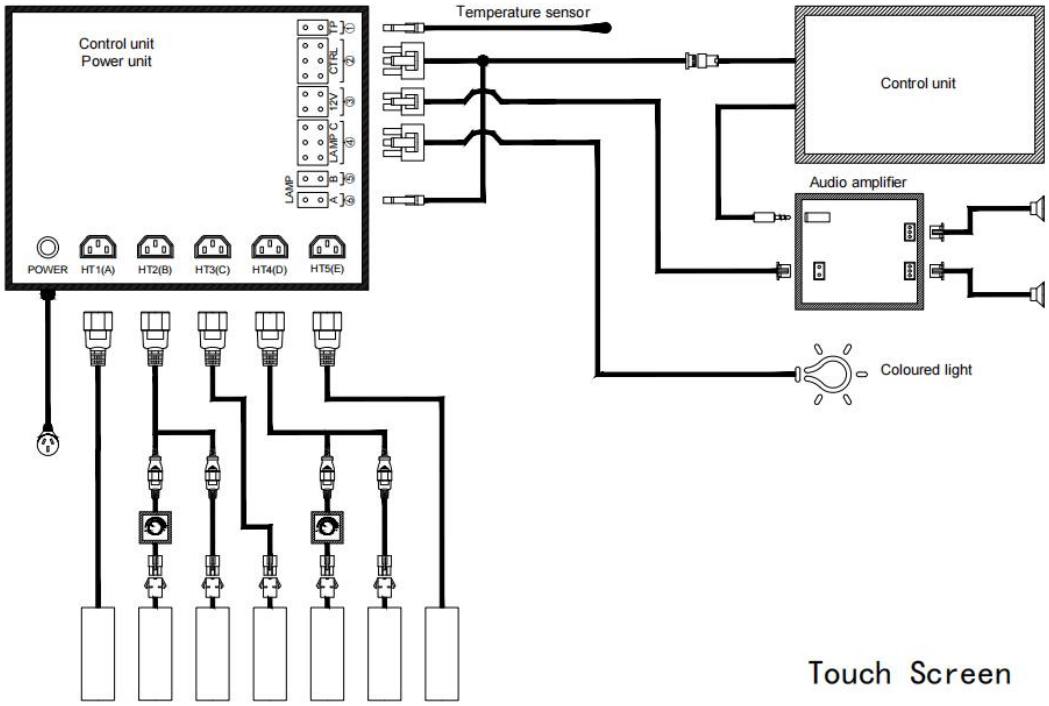


NOTE:

Fix the roof panel by screws (3*30mm) to make sure it is stable enough.

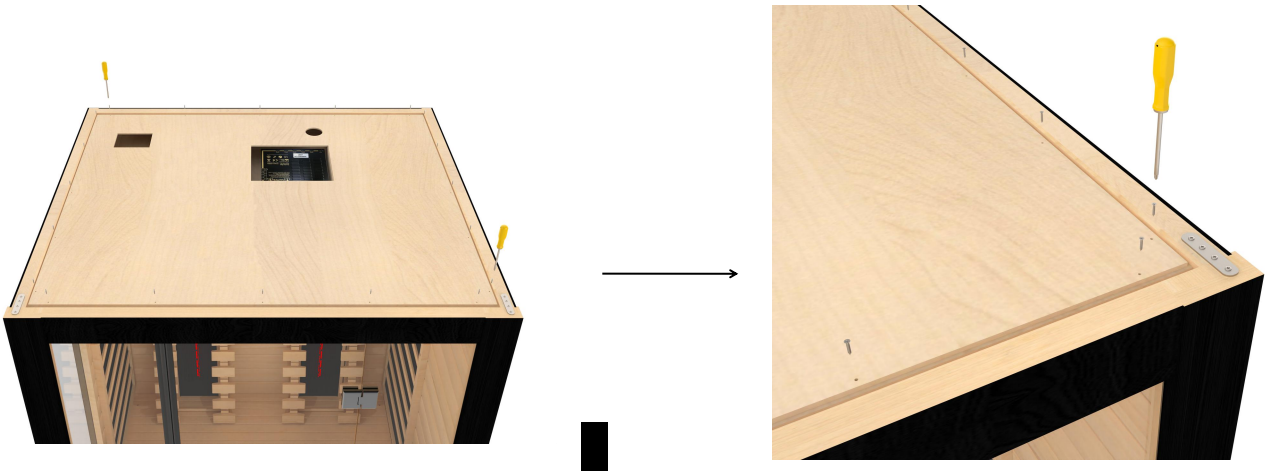
ASSEMBLY INSTRUCTIONS

11.Connect the cables to the electronic control box. Each cable and corresponding terminal on the control box is labeled for easy identification. After all connections are completed, check that every connection to the control box is secure and properly installed.



ASSEMBLY INSTRUCTIONS

9. Place the roof cover onto the top panel. Connect it to the roof panel with the provided 8 pcs 3*20mm screws.

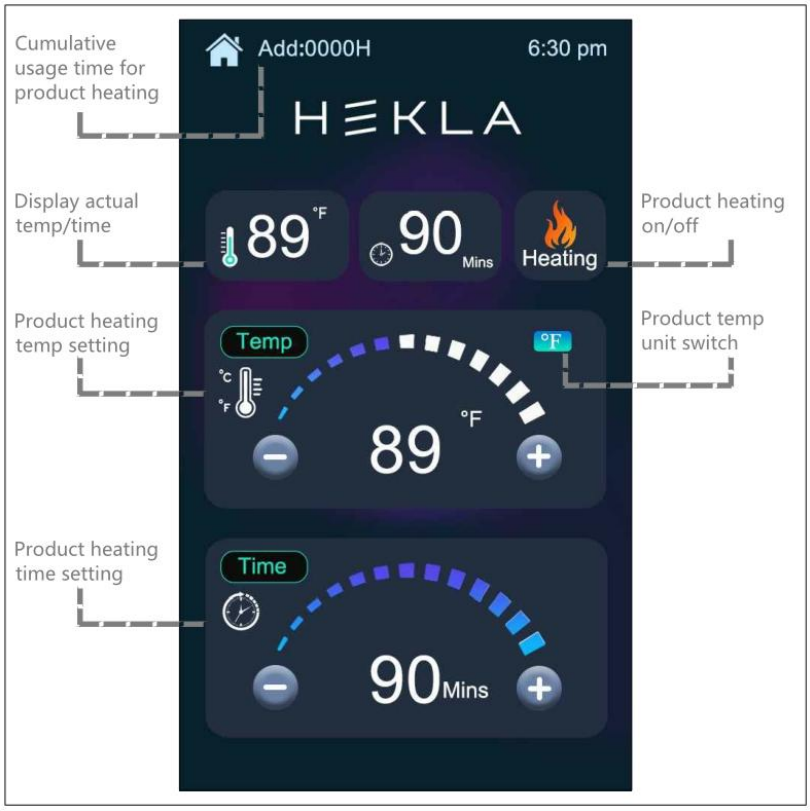


ASSEMBLY INSTRUCTIONS

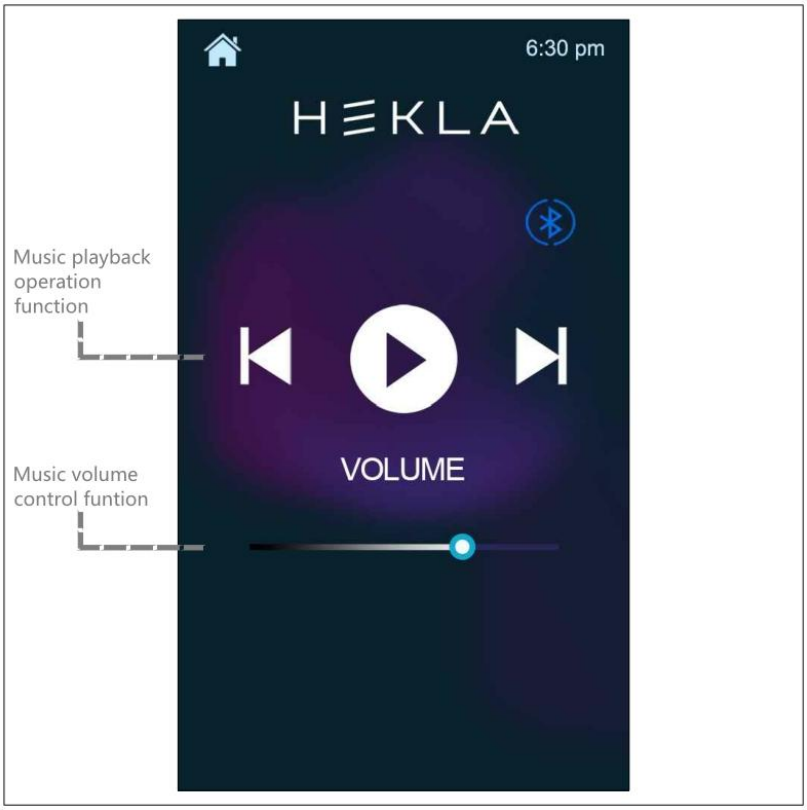
10. Attach the door handles together through the glass door frame using the provided 2 pcs 6x75mm door screws. The wooden handle should be positioned on the inside of the sauna to prevent it from getting hot.

CONTROL PANEL OPERATION

Press the touch panel and hold for 3 second to power on.



6:30 pm
HEKLA
Common lighting colors of the product
Color
Product lighting on/off
Product lighting color adjustment control panel
Product reading light on/off
ReadingLamp
Automatic
Product lighting variation function on/off


6:30 pm
HEKLA
Music playback operation function
VOLUME
Music volume control funtion

Scan the QR code to download the App.

Dimmer Operation Instructions

1. Turn clockwise: Rotate the knob clockwise until you hear a “click” sound. The heater will turn on and the heating power will increase.
2. Adjust power: Continue rotating clockwise to increase the heating power, or rotate counterclockwise to decrease the heating power.
3. Turn fully counterclockwise: When the knob is rotated to the minimum (darkest) position, you will hear a “click” sound, and the heater will be turned off.

RECOMMENDATION FOR OPERATION

1. Set up the desired session temperature and time using the control panel. (Suggested 37 °C-55°C)
2. Under ideal experimental conditions, the sauna can reach a maximum temperature of 149°F (65°C). Under normal room temperature conditions (77°F / 25°C), the sauna typically reaches between 140°F and 149°F.
3. Allow approximately 10-15 minutes for the sauna to warm up before beginning a session.
4. Recommend sauna session use is around 30-45 minutes.
5. The heaters automatically maintain the desired temperature inside the sauna.
6. The ceiling vent can be opened at any time to for air circulation.
7. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
8. Take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinsing perspiration from the body.
9. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.
10. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odor is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odor.

RECOMMENDATION FOR USE

1. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
2. If you need more cooling, simply leave the door open until the air around you feel comfortable.
3. Drink plenty of fluids prior to, during, and after your sauna session.
4. If you take a hot /warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
5. To utilize the sauna's heat therapy effect, give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
6. Use at least 2-3 towels; sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat.
7. Be sure to towel off excess sweat during your session to help the body perspire more freely.
8. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
9. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
10. Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
11. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
12. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs; massage your neck and feet, etc.
13. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
14. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. **Consult your physician for the proper treatment and care for this or any other conditions.**
15. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to one of the heaters as feels comfortable.

After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, if will continue to sweat even after the heaters are off. Sit in the sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely. If you use cell phone,MP3,etc. Audio equipment when enjoying the sauna, suggested duration is no more than 20mins. If you find the equipment is overheated, stop using it at once.

SAFETY

Read all health and safety instructions. If in doubt as to the advisability of using your infrared sauna, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.

1. The infrared cabin has been produced in accordance with the applicable safety regulations for technical units. However, hazards may occur during use.Therefore adhere to the following safety information and the specific warning notices in the individual chapters.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. Before the control unit is switched on, make sure that no combustible objects have been placed on the heating elements.
4. The infrared heaters in your sauna are a potential BURN HAZARD. Do NOT touch the infrared heaters when they are in operation and allow to cool before servicing.
5. The cabin may not be used by children under 8 years old. The cabin may be used by children over 8 years old, by persons with limited psychological, sensory or mental capabilities or by persons with lack of experience / knowledge only under the fol-lowing conditions:

-They are supervised.

-They have been shown how to use the device safely and are aware of the hazards that could occur.

6. Children may not play with the cabin.
7. Children under 14 years of age may only clean the cabin if they are supervised.
8. DO NOT use the sauna immediately following strenuous exercise.Wait at least 30 minutes to allow the body to cool down completely.
9. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C.

While hypothermia has many health benefits, if is important not to allow your body's core temperature to rise above 40° C. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hypothermia may include failure to perceive heat, failure to recognize the need to exit,unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

10. If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
11. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should consult

their physician prior to using the sauna.

12. The use of alcohol, drugs or medications prior to or during the sauna session may lead to unconsciousness.

13. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems or diabetes should consult a physician prior to using the sauna.

14. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate. blood pressure, and circulation.

15. NEVER sleep inside the sauna while the unit is in operation.

16. DO NOT use any type of cleaning agents on the interior of the sauna.

17. DO NOT stack or store any object on top of or inside the sauna.

18. If power supply cord becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.

19. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.

20. For added protection during a thunder storm, or when it is left unattended and unused for long periods of time. unplug it from the wall outlet.

21. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.

22. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.

23. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.

24. Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.

25. DO NOT overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.

26. Always unplug this product from the wall outlet before servicing the product.

27. DO NOT remove power supply covers. No user serviceable parts are located inside the power supply.

28. If you don't feel comfortable or relaxed during a session, lower the temperature or open the door of cabin.

* These statements have not been evaluated by the Food and Dug Administration.These statements are for informational purposes only and should not be used as the basis for medical counseling. This information is not intended to diagnose,treat cure, or prevent any disease. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage or injury caused directly or indirectly by the information contained herein.

IMPORTANT SAFE GUARDS FOR YOUR SAUNA

1. READ INSTRUCTIONS -- All the safety and operating instructions should be read before the sauna is installed and operated.
2. RETAIN INSTRUCTIONS -- The safety and operating instructions should be retained for future reference.
3. FOLLOW INSTRUCTIONS -- All operating and usage instructions should be followed at all times.
4. CLEANING -- Unplug the sauna from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. ATTACHMENTS-- Do not use any attachments that are not recommended by the manufacturer, may be hazardous.
6. WATER OR MOISTURE—DO NOT use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool and the like.
7. POWER-CORD PROTECTION-- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. LIGHTING-- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. OVERLOADING-- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. SERVICING-- Always unplug your sauna from the wall outlet before servicing.
11. REPLACEMENT PARTS--When replacement parts are required, be sure it is specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. SAFETY CHECK--Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

CLEANING AND MAINTENANCE

1. Your sauna is made of the Natural wood. All wood products have variations in the color, grain, and may have irregularities such as knots, fine cracks and wood natural oil stain. These reflect the natural beauty of the wood and should not be considered defects.
2. Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth.
3. The interior of the Infrared Sauna is made of the natural wood. It is aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma.
4. Use furniture polish to clean the exterior.
5. We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
6. Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.
7. The cabin may not be cleaned with steam cleaners, high-pressure cleaners or splashed water.
8. The wood may appear rough and hoarse caused by dampness sometimes. To smooth the affected areas, the sandpaper or gritty sponge can be used, always sanding in the direction of the grain.
9. The wood is a solid nature wood, minor cracks,wood natural oil stain or warping might happen due to seasonal humidity changes. This is a natural process and not a defect of the material.

TROUBLE SHOOTING

NO.	Problems	Explanations	Solutions
1	Power indicator light not on	Power cord is not plug-in	Check for power to the outlet. Check connection between power cord and main control unit.
		The fuse is burned out	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed.	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature	Problem with heater.	See Item #3.
		Incorrect setting on control panel.	Reset it.
		The temperature sensor wire may be loose or broken.	Check sensor wire connection and condition.
			Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system.	Unplug sauna, check the voltage.
			Find the objects with problems.
			Replace the parts.
6	The light not working	The light bulb is burned out.	Replace light bulb.
		The bulb is not secured in the base	Make sure the bulb is tight enough to make good contact in the light fixture. Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.
7	No sound or poor sound from speakers	The speaker is broken or speaker is loose	Check speaker wire. Check speaker.
		The wire connection is loose.	Check connectors to be sure they make good contact.
		CD-player is not turned on.	Turn on the CD-player.
		CD-player is not functioning	Check faceplate contact on the CD-player. No sound or poor sound from speakers
			Check fuse in the fuse holder.

INFRARED SAUNA WARRANTY

1. One-year limited warranty on electrical,heater and cabinetry parts only.
2. This unit is meant for indoor use only. warranty is voided if this infrared sauna is placed in an outdoor environment.Infrared Sauna replacement parts come with a limited warranty. We warrant its products to be free of defects in material and workmanship. Parts, that become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear. We suggest customers replace the carbon heater after one year for better sauna experience.
3. Labor costs associated with the disassembly and reassembly of the unit are not covered under this policy. We will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.
4. All parts claimed to be defective must be shipped to us with freight prepaid. The repaired or replaced product will be returned to the sender on a freight-collect basis. When returning the product to us, it must be accompanied by the sales receipt or other proof of purchase date, along with the sender's name, mailing address, daytime telephone number, and any additional information pertinent to the claim.
5. This warranty is granted solely to the original purchaser and shall be void upon transfer of ownership. This warranty shall not apply to any product or component used for industrial, rental, club ,or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, or improper installation, including, but not limited to, exposure to fire, excessive heat, and or other hazards of nature. Under no circumstances will shall the manufacturer be liable for any special or consequential damages arising from the use of the product, components, or any parts attached, or installed with it thereto. Nor shall the company be liable for injury to any person, or for any claims for damages arising form the use,installation,or servicing of the product. The purchaser is responsible for providing ensuring that adequate access to the equipment so that is provided to facilitate the performance of any necessary service. The purchaser must establish provide proof of the purchase date through a dated sales slip, invoice or deliver receipt, the date of purchase. All costs for removing and reinstalling associated with the removal and re-installation of the sauna, including the freight charges to and from customer, shall be at the customer's expense.
6. Regardless of the warranty card being returned within the specified time period, there shall be no warranties or obligations: express or implied hereunder, specifically excluding any implied warranty of merchantability or fitness for a particular purpose, other than specifically described herein. no liability shall accrue to our except as set forth herein.

* The warranty for our saunas is strictly limited to one year and applies exclusively to residential use. Any commercial application, outdoor installation, improper usage, or continuous operation exceeding 3,000 hours will render the warranty void and may result in safety risks or compromised performance.

HEKLA

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